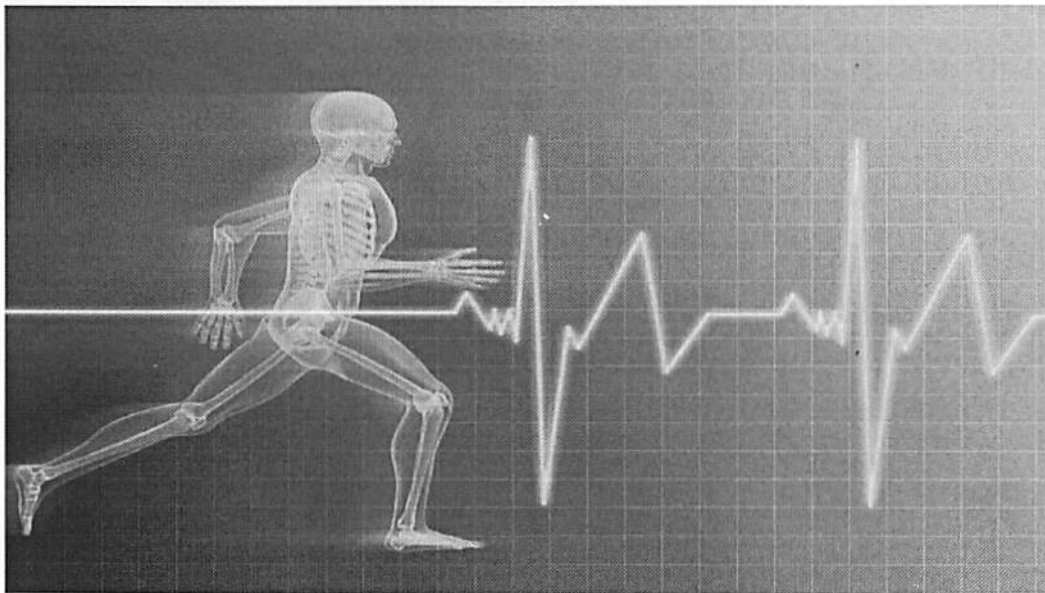


# *Health Education Core* **ESSENTIAL QUESTIONS**

*It is health that is real wealth, and not pieces of gold and silver.*

*-Gandhi*



**Increased Focus**

**Classroom—Real-Life Connection**

**Student Reflection**

**Student Assessment**

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Utah State Office of Education

## **Essential Questions—Health Education II**

### **Standard I: Mental and Emotional Health**

1. How does my personal self-concept relate to interactions with others?
2. What values will affect my personal health practices, now and in the future?
3. How will my emotional health affect my financial status, now and in the future?
4. How can goals for emotional health help to prevent depression and possible suicide?
5. How can I help eliminate the social stigma associated with mental illness?
6. What school and community resources are available for mental health problems?
7. How can I accept, manage, and adapt to changes in relationships over the course of my lifetime?
8. What strategies can be used to combat stress and depression?
9. How can mental health disorders affect relationships in my life?
10. How can a mother's mental health issues affect her unborn child?

### **Standard II: Nutrition and Fitness**

1. How can calculating the calorie content of foods affect my weight management?
2. What diseases can be prevented through proper nutrition and exercise?
3. What factors influence obesity in our country?
4. How might being overweight/obese affect my financial future?
5. How can being overweight or obese affect my social and emotional health?
6. What is my Body Mass Index (BMI), and what does it mean?
7. What community resources are available to assist in proper nutrition and exercise?
8. How can goal setting influence health and fitness in my life?
9. How can I help friends and family be healthy and fit?
10. How does a mother's being overweight/obese affect her unborn child?

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

1. How can the misuse/abuse of prescription drugs affect my physical and mental health?
2. Why is the communication of personal boundaries important to help me to avoid the use of alcohol, tobacco, and other drugs.
3. How can the use of alcohol, tobacco, and other drugs affect relationships with family members, now and in the future?
4. How can legal problems related to alcohol and other drug abuse complicate my future Plans?
5. What impact can alcohol and other drug abuse have on my financial future?
6. What are ways in which the media encourages alcohol and/or tobacco use?
7. What goals can I establish to help support a drug-free lifestyle?
8. How can use of alcohol and other drugs put me at risk for sexually transmitted diseases or unintended pregnancy?
9. How easy is it for me to become addicted to alcohol, tobacco or other drugs, and is there a genetic connection?
10. In what ways can a mother's use of alcohol, tobacco, prescription and illegal drugs affect the health of her unborn child or future children?

### **Standard IV: Safety**

1. What can I do to exercise safely?
2. What goals can I set to avoid potentially dangerous situations?
3. What is my personal responsibility to fellow citizens in critical emergency situations?
4. How can unsafe behaviors affect my physical, emotional and financial future?
5. How can abusive behaviors affect my physical and emotional health?
6. What can I do to prevent violence in my home, school and community?
7. What are the legal implications to using technology inappropriately?
8. What are the dangers of electronically sharing information, now and in the future?
9. In what ways can media violence affect my behavior?

10. How can a mother's unsafe behaviors affect her unborn child?

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

1. How can I contract and/or spread common communicable diseases?
2. How can chronic, non-communicable diseases affect my financial future?
3. What can I do to help prevent or reduce the severity of non-communicable diseases?
4. Why are self-exams and annual physical examinations important to preventing cancer and other diseases?
5. If I am sexually active, why is it important that I get tested for sexually transmitted diseases?
6. What are the best ways to prevent STDs, including HIV/AIDS?
7. How can diseases affect my mental and emotional health?
8. Why is abstinence important to the prevention of STIs?
9. What goals can I set to help prevent diseases?
10. How can STIs affect an individual's fertility or a mother's unborn child?

### **Standard VI: Human Development**

1. What are some physical, mental, social and emotional changes that I can expect from adolescence through late adulthood?
2. In what ways does my developing brain affect behavior, and when is my brain fully mature?
3. How do I know if I am in a healthy relationship?
4. What can I do to develop and maintain healthy relationships, now and in the future?
5. How can becoming a teen father or mother affect my educational and financial future?
6. As a parent, why will it be important to talk about sex with my children?
7. What laws relate to sexual behavior?
8. What are the physical and emotional benefits of sexual abstinence before marriage?
9. What are the financial responsibilities of raising a family?
10. How can unhealthy relationships affect an unborn child?

# Essential Questions for Personal Health and Wellbeing

*When looking at the future and making life plan—whether for next year or ten years in the future—how will the following choices affect the quality of your life and the people you care about?*

Choice	Negative Consequences					
	Personal Health	Lifestyle	Relationships	Future Children	Finances	Career
1. Neglect my emotional and mental health						
2. Develop poor nutritional habits and lack sufficient exercise						
3. Engage in premarital sexual activity						
4. Misuse/abuse alcohol, tobacco and other drugs						
5. Engage in violent and abusive behavior against myself or others						
6. Demonstrate carelessness with regard to disease prevention						

# Essential Questions for Personal Health and Wellbeing

*When looking at the future and making life plan—whether for next year or ten years in the future—how will the following choices affect the quality of your life and the people you care about?*

Choice	Positive Consequences					
	Personal Health	Lifestyle	Relationships	Future Children	Finances	Career
1. Take care of my emotional and mental health						
2. Develop positive nutritional and exercise habits						
3. Abstain from premarital sexual activity						
4. Abstain from alcohol, tobacco and other drugs						
5. Nurture healthy relationships with others						
6. Take action to prevent disease						