Tennessee Lifetime Wellness Standards Grades 9-12 (High School)

The Tennessee Lifetime Wellness Standards Grades 9-12 document is divided into five components: Personal Wellness (PW); Mental, Emotional, and Social Health (MESH); First Aid and Safety (FAS); Human Growth and Development (HGD); and Substance Use and Abuse (SUA).

Key Ideas:
1) The Tennessee Lifetime Wellness Standards Grades 9-12 state skills, knowledge, and behaviors students should demonstrate at end of the high school lifetime wellness experience.
2) Each component is divided into subcomponents as a means to organize similar standards.
3) The standards need not be taught in the order presented. The component and subcomponent numbers are only for organization and identification.
4) The standard is the action, knowledge, or behavior expected, e.g., HS.PW.2 Evaluate personal nutritional and energy needs.
5) Unique to the Grades 9-12 Standards is "Component Extension". The component extensions are ideas to further challenge students in a particular subcomponent.

Component: Personal Wellness **Subcomponent: Nutrition**	
HS.PW.1	Identify the relationship between healthy eating and total wellness.
HS.PW.2	Evaluate personal nutritional and energy needs.
HS.PW.3	Examine the relationship between diet and disease. (e.g., metabolic syndrome, hypertension, hyperlipidemia).
Component Extension	Interpret food labels, critique fad diets, and recognize food safety practices.
Component: Personal Wellness **Subcomponent: Fitness**	
HS.PW.4	Implement the health-related and skill-related components of fitness.
HS.PW.5	Analyze and engage in physical activities that are developmentally appropriate and support achievement of personal fitness.

HS.PW.6	Describe and apply principles related to physical activity (i.e., principles of training, target heart rate, warm-up/cool-down).
HS.PW.7	Construct fitness goals (i.e., S.M.A.R.T.).
Component: Personal Wellness **Subcomponent: Disease Prevention**	
HS.PW.8	Explain the importance of preventative health care and how it contributes to overall wellness.
HS.PW.9	Identify and explain signs, symptoms, screenings, treatment, and prevention of chronic or non-infectious diseases (e.g. cardiovascular disease, cancer, diabetes).
HS.PW.10	Identify and explain signs, symptoms, screenings, treatment, and prevention of infectious diseases (e.g. influenza, COVID, strep, hepatitis, measles, STIs, etc.).
HS.PW.11	Analyze the difference between infectious and non-infectious disease.
HS.PW.12	Identify and implement the strategies for preventing disease (e.g. personal hygiene, health screenings, vaccination).

Component: Mental, Emotional, and Social Health **Subcomponent: Emotional Health**	
HS.MESH.1	Identify emotions and their effects on the mind and body.
HS.MESH.2	Recognize stressors and formulate personal stress management techniques.
HS.MESH.3	Design useful strategies for suicide prevention.
HS.MESH.4	Identify ways to develop self-care behaviors.
HS.MESH.5	Identify and explain adverse childhood experiences.
Component Extension	Self-esteem project
Component: Mental, Emotional, and Social Health **Subcomponent: Mental Health**	
HS.MESH.6	Examine characteristics of mental health conditions (i.e., anxiety, depression, and eating).
HS.MESH.7	Describe the stages of grief.
HS.MESH.8	Explain when to seek help for mental and emotional health concerns (provide local resources and national 988).
Component Extension	Research community resources.
Component: Mental, Emotional, and Social Health **Subcomponent: Social Health**	
HS.MESH.9	Identify positive ways of resolving interpersonal conflict.
HS.MESH.10	Demonstrate appropriate refusal skills. (e.g., drugs, relationships, sexual activity).
Component Extension	Practice non-abusive behaviors.
Component: First Aid and Safety **Subcomponent: First Aid Procedures**	
HS.FAS.1	Identify and demonstrate the skills necessary in responding to medical emergencies (e.g., common injuries, AED, choking).

HS.FAS.2	Demonstrate hands-on CPR.
Component Extension	Role play emergency situations.

Component: First Aid and Safety **Subcomponent: Vehicle Driver and Occupant Safety**	
HS.VOS.1	Explain increased potential of injury when employing high risk behaviors while operating and occupying a vehicle. (e.g., distracted driving, impaired driving, seat belt safety, and pedestrians).
HS.VOS.2	Explain the four levels of the Tennessee Graduated Driver's License laws.
Component: First Aid and Safety **Subcomponent: Technology Safety**	
HS.TS.1	Identify how people utilize technology to build relationships and to abuse and exploit relationships.
HS.TS.2	Identify the risks associated with sexting.
HS.TS.3	Define online sexual exploitation.
HS.TS.4	Explain ways to create and maintain a safe, positive online environment.
Component: Human Growth and Development **Subcomponent: Relationships**	
HS.HGD.1	Examine the aspects of positive relationships (e.g., family, dating, friendship, professional, community).
HS.HGD.2	Determine the influence of families, media, cultural traditions, and economic factors on human development.
HS.HGD.3	Define types of abuse where the victim is a child, such as neglect, physical, emotional, and sexual abuse, including abuse that may occur in the home, and human trafficking.
HS.HGD.4	Evaluate how to reduce risks of becoming a victim of abuse and the process to report.
HS.HGD.5	Explain methods to reduce your risk of becoming a victim of abuse and identify methods for seeking help from a trusted adult and community resources for reporting.
HS.HGD.6	Discuss the detection, intervention, prevention, and treatment of human trafficking for children and adults.
Component Extension	Negotiation/collaboration skills as helpful/harmful in resolving conflict (e.g., domestic violence, healthy dating).
Component: Human Growth and Development **Subcomponent: Sexuality**	
HS.HGD.7	Explain basic structures and functions of the reproductive system as they relate to the human life cycle (e.g., conception, birth, childhood, adolescence, adulthood).
HS.HGD.8	Recognize abstinence from all sexual activity as a positive choice.

HS.HGD.9	Identify preventative methods and potential outcomes of engaging in sexual behaviors (e.g., pregnancy, abstinence, adoption, Hepatitis B, STIs). Compare various contraceptive methods in accordance with state/district policy.
HS.HGD.10	Research the skills necessary for maintaining reproductive health (e.g., self-examinations, annual doctor visits, prenatal care).
HS.HGD.11	Explain adoption and the types of adoption (open, semi-open, and closed).

HS.HGD.12	Analyze the benefits of adoption.
HS.HGD.13	Identify and give examples of multi-cultural, blended, or "different" families (adoption or foster).
Component Extension	Create short- and long-term life plans.
Component: Substance Use and Abuse **Subcomponent: Appropriate Use**	
HS.SUA.1	Describe the proper use of over-the-counter and prescription drugs.
HS.SUA.2	Predict the benefits of a lifestyle free from chemical misuse (e.g., career goals, healthy relationships, life expectancy).
Component Extension	Compare/Contrast drugs in terms of their use and abuse.
Component: Substance Use and Abuse **Subcomponent: Health Risks**	
HS.SUA.3	Summarize the consequences of drug use. (i.e., alcohol, tobacco [e-cigs/vaping], prescription medications, marijuana, etc.).
HS.SUA.4	Analyze the role of family, community, and cultural norms in deciding to use drugs.
HS.SUA.5	Articulate the effects of substance misuse and abuse on society (e.g., on school, job, crime, physical enhancement).
Component Extension	Role playing peer pressure scenarios, multiplier effect.
Component: Substance Use and Abuse **Subcomponent: Risk Reduction**	

HS.SUA.6	Identify common warning signs of opioid and IV drug abuse.
HS.SUA.7	Identify common symptoms of opioid prescription and IV drug overdose.
HS. SUA.8	Demonstrate how to tell a trusted adult that someone you know may be misusing drugs.
HS. SUA.9	Identify ingredients present in e-cigarettes and vape devices.
HS. SUA.10	Recognize the myths about the safety of vaping.
HS. SUA.11	Identify the health risks associated with vaping caused by both the vaping device mechanism and the ingredients.
Component Extension	Complete Narcan administration online course.