

Mind Matters

TEKS – Texas Essential Knowledge & Skills

GRADES 9-12

Health Information		
115.32 B-1	The student analyzes health information and applies strategies for enhancing and maintaining personal health throughout the life span.	
TEKS REQUIREMENT		LESSON
115.32 B-1H	examine causes and effects of stress and develop strategies for managing stress and coping with anxiety and depression	1-5
115.32 B-2	The student is health literate in disease prevention and health promotion throughout the life span.	
115.32 B-2A	analyze the relationship between health promotion and disease prevention	6-9
115.32 B-2C	identify, describe, and assess available health-related services in the community that relate to disease prevention and health promotion	5, 11
115.33 C-1	The student applies technology to analyze and appraise personal health.	
115.33 C-1A	generate a personal-health profile using appropriate technology such as stress reduction, body fat composition, and nutritional analysis	9
115.33 C-1B	explain how technology can influence health.	8
115.33 C-2	The student researches and analyzes information in the management of health promotion and disease prevention.	
115.33 C-2A	investigate various sources in the community that promote health and prevent disease	5
115.33 C-6	The student evaluates and utilizes communication skills in building and maintaining healthy relationships.	
115.33 C-6A	apply effective communication skills for building and maintaining healthy relationships	4
115.33 C-6B	design strategies for implementing effective conflict resolution/mediation strategies	4
115.33 C-6C	present a model for effective communication skills.	4
Health Behaviors		
115.32 B-6	The student assesses the relationship between body structure and function and personal health throughout the life span.	
TEKS REQUIREMENT		LESSON
115.32 B-6A	examine the effects of health behaviors on body systems	8
115.32 B-6B	relate the importance of early detection and warning signs that prompt individuals of all ages to seek health care	6-12
115.33 C-7	The student generates strategies that address health-risk behaviors.	
115.33 C-7C	develop a plan to participate in community efforts to address health-risk behaviors	10-12
Influencing Factors		
115.32 B-9	The student analyzes the effect of relationships on health behaviors.	
TEKS REQUIREMENT		LESSON
115.32 B-9A	evaluate positive and negative effects of various relationships on physical and emotional health such as peers, family, and friends	5,6,11
115.32 B-9B	explain the benefits of positive relationships among community health professionals in promoting a healthy community	5,6,11
115.32 B-10	The student differentiates between positive and negative family influences.	

115.32 B-10A	describe the roles of parents, grandparents, and other family members in promoting a healthy family	5,6,11
115.32 B-10B	analyze the dynamics of family roles and responsibilities relating to health behavior.	5,6,11
Personal/Interpersonal Skills		
115.32 B-14	The student analyzes, designs, and evaluates communication skills for building and maintaining healthy relationships throughout the life span.	
TEKS REQUIREMENT		LESSON
115.32 B-14A	demonstrate communication skills in building and maintaining healthy relationships	4
115.32 B-14D	evaluate the effectiveness of conflict resolution techniques in various situations	4
115.32 B-15	The student analyzes, designs, and evaluates strategies for expressing needs, wants, and emotions in healthy ways.	
115.32 B-15A	demonstrate strategies for communicating needs, wants, and emotions	4
115.32 B-15B	examine the legal and ethical ramifications of unacceptable behaviors such as harassment, acquaintance rape, and sexual abuse	6
115.32 B-16	The student appraises communication skills that show consideration and respect for self, family, friends, and others.	
115.32 B-16A	apply communication skills that demonstrate consideration and respect for self, family, and others	4
115.32 B-16B	demonstrate empathy towards others	4
115.32 B-17	The student synthesizes information and applies critical-thinking, decision-making, and problem-solving skills for making health-promoting decisions throughout the life span.	
115.32 B-17B	identify decision-making skills that promote individual, family, and community health	10-12
115.33 C-13	The student analyzes, designs, and evaluates strategies for expressing needs, wants, and emotions in healthy ways.	
115.33 C-13A	create and apply strategies for communicating emotions, needs, and wants	4
115.33 C-13B	demonstrate leadership skills for advocating health	11
115.33 C-14	The student evaluates communication skills that show consideration and respect for self, family, friends, and others.	
115.33 C-14A	appraise effective communication skills that demonstrate consideration and respect for self, family, and others	4
115.33 C-14B	associate effective communication with success in school and the workplace	4
115.33 C-14C	explain the detrimental effects of inconsiderate and disrespectful behavior	4-7
115.33 C-15	The student synthesizes information and applies strategies for making health-promoting decisions.	
115.33 C-15B	apply decision-making skills to health-promoting decisions	10-12