9th Grade Health Education Objectives

UNIT: SOCIAL & EMOTIONAL HEALTH

The student will:

Content Concepts
- Recognize and respond to social and emotional health issues
  - Depression and suicide
  - Self Injury
  - Eating Disorders
- Relate body image to the development of eating disorders

Analyzing Influences
- Analyze influences on social and emotional health
  - Body image

Accessing Information
- Access a variety of credible resources for issues related to social and emotional health

Interpersonal Communication
- Explain and apply skills for effective communication (I statements, active listening, body language, conflict resolution)
- Analyze barriers to effective communication

Decision Making and Goal Setting
- Explain, apply, and evaluate the decision-making process to personal health issues
- Apply strategies and skills needed to attain personal health goals

Self-Management
- Demonstrate, evaluate, and analyze strategies to manage stress
- Apply strategies to promote a positive body image.