

The National Health Education Standards (NHES)

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Standard 1 Students comprehend functional health knowledge to enhance health.

Standard 2 Students analyze the influence of family, peers, culture, social media, technology, and other determinants on health behaviors.

Standard 3 Students demonstrate health literacy by accessing valid and reliable health information, products, and services to enhance health.

Standard 4 Students demonstrate effective interpersonal communication skills to enhance health.

Standard 5 Students demonstrate effective decision-making skills to enhance health.

Standard 6 Students demonstrate effective goal-setting skills to enhance health.

Standard 7 Students demonstrate observable health and safety practices.

Standard 8 Students advocate for behaviors that support personal, family, peer, school, and community health.