

# NATIONAL HEALTH EDUCATION STANDARDS

## (cont.) <sup>21</sup>

Standard	Rationale
<p><b>5</b></p> <p>Use a decision-making process to support the health and well-being of self and others.</p>	<p>Effective decision-making is needed to identify, adopt, and maintain health-promoting behaviors. This standard includes skills and steps integral to the process of effective decision-making to support health and well-being. The decision-making process enables collaboration to improve quality of life within individual, interpersonal, community, societal, and environmental contexts.</p>
<p><b>6</b></p> <p>Use a goal-setting process to support the health and well-being of self and others.</p>	<p>Goal-setting is a process to support short- and long-term health and well-being goals. In addition to achieving a goal, a goal-setting process includes using practices, habits, and routines in daily life. This standard includes the processes needed to plan, reach, and reflect on health goals. Setting goals is a flexible process and considers personal and social factors affecting health and well-being. Goal-setting supports aspirations and future planning for health and well-being within individual, interpersonal, community, societal, and environmental contexts.</p>
<p><b>7</b></p> <p>Demonstrate practices and behaviors to support the health and well-being of self and others.</p>	<p>Developing health practices and behaviors can promote health and well-being over the lifespan and reduce risk to self and others. Practicing health behaviors is critical to incorporating health-promoting habits and routines into all dimensions of wellness. Due to the increasing influence of technology, it is crucial to develop and apply practices and behaviors that support media balance and digital wellness. This standard promotes individual and collective responsibility by encouraging the exploration and practice of skills and processes that support health and well-being in individual, interpersonal, community, societal, and environmental contexts.</p>
<p><b>8</b></p> <p>Advocate to promote the health and well-being of self and others.</p>	<p>Advocacy skills are critical for promoting health and well-being within individual, interpersonal, community, societal, and environmental contexts. This standard helps learners develop and apply skills and strategies to increase agency and advocacy for self and others. Practicing advocacy helps students be informed, civic-minded members of their community who are inclusive of individual, cultural, historical, and other differences.</p>