

WISE GUYS

FULFILLMENT OF NATIONAL HEALTH EDUCATION STANDARDS



The *Wise Guys* curriculum satisfies approximately 70% of the recommended National Health Standard performance indicators for grades 7 to 12. The course teaches concepts related to each of the eight essential standards.

1 COMPREHENDING CONCEPTS

Students can comprehend concepts related to health promotion and disease prevention. *WG* promotes healthy masculinity and holistic well-being, with an emphasis on health-promoting behaviors such as safe sex practices and education on STI prevention and abstinence from substance use.



2 ANALYZING INFLUENCES

Students can analyze how the external influences they interact with (family, peer, media, and others) affect their own beliefs and health behaviors. *WG* prompts students to consider the effects of external influences and challenge their beliefs. Students analyze media portrayals of sex and masculinity, assess their family's and culture's values and gender beliefs, and recognize peer pressure.



3 ACCESSING RESOURCES

Students will demonstrate the ability to access valid health information, products, and services. In *WG* classes, students learn about STI prevention, detection, and treatment, contraceptive use, and how to locate and access sexual health clinics. The program emphasizes the importance of critically examining media and assessing the validity of different sources.

4 INTERPERSONAL COMMUNICATION

Students are able to use interpersonal communication skills to improve health and avoid risks. *WG* educators demonstrate effective communication skills to their students and teach skills in verbal and non-verbal communication, refusal of unwanted sex, conflict resolution, assertiveness, and emotional expression.



5 DECISION-MAKING

Students are able to use decision-making skills regarding health-related behaviors. *WG* teaches skills for making healthy decisions, such as obtaining partner consent, deciding to abstain from sex or practicing safe sex, avoiding drug use, and evaluating the responsibility of fatherhood.

6 GOAL-SETTING

Students are able to set both short- and long-term goals that promote health and well-being. *WG* participants learn strategies for setting and accomplishing realistic goals and monitoring their progress. Students consider how their goals may vary with changing priorities and responsibilities, such as having children.



7 PRACTICING HEALTH-ENHANCING BEHAVIORS

Students practice health-promoting behaviors and reduce or avoid risk-taking behaviors that are harmful to themselves or others. In addition to discussing the harms of unhealthy behaviors like unsafe sex, drug use, and dating violence, *WG* emphasizes taking personal responsibility for one's actions.

8 HEALTH ADVOCACY

Students can advocate for their own health and the health of others. *WG* has a firm anti-violence and anti-bullying stance and asks its students to pledge against dating violence and encourage their peers to do the same.

