Grade 10 Health Standards & Benchmarks

by the end of Grade 10

Standard 3 Understands the relationship of family health to individual health.

1. Understands the responsibilities inherent in dating relationships, marriage, and parenthood.
2. Knows the effects of teenage pregnancy on teenagers, their children, their parents, and society.

Standard 6 Understands essential concepts about nutrition and diet.

1. Understands the reliability and validity of various sources of food and nutrition information (e.g., dietary supplements, diet aids, fad diets, food labels).
2. Knows appropriate methods to maintain, lose, or gain weight according to individual needs and scientific research.
3. Knows eating disorders that affect health adversely (e.g., anorexia, overeating, bulimia).

Standard 7 Knows how to maintain and promote personal health.

1. Knows how positive health practices and appropriate health care can help to reduce health risks (e.g., good personal hygiene, health screenings, self-examinations).

Standard 10 Understands the fundamental concepts of growth and development.

1. Knows how the abuse of alcohol, tobacco, and other drugs often plays a role in dangerous behavior and can have adverse consequences on the community (e.g., house fires, motor vehicle crashes, domestic violence, date rape, transmission of diseases through needle sharing or sexual activity).
2. Understands how physical, mental, social, and cultural factors influence attitudes and behaviors regarding sexuality.
3. Understands the importance of regular examinations (including self-examination of the breasts or testicles) in detecting and treating diseases early.
4. Understands how Sexually Transmitted Diseases and HIV/AIDS are transmitted.
5. Know the differences in the Male/Female Reproductive Systems.