Learning Standards in Support of Suicide Prevention Education

Health and Fitness Education

Health education provides students with opportunities to acquire the knowledge, attitudes, and skills necessary for making health-promoting decisions, achieving health literacy, adopting health-enhancing behaviors, and promoting healthy lifestyles. The Health and Fitness Learning Standards establish the concepts and skills necessary for safe and healthy living, and in turn, for successful learning.

To ensure student achievement in health and fitness education, it is critical that the curriculum, instruction, and assessment align. Students learn best when the instruction they receive and the assessments used align with state standards.

The OSPI-Developed Health Assessment *My Friend Morgan* was created for middle school students and aligns to the learning standards listed below. Students are to identify behavior changes in a friend, list adult resources, and apply how to link a friend to a trusted adult in order to receive help.

Health and Fitness Learning Standards
Kindergarten through High School

Grade Level Expectation (GLE)
2.1.1 Understands dimensions and indicators of health (emotional, physical, intellectual, and social).

2.4.1 Understands abusive and risky situations and illustrates safe behaviors to prevent injury to self and others at home, school, and in the community.

2.4.3 Recognizes negative and positive effects of stress and stress management techniques.

3.3.1 Solves conflicts while maintaining safe and respectful relationships.