



HEALTHY BEHAVIORS COMPETENCY RUBRIC

Definition: Healthy Behaviors are the integration of social, mental, emotional, spiritual, and physical aspects of health. Healthy Behaviors allow one to adapt to, respond to, or manage life's challenges and changes. Students who engage in Healthy Behaviors will be empowered to reach their fullest potential.

Student will be able to...	Mastering 4	Advancing 3	Developing 2	Beginning 1
Understand Personal Wellness	Interprets wellness information in terms of one's own personal wellness and identifies the modification(s) needed to pursue personal wellness goals. Describes making modification(s) for personal wellness and articulates a strategy for achieving personal wellness goal(s).	Demonstrates an understanding of wellness information and how to interpret the information in terms of one's own personal wellness. Can articulate modification(s) that are needed to pursue personal wellness goal(s).	Begins to demonstrate an understanding of wellness information and how to interpret the information in terms of one's own personal wellness.	Does not demonstrate an understanding of the components of personal wellness.
Make Healthy Decisions	Makes social, personal, and interpersonal decision(s) that are balanced, logical, and demonstrate critical thought and reflection. Employs a complex decision-making strategy that considers multiple options and fully acknowledges how choices affect themselves and others.	Makes social, personal, and interpersonal decision(s) that are balanced, logical, and demonstrate critical thought and reflection. Considers options and begins to acknowledge how choices affect themselves and others.	Makes social, personal, and interpersonal decisions that are not entirely reactionary. Decisions are given some critical thought or reflection. Gives little or no consideration for consequence(s).	Makes social, personal, and interpersonal decisions that are reactive to situations and are decided upon without critical thought and reflection.
Act as a Responsible Bystander	Regularly exhibits behaviors that demonstrate a clear sense of personal role in fostering and sustaining a healthy community that includes supporting the wellbeing of others. Consistently identifies harmful situations involving self and/or peers and responsibly intervenes. Develops a strategy to uphold community values.	Often exhibits behaviors that demonstrate a clear awareness of personal role in fostering and sustaining a healthy community that includes supporting the wellbeing of others. Often identifies harmful situations involving self and/or peers and sometimes responsibly intervenes.	Sometimes exhibits behaviors that demonstrate an awareness of personal role in fostering and sustaining a healthy community that includes supporting the wellbeing of others. Occasionally identifies harmful situations involving self and/or peers.	Exhibits behaviors that demonstrate little to no awareness of personal role in fostering and sustaining a healthy community that includes supporting the wellbeing of others. Does not identify harmful situations involving self and/or peers.