

National Health Education Standard 1		
Grades 9 - 12		
Standard	Performance Indicator	3 Steps Detect Alignment
1. Use functional health information to support health and well-being of self and others.	1.12.1	Apply ways to build upon strengths and assets to support individual and collective health and well-being.
	1.12.3	Evaluate behaviors that reduce or prevent illnesses and injuries.
	1.12.4	Evaluate practices and behaviors that support health and well-being, including how to manage health conditions
	1.12.8	Examine how self-efficacy, perceived susceptibility, and perceived severity affect health behaviors.
		<p>Practicing Step 1 of 3 Steps Detect helps learners recognize health changes earlier and supports health behavior change to act sooner. Using 3 Steps Detect leads to earlier diagnosis and better outcomes.</p> <p>Learners will explore health risks, healthy behaviors and cancer screenings that can prevent cancer as well as lead to healthier outcomes.</p> <p>Using 3 Steps Detect, learners will explore how to navigate their own healthcare with confidence. Knowing when to act and who to contact are critical steps in receiving quality healthcare.</p> <p>Step 1: Know Your Great - Having the confidence to know your great health and be able to communicate subtle, persistent changes to your medical provider allows you to receive care when your symptoms arise.</p> <p>Young adults in our culture tend to think that cancer is an "old people's" disease. 3 Steps Detect tells stories of young adult cancer survivors as advocates for this education, and encourages everyone to use early detection education.</p>

National Health Education Standard 2			
Grades 9 - 12			
Standard	Performance Indicator	3 Steps Detect Alignment	
2. Analyze influences that affect health and well-being of self and others	2.12.1	Evaluate the interrelationships and impacts of various influences and health behaviors on health and well-being.	Learners explore trends in healthcare and why their own actions can change the trajectory of their care. Things like knowing your family history is important, but they are also taught that not all cancer is preceded by a family history.
	2.12.2	Evaluate how social determinants of health influence health behaviors, health outcomes, and health equity.	There is a tendency in our culture to be embarrassed or intimidated by doctors. 3 Steps Detect walks learners through how to talk with their doctor and establish a mutually beneficial relationship. Learning that healthcare is a collaborative team sport helps learners to access their healthcare with confidence.
	2.12.3	Evaluate how individual, interpersonal, community, societal, and environmental influences and factors affect health equity.	Learners will review the experiences of others who have been diagnosed with cancer and determine how access to care, understanding options, and ability to follow up can have an effect on outcomes.
	2.12.4	Formulate strategies to manage influences that impact health and well-being.	3 Steps Detect is a standardized set of educational tools that span culture, gender, and age norms to influence health behaviors.
	2.12.5	Use resources to manage influences that impact health and well-being.	Using 3 Steps Detect provides learners with the action plan necessary to act in response to changes in health to receive timely healthcare.

National Health Education Standard 3 Grades 9 - 12			
Standard	Performance Indicator		3 Steps Detect Alignment
3. Access valid and reliable resources to support health and well-being of self and others.	3.12.1	Analyze the accessibility of trusted adults, other individuals, health professionals, and other resources to promote health and well-being.	DetecTogether gives learners evidence-based resources and tools to help them evaluate health information more accurately. For example, one of the resources we promote is MedlinePlus, a division of the National Library of Medicine, as a place to access trusted health information.
	3.12.2	Analyze supports and barriers to accessing valid and reliable health information, products, services, and other resources.	Learners are guided to use our social media and virtual tools to enhance health behaviors, concerns, knowing when to seek medical attention. As a trusted resource, we provide up-to-date information regarding early detection of cancer and accessing timely healthcare.
	3.12.3	Evaluate the validity, reliability, and accessibility of health information, products, services, and other resources.	DetecTogether's website and education cites all information from verified sources including healthcare providers, American Cancer Society, and the National Library of Medicine.
	3.12.4	Use valid and reliable sources of health information, products, services, and other resources.	Along with the DetecTogether website and educational materials, The National Library of Medicine has multiple useful resources. www.Medlineplus.org is the most user-friendly and a great resource for a variety of health information.

National Health Education Standard 4		
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4. Use interpersonal communication skills to support health and well-being of self and others.	4.12.1	Apply effective communication skills across multiple modes of communication and media formats to support health and well-being of self and others.
	4.12.2	Apply communication skills and strategies within a variety of interpersonal contexts.
	4.12.3	Demonstrate how to ask for and offer assistance to support the health of self and others.
	4.12.7	Demonstrate collaboration skills in a variety of situations.
		Using 3 Steps Detect teaches students to have the confidence in their "Great" which allows them to effectively communicate when there is a change. Students are encouraged to call their healthcare provider's office, use their patient portal, and other forms of communication to ensure they can receive timely care.
		Communicating with a healthcare provider can be intimidating for students. DetecTogether offers resources to help students navigate the often challenging healthcare system. For instance, our online course, "Questions to Ask Your Doctor," available through our learning portal, provides practical advice on how to make the most of a medical visit.
		Collaboration is an important part of 3 Steps Detect. Collaborating with family and peers helps identify and monitor health changes while providing support and encouragement needed to take the next step to diagnosis. Collaborating with healthcare professionals is essential to the diagnosis process - tips and strategies for collaboration are discussed in Step 3: Share with your doctor.

National Health Education Standard 5			
Grades 9 - 12			
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5. Use a decision-making process to support health and well-being of self and others.	5.12.1	Analyze how health-related decisions may affect personal and community health and well-being from a variety of perspectives.	DetecTogether works with cancer champions and their families to share stories of their healthcare journey. Students are asked to analyze these stories to gain a perspective about how 3 Steps Detect has or could have benefited that person's healthcare journey.
	5.12.3	Apply an individual, supported, or collaborative decision-making process to maintain or improve health and well-being.	3 Steps Detect is simple roadmap that can be applied to daily life in an effort to make decisions about personal healthcare needs.
	5.12.5	Analyze the potential impact of a decision on the health and well-being at individual, interpersonal, community, societal, and environmental levels.	Learning about the benefits of early detection versus the negative outcomes of late detection is an integral part of 3 Steps Detect education.
	5.12.6	Develop a plan of action to implement a health-related decision.	3 Steps Detect is an action plan for evaluating the need for healthcare as well as taking action to receive healthcare.
	5.12.8	Evaluate the effectiveness of health-related decisions.	Looking at the difference in survival rates between early vs. late detection allows students to implement the concepts of 3 Steps Detect into daily life.

National Health Education Standard 6
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Standard	Performance Indicator		3 Steps Detect Alignment
6. Use a goal setting process to support health and well-being of self and others	6.12.1	Assess personal health, well-being, and factors for engaging in a goal-setting process.	Step 1: Know Your Great - provides students with the framework for demonstrating what their own great health looks like. By establishing a baseline, students can integrate lifestyle choices that will help them maintain (or establish) what great health is to them.

National Health Education Standard 7
Grades 9 - 12

Standard	Performance Indicator		3 Steps Detect Alignment
7. Demonstrate practices and behaviors to support health and well-being of self and others.	7.12.1	Analyze supports and barriers to engaging in health-related practices and behaviors.	Step 3: Share with your Doctor - presents students with a framework for HOW to interact with a healthcare provider while developing the skills to advocate for oneself.
	7.12.2	Evaluate practices, behaviors, and other factors supporting individual and collective health and well-being.	Using 3 Steps Detect, students will learn the skills needed to support their own healthcare journey throughout life.
	7.12.3	Adapt practices and behaviors to support individual and collective health and wellbeing.	By evaluating "great health" parameters, students are able to adjust and adapt lifestyle and healthcare choices to support lifelong health and well-being.

National Health Education Standard 8			
Grades 9 - 12			
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8. Advocate to promote health and well-being of self and others.	8.12.1	Examine a variety of factors that affect advocacy at individual, interpersonal, community, societal, and environmental levels.	Looking at the tools available and the barriers we face in healthcare, students are encouraged to use 3 Steps Detect to help them advocate for themselves by first knowing when their great health is not quite right.
	8.12.2	Advocate for health issues either collaboratively or individually to promote health and well-being.	DetecTogether encourages the learner to share their new-found skills of personal advocacy through 3 Steps Detect with family, friends and community members thus promoting the power of early detection to the masses.
	8.12.3	Customize advocacy skills and strategies for varying audiences and contexts.	Learners are encouraged to develop plans that will share 3 Steps Detect with their communities.
	8.12.4	Demonstrate self-advocacy skills and strategies to promote health and well-being.	With an understanding of their role as a patient, learners are guided through a roadmap for self-advocacy when seeking medical care. This includes a timeline for action.
	8.12.5	Demonstrate advocacy skills and strategies to promote health and well-being at interpersonal, community, societal, and environmental levels.	Through a variety of activities, students are able to demonstrate their new-found skills of health advocacy. Students are also encouraged to share 3 Steps Detect to their homes and communities outside of school.
	8.12.7	Analyze the role of collaboration among different people in a community to prevent and solve community health issues.	Late detection of cancer (and other health issues) take an enormous toll on individuals, families and communities as a whole. Students will consider how collaborating with medical providers to achieve early detection can impact more positive outcomes. Students will examine how sharing the skills learned in 3 Steps Detect could positively affect the community at large.