

Oregon Health Education Standards and Performance Indicators (Grades K-12)

Color Coded by Topic Categories - Table

The mission of the Oregon Department of Education is to foster equity and excellence for every learner through collaboration with educators, partners, and communities.



Health Education Standards help define the knowledge and skills students will need throughout their K-12 experience. Standards also provide consistency in what is taught to students across our state to ensure equity in education.

In order to provide context and make the number of standards easier to manage, Oregon Department of Education Health and Sexuality Education specialists, in partnership with a group of statewide collaborators, categorized the standards into key health categories and sub-topics. Please see also our [Oregon Health and Sexuality Education Topic Categories and Essential Questions](#) document that outlines a set of essential questions, per grade band, that are meant to serve as an umbrella over the specific grade-level standards and performance indicators that exist for that category. Performance indicators are sorted into tables, by the following Health Education Anchor Standards:

- Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.
- Standard 2: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
- Standard 3: Students will demonstrate the ability to access valid information, products, and services to enhance health.
- Standard 4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
- Standard 5: Students will demonstrate the ability to use decision-making skills to enhance health.
- Standard 6: Students will demonstrate the ability to use goal-setting skills to enhance health.
- Standard 7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
- Standard 8: Students will demonstrate the ability to advocate for personal, family, and community health.

Topic Categories, Sub Topics, & Color Coding

Topic Categories	Color & Category Code	Sub-topics
Affirming Identities and Anti-Oppression (AIAO)	AIAO	<ul style="list-style-type: none"> - Advocacy for self, others, and safe environments - Understanding of systemic oppression that negatively impacts health and wellbeing (e.g. harm from racism, sexism, classism, ableism, heterosexism, cissexism, sizeism, ageism, antisemitism, colonization, xenophobia, etc.) - Recognizing, respecting, and affirming personal and cultural identities (race, ethnicity, gender identity, sexual orientation, socio-economic class, body size, age, physical and intellectual ability, citizenship status, spiritual and religious beliefs, etc.)
Wellness and Health Promotion (WHP)	WHP	<ul style="list-style-type: none"> - Understanding the dimensions of health and wellbeing - Developing health literacy - Promoting access to health services, resources, and information - Communicable disease prevention
Alcohol, Tobacco, and Other Drug Use Prevention (ATOD)	ATOD	<ul style="list-style-type: none"> - Substance use and abuse prevention and harm reduction - Accessing information and health services about addiction
Social, Emotional, and Mental Health (SEM)	SEM	<ul style="list-style-type: none"> - Processing feelings and emotions - Mental health promotion and support (e.g. stress) - Developing social skills
Healthy Relationships and Violence Prevention (HRVP)	HRVP	<ul style="list-style-type: none"> - Bullying prevention and bystander advocacy - Healthy and unhealthy friendships - Healthy and unhealthy romantic and sexual relationships - Healthy and unhealthy family relationships - Communication strategies within relationships - Setting boundaries and understanding consent - Child abuse prevention - Communication with and reporting violence or abuse to trusted adults

Topic Categories	Color & Category Code	Sub-topics
Growth and Development (GD)	GD	<ul style="list-style-type: none"> - Developing body literacy - Physical, social, and emotional changes of puberty - Medically accurate, inclusive reproductive anatomy and physiology (LGBTQ2SIA+ inclusive) - Sexual response cycle and definitions of sexual activity (LGBTQ2SIA+ inclusive) - Signs, symptoms, and stages of pregnancy (LGBTQ2SIA+ inclusive) - Positive identity development (race, ethnicity, gender identity, sexual orientation, socio-economic class, body size, age, physical and intellectual ability, citizenship status, spiritual and religious beliefs, etc.) - Body image and sense of self - Identifying personal values & beliefs
Sexual Health Promotion (SHP)	SHP	<ul style="list-style-type: none"> - Personal Hygiene Strategies - Communicable disease, STI, and HIV/AIDS Prevention - Methods for preventing unwanted pregnancy - Pregnancy and parenting healthcare - Sexual decision making (LGBTQ2SIA+ inclusive) - Access and information about sexual healthcare services
Safety and First Aid (SFA)	SFA	<ul style="list-style-type: none"> - Environmental health (transportation, unsafe objects, sun exposure, natural disasters, etc.) - All risks to personal health and safety, unrelated to interpersonal violence
Nutrition and Physical Activity (NPA)	NPA	<ul style="list-style-type: none"> - Understanding physical health and maintaining an active lifestyle - Relationship between nutrition and health - Accessing information and health services about disordered eating

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Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

Kindergarten	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5	Grade 6	Grade 7	Grade 8	High School
n/a	n/a	n/a	HE.1.3.1 Identify the relationship between healthy behaviors and personal health. WHP	HE.1.4.1 Describe the relationship between healthy behaviors and personal health. WHP	HE.1.5.1 Analyze the relationship between healthy behaviors and personal health. WHP	HE.1.6.1 Analyze the relationship between healthy behaviors and personal health. WHP	HE.1.7.1 Analyze the relationship between healthy behaviors and personal health. WHP	HE.1.8.1 Analyze the relationship between healthy behaviors and personal health. WHP	HE.1.12.1 Predict how healthy behaviors can affect health status. WHP
n/a	n/a	n/a	n/a	n/a	n/a	HE.1.6.2 Describe qualities that contribute to a healthy body image. GD, AIAO	HE.1.7.2 Describe qualities that contribute to a healthy body image. GD, AIAO	HE.1.8.2 Describe qualities that contribute to a healthy body image. GD, AIAO	n/a
HE.1.K.1 Identify dimensions of health (e.g. physical, mental, social, emotional, and environmental). WHP, SEM	HE.1.1.1 Describe the 3.1.dimensions of health (e.g. physical, mental, social, emotional, and environmental). WHP, SEM	HE.1.2.1 Recognize examples of physical, mental, social, emotional, and environmental health. WHP, SEM	HE.1.3.2 List examples of physical, mental, social, emotional, and environmental health. WHP, SEM	HE.1.4.2 Describe examples of physical, mental, social, emotional, and environmental health. WHP, SEM	HE.1.5.2 Analyze examples of physical, mental, social, emotional, and environmental health. WHP, SEM	HE.1.6.3 Describe the interrelationships of emotional, intellectual, physical, and social health in adolescence. WHP, SEM	HE.1.7.3 Explain the interrelationships of physical, mental, social, emotional, and environmental health in adolescence. WHP, SEM	HE.1.8.3 Analyze the interrelationships of physical, mental, social, emotional, and environmental health in adolescence. WHP, SEM	HE.1.12.2 Describe the interrelationships of physical, mental, social, emotional, and environmental health. WHP, SEM
n/a	n/a	n/a	HE.1.3.3 Recognize ways in which safe and healthy school and community environments can promote personal health including but not limited to respect for diversity; safe routes to school/bike and walk; school gardens; and other school policies and programs that promote health literacy. WHP, AIAO	HE.1.4.3 Describe ways in which safe and healthy school and community environments can promote personal health including but not limited to respect for diversity; safe routes to school/bike and walk; school gardens; and other school policies and programs that promote health literacy. WHP, AIAO	HE.1.5.3 Analyze ways in which safe and healthy school and community environments can promote personal health including but not limited to respect for diversity; safe routes to school/bike and walk; school gardens; and other school policies and programs that promote health literacy. WHP, AIAO	HE.1.6.4 Identify how the environment affects personal health. WHP	HE.1.7.4 Identify how the environment affects personal health. WHP	HE.1.8.4 Identify how the environment affects personal health. WHP	H.E.1.12.3 Explain how environment (both physical and social) and personal health are interrelated. WHP
HE.1.K.2 Identify safe behaviors and ways to reduce risk of common childhood injuries. SFA	HE.1.1.2 Discuss safe behaviors and ways to reduce risk of common childhood injuries. SFA	HE.1.2.2 Describe safe behaviors and ways to reduce risk of common childhood injuries. SFA	HE.1.3.4 Describe ways to prevent common childhood injuries and health problems. SFA	HE.1.4.4 Analyze ways to prevent common childhood injuries and health problems. SFA	HE.1.5.4 Demonstrate ways to prevent common childhood injuries and health problems. SFA	HE.1.6.5 Describe ways to reduce or prevent injuries such as accidents, sports/recreational injuries, and substance overdose. SFA, ATOD	HE.1.7.5 Explain ways to reduce or prevent injuries such as accidents, sports/recreational injuries, and substance overdose. SFA, ATOD	HE.1.8.5 Differentiate methods to reduce controlled and/or uncontrolled risks that prevent injuries such as accidents, sports/recreational injuries, and substance overdose. SFA, ATOD	HE.1.12.4 Justify ways to reduce or prevent injuries and health problems. SFA

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HE.1.K.3 Identify when it is important to seek healthcare. WHP	HE.1.1.3 Identify when it is important to seek healthcare. WHP	HE.1.2.3 Identify when it is important to seek healthcare. WHP	HE.1.3.5 Identify why it is important to seek health care. WHP	1.4.5 Describe why it is important to seek help with a health issue. WHP	HE.1.5.5 Demonstrate when it is important to seek health care. WHP	n/a	n/a	n/a	HE.1.12.5 Describe the importance of accessing medical care and self-care and exams. WHP
n/a	n/a	n/a	n/a	n/a	n/a	HE.1.6.6 Describe ways to reduce exposure to the sun. SFA	HE.1.7.6 Describe ways to reduce exposure to the sun. SFA	HE.1.8.6 Describe ways to reduce exposure to the sun. SFA	n/a
n/a	n/a	n/a	n/a	n/a	n/a	HE.1.6.7 Identify the physical, academic, mental, and social benefits of physical activity. NPA, WHP	HE.1.7.7 Explain the physical, academic, mental, and social benefits of physical activity and the relationship to one's overall health. NPA, WHP	HE.1.8.7 Analyze the physical, academic, mental, and social benefits of physical activity and the relationship to one's overall health. NPA, WHP	n/a
n/a	n/a	n/a	n/a	n/a	n/a	HE.1.6.8 Recognize factors that can affect personal health, including but not limited to family history, socioeconomic status, race, and ethnicity. WHP, AIAO	HE.1.7.8 Describe factors that can affect personal health, including but not limited to family history, socioeconomic status, race, and ethnicity. WHP, AIAO	HE.1.8.8 Assess factors that can affect personal health, including but not limited to family history, socioeconomic status, race, and ethnicity. WHP, AIAO	n/a
n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	HE.1.12.6 Explain how genetics and family history can impact personal health. WHP, AIAO
n/a	n/a	n/a	n/a	n/a	n/a	HE.1.6.9 List how witnesses and bystanders can help prevent violence by reporting dangerous situations. SFA, HRVP	HE.1.7.9 Explain how witnesses and bystanders can help prevent violence by reporting dangerous situations. SFA, HRVP	HE.1.8.9 Demonstrate how witnesses and bystanders can help prevent violence by reporting dangerous situations. SFA, HRVP	n/a
n/a	n/a	n/a	n/a	n/a	n/a	HE.1.6.10 Describe basic first aid procedures needed to treat injuries and other emergencies. SFA	HE.1.7.10 Apply basic first aid procedures needed to treat injuries and other emergencies. SFA	HE.1.8.10 Demonstrate basic first aid procedures needed to treat injuries and other emergencies. SFA	n/a

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n/a	n/a	n/a	n/a	n/a	n/a	HE.1.6.11 Explain safe behaviors when traveling to and from school and in the community. WHP	HE.1.7.11 Plan safe behaviors when traveling to and from school and in the community. WHP	HE.1.8.11 Evaluate safe behaviors when traveling to and from school and in the community. WHP	n/a
n/a	n/a	n/a	n/a	n/a	n/a	HE.1.6.12 Recognize the role of lifelong fitness activities in maintaining a high quality of life and improving longevity. NPA	HE.1.7.12 Explain the role of lifelong fitness activities in maintaining a high quality of life and improving longevity. NPA	HE.1.8.12 Analyze the role of lifelong fitness activities in maintaining a high quality of life and improving longevity. NPA	n/a
n/a	n/a	n/a	n/a	n/a	n/a	HE.1.6.13 Describe the benefits of and barriers to practicing healthy behaviors. WHP	HE.1.7.13 Describe the benefits of and barriers to practicing healthy behaviors. WHP	HE.1.8.13 Describe the benefits of and barriers to practicing healthy behaviors. WHP	HE.1.12.7 Identify and analyze barriers that prevent people from practicing a variety of healthy behaviors. WHP
n/a	n/a	n/a	n/a	n/a	n/a	HE.1.6.14 Identify the factors that contribute to chronic diseases. WHP	HE.1.7.14 Identify the factors that contribute to chronic diseases. WHP	HE.1.8.14 Identify the factors that contribute to chronic diseases. WHP	n/a
n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	HE.1.12.8 Explain disparities that exist between access to health care and health status. AIAO, WHP
n/a	n/a	n/a	n/a	n/a	n/a	HE.1.6.15 Recognize what to do during an emergency and/or natural disaster, including floods, tsunamis, and earthquakes. SFA	HE.1.7.15 Explain what to do during an emergency and/or natural disaster, including floods, tsunamis, and earthquakes. SFA	HE.1.8.15 Plan what to do during an emergency and/or natural disaster, including floods, tsunamis, and earthquakes. SFA	n/a
n/a	n/a	n/a	n/a	n/a	n/a	n/a	HE.1.7.16 Examine the likelihood of injury or illness if engaging in unhealthy behaviors. SFA, WHP	HE.1.8.16 Assess the likelihood of injury or illness if engaging in unhealthy behaviors. SFA, WHP	n/a
n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	HE.1.12.9 Explain key concepts of fitness including target heart rate, phases of a workout. NPA

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n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	HE.1.12.10 Explain key concepts of disease prevention including lifestyle choices, prevention and detection. WHP, SHP
n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	HE.1.12.11 Explain key concepts of Environmental Health including pollution, community resources. WHP
n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	HE.1.12.12 Explain key concepts of Unintentional Injury Prevention and Care, including by not limited to CPR. SFA
HE.1.K.4 Name reproductive body parts, using proper anatomical terms, and stages in the basic growth processes of all people. GD, AIAO	HE.1.1.4 Name reproductive body parts, using proper anatomical terms, and stages in the basic growth processes of all people. GD, AIAO	HE.1.2.4 Identify reproductive body parts, using proper anatomical terms and stages in the basic growth processes of all people. GD, AIAO	HE.1.3.6 Identify human reproductive systems including reproductive anatomy and function. GD, AIAO	HE.1.4.6 Identify human reproductive systems including reproductive anatomy and function. GD, AIAO	HE.1.5.6 Discuss human reproductive systems including reproductive anatomy and function. GD, AIAO	HE.1.6.16 Identify the human sexual and reproductive systems including body parts and their functions. GD, AIAO	HE.1.7.17 Describe the human sexual and reproductive systems including body parts and their functions. GD, AIAO	HE.1.8.17 Explain the human sexual and reproductive systems including body parts and their functions. GD, AIAO	HE.1.12.13 Compare and contrast human sexual and reproductive systems including body parts and their functions. GD, AIAO
HE.1.K.5 List potentially unsafe body fluids and objects to avoid. SHP, WHP	HE.1.1.5 Describe ways to prevent communicable and non-communicable disease and understand the difference (including HIV/AIDS, and Hepatitis B and C). SHP, WHP	HE.1.2.5 Demonstrate ways to prevent communicable and non-communicable disease and understand the difference (including HIV/AIDS, and Hepatitis B and C). SHP, WHP	n/a	n/a	n/a	HE.1.6.17 Describe personal health care practices that prevent the spread of communicable and non-communicable diseases. SHP, WHP	HE.1.7.18 Analyze personal health care practices that prevent the spread of communicable and non-communicable diseases. SHP, WHP	HE.1.8.18 Assess personal health care practices that prevent the spread of communicable and non-communicable diseases. SHP, WHP	n/a
HE.1.K.6 Identify ways to prevent communicable and non-communicable disease and understand the difference (including HIV/AIDS, and Hepatitis B and C). SHP, WHP	HE.1.1.6 Explain that it is important to stay away from potentially unsafe body fluids and objects. SHP, WHP	HE.1.2.6 Explain why it is important to stay away from potentially unsafe body fluids and objects. SHP, WHP	HE.1.3.7 Explain why it is important to stay away from potentially unsafe body fluids and objects. SHP, WHP	HE.1.4.7 Recognize that abstinence is the most effective method of protection from STD/HIV and pregnancy. SHP	HE.1.5.7 Discuss how abstinence is the most effective method of protection from STD/HIV and pregnancy. SHP	HE.1.6.18 Define sexual abstinence as it relates to pregnancy prevention. SHP	HE.1.7.19 Describe how sexual abstinence relates to pregnancy prevention. SHP	HE.1.8.19 Explain how sexual abstinence relates to pregnancy prevention. SHP	HE.1.12.14 Define contraceptive methods including emergency contraception and describe their mechanism of action. SHP

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n/a	n/a	n/a	HE.1.3.8 Identify practices that prevent the spread of communicable diseases (including HIV/AIDS, and Hepatitis B and C). SHP, WHP	HE.1.4.8 Recognize that HIV and STDs can be spread through sexual contact with someone who has HIV/STD. SHP	HE.1.5.8 Discuss that HIV and STDs can be spread through sexual contact with someone who has HIV/STD. SHP	HE.1.6.19 Recognize that HIV and STDs can be spread through sexual contact with someone who has HIV/STD. SHP	HE.1.7.20 Define how HIV and STDs can be spread through sexual contact with someone who has HIV/STD. SHP	HE.1.8.20 Explain how HIV and STDs can be spread through sexual contact with someone who has HIV/STD. SHP	n/a
n/a	n/a	n/a	HE.1.3.9 Recognize how puberty prepares human bodies for the potential to reproduce. GD	n/a	HE.1.5.9 Identify health care practices related to physical changes during puberty. GD	HE.1.6.20 Describe health care practices related to physical changes during puberty. GD	HE.1.7.21 Explain health care practices related to physical changes during puberty. GD	HE.1.8.21 Explain the health care practices related to physical changes during puberty. GD	HE.1.12.15 Identify health care practices related to physical changes during adolescent development and early adulthood. GD
HE.1.K.7 Recognize that there are many ways to express gender. GD, AIAO	HE.1.1.7 Explain that there are many ways to express gender. GD, AIAO	HE.1.2.7 Recognize differences and similarities of how individuals identify regarding gender. GD, AIAO	HE.1.3.10 Define sexual orientation. GD, AIAO	HE.1.4.9 Define sexual orientation. GD, AIAO	HE.1.5.10 Explain differences and similarities of how individuals identify regarding gender or sexual orientation. GD, AIAO	HE.1.6.21 Identify the differences between biological sex, sexual orientation, and gender identity and expression. GD, AIAO	HE.1.7.22 Define the differences between biological sex, sexual orientation, and gender identity and expression. GD, AIAO	HE.1.8.22 Explain the differences biological sex, sexual orientation, and gender identity and expression. GD, AIAO	HE.1.12.16 Differentiate between biological sex, sexual orientation, sexual identity and sexual behavior, gender identity and gender expression. GD, AIAO
n/a	n/a	n/a	n/a	n/a	HE.1.5.11 Identify the physical, social and emotional changes that occur during puberty and adolescence. GD	HE.1.6.22 Describe the physical, social, cognitive and emotional changes of adolescence. GD	HE.1.7.23 Define the physical, social, cognitive and emotional changes of adolescence. GD	HE.1.8.23 Explain the physical, social, cognitive and emotional changes of adolescence. GD	HE.1.12.17 Explain how brain development has an impact on cognitive, social and emotional changes of adolescence and early adulthood. GD
n/a	n/a	n/a	HE.1.3.11 Recognize differences and similarities of how individuals identify regarding gender or sexual orientation. GD, AIAO	HE.1.4.10 Describe differences and similarities of how individuals identify regarding gender or sexual orientation. GD, AIAO	HE.1.5.12 Discuss ways of expressing gender. GD, AIAO	HE.1.6.23 Define gender roles, gender identity and sexual orientation across cultures. AIAO, GD	HE.1.7.24 Define gender roles, gender identity and sexual orientation across cultures. AIAO, GD	HE.1.8.24 Explain gender roles, gender identity and sexual orientation across cultures. AIAO, GD	HE.1.12.18 Describe the intersections of varied identities, including gender, race, ethnicity, sexual orientation, ability, etc. AIAO, GD

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HE.1.K.8 Recognize the importance of treating others with respect including gender expression. AIAO, GD	HE.1.1.8 Recognize the importance of treating others with respect including gender expression. AIAO, GD	HE.1.2.8 Recognize the importance of treating others with respect including gender expression. AIAO, GD	HE.1.3.12 Recognize the importance of treating others with respect including gender expression and sexual orientation. AIAO, GD	HE.1.4.11 Understand importance of treating others with respect including gender expression and sexual orientation. AIAO, GD	HE.1.5.13 Describe the importance of treating others with respect including gender expression and sexual orientation. AIAO, GD	HE.1.6.24 Identify diversity among people, including age, disability, national origin, race, ethnicity, color, marital status, biological sex, sexual orientation, gender identity and expression. AIAO, GD	HE.1.7.25 Recognize diversity among people, including age, disability, national origin, race, ethnicity, color, marital status, biological sex, sexual orientation, gender identity and expression. AIAO, GD	HE.1.8.25 Examine diversity among people, including age, disability, national origin, race, ethnicity, color, marital status, biological sex, sexual orientation, gender identity and expression. AIAO, GD	HE.1.12.19 Discuss the importance of treating people with HIV or other STDs with respect. AIAO, SHP
n/a	n/a	n/a	n/a	n/a	n/a	HE.1.6.25 Define sexual intercourse and its relationship to human reproduction. GD, SHP	HE.1.7.26 Describe sexual intercourse and its relationship to human reproduction. GD, SHP	HE.1.8.26 Explain sexual intercourse and its relationship to human reproduction. GD, SHP	HE.1.12.20 Describe the human sexual response cycle, including the role hormones play. GD, SHP
n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	HE.1.12.21 Describe the laws related to sexual health care services, including confidential testing and treatment; and disclosure of STD status. SHP
HE.1.K.9 Describe the characteristics of a friend. HRVP	HE.1.1.9 Describe how they can be a good friend. HRVP	HE.1.2.9 Describe how they can be a good friend. HRVP	HE.1.3.13 Identify the characteristics of a healthy relationship. HRVP	HE.1.4.12 Describe the characteristics of a healthy relationship. HRVP	HE.1.5.14 Discuss the characteristics of a healthy relationship. HRVP	HE.1.6.26 Identify the characteristics of healthy and unhealthy relationships. HRVP	HE.1.7.27 Define the characteristics of healthy and unhealthy relationships. HRVP	HE.1.8.27 Compare and contrast the characteristics of healthy and unhealthy relationships. HRVP	HE.1.12.22 Describe characteristics of healthy and unhealthy romantic and/or sexual relationships. HRVP
n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	HE.1.12.23 Explain characteristics of a healthy relationship that is free from threats, coercion or abuse. HRVP
HE.1.K.10 Recognize everyone has the right to say who touches their body, when and how. HRVP	HE.1.1.10 Explain that everyone has the right to say who touches their body, when and how. HRVP	HE.1.2.10 Explain that everyone has the right to say who touches their body, when and how. HRVP	HE.1.3.14 Explain that everyone has the right to say who touches their body, when and how. HRVP	HE.1.4.13 Explain that everyone has the right to say who touches their body, when and how. HRVP	HE.1.5.15 Explain that everyone has the right to say who touches their body, when and how. HRVP	HE.1.6.27 Identify everyone has the right to say who touches their body and how. HRVP	HE.1.7.28 Discuss why everyone has the right to say who touches their body and how. HRVP	HE.1.8.28 Explain why everyone has the right to say who touches their body and how. HRVP	HE.1.12.24 Express that everyone has the right to say who touches their body and how. HRVP

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HE.1.K.11 Recognize that it is never ok to touch someone, or make someone touch you if they don't want to. HRVP	HE.1.1.11 Explain that it is never ok to touch someone, or make someone touch you if they don't want to. HRVP	HE.1.2.11 Explain that it is never ok to touch someone, or make someone touch you if they don't want to. HRVP	HE.1.3.15 Explain that it is never ok to touch someone, or make someone touch you if they don't want to. HRVP	HE.1.4.14 Describe why it is never ok to touch someone, or make someone touch you if they don't want to. HRVP	HE.1.5.16 Discuss why it is never ok to touch someone, or make someone touch you if they don't want to. HRVP	n/a	n/a	n/a	HE.1.12.25 Express that it is never ok to touch someone, or make someone touch you if they don't want to. HRVP
HE.1.K.12 List a variety of ways people express affection within various types of relationships. HRVP, AIAO	HE.1.1.12 Identify a variety of ways people express affection within various types of relationships. HRVP, AIAO	HE.1.2.12 Describe a variety of ways people express affection within various types of relationships. HRVP, AIAO	HE.1.3.16 Describe a variety of ways people express affection within various types of relationships. HRVP, AIAO	HE.1.4.15 Describe a variety of ways people express affection within various types of relationships. HRVP, AIAO	HE.1.5.17 Analyze a variety of ways people express affection within various types of relationships. HRVP, AIAO	n/a	HE.1.7.29 Describe a range of ways people express affection within various types of relationships. HRVP, AIAO	HE.1.8.29 Discuss the range of ways people express affection within various types of relationships. HRVP, AIAO	HE.1.12.26 Describe a range of ways to express affection within healthy relationships. HRVP, AIAO
HE.1.K.13 Define bullying and teasing and why bullying and teasing are inappropriate behaviors. HRVP	HE.1.1.13 Describe bullying and teasing and why bullying and teasing are inappropriate behaviors. HRVP	HE.1.2.13 Explain bullying and teasing and why bullying and teasing are inappropriate behaviors. HRVP	HE.1.3.17 Explain why bullying and teasing are inappropriate behaviors. HRVP	HE.1.4.16 Define why bullying and teasing are inappropriate behaviors. HRVP	HE.1.5.18 Analyze why bullying and teasing are inappropriate behaviors. HRVP	HE.1.6.28 Identify how forms of bullying, cyberbullying, harassment, discrimination, and violence can affect health and safety. HRVP, AIAO	HE.1.7.30 Explain how forms of bullying, cyberbullying, harassment, discrimination, and violence can affect health and safety. HRVP, AIAO	HE.1.8.30 Assess how forms of bullying, cyberbullying, harassment, discrimination, and violence can affect health and safety. HRVP, AIAO	HE.1.12.27 Discuss the impacts of bullying, sexual harassment, sexual abuse, sexual assault, incest, rape, stalking, and dating violence. HRVP
n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	HE.1.12.28 Define sexual consent and explain its implications for sexual decision-making. HRVP
n/a	n/a	HE.1.2.14 Identify how media and technology influence our ideas about friendships. HRVP	HE.1.3.18 Identify how media and technology influence our ideas about friendships. HRVP	HE.1.4.17 Identify how media and technology influence our ideas about healthy relationships. HRVP	HE.1.5.19 Discuss how culture, media and technology influence our ideas about healthy relationships. HRVP	n/a	n/a	n/a	n/a
n/a	n/a	n/a	n/a	n/a	HE.1.5.20 Describe the advantages and disadvantages of communicating, within relationships, using technology and social media. HRVP	HE.1.6.29 Describe the advantages and disadvantages of communicating, within relationships, using technology and social media. HRVP	HE.1.7.31 Describe the advantages and disadvantages of communicating, within relationships, using technology and social media. HRVP	HE.1.8.31 Describe the advantages and disadvantages of communicating, within relationships, using technology and social media. HRVP	HE.1.12.29 Explain the role and impact of technology and social media in personal safety. HRVP
HE.1.K.14 Identify different kinds of family structures. GD, AIAO	HE.1.1.14 Describe different kinds of family structures. GD, AIAO	HE.1.2.15 Explain different kinds of family structures. GD, AIAO	n/a	n/a	n/a	n/a	n/a	n/a	n/a

Oregon Health Education Standards and Performance Indicators (Grades K-12) BOLD = In Statute/Rule

Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

Kindergarten	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5	Grade 6	Grade 7	Grade 8	High School
n/a	n/a	n/a	n/a	n/a	n/a	HE.1.6.30 Identify situations and behaviors that constitute bullying, sexual harassment, sexual abuse, sexual assault, incest, rape, stalking, domestic violence, and dating violence. HRVP	HE.1.7.32 Define situations and behaviors that constitute bullying, sexual harassment, sexual abuse, sexual assault, incest, rape, stalking, domestic violence, and dating violence. HRVP	HE.1.8.32 Discuss situations and behaviors that constitute bullying, sexual harassment, sexual abuse, sexual assault, incest, rape, stalking, domestic violence, and dating violence. HRVP	HE.1.12.30 Explain Oregon's laws related to bullying, sexual harassment, coercion, sexual abuse, sexual assault, incest, rape, stalking, domestic violence, and dating violence. HRVP
n/a	n/a	n/a	n/a	n/a	n/a	HE.1.6.31 List the differences between physical, verbal, relational, sexual, and dating violence. HRVP	HE.1.7.33 Describe the differences between physical, verbal, relational, sexual, and dating violence. HRVP	HE.1.8.33 Compare and contrast the differences between physical, verbal, relational, sexual, and dating violence. HRVP	n/a
n/a	n/a	n/a	n/a	n/a	n/a	HE.1.6.32 Discuss how to build and maintain healthy family, peer, and dating relationships. HRVP	HE.1.7.34 Discuss how to build and maintain healthy family, peer, and dating relationships. HRVP	HE.1.8.34 Discuss how to build and maintain healthy family, peer, and dating relationships. HRVP	n/a
n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	HE.1.12.31 Identify the laws related to reproductive and sexual health care service (i.e., confidentiality, contraception, pregnancy options, safe surrender policies, prenatal care). SHP
n/a	n/a	n/a	n/a	n/a	n/a	HE.1.6.33 Define the consequences of prejudice and oppression, discrimination, racism, sexism and hate crimes. AIAO, HRVP	HE.1.7.35 Define the consequences of prejudice and oppression, discrimination, racism, sexism and hate crimes. AIAO, HRVP	HE.1.8.35 Discuss the consequences of prejudice and oppression, discrimination, racism, sexism and hate crimes. AIAO, HRVP	n/a
n/a	n/a	n/a	n/a	n/a	n/a	HE.1.6.34 Identify various methods of contraception, including abstinence, condoms, and emergency contraception. SHP	HE.1.7.36 Define various methods of contraception, including abstinence, condoms, and emergency contraception. SHP	HE.1.8.36 Explain various methods of contraception, including abstinence, condoms, and emergency contraception. SHP	HE.1.12.32 Explain Oregon laws relating to minors' rights around contraception pregnancy, adoption, abortion and parenting. SHP

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Kindergarten	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5	Grade 6	Grade 7	Grade 8	High School
n/a	n/a	n/a	n/a	n/a	n/a	HE.1.6.35 Define how sexuality includes a multitude of sexual expressions and behaviors that are a normal part of being human. GD, AIAO	HE.1.7.37 Define how sexuality includes a multitude of sexual expressions and behaviors that are a normal part of being human. GD, AIAO	HE.1.8.37 Explain that sexuality includes a multitude of sexual expressions and behaviors that are a normal part of being human. GD, AIAO	HE.1.12.34 Explain that sexuality includes a multitude of sexual expressions and behaviors that are a normal part of being human. GD, AIAO
n/a	n/a	n/a	n/a	n/a	n/a	HE.1.6.36 Define the health benefits, risks and effectiveness rates of various methods of contraception, including abstinence, condoms, and emergency contraception. SHP	HE.1.7.38 Define the health benefits, risks and effectiveness rates of various methods of contraception, including abstinence, condoms, and emergency contraception. SHP	HE.1.8.38 Explain the health benefits, risks and effectiveness rates of various methods of contraception, including abstinence, condoms, and emergency contraception. SHP	n/a
n/a	n/a	n/a	n/a	n/a	n/a	HE.1.6.37 Identify myths and facts of how STDs are transmitted and not transmitted. SHP	HE.1.7.39 Define the myths and facts of how STDs are transmitted and not transmitted. SHP	HE.1.8.39 Explain the differences between the myths and facts of how STDs are transmitted and not transmitted. SHP	n/a
n/a	n/a	n/a	n/a	n/a	n/a	HE.1.6.38 Identify ways to prevent HIV and other STDs. SHP	HE.1.7.40 Define ways to prevent HIV and other STDs. SHP	HE.1.8.40 Explain ways to prevent HIV and other STDs. SHP	n/a
n/a	n/a	n/a	n/a	n/a	n/a	HE.1.6.39 Recognize the importance of getting tested for HIV and other STDs when people are sexually active. SHP	HE.1.7.41 Describe the importance of getting tested for HIV and other STDs when people are sexually active. SHP	HE.1.8.41 List the reasons why it is important to get tested for HIV and other STDs when people are sexually active. SHP	HE.1.12.33 Describe the importance of getting tested for HIV and other STDs when people are sexually active. SHP
n/a	n/a	n/a	n/a	n/a	n/a	HE.1.6.40 Identify the potential impacts of power differences such as age, status or position within relationships, including friendships. HRVP, AIAO	HE.1.7.42 Describe the potential impacts of power differences such as age, status or position within relationships. HRVP, AIAO	HE.1.8.42 Discuss the potential impacts of power differences such as age, status or position within relationships. HRVP, AIAO	n/a

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Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

Kindergarten	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5	Grade 6	Grade 7	Grade 8	High School
n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	HE.1.8.43 Identify prenatal practices that can contribute to a healthy pregnancy. SHP	HE.1.12.35 Describe prenatal practices that can contribute to a healthy pregnancy and possible risk factors. (i.e. healthy nutrition, behaviors, etc.) SHP
n/a	n/a	n/a	n/a	n/a	n/a	HE.1.6.41 Identify consent as a freely given yes. HRVP	HE.1.7.43 Define consent as a freely given yes. HRVP	HE.1.8.44 Discuss consent as a freely given yes. HRVP	HE.1.12.36 Define affirmative consent as a freely given enthusiastic yes. HRVP
HE.1.K.15 Define consent as it relates to personal boundaries. HRVP	HE.1.1.15 Describe consent as it relates to personal boundaries. HRVP	HE.1.2.16 Practice consent as it relates to personal boundaries. HRVP	HE.1.3.19 Define consent as it relates to personal boundaries. HRVP	HE.1.4.18 Discuss consent as it relates to personal boundaries. HRVP	HE.1.5.21 Practice how consent relates to personal boundaries. HRVP	HE.1.6.42 Describe how consent is a foundational principle in healthy sexuality and in violence prevention. HRVP	HE.1.7.44 Discuss how affirmative consent mitigates confusion within a sexual relationship. HRVP, SHP	HE.1.8.45 Demonstrate an understanding of how affirmative consent mitigates the impact and consequences of sexual pressure. HRVP, SHP	HE.1.12.37 Demonstrate an understanding of how affirmative consent mitigates the impact and consequences of sexual pressure. HRVP, SHP
n/a	n/a	n/a	n/a	n/a	n/a	HE.1.6.43 Identify that no one has the right to touch anyone else without giving and receiving consent. HRVP	HE.1.7.45 Describe why no one has the right to touch anyone else without giving and receiving consent. HRVP	HE.1.8.46 Discuss that no one has the right to touch anyone else without giving and receiving consent. HRVP	n/a
n/a	n/a	n/a	n/a	n/a	n/a	HE.1.6.44 Identify why a person who has been raped or sexually assaulted is not at fault. HRVP	HE.1.7.46 Explain why a person who has been raped or sexually assaulted is not at fault. HRVP	HE.1.8.47 Discuss why a person who has been raped or sexually assaulted is not at fault. HRVP	n/a
n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	HE.1.12.38 Recognize that many teens successfully use condoms. SHP
n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	HE.1.12.39 Discuss laws related to sex and sexual health. SHP

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Kindergarten	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5	Grade 6	Grade 7	Grade 8	High School
n/a	n/a	n/a	n/a	n/a	n/a	n/a	HE.1.7.47 Recognize the signs and symptoms of a pregnancy. GD, SHP	HE.1.8.48 Describe the signs, symptoms, and stages of a pregnancy. GD, SHP	HE.1.12.40 Explain how fertilization occurs, the stages of pregnancy, and responsibility of parenting. GD, SHP
n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	HE.1.12.41 Explain the ovulation cycle and its relationship to fertilization and pregnancy. GD, SHP
n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	HE.1.8.49 Identify physical, emotional, and social effects of sexual activity. GD, SEM	n/a
n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	HE.1.8.50 Discuss the impacts of bullying, sexual harassment, sexual abuse, sexual assault, incest, rape, stalking, domestic violence, and dating violence. HRVP	n/a
n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	HE.1.12.42 Compare and contrast situations and behaviors that may constitute bullying, sexual harassment, coercion, sexual abuse, sexual assault, incest, rape, stalking, domestic violence, and dating violence. HRVP
n/a	n/a	n/a	n/a	n/a	n/a	HE.1.6.45 Describe the impact of alcohol, tobacco and other drugs on unintentional injury. ATOD, SFA	HE.1.7.48 Describe the impact of alcohol, tobacco and other drugs on unintentional injury. ATOD, SFA	HE.1.8.51 Describe the impact of alcohol, tobacco and other drugs on unintentional injury. ATOD, SFA	n/a

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Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

Kindergarten	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5	Grade 6	Grade 7	Grade 8	High School
n/a	n/a	n/a	n/a	n/a	n/a	HE.1.6.46 Describe the short-and long-term effects of addictive substances and behaviors. ATOD	HE.1.7.49 Compare and contrast the short-and long-term effects of addictive substances and behaviors.	HE.1.8.52 Analyze the short-and long-term effects of addictive substances and behaviors.	n/a
n/a	n/a	n/a	n/a	n/a	n/a	HE.1.6.47 State the stages of addiction. ATOD	HE.1.7.50 Explain the stages of addiction and its' effects on the adolescent brain. ATOD	HE.1.8.53 Differentiate the stages of addiction and its' effects on the adolescent brain. ATOD	n/a
n/a	n/a	n/a	n/a	n/a	n/a	HE.1.6.48 Identify ways to reduce exposure to potentially harmful and toxic substances, including pollution and second-hand smoke and how these substances may affect health. ATOD	HE.1.7.51 Develop ways to reduce exposure to potentially harmful and toxic substances, including pollution and second-hand smoke and how these substances may affect health. ATOD	HE.1.8.54 Evaluate ways to reduce exposure to potentially harmful and toxic substances, including pollution and second-hand smoke and how these substances may affect health. ATOD	n/a
n/a	n/a	n/a	n/a	n/a	n/a	HE.1.6.49 Describe the perceptions and societal norms teens have regarding addictive drugs. ATOD	HE.1.7.52 Describe the perceptions and societal norms teens have regarding addictive drugs. ATOD	HE.1.8.55 Describe the perceptions and societal norms teens have regarding addictive drugs. ATOD	n/a
n/a	n/a	n/a	n/a	n/a	n/a	HE.1.6.50 Explain the dangers and legal issues related to the use of steroids, performance enhancing drugs and controlled substances. ATOD	HE.1.7.53 Explain the dangers and legal issues related to the use of steroids, performance enhancing drugs and controlled substances. ATOD	HE.1.8.56 Explain the dangers and legal issues related to the use of steroids, performance enhancing drugs and controlled substances. ATOD	HE.1.12.43 Explain the potential severity of injury or illness if engaging in risky or unhealthy behaviors, including how the development of the teen brain affects the decision-making process. ATOD, SFA
n/a	n/a	n/a	n/a	n/a	n/a	HE.1.6.51 Review the policies, regulations, and/or laws related to legal and illegal substances, and the impact they have on one's overall health. ATOD	HE.1.7.54 Review the policies, regulations, and/or laws related to legal and illegal substances, and the impact they have on one's overall health. ATOD	HE.1.8.57 Evaluate the policies, regulations, and/or laws related to legal and illegal substances, and the impact they have on one's overall health. ATOD	HE.1.12.44 Explain key concepts of alcohol, tobacco and other drugs including tolerance, addiction, recovery, peer pressure, short and long term health impacts (Steroid law). ATOD

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Kindergarten	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5	Grade 6	Grade 7	Grade 8	High School
n/a	n/a	n/a	n/a	n/a	n/a	HE.1.6.52 Identify between healthy eating, disordered eating, and eating disorders. NPA, AIAO	HE.1.7.55 Distinguish between healthy eating, disordered eating, and eating disorders. NPA, AIAO	HE.1.8.58 Assess the differences between healthy eating, disordered eating, and eating disorders. NPA, AIAO	n/a
n/a	n/a	n/a	n/a	n/a	n/a	HE.1.6.53 Recognize the importance of variety and moderation in food selection and consumption. NPA, AIAO	HE.1.7.56 Describe the importance of a nutrient-rich diet. NPA, AIAO	HE.1.8.59 Develop a dietary plan that promotes healthful eating. NPA, AIAO	HE.1.12.45 Explain key concepts of nutrition including food groups, nutrient types, adequacy of diet, portion size and moderation, food safety and disease connection. NPA, AIAO
n/a	n/a	n/a	n/a	n/a	n/a	HE.1.6.54 Identify personal stressors at home, in school and community and strategies to reduce stress. SEM	HE.1.7.57 Identify personal stressors at home, in school and community and strategies to reduce stress. SEM	HE.1.8.60 Identify personal stressors at home, in school and community and strategies to reduce stress. SEM	HE.1.12.46 Explain key concepts of mental & emotional health including stress, anxiety, depression, resilience, suicide and therapeutic treatment options. SEM
n/a	n/a	n/a	n/a	n/a	n/a	HE.1.6.55 Identify the causes, effects and symptoms of depression, which includes the possibility of suicidal thoughts, self-harm, and suicide. SEM	HE.1.7.58 Explain the causes, effects and symptoms of depression, which includes the possibility of suicidal thoughts, self-harm, and suicide. SEM	HE.1.8.61 Discuss the causes, effects and symptoms of depression, which includes the possibility of suicidal thoughts, self-harm, and suicide. SEM	HE.1.12.47 Explain the key concepts of violence and suicide prevention including roots of violence, signs and symptoms of suicidal thoughts, strategies for preventing violence. HRVP, SEM
n/a	n/a	n/a	n/a	n/a	n/a	HE.1.6.56 Recognize the roles of problem-solving, anger management and impulse control have on preventing violence. HRVP, SEM	HE.1.7.59 Explain the roles of problem-solving, anger management and impulse control have on preventing violence. HRVP, SEM	HE.1.8.62 Analyze the roles of problem-solving, anger management and impulse control have on preventing violence. HRVP, SEM	n/a

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Standard 2: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

Kindergarten	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5	Grade 6	Grade 7	Grade 8	High School
HE.2.K.1 Identify who influences personal health practices and behaviors. WHP, AIAO	HE.2.1.1 Identify how family influences personal health practices and behaviors. WHP, AIAO	HE.2.2.1 Demonstrate how family influences personal health practices and behaviors. WHP, AIAO	HE.2.3.1 Recognize the influence of culture on personal health practices and behaviors. WHP, AIAO	HE.2.4.1 Describe the influence of culture on personal health practices and behaviors. WHP, AIAO	HE.2.5.1 Analyze the influence of culture on personal health practices and behaviors. WHP, AIAO	HE.2.6.1 Recognize the influence of culture on health beliefs, practices, and behaviors. WHP, AIAO	HE.2.7.1 Recognize the influence of culture on health beliefs, practices, and behaviors. WHP, AIAO	HE.2.8.1 Analyze the influence of culture on health beliefs, practices, and behaviors. WHP, AIAO	HE.2.12.1 Analyze how culture influences health beliefs, behaviors, and outcomes. WHP, AIAO
HE.2.K.2 Identify school resources that support health practices and behaviors. WHP	HE.2.1.2 Describe how school resources support health practices and behaviors. WHP	HE.2.2.2 Demonstrate how school resources support health practices and behaviors. WHP	HE.2.3.2 Explain how school resources support health practices and behaviors. WHP	HE.2.4.2 Describe how the school and community can support personal health practices and behaviors. WHP	HE.2.5.2 Analyze how the school and community can support personal health practices and behaviors. WHP	HE.2.6.2 Identify how the school and community can affect personal health practices and behaviors. WHP	HE.2.7.2 Explain how the school and community can affect personal health practices and behaviors. WHP	HE.2.8.2 Analyze how the school and community can affect personal health practices and behaviors. WHP	HE.2.12.2 Analyze how the school and community influence health beliefs, behaviors, and outcomes. WHP
HE.2.K.3 Identify how the media can influence health behaviors. WHP, AIAO	HE.2.1.3 Describe how the media can influence health behaviors. WHP, AIAO	HE.2.2.3 Demonstrate how the media can influence health behaviors. WHP, AIAO	HE.2.3.3 Recognize how media influences thoughts, feelings, and health behaviors. WHP, AIAO	HE.2.4.3 Describe how media influences thoughts, feelings, and health behaviors. WHP, AIAO	HE.2.5.3 Analyze how media influences thoughts, feelings, and health behaviors. WHP, AIAO	HE.2.6.3 Examine how messages from media influence health behaviors. WHP, AIAO	HE.2.7.3 Analyze how messages from media influence health behaviors. WHP, AIAO	HE.2.8.3 Critique how messages from media influence health behaviors. WHP, AIAO	HE.2.12.3 Analyze and critique how media influences health beliefs, behaviors, and outcomes. WHP, AIAO
n/a	n/a	n/a	HE.2.3.4 Recognize how peers and family can influence healthy and unhealthy behaviors. WHP, AIAO	HE.2.4.4 Describe how peers and family can influence healthy and unhealthy behaviors. WHP, AIAO	HE.2.5.4 Analyze how peers and family can influence healthy and unhealthy behaviors. WHP, AIAO	HE.2.6.4 Describe how peers influence healthy and unhealthy behaviors. WHP, AIAO	HE.2.7.4 Review how peers influence healthy and unhealthy behaviors. WHP, AIAO	HE.2.8.4 Assess how peers influence healthy and unhealthy behaviors. WHP, AIAO	HE.2.12.4 Analyze how peers influence health beliefs, behaviors, and outcomes. WHP, AIAO
n/a	n/a	n/a	HE.2.3.5 Recognize how peers and family can influence ideas about body image. GD, AIAO	HE.2.4.5 Describe how friends and family can influence ideas about body image. GD, AIAO	HE.2.5.5 Discuss how friends and family can influence ideas about body image. GD, AIAO	HE.2.6.5 Describe how friends and family can influence ideas about body image. GD, AIAO	HE.2.7.5 Describe what influences our values around body image, including the media. GD, AIAO	HE.2.8.5 Analyze what influences our values around body image, including the media. GD, AIAO	HE.2.12.5 Analyze what influences our values around self-concept and body image, including the media. GD, AIAO
n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	HE.2.12.6 Analyze how race and ethnicity influences health beliefs, behaviors, and outcomes. AIAO, WHP
n/a	n/a	n/a	n/a	n/a	n/a	HE.2.6.6 Identify the influences that encourage young people to abstain and not abstain from alcohol, tobacco and other drug use. ATOD	HE.2.7.6 Explain the influences that encourage young people to abstain and not abstain from alcohol, tobacco and other drug use. ATOD	HE.2.8.6 Assess the influences that encourage young people to abstain and not abstain from alcohol, tobacco and other drug use. ATOD	n/a

Standard 2: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

Kindergarten	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5	Grade 6	Grade 7	Grade 8	High School
HE.2.K.4 Provide examples of how friends and family influence how people think they should act on the basis of their gender. AIAO, GD	HE.2.1.4 Provide examples of how friends and family influence how people think they should act on the basis of their gender. AIAO, GD	HE.2.2.4 Provide examples of how friends, family, media, society and culture influence how people think they should act on the basis of their gender. AIAO, GD	HE.2.3.6 Recognize how friends, family, media, society and culture influence how people think they should act on the basis of their gender. AIAO, GD	HE.2.4.6 Describe how friends, family, media, society and culture influence how people think they should act on the basis of their gender. AIAO, GD	HE.2.5.6 Provide examples of how friends, family, media, society and culture influence how people think they should act on the basis of their gender. AIAO, GD	HE.2.6.7 Examine the impact of technology and social media on various types of relationships. HRVP	HE.2.7.7 the impact of technology and social media on various types of relationships. HRVP	HE.2.8.7 Assess the impact of technology and social media on various types of relationships. HRVP	HE.2.12.7 Analyze the influence of friends, family, media, society, and culture on the intersections of gender, sexual orientation, race, ethnicity, and other identities. AIAO, GD
n/a	n/a	n/a	HE.2.3.7 Recognize ways that technology can influence personal health. WHP	HE.2.4.7 Describe ways that technology can influence personal health. WHP	HE.2.5.7 Analyze ways that technology can influence personal health. WHP	HE.2.6.8 Recognize the influence of technology on personal and family health. WHP	HE.2.7.8 Describe the influence of technology on personal and family health. WHP	HE.2.8.8 Analyze the influence of technology on personal and family health. WHP	HE.2.12.8 Analyze the impact of technology (including medical/scientific advancements) on personal, family, and community health. WHP
n/a	n/a	n/a	n/a	n/a	n/a	HE.2.6.9 Identify how food choices are influenced by culture, family, media, technology, peers, body image and emotions. NPA, AIAO	HE.2.7.9 Discuss how food choices are influenced by culture, family, media, technology, peers, body image and emotions. NPA, AIAO	HE.2.8.9 Review how food choices are influenced by culture, family, media, technology, peers, body image and emotions. NPA, AIAO	n/a
n/a	n/a	HE.2.2.5 Identify positive and negative ways friends and peers can influence various relationships. HRVP	HE.2.3.8 Describe positive and negative ways friends and peers can influence various relationships. HRVP	HE.2.4.8 Compare positive and negative ways friends and peers can influence various relationships. HRVP	HE.2.5.8 Analyze ways friends and peers can influence various relationships. HRVP	HE.2.6.10 Examine how the family influences the health of adolescents. GD, AIAO	HE.2.7.10 Analyze how the family influences the health of adolescents. GD, AIAO	HE.2.8.10 Assess how the family influences the health of adolescents. GD, AIAO	HE.2.12.9 Analyze how the family influences health beliefs, behaviors, and outcomes. GD, AIAO
n/a	n/a	n/a	HE.2.3.9 Identify potential impacts of power differences (e.g., age, status or position) as they relate to personal boundaries. AIAO, HRVP	HE.2.4.9 Describe potential impacts of power differences (e.g., age, status or position) as they relate to personal boundaries. AIAO, HRVP	HE.2.5.9 Discuss potential impacts of power differences (e.g., age, status or position) as they relate to personal boundaries. AIAO, HRVP	HE.2.6.11 Consider potential impacts of power differences (e.g., age, status or position) within friendships, on self and others. AIAO, HRVP	HE.2.7.11 Compare potential impacts of power differences (e.g., age, status or position) within friendships and intimate relationships, of self and others. AIAO, HRVP	HE.2.8.11 Assess potential impacts of power differences (e.g., age, status or position) within intimate relationships, of self and others. AIAO, HRVP	HE.2.12.10 Analyze potential impacts of power differences (e.g., age, status or position) within sexual relationships. AIAO, HRVP

Oregon Health Education Standards and Performance Indicators (Grades K-12) BOLD = In Statute/Rule

Standard 2: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

Kindergarten	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5	Grade 6	Grade 7	Grade 8	High School
n/a	n/a	n/a	n/a	n/a	n/a	HE.2.6.12 Recognize influences that may affect self-esteem (e.g., peers, media, and adults). GD, AIAO	HE.2.7.12 Describe influences that may affect self-esteem (e.g., peers, media, and adults). GD, AIAO	HE.2.8.12 Analyze influences that may affect self-esteem (e.g., peers, media, and adults). GD, AIAO	n/a
n/a	n/a	n/a	n/a	n/a	n/a	HE.2.6.13 Identify how the perceptions of norms influence healthy and unhealthy behaviors. AIAO	HE.2.7.13 Explain how the perceptions of norms influence healthy and unhealthy behaviors. AIAO	HE.2.8.13 Review how the perceptions of norms influence healthy and unhealthy behaviors. AIAO	HE.2.12.11 Analyze how the perception of norms influences healthy and unhealthy behaviors. AIAO
n/a	n/a	n/a	n/a	n/a	n/a	HE.2.6.14 Explain the influence of personal values and beliefs on individual health practices and behaviors. GD, AIAO	HE.2.7.14 Examine the influence of personal values and beliefs on individual health practices and behaviors. GD, AIAO	HE.2.8.14 Assess the influence of personal values and beliefs on individual health practices and behaviors. GD, AIAO	HE.2.12.12 Analyze how personal values and beliefs influence individual health practices and behaviors. GD, AIAO
n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	HE.2.12.13 Analyze how public health policies and government regulations can influence health promotion and disease prevention. WHP
n/a	n/a	n/a	n/a	n/a	n/a	HE.2.6.15 Describe how some health risk behaviors can influence the likelihood of engaging in unhealthy behaviors. WHP	HE.2.7.15 Review how some health risk behaviors can influence the likelihood of engaging in unhealthy behaviors. WHP	HE.2.8.15 Determine how some health risk behaviors can influence the likelihood of engaging in unhealthy behaviors. WHP	HE.2.12.14 Analyze the relationship between health risk factors and the likelihood of engaging in unhealthy behaviors. WHP
n/a	n/a	n/a	n/a	n/a	n/a	HE.2.6.16 Identify the influences that may encourage young people to engage in risky, addictive behaviors. ATOD	HE.2.7.16 Describe the influences that may encourage young people to engage in risky, addictive behaviors. ATOD	HE.2.8.16 Report on the influences that may encourage young people to engage in risky, addictive behaviors. ATOD	n/a

Oregon Health Education Standards and Performance Indicators (Grades K-12) BOLD = In Statute/Rule

Standard 2: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

Kindergarten	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5	Grade 6	Grade 7	Grade 8	High School
n/a	n/a	n/a	n/a	n/a	n/a	HE.2.6.17 Recognize factors that influence a healthy, active lifestyle. NPA	HE.2.7.17 Explain factors that influence a healthy, active lifestyle. NPA	HE.2.8.17 Differentiate between factors that influence a healthy, active lifestyle NPA	n/a
n/a	n/a	n/a	n/a	n/a	n/a	HE.2.6.18 Examine how school and public health policies can influence health promotion and disease prevention. WHP	HE.2.7.18 Explain how school and public health policies can influence health promotion and disease prevention. WHP	HE.2.8.18 Critique school and public health policies that can influence health promotion and disease prevention. WHP	n/a
n/a	n/a	n/a	n/a	n/a	n/a	HE.2.6.19 Investigate external influences that have an impact on one's attitudes about gender, sexual orientation and gender identity. AIAO, GD	HE.2.7.19 Compare multiple external influences that have an impact on one's attitudes about gender, sexual orientation and gender identity. AIAO, GD	HE.2.8.19 Assess external influences that have an impact on one's attitudes about gender, sexual orientation and gender identity. AIAO, GD	n/a
n/a	n/a	n/a	n/a	n/a	n/a	HE.2.6.20 Examine factors that may influence condom use and other safer sex decisions. SHP	HE.2.7.20 Compare factors that may influence condom use and other safer sex decisions. SHP	HE.2.8.20 Assess factors that may influence condom use and other safer sex decisions. SHP	HE.2.12.15 Analyze factors that may influence condom use and other safer sex decisions. SHP
n/a	n/a	n/a	n/a	n/a	n/a	HE.2.6.21 Explain how family and friends can influence one's beliefs about what constitutes a healthy intimate relationship. HRVP	HE.2.7.21 Analyze external influences that can impact one's beliefs about what constitutes a healthy intimate relationship. HRVP	HE.2.8.21 Analyze how family and friends can influence one's decisions within a healthy intimate relationship. HRVP	HE.2.12.16 Analyze external influences that can impact one's decisions within a healthy intimate relationship. HRVP

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Standard 2: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

Kindergarten	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5	Grade 6	Grade 7	Grade 8	High School
n/a	n/a	n/a	n/a	n/a	n/a	HE.2.6.22 Investigate external influences and societal messages that impact attitudes about interpersonal violence. HRVP	HE.2.7.22 Compare external influences and societal messages that impact attitudes about sexual, dating, and domestic violence. HRVP	HE.2.8.22 Assess external influences and societal messages that impact attitudes about sexual, dating, and domestic violence. HRVP	HE.2.12.17 Analyze the external influences and societal messages that impact attitudes about bullying, sexual harassment, coercion, sexual abuse, sexual assault, incest, rape, stalking, domestic violence, and dating violence. HRVP
n/a	n/a	n/a	n/a	n/a	n/a	n/a	HE.2.7.23 Analyze factors that can affect the ability to give or perceive the provision of consent to sexual activity. HRVP, SHP	HE.2.8.23 Analyze factors that can affect the ability to give or perceive the provision of consent to sexual activity. HRVP, SHP	HE.2.12.18 Analyze factors that can affect the ability to give or perceive the provision of consent to sexual activity. HRVP, SHP
n/a	n/a	n/a	n/a	n/a	n/a	n/a	HE.2.7.24 Analyze influences that may have an impact on deciding whether or when to engage in sexual behaviors. SHP	HE.2.8.24 Assess influences that may have an impact on deciding whether or when to engage in sexual behaviors. SHP	HE.2.12.19 Analyze influences that may have an impact on deciding whether or when to engage in sexual behaviors. SHP
n/a	n/a	n/a	n/a	n/a	n/a	n/a	HE.2.7.25 Describe how our values impact our sexual health-related decisions. SHP	HE.2.8.25 Analyze how our values impact our sexual health-related decisions. SHP	HE.2.12.20 Analyze how our values impact our sexual health-related decisions. SHP
n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	HE.2.8.26 Assess internal and external influences on decisions about pregnancy options and parenthood. SHP	HE.2.12.21 Analyze internal and external influences on decisions about pregnancy options and parenthood. SHP

Standard 3: Students will demonstrate the ability to access valid information, products, and services to enhance health.

Kindergarten	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5	Grade 6	Grade 7	Grade 8	High School
HE.3.K.1 Identify ways to locate school and community health helpers. WHP	HE.3.1.1 Describe ways to locate school and community health helpers. WHP	HE.3.2.1 Demonstrate ways to locate school and community health helpers. WHP	HE.3.3.1 Locate resources from home, school, and community that provide valid health information. WHP	HE.3.4.1 Describe resources from home, school, and community that provide valid health information. WHP	HE.3.5.1 Analyze resources from home, school, and community that provide valid health information. WHP	HE.3.6.1 Identify valid health information from home, school, and community for those who may be impacted by addiction, mental/emotional health issues, suicide, and/or other health related issues. WHP, SEM	HE.3.7.1 Access valid health information from home, school, and community for those who may be impacted by addiction, mental/emotional health issues, suicide, and/or other health related issues. WHP, SEM	HE.3.8.1 Compare valid health information from home, school, and community for those who may be impacted by addiction, mental/emotional health issues, suicide, and/or other health related issues. WHP, SEM	HE.3.12.1 Use a variety of valid and reliable resources to research health information. WHP
n/a	n/a	n/a	HE.3.3.2 Recognize characteristics of valid health information, products, and services. WHP	HE.3.4.2 Describe characteristics of valid health information, products, and services. WHP	HE.3.5.2 Analyze characteristics of valid health information, products, and services. WHP	HE.3.6.2 Explain the validity of health information, products, and services. WHP	HE.3.7.2 Analyze the validity of health information, products, and services. WHP	HE.3.8.2 Evaluate the validity of health information, products, and services. WHP	HE.3.12.2 Evaluate the validity and reliability of health information, products, and services. WHP
n/a	n/a	n/a	n/a	n/a	n/a	HE.3.6.3 Describe strategies for accessing information and tools to lead a healthy, active lifestyle for adolescents. NPA	HE.3.7.3 Organize strategies for accessing information and tools to lead a healthy, active lifestyle for adolescents. NPA	HE.3.8.3 Differentiate the resources available for adolescents on leading a healthy, active lifestyle. NPA	n/a
n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	HE.3.12.3 Demonstrate how to access valid and reliable health products, resources, and services including but not limited to mental health, i.e., support for suicidal ideation and accessing culturally appropriate mental health support. SEM

Standard 3: Students will demonstrate the ability to access valid information, products, and services to enhance health.

Kindergarten	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5	Grade 6	Grade 7	Grade 8	High School
HE.3.K.2 Identify sources of support, such as parents or other trusted adults, to seek information about sexual and reproductive health, including pregnancy and birth. SHP	HE.3.1.2 List sources of support, such as parents or other trusted adults, to seek information about sexual and reproductive health, including pregnancy and birth. SHP	HE.3.2.2 Describe the qualities of reliable sources of support, such as parents or other trusted adults, when seeking information about sexual and reproductive health, including pregnancy and birth. SHP	HE.3.3.3 Recognize sources of support, such as parents or other trusted adults, to seek information about sexual and reproductive health, including pregnancy and birth. SHP	HE.3.4.3 Identify sources of support, such as parents or other trusted adults, to seek information about sexual and reproductive health, including pregnancy and birth. SHP	HE.3.5.3 Discuss the sources of support, such as parents or other trusted adults, to seek information about sexual and reproductive health, including pregnancy and birth. SHP	HE.3.6.4 Describe situations that may require professional health services. WHP	HE.3.7.4 Examine situations that may require professional health services. WHP	HE.3.8.4 Review situations that may require professional health services. WHP	n/a
n/a	n/a	n/a	n/a	n/a	n/a	HE.3.6.5 Determine the accessibility of products that enhance health. AIAO, WHP	HE.3.7.5 Review the accessibility of products that enhance health. AIAO, WHP	HE.3.8.5 Evaluate the accessibility of products that enhance health. AIAO, WHP	HE.3.12.4 Determine the accessibility of valid and reliable products and services that enhance health and resources or solutions to overcome barriers to access. AIAO, WHP
n/a	n/a	n/a	n/a	n/a	n/a	HE.3.6.6 Identify valid and reliable school and community resources for those who may be impacted by addiction, mental/emotional health issues, suicide, and/or other health related issues. SEM	HE.3.7.6 Locate valid and reliable school and community resources for those who may be impacted by addiction, mental/emotional health issues, suicide, and/or other health related issues. SEM	HE.3.8.6 Critique valid and reliable school and community resources for those who may be impacted by addiction, mental/emotional health issues, suicide, and/or other health related issues. SEM	n/a
n/a	n/a	n/a	HE.3.3.4 Recognize sources of medically-accurate information about human sexual and reproductive anatomy, puberty and personal hygiene. GD	HE.3.4.4 Describe sources of medically-accurate information about human sexual and reproductive anatomy. GD	HE.3.5.4 Demonstrate how to access sources of medically-accurate information about human sexual and reproductive anatomy. GD	HE.3.6.7 Identify sources of medically-accurate information about human sexual and reproductive anatomy. GD	HE.3.7.7 Describe sources of medically-accurate information about human sexual and reproductive anatomy. GD	HE.3.8.7 Access sources of medically-accurate information about human sexual and reproductive anatomy. GD	HE.3.12.5 Access community resources that provide medically-accurate information about adolescent sexual anatomy and reproductive health. GD

Standard 3: Students will demonstrate the ability to access valid information, products, and services to enhance health.

Kindergarten	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5	Grade 6	Grade 7	Grade 8	High School
n/a	n/a	n/a	n/a	HE.3.4.5 Identify people at home, school or in the community who can provide medically accurate information and/or support about puberty and health care practices during puberty. GD	HE.3.5.5 Demonstrate how to access resources, including people at home, school or in the community who can provide medically accurate information and/or support about puberty and health care practices during puberty. GD	HE.3.6.8 Identify resources, including people at home, school or in the community who can provide medically accurate information and/or support about puberty and health care practices during puberty. GD	HE.3.7.8 Describe medically accurate sources of information about puberty, development and sexuality. GD	HE.3.8.8 Access medically accurate sources of information about puberty, development and sexuality. GD	HE.3.12.6 Access medically-accurate information and resources about pregnancy, pregnancy options, including parenting, abortion, and adoption, prenatal care and services. SHP
n/a	n/a	n/a	HE.3.3.5 Recognize people at home, school or in the community who can provide medically accurate information and/or support about healthy sexuality, including sexual orientation and gender identity. GD, AIAO	HE.3.4.6 Identify people at home, school or in the community who can provide medically accurate information and/or support about healthy sexuality, including sexual orientation and gender identity. GD, AIAO	HE.3.5.6 Discuss the qualities of people at home, school or in communities who can provide medically accurate information and/or support about healthy sexuality, including sexual orientation and gender identity. GD, AIAO	HE.3.6.9 Identify resources, including people at home, school or in the community who can provide medically accurate information and/or support about healthy sexuality, including sexual orientation and gender identity. GD, AIAO	HE.3.7.9 Describe accurate information about healthy sexuality, including sexual orientation and gender identity. GD, AIAO	HE.3.8.9 Access accurate information about healthy sexuality, including sexual orientation and gender identity. GD, AIAO	HE.3.12.7 Access accurate information about healthy sexuality, including sexual orientation and gender identity. GD, AIAO
n/a	n/a	n/a	HE.3.3.6 Recognize sources of support, such as parents or other trusted adults they can talk to about healthy and unhealthy relationships. HRVP	HE.3.4.7 Identify sources of support, such as parents or other trusted adults they can talk to about healthy and unhealthy relationships. HRVP	HE.3.5.7 Discuss the sources of support, such as parents or other trusted adults, they can talk to about healthy and unhealthy relationships. HRVP	HE.3.6.10 Identify information and sources of support for healthy and unhealthy relationships. HRVP	HE.3.7.10 Describe information and sources of support for healthy and unhealthy relationships. HRVP	HE.3.8.10 Access information and sources of support for healthy and unhealthy relationships. HRVP	HE.3.12.8 Access reliable information and resources about healthy and unhealthy relationships, and healthy boundaries as they relate to intimacy and sexual behavior. HRVP
HE.3.K.3 Identify sources of support, such as parents or other trusted adults, including school staff; they can tell if they are experiencing sexual abuse. HRVP	HE.3.1.3 Identify sources of support, such as parents or other trusted adults, including school staff; they can tell if they are experiencing sexual abuse including if someone is touching them in a way that makes them feel uncomfortable. HRVP	HE.3.2.3 Describe sources of support, such as parents or other trusted adults, including school staff; they can tell if they are experiencing sexual abuse. HRVP	HE.3.3.7 Recognize sources of support, such as parents or other trusted adults, including school staff; they can tell if they are experiencing sexual abuse. HRVP	HE.3.4.8 Identify sources of support, such as parents or other trusted adults, including school staff; they can tell if they are experiencing sexual abuse. HRVP	HE.3.5.8 Discuss the sources of support, such as parents or other trusted adults, including school staff, they can tell if they are experiencing sexual abuse. HRVP	HE.3.6.11 Identify sources of support, such as parents or other trusted adults; including school staff, they can tell if they are experiencing sexual abuse. HRVP	HE.3.7.11 Describe sources of support such as parents or other trusted adults they can tell if they are being teased, harassed or bullied based on gender identity, sexual orientation, and gender expression. HRVP, AIAO	HE.3.8.11 Assess sources of support such as parents or other trusted adults they can tell if they are being teased, harassed or bullied based on gender identity, sexual orientation, and gender expression. HRVP, AIAO	HE.3.12.09 Access accurate information and resources for survivors of sexual abuse, incest, rape, sexual harassment, sexual assault, domestic violence, dating violence, and stalking. HRVP

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Standard 3: Students will demonstrate the ability to access valid information, products, and services to enhance health.

Kindergarten	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5	Grade 6	Grade 7	Grade 8	High School
n/a	n/a	n/a	HE.3.3.8 Recognize sources of support such as parents or other trusted adults they can tell if they are being teased, harassed or bullied based on gender identity, sexual orientation, and gender expression. HRVP, AIAO	HE.3.4.9 Identify sources of support such as parents or other trusted adults they can tell if they are being teased, harassed or bullied based on gender identity, sexual orientation, and gender expression. HRVP, AIAO	HE.3.5.9 Discuss sources of support such as parents or other trusted adults they can tell if they are being teased, harassed or bullied based on gender identity, sexual orientation, and gender expression. HRVP, AIAO	HE.3.6.12 Identify sources of support such as parents or other trusted adults they can tell if they are being teased, harassed or bullied based on gender identity, sexual orientation, and gender expression. HRVP, AIAO	HE.3.7.12 Describe sources of support, such as parents, other trusted adults, and community resources, which they can go to if they are or someone they know is being sexually harassed, bullied, abused, assaulted, or stalked. HRVP	HE.3.8.12 Assess sources of support, such as parents, other trusted adults, and community resources, which they can go to if they are or someone they know is being sexually harassed, bullied, abused, assaulted, or stalked. HRVP	HE.3.12.10 Access resources for help if they or someone they know are being bullied or harassed, or have been sexually abused or assaulted or otherwise feel unsafe. HRVP
HE.3.K.4 Identify sources of support if someone is touching them in a way that makes them feel uncomfortable. HRVP	n/a	HE.3.2.4 List sources of support if someone is touching them in a way that makes them feel uncomfortable. HRVP	HE.3.3.9 Recognize sources of support such as parents or other trusted adults they can tell if they are feeling uncomfortable about being touched. HRVP	HE.3.4.10 Identify sources of support such as parents or other trusted adults they can tell if they are being sexually harassed or abused. HRVP	HE.3.5.10 Discuss sources of support such as parents or other trusted adults they can tell if they are being sexually harassed or abused. HRVP	HE.3.6.13 Identify school and community resources for reporting child abuse. HRVP	HE.3.7.13 Review school and community resources for reporting child abuse. HRVP	HE.3.8.13 Select school and community resources for reporting child abuse. HRVP	n/a
HE.3.K.5 Identify who to report to at home, school and in the community if they see unsafe objects. SFA	HE.3.1.4 List who to report to at home, school and in the community if they see unsafe objects or situations. SFA	HE.3.2.5 Describe who to report to at home, school and in the community if they see unsafe objects. SFA	n/a	n/a	n/a	n/a	n/a	n/a	n/a
n/a	n/a	n/a	n/a	n/a	n/a	HE.3.6.14 Identify medically-accurate information about STDs and HIV transmission and prevention. SHP	HE.3.7.14 Describe medically-accurate information about STDs and HIV transmission and prevention. SHP	HE.3.8.14 Access medically-accurate information about STDs and HIV transmission and prevention. SHP	HE.3.12.11 Access medically-accurate information about STDs and HIV transmission and prevention, including local STD and HIV testing and treatment services with support for disclosure of STD status. SHP

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Standard 3: Students will demonstrate the ability to access valid information, products, and services to enhance health.

Kindergarten	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5	Grade 6	Grade 7	Grade 8	High School
n/a	n/a	n/a	n/a	n/a	n/a	HE.3.6.15 Identify medically-accurate resources that provide assistance around sexual health, pregnancy, and emergency contraception. SHP	HE.3.7.15 Describe medically-accurate resources that provide assistance around sexual health, pregnancy, and emergency contraception. SHP	HE.3.8.15 Access medically-accurate resources that provide assistance around sexual health, pregnancy, and emergency contraception. SHP	HE.3.12.12 Access medically-accurate information and resources about contraceptive methods, including abstinence, emergency contraception, and condoms. SHP
n/a	n/a	n/a	n/a	n/a	n/a	HE.3.6.16 Identify medically-accurate sources of pregnancy-related information and support including pregnancy options, safe surrender policies and prenatal care. SHP	HE.3.7.16 Describe medically-accurate sources of pregnancy-related information and support including pregnancy options, safe surrender policies and prenatal care. SHP	HE.3.8.16 Access medically-accurate sources of pregnancy-related information and support including pregnancy options, safe surrender policies and prenatal care. SHP	n/a

Standard 4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

Kindergarten	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5	Grade 6	Grade 7	Grade 8	High School
HE.4.K.1 Identify healthy ways to express needs, wants, and feelings. SEM	HE.4.1.1 Identify healthy ways to express needs, wants, and feelings. SEM	HE.4.2.1 Demonstrate healthy ways to express needs, wants, and feelings. SEM	HE.4.3.1 Recognize effective verbal and nonverbal communication skills to enhance health. SEM	HE.4.4.1 Describe effective verbal and nonverbal communication skills to enhance health. SEM	HE.4.5.1 Demonstrate effective verbal and nonverbal communication skills to enhance health. SEM	HE.4.6.1 Describe effective verbal and nonverbal communication skills to enhance health and promote pro-social behaviors/relationships. HRVP, SEM	HE.4.7.1 Analyze effective verbal and nonverbal communication skills to enhance health and promote pro-social behaviors/relationships. HRVP, SEM	HE.4.8.1 Apply effective verbal and nonverbal communication skills to enhance health and promote pro-social behaviors/relationships. HRVP, SEM	HE.4.12.1 Practice effective and appropriate verbal and nonverbal communication skills with peers and adults to enhance health. HRVP, SEM
HE.4.K.2 Identify effective active listening skills. SEM	HE.4.1.2 Describe effective active listening skills. SEM	HE.4.2.2 Demonstrate effective active listening skills. SEM	HE.4.3.2 Recognize when to ask for assistance to enhance personal health. WHP	HE.4.4.2 Describe how to ask for assistance to enhance personal health. WHP	HE.4.5.2 Demonstrate how to ask for assistance to enhance personal health. WHP	HE.4.6.2 Describe how to ask for assistance to enhance the health of self and others. WHP	HE.4.7.2 Practice how to ask for assistance to enhance the health of self and others. WHP	HE.4.8.2 Demonstrate how to ask for assistance to enhance the health of self and others. WHP	HE.4.12.2 Demonstrate and/or explain how to ask for and offer assistance to enhance the health of self and others in a culturally relevant manner. WHP, AIAO
HE.4.K.3 Identify effective refusal skills to avoid or reduce health risks. WHP	HE.4.1.3 Identify effective refusal skills to avoid or reduce health risks. WHP	HE.4.2.3 Demonstrate effective refusal skills to avoid or reduce health risks. WHP	HE.4.3.3 Recognize effective refusal skills that avoid or reduce health risks. WHP	HE.4.4.3 Describe refusal skills that avoid or reduce health risks. WHP	HE.4.5.3 Demonstrate refusal skills that avoid or reduce health risks. WHP	HE.4.6.3 Explain refusal and negotiation skills that avoid or reduce health risks. WHP	HE.4.7.3 Demonstrate refusal and negotiation skills that avoid or reduce health risks. WHP	HE.4.8.3 Demonstrate and/or assess refusal and negotiation skills that avoid or reduce health risks. WHP	HE.4.12.3 Demonstrate and/or assess refusal, negotiation, and collaboration skills to enhance health and avoid or reduce health risks. WHP
HE.4.K.4 Identify sources of support to go to if threatened or harmed. HRVP	HE.4.1.4 Describe ways to tell sources of support if threatened or harmed. HRVP	HE.4.2.4 Demonstrate ways to tell sources of support if threatened or harmed. HRVP	HE.4.3.4 Recognize nonviolent strategies to manage or resolve conflict. HRVP, SEM	HE.4.4.4 Describe nonviolent strategies to manage or resolve conflict. HRVP, SEM	HE.4.5.4 Demonstrate nonviolent strategies to manage or resolve conflict. HRVP, SEM	HE.4.6.4 Explain effective conflict management or resolution strategies. HRVP, SEM	HE.4.7.4 Demonstrate effective conflict management or resolution strategies. HRVP, SEM	HE.4.8.4 Demonstrate and/or assess effective conflict management or resolution strategies. HRVP, SEM	HE.4.12.4 Demonstrate and/or assess strategies to prevent, manage, or resolve interpersonal conflicts without harming self or others. HRVP, SEM
HE.4.K.5 Discuss ways to communicate respectfully with and about people of all gender identities, gender expressions and sexual orientations. AIAO, GD	HE.4.1.5 Discuss ways to communicate respectfully with and about people of all gender identities, gender expressions and sexual orientations. AIAO, GD	HE.4.2.5 List ways to communicate respectfully with and about people of all gender identities, gender expressions and sexual orientations. AIAO, GD	HE.4.3.5 Describe ways to communicate respectfully with and about people of all gender identities, gender expressions and sexual orientations. AIAO, GD	HE.4.4.5 Practice ways to communicate respectfully with and about people of all gender identities, gender expressions and sexual orientations. AIAO, GD	HE.4.5.5 Demonstrate ways to communicate respectfully with and about people of all gender identities, gender expressions and sexual orientations. AIAO, GD	HE.4.6.5 Identify how to communicate respectfully with and about people of all gender identities, gender expressions and sexual orientations. AIAO, GD	HE.4.7.5 Practice how to communicate respectfully with and about people of all gender identities, gender expressions and sexual orientations. AIAO, GD	HE.4.8.5 Demonstrate how to communicate respectfully with and about people of all gender identities, gender expressions and sexual orientations. AIAO, GD	HE.4.12.5 Demonstrate respectful communication with and about people of all gender identities, gender expressions and sexual orientations. AIAO, GD

Oregon Health Education Standards and Performance Indicators (Grades K-12) BOLD = In Statute/Rule

Standard 4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

Kindergarten	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5	Grade 6	Grade 7	Grade 8	High School
n/a	n/a	n/a	HE.4.3.6 Identify ways to communicate your thoughts and feelings while maintaining healthy relationships. HRVP, SEM	HE.4.4.6 Describe ways to communicate your thoughts and feelings while maintaining healthy relationships. HRVP, SEM	HE.4.5.6 Demonstrate ways to communicate your thoughts and feelings while maintaining healthy relationships. HRVP, SEM	HE.4.6.6 Explain communication skills that foster healthy relationships. HRVP, SEM	HE.4.7.6 Practice communication skills that foster healthy relationships. HRVP, SEM	HE.4.8.6 Demonstrate communication skills that foster healthy intimate relationships. HRVP, SEM	HE.4.12.6 Demonstrate communication skills that foster healthy intimate and sexual relationships and show personal boundaries and respect for the boundaries of others. HRVP, SEM
HE.4.K.6 Discuss effective ways to communicate personal boundaries and show respect for the boundaries of others. HRVP, SEM	HE.4.1.6 Identify effective ways to communicate personal boundaries and show respect for the boundaries of others. HRVP, SEM	HE.4.2.6 List effective ways to communicate personal boundaries and show respect for the boundaries of others. HRVP, SEM	HE.4.3.7 Identify effective ways to communicate personal boundaries and show respect for the boundaries of others. HRVP, SEM	HE.4.4.7 Describe effective ways to communicate personal boundaries and show respect for the boundaries of others. HRVP, SEM	HE.4.5.7 Demonstrate effective ways to communicate personal boundaries and show respect for the boundaries of others. HRVP, SEM	HE.4.6.7 Explain effective ways to communicate personal boundaries and show respect for the boundaries of others. HRVP, SEM	HE.4.7.7 Practice effective ways to communicate personal boundaries and show respect for the boundaries of others. HRVP, SEM	HE.4.8.7 Demonstrate effective ways to communicate personal boundaries and show respect for the boundaries of others. HRVP, SEM	n/a
HE.4.K.7 Practice asking for help and support, if they or someone they know is being hurt or feels unsafe. HRVP, SFA	HE.4.1.7 Practice asking for help and support, if they or someone they know is being hurt or feels unsafe. HRVP, SFA	HE.4.2.7 Practice asking for help and support, if they or someone they know is being hurt or feels unsafe. HRVP, SFA	HE.4.3.8 Identify ways to ask for help and support, if they or someone they know is being hurt or feels unsafe. HRVP, SFA	HE.4.4.8 Describe how to ask for help and support, if they or someone they know is being hurt or feels unsafe. HRVP, SFA	HE.4.5.8 Demonstrate asking for help and support, if they or someone they know is being hurt or feels unsafe. HRVP, SFA	HE.4.6.8 List a variety of clear communication skills to report and/or access help in dangerous situations. HRVP, SFA	HE.4.7.8 Practice effective communication skills to report and/or access help in dangerous situations. HRVP, SFA	HE.4.8.8 Demonstrate effective communication skills to report and/or access help in dangerous situations. HRVP, SFA	n/a
n/a	n/a	n/a	n/a	n/a	n/a	HE.4.6.9 Explain effective communication skills about the use of contraception including abstinence, condoms, and other safer sex practices. SHP	HE.4.7.9 Practice the use of effective communication about the use of contraception including abstinence, condoms, and other safer sex practices. SHP	HE.4.8.9 Demonstrate the use of effective communication about the use of contraception including abstinence, condoms, and other safer sex practices. SHP	HE.4.12.7 Demonstrate the use of effective communication about the use of contraception including abstinence, condoms, and other safer sex practices. SHP
n/a	n/a	n/a	n/a	n/a	n/a	HE.4.6.10 Explain effective communication skills to ensure affirmative consent in all sexual relationships. HRVP, SHP	HE.4.7.10 Practice effective communication skills to ensure affirmative consent in all sexual relationships. HRVP, SHP	HE.4.8.10 Demonstrate effective communication skills to ensure affirmative consent in all sexual relationships. HRVP, SHP	HE.4.12.8 Practice effective communication skills to ensure affirmative consent in all sexual relationships. HRVP, SHP

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Standard 4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

Kindergarten	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5	Grade 6	Grade 7	Grade 8	High School
n/a	n/a	n/a	n/a	n/a	n/a	HE.4.6.11 Explain the use of effective communication skills to reduce or eliminate risk for STDs, including HIV. SHP	HE.4.7.11 Practice the use of effective communication skills to reduce or eliminate risk for STDs, including HIV. SHP	HE.4.8.11 Demonstrate skills to communicate with a partner about STD and HIV prevention, testing and disclosure of status. SHP	HE.4.12.9 Demonstrate skills to communicate decisions about whether or when to engage in sexual behaviors, and to practice safer sex, including STD and HIV prevention, and STD and HIV testing and disclosure of status. SHP
n/a	n/a	n/a	n/a	n/a	n/a	HE.4.6.12 Explain effective skills to negotiate agreements about the use of technology in relationships. HRVP	HE.4.7.12 Practice effective skills to negotiate agreements about the use of technology in relationships. HRVP	HE.4.8.12 Demonstrate effective skills to negotiate agreements about the use of technology in relationships. HRVP	HE.4.12.10 Demonstrate effective skills to negotiate agreements about the use of technology in relationships. HRVP
n/a	n/a	n/a	n/a	n/a	n/a	n/a	HE.4.7.13 Practice asking for help and support if they or someone they know is being hurt or feels unsafe in an intimate relationship. HRVP	HE.4.8.13 Demonstrate asking for help and support if they or someone they know is in an abusive relationship. HRVP	HE.4.12.11 Demonstrate asking for help and support, if they or someone they know is being hurt or feels unsafe in an intimate or sexual relationship. HRVP
n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	HE.4.8.14 Demonstrate effective strategies to avoid or end an unhealthy relationship. HRVP	HE.4.12.12 Demonstrate effective strategies to avoid or end an unhealthy relationship. HRVP
n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	HE.4.8.15 Demonstrate ways to communicate decisions about whether or when to engage in sexual behaviors and to practice safer sex. SHP	n/a

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Standard 5: Students will demonstrate the ability to use decision-making skills to enhance health.

Kindergarten	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5	Grade 6	Grade 7	Grade 8	High School
HE.5.K.1 Identify when help is needed to make a health-related decision. WHP	HE.5.1.1 Describe situations when a health-related decision is needed. WHP	HE.5.2.1 Demonstrate decision-making skills for health-related situations. WHP	HE.5.3.1 Recognize health-related situations that might require a decision. WHP	HE.5.4.1 Describe health-related situations that might require a decision. WHP	HE.5.5.1 Analyze health-related situations that might require a decision. WHP	HE.5.6.1 Recognize when health-related situations require the application of a decision-making process. WHP	HE.5.7.1 Explain when health-related situations require the application of a decision-making process. WHP	HE.5.8.1 Predict when health-related situations require the application of a decision-making process. WHP	HE.5.12.1 Determine the benefits of practicing a decision-making process to enhance health. WHP
n/a	n/a	n/a	n/a	n/a	n/a	HE.5.6.2 Identify protective factors and barriers that can impact healthy decision making. WHP	HE.5.7.2 Describe protective factors and barriers that can impact healthy decision making. WHP	HE.5.8.2 Assess circumstances that can help or hinder healthy decision making. WHP	HE.5.12.2 Examine protective factors and barriers that can impact decision-making. WHP
n/a	n/a	n/a	HE.5.3.2 Recognize when assistance is needed in making a health-related decision. WHP	HE.5.4.2 Describe when assistance is needed in making a health-related decision. WHP	HE.5.5.2 Analyze when assistance is needed in making a health-related decision. WHP	HE.5.6.3 Analyze when assistance is needed in making a health-related decision. WHP	HE.5.7.3 Analyze when assistance is needed in making a health-related decision. WHP	HE.5.8.3 Predict when additional adult and/or professional input is appropriate for health related decision making. WHP	HE.5.12.3 Evaluate when additional adult and/or professional input is appropriate for health-related decision-making. WHP
n/a	n/a	n/a	HE.5.3.3 Recognize a healthy option when making a decision. WHP	HE.5.4.3 Describe a healthy option when making a decision. WHP	HE.5.5.3 Analyze a healthy option when making a decision. WHP	HE.5.6.4 Recognize healthy options when making a decision about health-related issues or problems. WHP	HE.5.7.4 Describe healthy options when making a decision about health-related issues or problems. WHP	HE.5.8.4 Analyze healthy options when making a decision about health-related issues or problems. WHP	HE.5.12.4 Generate a variety of options to solve health related issues or problems and predict potential short term and long term impacts of each option on self and others. WHP
n/a	n/a	n/a	n/a	n/a	n/a	HE.5.6.5 Describe how to use a decision making process to avoid or refuse addictive or harmful substances and/or behaviors. ATOD	HE.5.7.5 Practice using a decision making process to avoid or refuse addictive or harmful substances and/or behaviors. ATOD	HE.5.8.5 Apply a decision making process to avoid or refuse addictive or harmful substances and/or behaviors ATOD	HE.5.12.5 Defend a health-enhancing decision. WHP
n/a	n/a	n/a	n/a	n/a	n/a	HE.5.6.6 Recognize when individual or collaborative decision making is appropriate. HRVP	HE.5.7.6 Distinguish when individual or collaborative decision making is appropriate. HRVP	HE.5.8.6 Justify when individual or collaborative decision making is appropriate. HRVP	n/a

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Standard 5: Students will demonstrate the ability to use decision-making skills to enhance health.

Kindergarten	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5	Grade 6	Grade 7	Grade 8	High School
n/a	n/a	n/a	n/a	n/a	n/a	HE.5.6.7 Describe a decision making process to practice safety in and around motor vehicles. SFA	HE.5.7.7 Use a decision making process to promote safe practices in and around motor vehicles. SFA	HE.5.8.7 Apply a decision making process to use safety practices in and around motor vehicles. SFA	HE.5.12.6 Apply a decision-making process to make safe choices while driving or riding in motor vehicles. SFA
n/a	n/a	n/a	n/a	n/a	n/a	HE.5.6.8 List healthy and unhealthy options to health-related issues or problems. WHP	HE.5.7.8 Explain healthy and unhealthy options to health-related issues or problems. WHP	HE.5.8.8 Distinguish between healthy and unhealthy options to solve health-related issues or problems. WHP	n/a
n/a	n/a	n/a	HE.5.3.4 Recognize the outcomes of a health-related decision. WHP	n/a	HE.5.5.4 Reflect the outcomes of a health-related decision. WHP	n/a	n/a	n/a	HE.5.12.7 Evaluate the outcome and effectiveness of a health-related decision. WHP
n/a	n/a	n/a	n/a	n/a	n/a	HE.5.6.9 Describe how the decision-making process can be used to enhance or establish healthy relationships. HRVP	HE.5.7.9 Practice using the decision-making process to enhance or establish healthy relationships. HRVP	HE.5.8.9 Apply the decision-making process to enhance or establish healthy relationships. HRVP	HE.5.12.8 Apply a decision-making process to make choices about contraception, including abstinence and condoms. SHP
n/a	n/a	n/a	n/a	n/a	n/a	HE.5.6.10 Practice a decision making process to make healthy choices around sexual health. SHP	HE.5.7.10 Practice a decision making process to make healthy choices around sexual health. SHP	HE.5.8.10 Assess a decision making process to make healthy choices around sexual health. SHP	HE.5.12.9 Model a decision making process to make healthy choices around sexual health. SHP
n/a	n/a	n/a	n/a	n/a	n/a	HE.5.6.11 Practice a decision making process to give or receive consent. HRVP	HE.5.7.11 Practice a decision making process to give or receive consent. HRVP	HE.5.8.11 Assess a decision making process to give or receive consent for consensual sexual activity. SHP, HRVP	HE.5.12.10 Apply a decision making process to promote consensual sexual activity within healthy relationships. HRVP

Oregon Health Education Standards and Performance Indicators (Grades K-12) BOLD = In Statute/Rule

Standard 6: Students will demonstrate the ability to use goal-setting skills to enhance health.

Kindergarten	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5	Grade 6	Grade 7	Grade 8	High School
HE.6.K.1 Identify a short-term personal health goal and take action toward achieving the goal. WHP	HE.6.1.1 Describe a short-term personal health goal and take action toward achieving the goal. WHP	HE.6.2.1 Demonstrate setting a short-term and long-term personal health goal and take action toward achieving the goal. WHP	HE.6.3.1 Choose a personal health goal and track progress toward its achievement. WHP	HE.6.4.1 Set a personal health goal and track progress toward its achievement. WHP	HE.6.5.1 Analyze a personal health goal and track progress toward its achievement. WHP	HE.6.6.1 Create a goal to maintain, or improve a personal health practices. WHP	HE.6.7.1 Develop and analyze a goal to maintain, or improve a personal health practices. WHP	HE.6.8.1 Evaluate a goal to maintain, or improve a personal health practice. WHP	HE.6.12.1 Develop a goal and create an action plan to maintain or improve health. WHP
n/a	n/a	n/a	n/a	n/a	n/a	HE.6.6.2 List personal health practices that lead to a healthy lifestyle. WHP	HE.6.7.2 Explain personal health practices that lead to a healthy lifestyle. WHP	HE.6.8.2 Assess personal health practices that lead to a healthy lifestyle. WHP	HE.6.12.2 Assess personal health practices and overall health status as the first step in determining a personal health goal. WHP
HE.6.K.2 Identify resources to achieve health-related goals. WHP	HE.6.1.2 Describe resources to achieve health-related goals. WHP	HE.6.2.2 Demonstrate how to access resources to achieve health-related goals. WHP	HE.6.3.2 Recognize resources to assist in achieving a personal health goal. WHP	HE.6.4.2 Describe resources to assist in achieving a personal health goal. WHP	HE.6.5.2 Analyze resources to assist in achieving a personal health goal. WHP	HE.6.6.3 Identify strategies and skills needed to attain a personal health goal, such as implementing and monitoring a physical activity health plan. WHP, NPA	HE.6.7.3 Describe strategies and skills needed to attain a personal health goal, such as implementing and monitoring of a physical activity health plan. WHP, NPA	HE.6.8.3 Apply strategies and skills needed to attain a personal health goal, such as implementing and monitoring a physical activity health plan. WHP, NPA	HE.6.12.3 Implement strategies and monitor progress in achieving a personal health goal. WHP
n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	HE.6.12.4 Evaluate the outcome of a personal health goal. WHP
n/a	n/a	n/a	n/a	n/a	n/a	HE.6.6.4 Develop achievable goals which focus on increasing a healthy self-image and managing stress in a positive way. SEM, GD	HE.6.7.4 Apply and analyze achievable goals which focus on increasing a healthy self-image and managing stress in a positive way. SEM, GD	HE.6.8.4 Manage achievable goals which focus on increasing a healthy self-image and managing stress in a positive way. SEM, GD	n/a
n/a	n/a	n/a	n/a	n/a	n/a	HE.6.6.5 Create a goal to prevent or stop violence (bullying) and outline appropriate behaviors when using technology (cyberbullying). HRVP	HE.6.7.5 Create and analyze a goal to prevent or stop violence (bullying) and outline appropriate behaviors when using technology (cyberbullying). HRVP	HE.6.8.5 Create a goal and practice methods to prevent or stop violence (bullying) and outline appropriate behaviors when using technology (cyberbullying). HRVP	n/a

Standard 6: Students will demonstrate the ability to use goal-setting skills to enhance health.

Kindergarten	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5	Grade 6	Grade 7	Grade 8	High School
n/a	n/a	n/a	n/a	n/a	n/a	HE.6.6.6 Develop a goal to wear all types of safety equipment properly while following state laws and requirements regardless of outside influences. SFA	HE.6.7.6 Develop and apply a goal to wear all types of safety equipment properly while following state laws and requirements regardless of outside influences. SFA	HE.6.8.6 Develop and evaluate a goal to wear all types of safety equipment properly while following state laws and requirements regardless of outside influences. SFA	n/a
n/a	n/a	n/a	n/a	n/a	n/a	HE.6.6.7 Create and implement a plan that correlates a personal short term goal on healthy eating while including a specific focus on food choices, portions and nutritional guidelines. NPA, AIAO	HE.6.7.7 Create and design a plan that correlates a personal short term goal on healthy eating while including a specific focus on food choices, portions and nutritional guidelines. NPA, AIAO	HE.6.8.7 Create and manage a plan that correlates a personal short term goal on healthy eating while including a specific focus on food choices, portions and nutritional guidelines. NPA, AIAO	HE.6.12.5 Develop a personal short term goal and action plan to improve nutrition and/or fitness. NPA
n/a	n/a	n/a	n/a	n/a	n/a	HE.6.6.8 Recognize how personal health goals can vary with changing abilities, priorities, and responsibilities. WHP, GD	HE.6.7.8 Describe how personal health goals can vary with changing abilities, priorities, and responsibilities. WHP, GD	HE.6.8.8 Review how personal health goals can vary with changing abilities, priorities, and responsibilities. WHP, GD	n/a
n/a	n/a	n/a	n/a	n/a	HE.6.5.3 Define sexual violence including but not limited to interpersonal violence (physical, verbal, emotional and sexual violence). HRVP	HE.6.6.9 Set a personal goal to prevent and reduce interpersonal violence (physical, verbal, emotional and sexual violence). HRVP	HE.6.7.9 Through the goal setting process, create and analyze ways to prevent and reduce interpersonal violence (physical, verbal, emotional and sexual violence). HRVP	HE.6.8.9 Develop a goal and practice methods to prevent and reduce interpersonal violence (physical, verbal, emotional and sexual violence). HRVP	n/a
n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	HE.6.8.10 Establish a personal goal to not have sex until you're ready. SHP	HE.6.12.6 Set a personal goal to not have sex until you're ready. SHP
n/a	n/a	n/a	n/a	n/a	n/a	HE.6.6.10 Identify a personal goal to treat your partners with dignity and respect. HRVP	HE.6.7.10 Set a personal goal to treat your partners with dignity and respect. HRVP	HE.6.8.11 Establish a personal goal to use protection when sexually active. SHP	HE.6.12.7 Set a personal goal to use protection when sexually active. SHP

Standard 6: Students will demonstrate the ability to use goal-setting skills to enhance health.

Kindergarten	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5	Grade 6	Grade 7	Grade 8	High School
n/a	n/a	n/a	n/a	n/a	n/a	HE.6.6.11 Identify a personal goal to be treated with dignity and respect. HRVP, AIAO	HE.6.7.11 Set a personal goal to be treated with dignity and respect. HRVP, AIAO	HE.6.8.12 Discuss a personal goal to be treated with dignity and respect. HRVP, AIAO	HE.6.12.8 Develop a personal goal to be treated with dignity and respect. HRVP, AIAO
n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	HE.6.8.13 Develop a plan to eliminate or reduce risk for STDs, including HIV. SHP	HE.6.12.9 Develop short and long-term goals to maintain sexual health. SHP

Standard 7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

Kindergarten	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5	Grade 6	Grade 7	Grade 8	High School
HE.7.K.1 Identify healthy practices and behaviors that maintain or improve personal health. WHP	HE.7.1.1 Describe healthy practices and behaviors that maintain or improve personal health. WHP	HE.7.2.1 Demonstrate healthy practices and behaviors that maintain or improve personal health. WHP	HE.7.3.1 Recognize responsible personal health behaviors. WHP	HE.7.4.1 Describe responsible personal health behaviors. WHP	HE.7.5.1 Analyze responsible personal health behaviors. WHP	HE.7.6.1 Recognize the importance of assuming responsibility for personal health behaviors. WHP	HE.7.7.1 Explain the importance of assuming responsibility for personal health behaviors. WHP	HE.7.8.1 Justify the importance of assuming responsibility for personal health behaviors. WHP	HE.7.12.1 Explain the role of individual responsibility for enhancing health. WHP
HE.7.K.2 Recognize behaviors that avoid or reduce health risks. WHP	HE.7.1.2 Describe behaviors that avoid or reduce health risks. WHP	HE.7.2.2 Demonstrate behaviors that avoid or reduce health risks. WHP	HE.7.3.2 Recognize a variety of healthy practices and behaviors that maintain or improve personal health. WHP	HE.7.4.2 Describe a variety of healthy practices and behaviors that maintain or improve personal health, including but not limited to, healthy food choices and 60 minutes of daily physical activity. NPA	HE.7.5.2 Analyze a variety of healthy practices and behaviors to maintain or improve personal health. WHP	HE.7.6.2 Demonstrate healthy practices and behaviors that will maintain or improve the health of self and others. WHP	HE.7.7.2 Demonstrate the ability to practice healthy behaviors that can maintain or improve the health of self and others. WHP	HE.7.8.2 Evaluate healthy practices and behaviors that can maintain or improve the health of self and others. WHP	HE.7.12.2 Demonstrate the ability to practice a variety of healthy behaviors that can maintain or improve the health of self and others including explaining and demonstrating CPR Bill 79, 2015. WHP
n/a	n/a	n/a	HE.7.3.3 Recognize a variety of behaviors to avoid or reduce health risks. WHP	HE.7.4.3 Describe a variety of behaviors to avoid or reduce health risks. WHP	HE.7.5.3 Analyze a variety of behaviors to avoid or reduce health risks. WHP	n/a	n/a	n/a	HE.7.12.3 Demonstrate the ability to practice a variety of healthy behaviors to avoid or reduce health risks of self and others. WHP
n/a	n/a	n/a	n/a	n/a	n/a	HE.7.6.3 Identify healthy ways to maintain a healthy body weight. NPA, AIAO	HE.7.7.3 Differentiate healthy ways to maintain a healthy body weight. NPA, AIAO	HE.7.8.3 Promote healthy ways to maintain a healthy body weight. NPA, AIAO	n/a
n/a	n/a	n/a	n/a	n/a	n/a	HE.7.6.4 List personal strategies for minimizing potential harm from exposure to the sun. SFA	HE.7.7.4 Describe personal strategies for minimizing potential harm from exposure to the sun. SFA	HE.7.8.4 Establish personal strategies for minimizing potential harm from exposure to the sun. SFA	n/a
n/a	n/a	n/a	n/a	n/a	n/a	HE.7.6.5 Conduct a personal dietary assessment using the USDA guidelines. NPA	HE.7.7.5 Conduct a personal dietary assessment using the USDA guidelines. NPA	HE.7.8.5 Conduct a personal dietary assessment using the USDA guidelines. NPA	n/a

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Standard 7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

Kindergarten	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5	Grade 6	Grade 7	Grade 8	High School
n/a	n/a	n/a	n/a	n/a	n/a	HE.7.6.6 Choose effective ways to promote respect for self and others, including others who are different from you. AIAO, GD	HE.7.7.6 Demonstrate effective ways to promote respect for self and others, including others who are different from you. AIAO, GD	HE.7.8.6 Apply effective ways to promote respect for self and others, including others who are different from you. AIAO, GD	n/a
n/a	n/a	n/a	n/a	n/a	n/a	HE.7.6.7 Recognize techniques for managing personal stressors with peers, at home, in school, and community. SEM	HE.7.7.7 Practice managing personal stressors with peers, at home, in school, and community. SEM	HE.7.8.7 Model techniques for managing personal stressors with peers, at home, in school, and community. SEM	n/a
n/a	n/a	n/a	n/a	n/a	n/a	HE.7.6.8 Identify ways to be physically active throughout a lifetime. NPA	HE.7.7.8 Propose ways to be physically active throughout a lifetime. NPA	HE.7.8.8 Report on ways to be physically active throughout a lifetime. NPA	n/a
n/a	n/a	n/a	n/a	n/a	n/a	HE.7.6.9 Identify the early signs of stress. SEM	HE.7.7.9 Explain the early signs of stress and practice stress management techniques. SEM	HE.7.8.9 Evaluate personal stress and implement stress management techniques. SEM	n/a
HE.7.K.3 Recognize how to clearly say no, and or leave an uncomfortable situation. HRVP	HE.7.1.3 Describe how to clearly say no and how to leave an uncomfortable situation. HRVP	HE.7.2.3 Demonstrate how to clearly say “no” and/or how to leave an unsafe/uncomfortable situation. HRVP	HE.7.3.4 List ways to treat yourself and others with dignity and respect, with regard to race, ability, other identities, gender, gender identity, and sexual orientation. AIAO, GD	n/a	HE.7.5.4 Demonstrate ways to treat yourself and others with dignity and respect, with regard to gender, gender identity, and sexual orientation. AIAO, GD	n/a	HE.7.7.10 Describe ways to treat yourself and others with dignity and respect, with regard to gender, gender identity, and sexual orientation. AIAO, GD	HE.7.8.10 Demonstrate ways to treat yourself and others with dignity and respect, with regard to gender, gender identity, gender expression, and sexual orientation. AIAO, GD	HE.7.12.4 Demonstrate ways to treat yourself and others with dignity and respect, with regard to gender, gender identity, gender expression, and sexual orientation. AIAO, GD
n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	HE.7.12.5 Explain individual responsibility for testing and informing partners about STDs and HIV status. SHP

Standard 7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

Kindergarten	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5	Grade 6	Grade 7	Grade 8	High School
n/a	n/a	n/a	n/a	n/a	n/a	HE.7.6.10 Identify behaviors to avoid or reduce health risks to self and others. WHP	HE.7.7.11 Demonstrate behaviors to avoid or reduce health risks to self and others. WHP	HE.7.8.11 Evaluate behaviors to avoid or reduce health risks to self and others. WHP	n/a
n/a	n/a	n/a	n/a	n/a	n/a	HE.7.6.11 Demonstrate personal health care practices that prevent the spread of communicable disease. WHP, SHP	HE.7.7.12 Apply personal health care practices that prevent the spread of communicable disease. WHP, SHP	HE.7.8.12 Evaluate personal health care practices that prevent the spread of communicable disease. WHP, SHP	n/a
n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	HE.7.12.6 Describe how alcohol and other drug use can affect one's ability to perceive or provide consent. ATOD, HRVP
n/a	n/a	n/a	n/a	HE.7.4.4 List ways to manage the physical and emotional changes associated with puberty, including personal health care practices. GD, SEM	HE.7.5.5 Explain ways to manage the physical and emotional changes associated with puberty, including personal health care practices. GD, SEM	HE.7.6.12 Describe ways to manage the physical and emotional changes associated with puberty, including personal health care practices. GD, SEM	n/a	n/a	HE.7.12.7 Demonstrate on anatomical models, or list the steps for how to perform breast, testicular, and genital self-exams. SHP
n/a	n/a	n/a	n/a	n/a	n/a	HE.7.6.13 Identify the steps to correctly use a condom. SHP	HE.7.7.13 Describe the steps to correctly use a condom. SHP	HE.7.8.13 Demonstrate the steps to correctly use a condom. SHP	HE.7.12.8 Demonstrate the steps to correctly use a condom and/or other barrier methods. SHP
n/a	n/a	n/a	n/a	n/a	n/a	HE.7.6.14 List criteria for evaluating the health of a relationship. HRVP	HE.7.7.14 Assess the criteria for evaluating the health of a relationship. HRVP	HE.7.8.14 Analyze the criteria for evaluating the health of a relationship. HRVP	HE.7.12.9 Analyze the criteria for evaluating the health of a relationship. HRVP

Standard 7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

Kindergarten	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5	Grade 6	Grade 7	Grade 8	High School
n/a	n/a	n/a	n/a	n/a	n/a	HE 7.6.15 List ways to treat your friends, family and partner with dignity and respect. HRVP	HE 7.7.15 Practice ways to treat your friends, family and partner with dignity and respect. HRVP	HE.7.8.15 Assess ways to treat your partner with dignity and respect. HRVP	HE.7.12.10 Demonstrate respect for the boundaries of others and practice affirmative consent. HRVP
n/a	n/a	n/a	n/a	n/a	n/a	HE.7.6.16 Describe strategies to use social media safely, legally and respectfully. SHP	HE.7.7.16 Demonstrate how to set and respect boundaries around social media and technology use in relationships. HRVP	HE.7.8.16 Demonstrate effective ways to communicate personal boundaries and respect the boundaries of your partners when using technology and social media in a relationship. HRVP	HE.7.12.11 Demonstrate how to set and respect boundaries around social media and technology use in relationships. HRVP

Oregon Health Education Standards and Performance Indicators (Grades K-12) **BOLD = In Statute/Rule**

Standard 8: Students will demonstrate the ability to advocate for personal, family, and community health.

Kindergarten	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5	Grade 6	Grade 7	Grade 8	High School
HE.8.K.1 Demonstrate ways to promote personal health. WHP	HE.8.1.1 Discuss ways to make requests to promote personal health. WHP	HE.8.2.1 Explain the importance of promoting personal health. WHP	HE.8.3.1 Recognize opinions that use accurate information about health issues. WHP	HE.8.4.1 Communicate opinions using accurate information about health issues. WHP	HE.8.5.1 Express opinions based on accurate information about health issues. WHP	HE.8.6.1 State a health-enhancing position on a topic and support it with accurate information. WHP	HE.8.7.1 Express a health-enhancing position on a topic and support it with accurate information. WHP	HE.8.8.1 Propose a health-enhancing position on a topic and support it with accurate information. WHP	HE.8.12.1 Utilize data to formulate a health-enhancing message. WHP
HE.8.K.2 Encourage peers to select positive health choices. WHP	HE.8.1.2 Encourage peers to make positive health choices. WHP	HE.8.2.2 Encourage peers to justify positive health choices. WHP	HE.8.3.2 Recognize ways to encourage others to make positive health choices. WHP	HE.8.4.2 Describe ways to encourage others to make positive health choices. WHP	HE.8.5.2 Encourage others to make positive health choices. WHP	HE.8.6.2 Describe how to influence and support others to make positive health choices. WHP	HE.8.7.2 Demonstrate how to influence and support others to make positive health choices. WHP	HE.8.8.2 Demonstrate how to influence and support others to make positive health choices. WHP	HE.8.12.2 Demonstrate how to influence and support others to make positive health choices. WHP
n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	HE.8.12.3 Adapt health messages and communication techniques to a specific target audience. WHP
n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	HE.8.12.4 Work cooperatively as an advocate for improving personal, family, and community health. WHP
n/a	n/a	n/a	n/a	n/a	n/a	HE.8.6.3 Identify how to promote empathy for individual differences. AIAO, SEM	HE.8.7.3 Develop a plan to promote empathy for individual differences. AIAO, SEM	HE.8.8.3 Advocate for the promotion of empathy for individual differences. AIAO, SEM	HE.8.12.5 Advocate for the promotion of respect and empathy for individual differences. AIAO, SEM
n/a	n/a	n/a	n/a	n/a	n/a	HE.8.6.4 Describe a safe environment, including one that is free of substances, has safe and nutritious food, has safe places for physical activity, is free of environmental toxins and is free of violence and bullying. WHP	HE.8.7.4 Analyze a safe environment, including one that is free of substances, has safe and nutritious food, has safe places for physical activity, is free of environmental toxins and is free of violence and bullying. WHP	HE.8.8.4 Advocate for a safe environment, including one that is free of substances, has safe and nutritious food, has safe places for physical activity, is free of environmental toxins and is free of violence and bullying. WHP	HE.8.12.6 Advocate for school policies and programs that promote healthy relationships and a safe and inclusive environment for all. AIAO, HRVP

Standard 8: Students will demonstrate the ability to advocate for personal, family, and community health.

Kindergarten	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5	Grade 6	Grade 7	Grade 8	High School
n/a	n/a	n/a	n/a	HE.8.4.3 Describe how others can take action when someone else is being teased, harassed or bullied. HRVP	HE.8.5.3 Persuade others to take action when someone else is being teased, harassed or bullied. HRVP	HE.8.6.5 Describe how to influence and support others to make positive health choices in creating an environment that is free of substances, has safe and nutritious food, has safe places for physical activity, is free of environmental toxins and is free of violence and bullying. WHP	HE.8.7.5 Demonstrate how to influence and support others to make positive health choices that is free of substances, has safe and nutritious food, has safe places for physical activity, is free of environmental toxins and is free of violence and bullying. WHP	HE.8.8.5 Design an advocacy campaign to influence and support others to make positive health choices in creating an environment that is free of substances, has safe and nutritious food, has safe places for physical activity, is free of environmental toxins and is free of violence and bullying. WHP	n/a
n/a	n/a	n/a	n/a	n/a	HE.8.5.4 Explain how to promote safety, respect, awareness and acceptance of yourself and others. AIAO	HE.8.6.6 Work cooperatively to advocate for respect of diversity of individuals, families, and schools that fosters safety in learning and achievement. AIAO	HE.8.7.6 Work cooperatively to advocate for respect of diversity of individuals, families, and schools that fosters safety in learning and achievement. AIAO	HE.8.8.6 Work cooperatively to advocate for respect of diversity of individuals, families, and schools that fosters safety in learning and achievement. AIAO	n/a
n/a	n/a	n/a	HE.8.3.3 List ways students can work together to promote dignity and respect for all people. AIAO	HE.8.4.4 Describe ways students can work together to promote dignity and respect for all people. AIAO	HE.8.5.5 Demonstrate ways students can work together to promote dignity and respect for all people. AIAO	HE.8.6.7 Investigate school policies and programs that promote dignity and respect for all. AIAO	HE.8.7.7 Assess for school policies and programs that promote dignity and respect for all. AIAO	HE.8.8.7 Advocate for school policies and programs that promote dignity and respect for all. AIAO	HE.8.12.7 Advocate for school policies and programs that promote healthy relationships with dignity and respect for all in a safe and inclusive environment. AIAO
n/a	n/a	n/a	n/a	n/a	n/a	n/a	HE.8.7.8 Assess school policies and programs that promote healthy relationships and a safe and inclusive environment for all. AIAO	n/a	n/a

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Standard 8: Students will demonstrate the ability to advocate for personal, family, and community health.

Kindergarten	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5	Grade 6	Grade 7	Grade 8	High School
n/a	n/a	n/a	n/a	n/a	n/a	HE.8.6.8 Describe personal health practices that prevent the spread of HIV/AIDS and Hepatitis B and C. SHP	HE.8.7.9 Discuss personal health practices that prevent the spread of HIV/AIDS and Hepatitis B and C. SHP	HE.8.8.8 Advocate for personal health practices that prevent the spread of HIV/AIDS and Hepatitis B and C. SHP	n/a
n/a	n/a	n/a	n/a	n/a	n/a	HE.8.6.9 Investigate school policies and programs that promote healthy relationships and a safe and inclusive environment for all. AIAO	HE.8.7.10 Identify how informed personal decision-making around sexual activity as it relates to pregnancy, reproduction, and preventing STD/STI's. SHP	HE.8.8.9 Advocate for informed personal decision-making around sexual activity as it relates to pregnancy, reproduction, and preventing STD/STI's. SHP	n/a
n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	HE.8.12.8 Advocate for programs that support young parents and families. SHP
n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	HE.8.12.9 Advocate for access to products, services and medical care to maintain sexual and reproductive health. SHP
n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	n/a	HE.8.12.10 Advocate for use of products, services and medical care to maintain sexual and reproductive health. SHP