UNIT: TOBACCO, ALCOHOL & OTHER DRUGS

The student will:

Health Content Concepts
- Distinguish between healthy and unhealthy use of prescription and over-the-counter (OTC) drugs
  - Follow directions for use
  - Negative effects of combining medications
  - Forms of misuse
    - Taking someone else’s prescription
    - Combining drugs
    - Overmedication
  - Consequences of prolonged use
- Analyze the physical, psychological, social, economic, and legal consequences of drug abuse
  - Tolerance, addiction, and withdrawal
  - Short-term and long-term effects of marijuana use

Self-Management
- Demonstrate skills that promote a personal commitment to remain drug-free
  - Recognizing peer norms
  - Resistance skills
  - Decision making and problem solving
  - Goal setting
  - Stress management
  - Assertiveness
  - Advocate for a drug-free lifestyle

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: SOCIAL AND EMOTIONAL HEALTH

Health Content Concepts
- Examine sources of stress/anxiety
- Examine the effects of stress to include depression and suicide
  - Consequences of untreated depression
  - Warning signs of suicide
- Examine coping and intervention strategies for stress/anxiety, depression, and suicide
Self-Management and Goal Setting
● Construct healthy strategies for managing stress, depression and suicide
  o Coping and resilience strategies
  o Setting personal goals
  o Suicide prevention strategies
  o Accessing resources for self and others.

UNIT: SAFETY AND INJURY PREVENTION

The student will:

Health Content Concepts
● Summarize strategies for prevention and intervention of safety issues
  o Gang activity
  o Bullying/cyberbullying
  o Child abuse
  o Sexual assault/dating violence
  o Human trafficking
  o Inappropriate use of electronic devices
  o Misuse of household products/inhalants
● Describe components of healthy relationships
  o define sexual assault
  o describe intervention strategies a bystander can use in sexual assault situations

Interpersonal Communication
● Utilize conflict resolution skills to prevent violence
  o Review types of violence
    ▪ Sexual assault and dating violence
    ▪ Bullying, name-calling, harassment, and other forms of conflict
  o Conflict resolution skills
    ▪ Verbal vs. nonverbal communication
    ▪ Listening skills
    ▪ Assertiveness skills.

UNIT: SEXUAL HEALTH

The student will:

Health Content Concepts
● Describe the components of sexuality to include biological, psychological, cultural, and ethical
  o Define sexuality
  o Define gender identity, transgender, and sexual orientation (heterosexual, homosexual, and bisexual)
  o Dimensions of sexuality (biological, psychological, cultural, and ethical)
  o Factors that influence stereotyping and generalizing about gender roles
● Describe components of healthy relationships
- apply concept of consent to real life situations
- Review the anatomy and physiology of the male and female reproductive system
- Describe the prevention, symptoms, and treatment of sexually transmitted infections to include HIV/AIDS
  - HIV and AIDS, syphilis, gonorrhea, chlamydia, HPV/genital warts, genital herpes, etc.
- Describe various contraceptive methods and their effectiveness in reducing the risk of pregnancy
  - Abstinence, condoms, withdrawal, hormonal contraceptives, spermicides, and sterilization
  - Emphasize abstinence as the healthiest behavior for youth

Accessing Information
- Identify sources of support for sexual health
  - Define sexual health
- Identify behaviors that support sexual health
  - Regular check-ups
  - Breast exam/Testicular self-exam
  - Early identification of potential problems
  - Communication
  - Abstinence