



**5. Use decision-making skills to enhance health.**

<b>4.5.1</b>	Describe how family, peers and media influence decision-making for personal health.	
<b>4.5.2</b>	Explain the essential steps needed to make a health-related decision.	
<b>4.5.3</b>	Explain how community, school, media and technology influence a decision related to personal health.	

**6. Use goal-setting skills to enhance health.**

<b>4.6.1</b>	Set long-term goals for positive physical, mental or emotional health and identify skills you will need to achieve them.	
<b>4.6.2</b>	List goals and identify steps needed for achieving goals.	
<b>4.6.3</b>	Analyze resources in the family, school or community that can influence (positively or negatively) the achievement of health related goals.	

**7. Practice health-enhancing behaviors and avoid or reduce health risks.**

<b>4.7.1</b>	Compare and contrast the short and long-term effects of positive and negative health choices.	
<b>4.7.2</b>	Describe practices and behaviors that reduce or prevent health risks related to diseases and injuries.	
<b>4.7.3</b>	Interpret why good health habits enhance physical, mental and emotional health.	

**8. Advocate for personal, family and community health.**

<b>4.8.1</b>	Demonstrate how to advocate for others (peers, family and community) to make positive health choices.	
<b>4.8.2</b>	Describe personal beliefs to persuade, support and promote others to improve personal health and wellness.	