

**ADAMS COUNTY/OHIO VALLEY SCHOOL DISTRICT  
POWER STANDARDS (INDICATORS)**



**HEALTH  
7-12**



Understand the relationship of family health to individual health.

Know how to maintain mental and emotional health.

Know essential concepts and practices concerning injury prevention and safety.

Understand essential concepts about nutrition and diet.

Know how to maintain and promote personal health.

Know essential concepts about the prevention and control of disease.

Understand aspects of substance use and abuse.

Understand the fundamental concepts of growth and development.

Know the availability and effective use of health services, products, and information.

Know environmental and external factors that affect individual and community health.