

Grades 9-12

Human Growth and Development 1

Students will demonstrate the ability to apply their understanding of human growth and development, including awareness of their own and others', related to body systems.

- G** I can analyze growth patterns and developmental changes and examine the factors that interfere with healthy development. 1.G
- H** I can examine factors that are important to human reproduction, including prenatal care, pregnancy, and childbirth, and identify available health resources. 1.H

Healthy Skills and Relationships 2

Students will demonstrate healthy relationships and interaction with others, utilize effective communication skills (verbal, non-verbal, and online), and differentiate between healthy and unhealthy behaviors, and how those behaviors impact relationships with peers and adults.

- G1** I can analyze behaviors and attitudes that contribute to healthy relationships. 2.G1
- G2** I can identify healthy sexual behavior. I can describe the signs of dating violence 2.G2
- H1** I can compare and contrast characteristics of healthy and unhealthy behaviors and relationships. 2.H1
- H2** I can communicate with peers about dating violence. 2.H2

Nutrition 3

Students will apply concepts of how food choices impact the overall health of self and others, and investigate how different types of eating disorders damage body systems.

- G** I can evaluate personal eating habits and patterns for the purpose of determining how I can live a healthy lifestyle as it relates to nutrition. 3.G
- H** I can identify unhealthy nutrition choices in self and others and determine the warning signs of unhealthy choices and disorders related to nutrition. 3.H

Alcohol, Tobacco, and Other Drugs 4

Students will investigate healthy and unhealthy behaviors related to alcohol, tobacco, and other drugs, while understanding the physical, psychological, and legal consequences for self and others.

- G** I can describe the effects of the use of alcohol, tobacco, and other drugs. 4.G
- H** I can analyze substance abuse and identify available resources to combat addiction. 4.H

Personal Health and Safety 5

Students will promote physical, social, and emotional health for self and others.

- G1** I can make choices in different situations that contribute to the overall health of self and others. 5.G1
 - G2** I can demonstrate an understanding of basic first aid including hands-on CPR, bleeding control, and the use of an AED. 5.G2
 - H** I can demonstrate an understanding of different procedures and resources that contribute to the health and safety of self and others. 5.H
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Disease Prevention and Control 6

Students will demonstrate understanding of health promotion (physical, social, and emotional) by applying research-related concepts to disease prevention, safety, and advocating for the health and well-being of self and others.

- G** I can compare and contrast different methods of disease transmission and prevention, including foodborne illnesses, STDs, and other communicable diseases. 6.G
 - H** I can analyze the impact of different communicable and non-communicable diseases on the overall health of self and others. 6.H
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Mental and Emotional Health 7

Students will understand the components related to mental and emotional health and analyze related behaviors.

- G** I can recognize the importance of good mental health and how it relates and contributes to all other aspects of health. 7.G
- H** I can demonstrate skills and strategies that promote personal and mental health. 8.G