

# The Robert D. and Billie Ray Center



## 21st Century Essential Concepts and Skills: Connections to CHARACTER COUNTS!

### HEALTH LITERACY



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## 21st Century Essential Concepts and Skills: Connections to CHARACTER COUNTS!

### HEALTH LITERACY

Below are listed the Six Pillars of Character and the Essential Concepts and Skills (with details and examples) of Health Literacy Grades K-12, that connect directly to the tenets of each Pillar of Character. This list may not be all-inclusive and many concepts and skills are listed under multiple Pillars.

#### Trustworthiness: Grades 9-12

Apply critical literacy/thinking skills related to personal, family and community wellness.

Demonstrate decision-making skills.

- Employ ethical practices when making health-related decisions.

#### Trustworthiness: Grades 6-8

Apply critical literacy/thinking skills related to personal, family and community wellness.

Demonstrate decision-making skills.

- Describe the ethical factors that influence health related decisions.

#### Trustworthiness: Grades 3-5

Recognize that media and other influences affect personal, family and community health.

Access valid information, products and services.

- Identify factors that influence the selection of health products and services.

#### Trustworthiness: Grades K-2

Identify influences that affect personal health and the health of others.

Analyze the influence of family, peers, health professionals, culture, media, technology, and other health factors.

- Identify trusted adults/professionals who can help.

Demonstrate communication skills to enhance health and increase safety.

- Communicate effectively to enhance health of self and others.
- Employ effective conflict management strategies. Utilize methods of obtaining help for self and offer assistance to others.
- Demonstrate ways to communicate care, consideration, empathy, and respect for self and others.

Apply critical literacy/thinking skills related to personal, family and community wellness.

Demonstrate decision-making skills.

- Consider immediate and long-term impact on individual, family, community and environment when making health-related decisions.

Use media literacy skills to analyze media and other influences to effectively manage health risk situations and advocate for self and others.

Analyze the influence of family, peers, health professionals, culture, media, technology, and other health factors.

- Analyze how cultural diversity enriches and challenges health behaviors.
- Recognize and reject messages that could lead to bullying or violence.

#### Respect: Grades 6-8

Utilize interactive literacy and social skills to establish personal, family, and community health goals.

Demonstrate social and communication skills to enhance health and increase safety.

- Generate ways to communicate care, consideration, empathy and respect for self and others.

Advocate for personal, family and community health.

- Identify power structures that support advocacy of a healthy, violence-free environment.

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#### Respect: Grades 9-12

Synthesize interactive literacy and social skills to establish and monitor personal, family and community goals related to all aspects of health.



Apply critical literacy/thinking skills related to personal, family and community wellness.

Demonstrate decision-making skills.

- Integrate the roles of individual, family, community and cultures when making health related decisions.

### **Respect: Grades 3-5**

Obtain, interpret, understand and use basic health concepts to enhance personal, family, and community health.

Analyze influencing factors on health enhancing behaviors.

- Describe how diverse families, peers, cultural practices and attitudes influence health related decisions.

Utilize interactive literacy and social skills to establish personal family, and community health goals.

Demonstrate social and communication skills that enhance health and increase safety.

- Demonstrate appropriate verbal and nonverbal communication skills to enhance health of self and others.
- Practice strategies to manage or resolve conflict.
- Demonstrate ways to communicate care, consideration, empathy and respect for self and others.

Advocate for personal, family and community health.

- Use assertive communications skills to consistently advocate for a healthy, violence-free environment.

### **Respect: Grades K-2**

Understand and use interactive literacy and social skills to enhance personal, family, and community health.

Demonstrate social and communication skills to enhance health and increase safety.

- Demonstrate verbal and nonverbal ways to express wants, needs, and feelings appropriately.
- Choose effective conflict management strategies.
- Identify ways to communicate care, consideration, empathy and respect for self and others.

Advocate for personal, family and community health.

- Recognize mean and violent acts and demonstrate appropriate responses.

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### **Responsibility: Grades 9-12**

Demonstrate functional health literacy skills to obtain, interpret, understand and use basic health concepts to enhance personal, family, and community health.

Use concepts related to health promotion and disease prevention.

- Use knowledge of impact of genetics/family history to make informed decisions.
- Contribute to personal/family quality of life through proper prevention/management of health crises, i.e., injury, depression, chronic illness.
- Explain the impact of personal health behaviors on the functioning of body systems.
- Explain how personal choices impact health maintenance and disease prevention.

Apply critical literacy/thinking skills related to personal, family and community wellness.

Demonstrate decision-making skills.

- Consider immediate and long-term impact on individual, family, community and environment when making health-related decisions.

Demonstrate goal-setting skills.

- Evaluate health status and develop goals to enhance health.
- Engage in an ongoing cycle of goal setting, implementation, evaluation and readjustment to enhance health status.

Demonstrate behaviors that foster healthy, active lifestyles for individuals and the benefit of society.

Achieve and maintain health-enhancing level of physical activity.

- Assess and monitor current physical health to meet fitness goals.
- Engage in activities to maintain appropriate levels of cardiovascular endurance, muscular, strength/flexibility, and body composition.



Practice preventive health behaviors.

- Engage in appropriate stress-management strategies that enhance health.
- Engage in behaviors that promote risk avoidance.
- Identify factors that influence healthy eating.
- Establish healthy eating behaviors.
- Engage in behaviors that promote positive mental and emotional health for the individual, family and community.

### **Responsibility: Grades 6-8**

Demonstrate functional health literacy skills to obtain, interpret, understand and use basic health concepts to enhance personal, family and community health.

Know and use concepts related to health promotion and disease prevention.

- Evaluate the impact of genetics/family history with personal health decisions.
- Demonstrate skills necessary for proper prevention/management of health crises. i.e. injury, depression, chronic illness.
- Evaluate the impact of personal health behaviors on the functioning of body systems.
- Develop healthy personal choices to promote health maintenance and disease prevention.

Utilize interactive literacy and social skills to establish personal, family, and community health goals.

- Demonstrate social and communication skills to enhance health and increase safety
- Advocate for personal, family and community health.

Apply critical literacy/thinking skills related to personal, family and community wellness.

Demonstrate decision-making skills

- Integrate the roles of individual, family, community and cultures when making health related decisions.
- Demonstrate how health related decisions impact individual, family, community and environment.

Demonstrate goal- setting skills.

- Implement goals to enhance personal health and track its achievement.

Demonstrate behaviors that foster healthy, active lifestyles for individuals and the benefit of society.

Achieve and maintain health- enhancing level of physical activity.

- Develop, implement and evaluate goals for physical health.
- Engage in activities to improve cardiovascular and muscular strength and endurance, flexibility, and body composition.

Practice preventive health behaviors.

- Practice appropriate and effective stress management.
- Analyze risk factors and make healthy choices.
- Implement a plan reflecting healthy food choices.
- Implement behaviors that contribute to holistic wellness for individuals, families and communities.

### **Responsibility: Grades 3-5**

Obtain, interpret, understand and use basic health concepts to enhance personal, family, and community health.

Know and use concepts related to health promotion and disease prevention.

- Describe the influence of risk and protective factors.
- Describe the impact of personal health behaviors on the functioning of body systems.
- Identify how personal choices impact health and disease prevention.
- Describe preventive physical and mental health measures, including proper diet, nutrition, exercise, risk -avoidance and stress reduction.

Demonstrate critical literacy/thinking skills related to personal, family, and community wellness.

Demonstrate decision -making skills.

- Explain different approaches to making decisions.
- Describe the effectiveness of health-related decisions.
- Demonstrate the ability to seek assistance when making health related decisions.
- Recognize that health related decisions have an impact on individual, family, community, and environment.
- Demonstrate goal-setting skills.
- Develop goals to enhance health status.





Demonstrate behaviors that foster healthy, active lifestyles for individuals and the benefit of society.

Achieve and maintain health-enhancing level of physical activity.

- Identify personal physical strengths and weaknesses.
- Engage in physical activities to improve fitness components.

Practice preventive health behaviors.

- Demonstrate appropriate and effective stress management.
- Assess risk factors that contribute to healthy choices.
- Choose healthy foods.

Demonstrate behaviors that contribute to holistic wellness for individuals, families and communities.

### **Responsibility: Grades K-2**

Understand and use basic health concepts to enhance personal, family, and community health.

Know and use concepts related to health promotion and disease prevention.

- Identify ways to be healthy.
- Identify ways to prevent illness and injury.
- Know when and how to ask for help with health care.
- Identify the impact of personal health behaviors on the functioning of body systems.
- Recognize that personal health behaviors influence an individual's well being.

Analyze influencing factors on health enhancing behaviors.

- Identify positive and negative effects of media and technology upon health practices and choices.

Recognize critical literacy/thinking skills related to personal, family and community wellness.

Demonstrate goal-setting skills.

- Set personal goals.

Demonstrate decision-making skills.

- Understand the interrelationships between decisions, choices and consequences.
- Recognize the effectiveness of health-related decisions.
- Recognize the need to ask for assistance when making health-related decisions.
- Identify that health related decisions have an impact on individual, family, community, and environment.

Demonstrate behaviors that foster healthy, active lifestyles for individuals and the benefit of society.

Achieve and maintain health-enhancing level of physical activity.

- Practice fitness skills.
- Practice basic health enhancing physical behaviors.

Practice preventive health behaviors.

- Identify stress and stress relievers.
- Identify risk behaviors and practice healthy choices.
- Identify healthy foods.
- Identify behaviors that contribute to total wellness for individuals, families and communities.

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### **Fairness: Grades 9-12**

Synthesize interactive literacy and social skills to establish and monitor personal, family and community goals related to all aspects of health.

Advocate for personal, family and community health.

- Advocate for healthy, violence-free behaviors by using knowledge of the dynamics of power and position.

### **Fairness: Grades 6-8**

Utilize interactive literacy and social skills to establish personal, family, and community health goals.

Advocate for personal, family and community health.

- Identify power structures that support advocacy of a healthy, violence-free environment.



### **Fairness: Grades 3-5**

Utilize interactive literacy and social skills to establish personal family, and community health goals.

Advocate for personal, family and community health.

- Use assertive communications skills to consistently advocate for a healthy, violence-free environment.

### **Fairness: Grades K-2**

Recognize critical literacy/thinking skills related to personal, family and community wellness.

Demonstrate decision- making skills.

- Identify that health related decisions have an impact on individual, family, community, and environment.

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### **Caring: Grades 9-12**

Synthesize interactive literacy and social skills to establish and monitor personal, family and community goals related to all aspects of health.

Demonstrate communication skills to enhance health and increase safety.

- Communicate effectively to enhance health of self and others.
- Demonstrate ways to communicate care, consideration, empathy, and respect for self and others.

Advocate for personal, family and community health.

- Influence and support others to make positive health choices.
- Collaborate with others to improve family and community health.
- Engage in media and legislative advocacy efforts to promote positive health for self and others.
- Advocate for healthy, violence-free behaviors by using knowledge of the dynamics of power and position.

### **Caring: Grades 6-8**

Utilize interactive literacy and social skills to establish personal, family, and community health goals.

Demonstrate social and communication skills to enhance health and increase safety.

- Apply appropriate communication skills to enhance health of self and others.
- Demonstrate proper methods of obtaining help for self and others.
- Generate ways to communicate care, consideration, empathy and respect for self and others.

Advocate for personal, family and community health.

- Collaborate to improve family and community health.

Apply critical literacy/thinking skills related to personal, family and community wellness.

Demonstrate decision- making skills.

- Demonstrate how health related decisions impact individual, family, community and environment.

### **Caring: Grades 3-5**

Utilize interactive literacy and social skills to establish personal family, and community health goals.

Demonstrate social and communication skills that enhance health and increase safety.

- State methods of obtaining help for self and others.
- Demonstrate ways to communicate care, consideration, empathy and respect for self and others.

Advocate for personal, family and community health.

- Demonstrate how to influence and support others to make positive health choices.

Demonstrate critical literacy/thinking skills related to personal, family, and community wellness.

Demonstrate decision-making skills.

- Recognize that health related decisions have an impact on individual, family, community, and environment.



Recognize that media and other influences affect personal, family and community health.

Analyze the influence of family, peers, health professionals, culture, media, technology, and other health factors.

- Recognize public health policies that aid in the prevention and maintenance of school and community health.

Demonstrate behaviors that foster healthy, active lifestyles for individuals and the benefit of society.

Practice preventive health behaviors.

- Demonstrate behaviors that contribute to holistic wellness for individuals, families and communities.

### **Caring: Grades K-2**

Understand and use interactive literacy and social skills to enhance personal, family, and community health.

Demonstrate social and communication skills to enhance health and increase safety.

- Identify ways to communicate care, consideration, empathy and respect for self and others.

Advocate for personal, family and community health.

- Articulate ways to influence and support others to make positive health choices.
- Identify ways to improve family and community health.
- Recognize mean and violent acts and demonstrate appropriate responses.

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### **Citizenship: Grades 9-12**

Synthesize interactive literacy and social skills to establish and monitor personal, family and community goals related to all aspects of health.

Advocate for personal, family and community health.

- Collaborate with others to improve family and community health.
- Engage in media and legislative advocacy efforts to promote positive health for self and others.
- Advocate for healthy, violence-free behaviors by using knowledge of the dynamics of power and position.

Apply critical literacy/thinking skills related to personal, family and community wellness.

Demonstrate decision-making skills.

- Consider immediate and long-term impact on individual, family, community and environment when making health-related decisions.

Use media literacy skills to analyze media and other influences to effectively manage health risk situations and advocate for self and others.

Analyze the influence of family, peers, health professionals, culture, media, technology, and other health factors.

- Analyze the role of public health policies in prevention and maintenance of school and community health.

Demonstrate behaviors that foster healthy, active lifestyles for individuals and the benefit of society.

Achieve and maintain health-enhancing level of physical activity.

- Assess and monitor current physical health to meet fitness goals.
- Engage in activities to maintain appropriate levels of cardiovascular endurance, muscular, strength/flexibility, and body composition.

Practice preventive health behaviors.

- Engage in appropriate stress-management strategies that enhance health.
- Engage in behaviors that promote risk avoidance.
- Identify factors that influence healthy eating.
- Establish healthy eating behaviors.
- Engage in behaviors that promote positive mental and emotional health for the individual, family and community.

### **Citizenship: Grades 6-8**

Utilize interactive literacy and social skills to establish personal, family, and community health goals.

Advocate for personal, family and community health.

- Model how to influence and support others to make positive health choices.
- Collaborate to improve family and community health.
- Recognize media and legislative advocacy efforts to promote positive health for self and others.
- Identify power structures that support advocacy of a healthy, violence-free environment.



Apply critical literacy/thinking skills related to personal, family and community wellness.

Demonstrate decision-making skills.

- Demonstrate how health related decisions impact individual, family, community and environment.

Integrate media literacy skills to analyze media and other influences to effectively manage personal, family and community health situations.

Analyze the influence of family, peers, health professionals, culture, media, technology, and other health factors.

- Discuss the role of public health policies in prevention and maintenance of school and community health.

Demonstrate behaviors that foster healthy, active lifestyles for individuals and the benefit of society.

- Practice preventive health behaviors.
- Implement behaviors that contribute to holistic wellness for individuals, families and communities.

### **Citizenship: Grades 3-5**

Obtain, interpret, understand and use basic health concepts to enhance personal, family, and community health.

Analyze influencing factors on health enhancing behaviors.

- Recognize how national and international public health and safety issues affect personal and family health status.

Utilize interactive literacy and social skills to establish personal family, and community health goals.

Advocate for personal, family and community health.

- Describe ways to improve family and community health.

Demonstrate critical literacy/thinking skills related to personal, family, and community wellness.

Demonstrate decision-making skills.

- Recognize that health related decisions have an impact on individual, family, community, and environment.

Recognize that media and other influences affect personal, family and community health.

Analyze the influence of family, peers, health professionals, culture, media, technology, and other health factors.

- Recognize public health policies that aid in the prevention and maintenance of school and community health.

Demonstrate behaviors that foster healthy, active lifestyles for individuals and the benefit of society.

Practice preventive health behaviors.

- Demonstrate behaviors that contribute to holistic wellness for individuals, families and communities.

### **Citizenship: Grades K-2**

Understand and use interactive literacy and social skills to enhance personal, family, and community health.

Advocate for personal, family and community health.

- Identify ways to improve family and community health.

Recognize critical literacy/thinking skills related to personal, family and community wellness.

Demonstrate decision-making skills

- Identify that health related decisions have an impact on individual, family, community, and environment.

Demonstrate behaviors that foster healthy, active lifestyles for individuals and the benefit of society.

Practice preventive health behaviors.

- Identify behaviors that contribute to total wellness for individuals, families and communities.

