



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

<b>5.5.1</b>	Demonstrate decision-making skills needed to avoid unhealthy choices.	
<b>5.5.2</b>	Analyze when assistance is, or is not, needed in making a health-related decision.	
<b>5.5.3</b>	Demonstrate how community, school, media and technology influence a decision related to personal health.	

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

<b>5.6.1</b>	Analyze and revise, if needed, long-term goals to include positive physical, mental or emotional health.	
<b>5.6.2</b>	Analyze goals and the influence family, peers, community, media and technology have on those goals.	
<b>5.6.3</b>	Analyze lifestyles, skills and resources to determine the effect they will have on the achievement and/or maintenance of long-term personal goals.	

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

<b>5.7.1</b>	Analyze personal health practices and set goals to practice positive behaviors that affect physical, mental and emotional health.	
<b>5.7.2</b>	Describe and demonstrate healthy practices and behaviors on a routine basis.	
<b>5.7.3</b>	Describe health-enhancing practices and behaviors for physical, mental and emotional health.	

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

<b>5.8.1</b>	Persuade others to engage in healthy behaviors through conversations, presentations and interactive media, using school and community resources.	
<b>5.8.2</b>	Demonstrate how to advocate for others to make positive behavior choices to improve personal health and wellness.	