**Essential Questions—Health Education I**

**Standard I: Mental and Emotional Health**

1. What does it mean to be mentally and emotionally healthy?

2. Should the perception and treatment of mental illness be any different from physical

illness?

3. What factors in my life affect my mental and emotional health?

4. How does my emotional health influence my relationships with others?

5. What effect does stress have on my emotional health?

6. What are strategies to prevent or minimize stress?

7. What are signs of and treatment for depression?

8. How can a mother’s distress affect her unborn child?

9. How can goal-setting strategies influence my mental and emotional health?

**Standard II: Nutrition and Fitness**

1. What can I do to be physically healthy?

2. How does what I eat affect my physical health?

3. What practices and resources can help me make healthy food choices?

4. What prevents people from making healthy food choices?

5. How can being overweight or obese affect mental and emotional health?

6. What role does exercise play in physical fitness?

7. What are the dangers of extreme eating disorders?

8. How can goal setting influence personal fitness levels?

9. How can a mother’s poor diet and lack of exercise affect her unborn child?

10. What diseases can be prevented through proper nutrition and exercise?

**Standard III: Drug Use, Misuse and Abuse**

1. How can alcohol, tobacco and other illegal or misused drugs affect my personal

health?

2. What are the legal consequences of using alcohol, tobacco, prescription or illegal

drugs?

3. How can drug use, misuse or abuse affect my learning?

4. What effect does drug abuse and misuse have on the home environment?

5. What protective factors can help me to avoid drug use, misuse, or abuse?

6. How do friends influence my choice to use or not use alcohol, tobacco, prescription,

or illegal drugs?

7. What can I do to tell or show others that I am not interested in using illegal drugs?

8. How does someone become addicted to drugs, and what are the signs of addiction?

9. How can goal setting help me to be drug free?

10. How can a mother’s use of alcohol, tobacco, prescription, or illegal drugs affect her

unborn child?

**Standard IV: Safety**

1. How can I avoid dangerous situations and keep myself safe?

2. How can impaired, distracted and tired driving affect my safety in a car?

3. What strategies or practices can help me to exercise safely?

4. Why is it important to know basic first response procedures?

5. How can abusive behaviors affect physical and emotional health?

6. Whom can I contact to report abusive behaviors?

7. What are some dangers associated with the use of the Internet?

8. What are the consequences of inappropriate use of technology?

9. How can goal setting create a safe environment for myself and my friends and

family?

10. What positive and negative effects can a mother’s personal behavior have on her

unborn child?

**Standard V: Health Promotion and Disease Prevention**

1. What is the difference between communicable and non-communicable diseases?

2. How can I prevent communicable diseases?

3. What are risk factors for non-communicable diseases?

4. Why are self-exams important for the prevention of cancer and other diseases?

5. How can proper hygiene, nutrition and exercise prevent diseases?

6. How is HIV transmitted?

7. How does an HIV/AIDS diagnosis affect an individual?

8. Why is abstinence important to the prevention of STDs?

9. How can goal setting promote personal health and prevent disease?

10. How can STDs affect an individual’s fertility or a mother’s unborn child?

**Standard VI: Human Development**

1. How does development of the brain affect decision making?

2. How does heredity affect my growth and development?

3. What are some characteristics of healthy relationships?

4. How do my friends and family influence my decisions and values?

5. In what ways can I establish and communicate personal boundaries?

6. How is it helpful to discuss questions about sex with my parents or trusted adults?

7. What are positive ways to express interest in others?

8. What are the physical and emotional benefits of sexual abstinence?

9. What are some challenges of adolescent parenting?

10. How can unhealthy relationships affect an unborn child?

9. How can goal setting create a safe environment for myself and my friends and

family?