



Golden Eagle Charter School
Health High School Learning Targets
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Alcohol, Tobacco, and Other Drugs
1. Recognize short & long-term effects of the use of tobacco, alcohol & other drugs.
2. Interpret school policies and community laws related to alcohol, tobacco, and illegal drug use, possession, and sales.
3. Explain the relationship between alcohol and other drug use on vehicle crashes, injuries, violence, and sexual risk behavior.
4. Evaluate alcohol, tobacco, and other drug prevention, intervention, and treatment resources and programs.
5. Use effective coping strategies and assertive communication skills when faced with a variety of social situations involving the use of alcohol, tobacco, and other drugs.
Growth, Development, and Sexual Health
6. Describe physical, social, and emotional changes associated with being a young adult.
7. Explain how conception occurs, the stages of pregnancy, and responsibilities of parenting.
8. Discuss the characteristics and benefits of healthy relationships, dating, committed relationships and marriage, and the benefits of making healthy decisions about sexual health.
9.. Describe the short- and long-term effects of HIV/AIDS/STDs.
10. Recognize that there are individual differences in growth and development, body image, gender roles, and sexual orientation.
Nutrition and Physical Activity
11. Describe dietary guidelines, food groups, nutrients, and serving size for healthy eating habits.
12. Describe the relationship between poor eating habits and chronic diseases such as heart disease, obesity, cancer, diabetes, hypertension, and osteoporosis.
13. Explain how to keep food safe through proper food purchasing, preparation, and storage practices.
14. Analyze the relationship between physical activity and overall health.
15. Identify the causes, symptoms and harmful effects of eating disorders, the use of diet pills and steroids.
16. Evaluate internal and external influences that affect food choices, physical activity,
17. Create a personal nutrition and physical activity plan based on current guidelines.
Mental, Emotional, and Social Health
18. Analyze the qualities of healthy relationships with family, peers and adults.
19. Analyze signs of depression and self-destructive behaviors, including potential suicide.
20. Classify personal stressors at home, in school, and with peers and compare various coping mechanisms for managing stress.
21. Identify and evaluate the benefits of school and community resources to help with mental, emotional, and social health concerns.
22. Develop and employ effective communication skills & coping strategies for dealing with isolation, depression, & peer pressure.
Personal and Community Health
23. Evaluate the importance of routine medical and dental check-ups, vaccinations, and examinations, and assess ways to be a responsible consumer of health products and services.
24. Explain how public health policies and government regulations influence health promotion

and disease prevention.
25. Analyze how environmental conditions and social influences affect personal and community health.
26. Analyze the possible consequences of risky hygienic and health behaviors and fads (e.g., tattooing, piercing of body or mouth, sun exposure, and sound volume).
Injury Prevention and Safety
27. Recognize potentially harmful or abusive relationships, including dangerous dating situations, how to prevent, avoid, & cope with unwanted sexual advances, and be aware of how to get help for physical/sexual abuse.
28. Describe California laws regarding bullying, sexual violence, and sexual harassment.
30. Explain the effects of violence on individuals, families, and communities.
31. Demonstrate procedures for emergency care and lifesaving, including CPR, first aid, and control of bleeding.
32. Identify ways to stay safe during natural disasters and emergency situations (e.g., landslide, flood, earthquake, wildfire, electrical storm, winter storm, and terrorist attack.)
33. Apply strategies to avoid and report dangerous situations, including conflicts involving weapons and gangs.