Appendix 3: HECAT Healthy Behavior Outcomes for Grades Pre-K-12

Alcohol and Other Drugs

HBO 1. Use prescription and over-the-counter medications correctly.

HBO 2. Avoid misuse and abuse of over-the-counter and prescription drugs.

HBO 3. Avoid the use of alcohol.

HBO 4. Avoid the use of illegal drugs.

HBO 5. Avoid driving while under the influence of alcohol and other drugs.

HBO 6. Avoid riding in a motor vehicle with a driver who is under the influence of alcohol or other drugs.

HBO 7. Quit using alcohol and other drugs if already using.

HBO 8. Support others to be alcohol- and other drug-free.

Food and Nutrition

HBO 1. Follow a healthy eating pattern that meets individual preferences and needs for growth and development.

HBO 2. Choose a variety of options within each food group.

HBO 3. Eat lots of fruits and vegetables.

HBO 4. Choose to eat whole grain products.

HBO 5. Choose to drink or eat fat-free or low-fat dairy or fortified dairy alternatives.

HBO 6. Drink lots of water.

HBO 7. Avoid sugary drinks.

HBO 8. Limit foods high in added sugars, saturated fats, trans fats, and sodium.

HBO 9. Choose to eat or drink nutrient-dense foods and beverages when dining.

HBO 10. Prepare good-tasting, nutrient-dense foods for yourself and others.

HBO 11. Choose and enjoy nutrient-dense foods and beverages that reflect personal preferences, culture, and budget.

HBO 12. Support healthy eating patterns for others.

Mental and Emotional Health

HBO 1. Express feelings in a healthy way.

HBO 2. Engage in activities that are mentally and emotionally healthy.

HBO 3. Manage interpersonal conflict in healthy ways.

HBO 4. Prevent and manage emotional stress and anxiety in healthy ways.

HBO 5. Use self-control and impulse-control strategies to promote health.

HBO 6. Get help for troublesome thoughts, feelings, or actions for oneself and others.

HBO 7. Show acceptance of difference in others.

HBO 8. Establish and maintain healthy relationships.

HBO 9. Practice habits that promote mental and emotional wellbeing.

Personal Health and Wellness

- **HBO 1.** Practice appropriate hygiene habits.
- **HBO 2.** Get an appropriate amount of sleep and rest.
- **HBO 3.** Prevent vision and hearing loss.
- **HBO 4.** Prevent damage from the sun.
- **HBO 5.** Practice behaviors that prevent infectious diseases.
- **HBO 6.** Practice behaviors that prevent chronic diseases.
- **HBO 7.** Practice behaviors that promote mental and emotional wellbeing.
- **HBO 8.** Practice behaviors that prevent foodborne or waterborne illnesses.

- **HBO 9.** Prevent serious health problems that result from common chronic diseases and conditions among youth, such as allergies, asthma, diabetes, and epilepsy.
- **HBO 10.** Use healthcare services to address common infectious diseases and manage chronic diseases and conditions.
- **HBO 11.** Seek out healthcare professionals for appropriate screenings and examinations.
- **HBO 12.** Prevent health problems that result from fads or trends.

Physical Activity

- **HBO 1.** Engage in moderate to vigorous physical activity for at least 60 minutes every day.
- **HBO 2.** Regularly engage in physical activities that enhance cardio-respiratory endurance, flexibility, muscle endurance, and muscle strength.
- **HBO 3.** Engage in warm-up and cool-down activities before and after structured exercise.
- **HBO 4.** Drink plenty of water before, during, and after physical activity.
- **HBO 5.** Follow a physical activity plan for healthy growth and development.
- **HBO 6.** Avoid injury during physical activity.
- **HBO 7.** Support others to be physically active.

Safety

- **HBO 1.** Follow appropriate safety rules when riding in or on a motor vehicle.
- **HBO 2.** Avoid driving a motor vehicle-or riding in a motor vehicle driven by someone-while under the influence of alcohol or other drugs.
- **HBO 3.** Use safety equipment appropriately and correctly.
- **HBO 4.** Apply safety rules and procedures to avoid risky behaviors and injury.

- **HBO 5.** Avoid safety hazards in the home and community.
- **HBO 6.** Recognize and avoid dangerous surroundings.
- **HBO 7.** Get help for oneself or others when injured or suddenly ill.
- **HBO 8.** Support others to avoid risky behaviors and be safe.

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Sexual Health

HBO 1. Recognize developmental changes experienced by self and others during childhood and adolescence.

HBO 2. Establish and maintain healthy relationships.

HBO 3. Treat all people with dignity and respect with regard to their gender identity and sexual orientation.

HBO 4. Give and receive consent in all situations.

HBO 5. Be sexually abstinent.

HBO 6. Engage in behaviors that prevent or reduce sexually transmitted infections (STIs), including HIV.

HBO 7. Engage in behaviors that prevent or reduce unintended pregnancy.

HBO 8. Support others to avoid or reduce sexual risk behaviors.

HBO 9. Avoid pressuring others to engage in sexual behaviors.

HBO 10. Use appropriate health services to promote sexual and reproductive health.

Tobacco

HBO 1. Avoid using (or experimenting with) any form of tobacco.

HBO 2. Avoid exposure to secondhand smoke and aerosol.

HBO 3. Support a tobacco-free environment.

HBO 4. Support others to be tobacco-free.

HBO 5. Quit using tobacco, if already using.

Violence Prevention

HBO 1. Manage interpersonal conflict in nonviolent ways.

HBO 2. Manage emotional distress in nonviolent ways.

HBO 3. Avoid bullying or being a bystander to bullying, or being a victim of bullying.

HBO 4. Avoid engaging in violence, including sexual harassment, coercion, exploitation, physical fighting, and rape.

HBO 5. Avoid situations where violence is likely to occur.

HBO 6. Avoid associating with others who are involved in or who encourage violence or criminal activity.

HBO 7. Get help to prevent or stop violence including harassment, abuse, bullying, hazing, fighting, and hate crimes.

HBO 8. Get help to prevent or stop unwanted or inappropriate touching.

HBO 9. Get help to stop being subjected to violence or physical abuse.

HBO 10. Get help for oneself or others who are in danger of hurting themselves.