Kansas Health Education

Grades 9-12

The students will know, comprehend, apply, analyze, synthesize and/or evaluate:

Community Health

1 Local community needs/issues/events 12.1

2 Local/state laws, ordinances, and policies for a healthy community 12.2

3 Value of community interactions 12.3

4 Strategies to maintain a healthy community 12.4

5 Personal service for the betterment of the community 12.5

6 Global health issues 12.6

Consumer Health

1 Availability and accessibility of health-care services 12.1

2 Adolescent health-care products and services 12.2

3 Interpersonal and intrapersonal influences on health choices (budgeting, culture, SES, etc.) 12.3

4 Characteristics of informed consumers 12.4

5 Seek reliable advice regarding consumer health choices 12.5

6 Role of media in disseminating health information 12.6

7 Basic health insurance terminology 12.7

Environmental Health

1 Personal responsibility for community environmental issues 12.1

2 Reduce, reuse, recycle and alternatives 12.2

3 Relationship between environment, disease, and health 12.3

4 Local, state, and global environmental issues 12.4

5 Laws, ordinances, and policies 12.5

Human Sexuality and Relationships

1 Adapting to changes associated with puberty 12.1

2 Adapting to change within the family 12.2

3 Changing responsibilities from adolescence to adulthood 12.3

Responsible behaviors within relationships (communication, abstinence, etc.) 12.4

Potential outcomes of sexual activity (STIs, pregnancy, etc.) 12.5

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6 Impact of media and technology on sexual behaviors 12.6

7 Laws associated with sexual behaviors (consent, harassment, assault, rape, human trafficking, etc.) 12.7

8 Differences between individual, family, culture, community, and global values 12.8

Injury Prevention and Safety

1 Basic first aid skills 12.1

2 Demonstrate and perform CPR/AED procedures according to current and nationally recognized guidelines 12.2

3 Resources to prevent and avoid violence 12.3

4 Prevention and response to physical violence (guns and/or weapons and bullying) 12.4

5 Prevention and response to mental violence (bullying and abuse) 12.5

6 Prevention and response to social violence (relationships, conflict resolution, and cyber) 12.6

7 Prevention and response to sexual violence (harassment, assault, rape, and abuse) 12.7

8 Media safety (social media, cyber, TV, music, advertising, etc.) 12.8

9 Causes of conflict and non-violent conflict resolutions 12.9

10 Consequences of violence (school policies, laws, etc.) 12.10

Mental and Emotional Health

1 Importance of expressing emotions in a productive and healthy manner 12.1

2 Mental illnesses 12.2

3 Stigmas associated with mental illness 12.3

4 Avoiding negative self-talk, self-harm, and suicide 12.4

5 Coping skills (grief, stress, depression, bullying, anxiety, etc.) 12.5

6 Characteristics of healthy and unhealthy relationships 12.6

7 Healthy versus unhealthy body image 12.7

Nutrition

1 Nutritional needs through stages of development 12.1

2 Meal planning and budgeting 12.2

3 Food safety 12.3

4 Nutritional value of foods 12.4

5 Cultural and ethnic food choices 12.5

Food labels 12.6

Eating disorders/dysfunctions 12.7

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8 Healthy eating patterns 12.8

9 Essential nutrients 12.9

10 Performance enhancing beverages/supplements 12.10

11 Impact of food choices 12.11

Personal Health

1 Major body systems, anatomy, functions, relationships between systems and connection to disease 12.1

2 Proper adolescent hygiene habits 12.2

3 Leading causes of death and risk behaviors 12.3

4 Traits and skills of lifelong learners 12.4

5 Components of wellness 12.5

Prevention & Control of Disease

1 Disease prevention skills 12.1

2 Common causes of diseases, illness and disorders 12.2

3 Influence of heredity and diseases 12.3

4 Medical resources, health screenings and treatment methods for disease 12.4

5 Relationship between lifestyle choices and disease prevention 12.5

6 Current healthcare issues 12.6

Substance Use and Abuse & Addiction

1 Effects and consequences of nicotine use (all forms) 12.1

2 Effects and consequences of alcohol use 12.2

3 Effects and consequences of illegal drug use 12.3

4 Categories of drugs (ex. stimulants, opiates, depressants, hallucinogens, etc.) 12.4

5 Cumulative risk behaviors (patterns, gateway drugs, etc.) 12.5

6 Unsafe situations involving drugs, including alcohol 12.6

7 Helpful and harmful use of prescription and non-prescription drugs 12.7

8 Strategies to resist peer pressure to engage in substance abuse 12.8

9 Media, social influences, and societal pressure of drug usage 12.9

10 Rules and laws for medicines and drugs 12.10

11 Safe alternatives to medicine 12.11

12 Government policies and global issues in drug trends 12.12