

## **9<sup>th</sup> 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.