UNIT: TOBACCO, ALCOHOL & OTHER DRUGS – ALCOHOL

The student will:

Health Content Concepts
- Describe the effects and impact of alcohol on the individual, family, and society
- Identify the consequences of underage drinking
  - Addiction (physical and psychological)
  - Death (binge drinking/alcohol poisoning)
  - Legal consequences
  - Drinking and driving

Self-Management
- Demonstrate skills that promote a personal commitment to remain alcohol-free
  - Recognize peer norms
  - Resistance skills
  - Decision making
  - Problem solving
  - Goal setting
  - Stress management
  - Assertiveness.

NOTES:
- Research has shown that normative education and resistance skills are the most effective components of drug prevention curriculum.
- Students should not be placed in the role of perpetrator in role-play situations.

UNIT: DISEASE PREVENTION AND CONTROL

The student will:

Health Content Concepts
- Describe how lifestyle, family history, environment, and other risk factors/behaviors are related to physical health and overall wellness
  - Controllable/uncontrollable risk factors, to include influence of media messages, environmental exposure, and household products/inhalants
  - Protective factors: regular checkups, immunizations and screening, diet and weight management, exercise, and rest
- Identify prevention and intervention methods for common non-communicable diseases
  - Heart disease/cardiovascular disease
  - Cancer, to include skin cancer
  - Diabetes
  - Other diseases (gum disease, osteoporosis, asthma, obesity).
UNIT: SOCIAL AND EMOTIONAL HEALTH

The student will:

Health Content Concepts
- Identify the causes, symptoms, and intervention of eating disorders, to include anorexia, bulimia, and binge eating disorder
  - Causes: internal and external factors
  - Symptoms of each disorder
  - Intervention/treatment: how to help a friend, resources for help
- Explain causes and identify signs of depression
- Cite prevention and intervention strategies for depression
- Examine the impact of bullying on the individual, family, and community
  - Consequences of bullying such as depression, violence, etc.
  - Perspective of bully, victim, and bystander
- Summarize prevention and intervention strategies for child abuse
  - physical, sexual, mental injury, neglect, human trafficking

Analyzing Influences
- Describe the role society plays in the perception of normal body image.

UNIT: NUTRITION AND FITNESS

The student will:

Accessing Information
- Discover, evaluate, and utilize health information, products, and services related to healthy nutrition and weight management
  - Nutritional requirements and dietary guidelines
  - Healthy weight management (diet products, diet programs, and physical activity).

UNIT: SEXUAL HEALTH

The student will:

Health Content Concepts
- Explain the male and female reproductive systems as they relate to fertilization
- Describe changes that occur to the mother and fetus during the stages of pregnancy
  - Define fertilization and pregnancy
  - Signs of pregnancy
  - Embryo/fetus/multiple births
  - Trimesters
  - Birth process
- Identify protective factors for a healthy pregnancy
  - Prenatal care
  - Age of mother
- Avoiding tobacco, alcohol, and other drugs

**Interpersonal Communication and Decision Making**
- Apply personal and interpersonal skills to support sexual health
  - Define sexual health
  - Personal and interpersonal life skills
    - Values
    - Decision making
    - Communication
      - Assertiveness
      - Conflict resolution
      - Communication with parents/guardian

**Decision Making and Advocacy**
- Explain the term abstinence as it applies to sexual health
  - Define sexuality as a dimension of a person, not just sexual behavior
  - Role of family values in choosing abstinence
  - Reasons to abstain.