

Grades 9, 10, 11, 12

Adopted 2012

Personal and Consumer Health

- 1. Describe ways to achieve and maintain a healthy lifestyle.**
 - a. Define health and list characteristics of a healthy person.
 - b. State good personal hygiene habits, including dental, skin, hair, ear, eye, and nail care.

- 2. Demonstrate the ability to use goal setting and decision making skills to enhance health.**
 - a. Identify the steps in the decision-making model.
 - b. Apply the decision-making model to solve a personal problem.
 - c. Define a value system and identify the relationship of values to actions.

- 3. Recognize the benefits of being a wise consumer.**
 - a. Identify rights and responsibilities as a consumer.
 - b. Identify the activities of agencies that protect the consumer.
 - c. Identify popular types of deceptive advertising and product fraud.
 - d. Recognize medical fraud in the marketplace.
 - e. Examine costs and options for paying for health care services.

- 4. Analyze the influence of culture, media, technology, and other factors on health.**
 - a. Evaluate the implications of modern technology on societal health.
 - b. Analyze the influences of different cultural beliefs on health behaviors.

Mental Health

- 1. Demonstrate the ability to practice health-enhancing behaviors that contribute to positive mental health.**
 - a. Explain how an individual's mental and physical health habits affect what he or she thinks about himself or herself.
 - b. Identify nonthreatening ways of being assertive.
 - c. Identify common defense mechanisms.

- 2. Describe how stress influences mental health.**
 - a. Identify the harmful physiological and psychological effects of stress.
 - b. Develop a stress management plan.

3. Define functional and organic mental disorders and state controls for each.

- a. Identify different mental health disorders and recognize signs of each.
 - b. Identify available resources for treatment of mental illness.
 - c. Identify warning signs of suicide and demonstrate intervention strategies.
 - d. Identify the relationship between psychological factors and eating disorders.
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Family/Social Health

1. Describe how the skills of communication, cooperation, and advocacy are essential for healthy relationships.

- a. Identify strategies for choosing abstinence when faced with sexual pressures.
 - b. Identify qualities that are important in close friends.
 - c. Discuss conflict-resolution styles and components of communication that can aid in resolving conflicts.
 - d. Demonstrate the ability to work cooperatively when advocating for healthy individuals.
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2. Describe why the family is the basic social unit of society.

- a. Describe elements that healthy families have in common and ways to maintain family health.
 - b. Explain factors that may cause a family system to break down (to include spousal and child abuse.).
 - c. Define the role of the family in the transmission of values, attitudes, behavior, personalities, and responsibilities of its members.
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Human Growth and Development

1. Summarize how genetic traits are passed on from one generation to another.

- a. Define the role heredity plays in determining physical traits and distinguish between dominant and recessive genes.
 - b. Identify various genetic and environmental birth defects.
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2. Examine health practices to be considered before, during, and after pregnancy.

- a. List reasons that parents decide to have children.
 - b. Discuss various methods of family planning.
 - c. Explain the process of human reproduction from conception to birth.
 - d. Describe the stages of the birth process.
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3. Identify physical, mental, and emotional changes that occur from childhood through adolescence.

- a. Trace developmental stages of infancy, childhood, and adolescence.
- b. Name the physical, mental, and emotional changes that happen during adolescence and state how these changes affect identity and interpersonal relationships.

4. Examine the aging process from adulthood through death.

- a. Identify the tasks and characteristics of adulthood.
 - b. Identify ways to cope with death and dying.
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Disease Prevention and Control

1. Recognize the causes, transfer, and control of common communicable diseases.

- a. Identify the pathogens that cause communicable disease and how they are transmitted.
 - b. Describe the transmission, symptoms, treatment, and prevention of communicable diseases.
 - c. Describe the function of the immune system.
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2. Recognize the ways to prevent HIV infection and STDs.

- a. Describe the symptoms, mode of transmission, and prevention and treatment of sexually transmitted diseases.
 - b. Describe the symptoms, mode of transmission, prevention, and treatment of HIV and AIDS.
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3. State causes, signs, and control of noninfectious diseases.

- a. Name the different kinds of cardiovascular diseases and their risk factors.
 - b. Describe the warning signs of cancer and the ways to reduce personal risk, including breast and/or testicular cancer.
 - c. Explain the types, prevention, and treatments for diabetes, arthritis, and other chronic diseases including those requiring long-term care.
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Nutrition and Fitness

1. Summarize how responsible food choices lead to nutritional health.

- a. Explain the organization of MyPlate.
 - b. Identify six classes of nutrients and describe their functions in the human body.
 - c. Trace the path of food through the digestive system.
 - d. Identify kinds of information provided on a food label.
 - e. Create a daily meal plan for students' own families and calculate the number of calories.
 - f. Recognize diseases associated with poor nutrition.
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2. Discover the importance of fitness.

- a. Explain the physical and psychological benefits of exercise.
 - b. Develop a regular plan of exercise using the four parts of physical fitness and two types of exercise.
 - c. Develop skills needed to achieve lifetime fitness.
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Substance Abuse Prevention

1. Examine the health hazards of tobacco.

- a. List major reasons why people either abstain from or use tobacco.
 - b. Describe long-term effects of tobacco use and the dangers of smoking.
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2. Summarize the health hazards of alcohol.

- a. Identify the short- and long-term effects of alcohol on the body.
 - b. Explain the impact of alcohol on alcoholics, their families, and society.
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3. Analyze the health hazards of drugs and benefits of medicines.

- a. Differentiate between legal and illegal drugs and explain the benefits of medicines and harmful effects of illegal drugs.
 - b. Describe the side effects of drugs and how drugs are commonly abused.
 - c. Illustrate how drug use, misuse, and abuse cause problems in society.
 - d. Explain how medicines benefit the life of human beings.
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4. Illustrate the health hazards of inhalants.

- a. Discuss various types of inhalants and identify dangers associated with the use of inhalants.
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5. Discuss refusal and intervention skills.

- a. Develop refusal skills for all forms of drugs and inhalants.
 - b. Demonstrate ways to intervene and help a drug-dependent friend.
 - c. Describe how individuals can help reduce the misuse and abuse of drugs.
 - d. Explain how alcohol and drugs can increase the vulnerability to unwanted sexual advances.
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Community and Environmental Health

1. Identify community health-care agencies, health careers, and the importance of family medical records.

- a. Describe organizations and services that assist the community and individuals in health promotion.
 - b. List career opportunities in health.
 - c. Explain the importance of family medical records.
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2. Explain how environment affects people and how people affect the environment.

- a. Determine how pollution, natural disasters, over-population, and community violence affect our environmental health.
 - b. Name sources of air, water, noise, radiation, and ground pollution.
 - c. Describe government agencies that protect the environment.
 - d. Identify the importance of conserving natural resources and the green movement.
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Safety and First Aid

1. Discuss promotion of safety and prevention of accidents.

- a. Describe behaviors that promote home safety.
 - b. Describe ways to prepare for natural disasters in the community.
 - c. Identify basic safety rules that help prevent accidents at work and school.
 - d. Recognize recreational-related injuries and how to prevent them.
 - e. Explain ways to promote vehicle safety, including regular use of seat belts for all ages.
 - f. Recognize dangerous situations, including rape, assault, misuse of social networking, and gang-related activities, and how to avoid them.
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2. Discuss and demonstrate procedures for emergency situations.

- a. Identify, assess, and learn to respond to emergency situations.
- b. Assemble contents of a basic first aid kit.
- c. Practice first aid emergency procedures, including reporting accidents and providing first aid for wounds, choking, fractures, heart attacks, seizures, and poisonings.