New Hampshire Health Education

Grade 9

Adopted 2003

Alcohol and Other Drugs

1. Short-Term and Long-Term Benefits and Risks of Medicinal Drugs

- 1.1 differences between dependence and addiction
- 1.2 importance of taking medicines as described (dosage, duration, need for food)
- 1.3 necessity of using caution in taking multiple medicines

2. Short-Term and Long-Term Effects of AOD Use

- 2.1 differences between dependence and addiction
- 2.8 relationship between AOD use and transportation injuries
- 2.10 relationship between AOD use and sexual behavior
- 2.11 relationship between AOD use and mental health
- 2.2 physical, social and emotional effects of AOD use
- 2.3 effects of binge drinking
- 2.4 effects of inhalant use
- 2.5 effects of marijuana use
- 2.6 effects of steroid use
- 2.7 effects of use of other illicit drugs
- 2.9 relationship between AOD use and violence and other injuries
- 2.12 benefits of not using AOD (physical, social, emotional, legal, financial, vocational)

3. Positive and Negative Influences on AOD Use

- 3.2 internal influences
- 3.3 family influences
- 3.4 peer influences
- 3.5 cultural influences
- 3.1 strategies to identify pressures to use
- 3.6 legal/policy factors
- 3.7 influences on different levels of AOD use

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Healthful Choices about AOD Use

4.1 how to accept personal responsibility for choices about alcohol and other non-medicinal drug use

4.2 strategies to support personal commitment not to use

5. Communicating Healthful Choices about AOD Use

5.1 ways to refuse alcohol and other non-medicinal drug use

5.2 how to get help for self and others

5.3 ways to deal with pressure to use

5.4 ways to encourage others not to use

5.5 techniques to refuse to ride with someone who has been using AOD

Injury Prevention

3. Violence Prevention

3.1 ways to avoid threatening situations

3.2 causes of conflict

3.3 conflict resolution techniques

3.4 how to avoid fighting/bullying

3.5 the importance of not carrying a weapon

3.6 how to prevent dating violence

3.7 how to prevent sexual assault

3.8 how to recognize sexual harassment

3.9 influence of AOD in conflict situations

3.10 nonviolent ways to calm charged situations

1. First Aid

1.1 universal precautions (infection control procedures)

1.2 steps for CPR

1.3 techniques for the Heimlich maneuver

1.4 first aid steps for severe injuries, e.g., bleeding, broken bones

2. Transportation Safety

2.1 how to use protective equipment for transportation safety

2.2 consequences of driving under influence of alcohol or other drugs

2.3 strategies for not riding with an impaired driver

2.4 road emergency safety practices

3. Violence Prevention

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3.1 ways to avoid threatening situations

3.2 causes of conflict

3.3 conflict resolution techniques

3.4 how to avoid fighting/bullying

3.5 the importance of not carrying a weapon

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3.8 how to recognize sexual harassment

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4. Use of Protective Equipment

4.1 use of protective equipment for sports and leisure activities

4.2 use of protective equipment at home, school and work

5. Suicide Prevention

5.1 signs of depression and mental illness

5.2 how to get help for self and others

5.3 influence of alcohol and other drug use on depression

6. Work Safety

6.1 use of protective equipment in occupational settings

6.2 strategies for worksite safety

6.3 strategies to avoid problems related to alcohol and other drugs

Nutrition

1. Healthful Eating

1.1 benefits of healthful eating (short-term and long-term benefits and risks)

1.3 benefits of consuming more water, fruits, vegetables, grains, and calcium-rich foods

1.4 benefits of decreasing fat intake

1.5 benefits of moderating sugar intake

1.7 strategies for overcoming barriers to healthful eating

1.8 how to prepare healthful meals for self and others

1.2 variety and proportion of foods (consistent with Food Guide Pyramid)

2. Accessing Nutrition Information and Products

2.3 Dietary Guidelines

2.1 how to analyze food nutrition labels

2.2 how to use the Food Guide Pyramid

2.4 validity of claims of nutritional supplements and weight loss products

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3. Influences on Food Choices

- 3.2 family influences
- 3.3 peer influences
- 3.5 how marketing, packaging, and advertising influence food choices
- 3.1 how to analyze personal likes and dislikes
- 3.6 how mood and emotions affect food choices

4. Balancing Food Intake and Physical Activity

- 4.1 how to assess food intake to determine energy intake
- 4.2 how energy is expended during exercise/activity
- 4.3 healthful weight management practices

5. Food Safety

- 5.1 importance of cleanliness
- 5.3 reasons for food safety
- 5.2 safe food preparation, serving and storage

Physical Activity

1. Healthful Physical Activity

- 1.7 how to develop plans that include types and amounts of activity and focus on health-related physical fitness
- 1.8 strategies for overcoming barriers to physical activity
- 1.9 strategies for protection from cold, heat, and sun during activity, e.g., hydration, sunscreen
- 1.1 benefits and risks of physical activity
- 1.2 exercise needs: frequency, intensity, duration and type
- 1.3 types of exercise: cardiorespiratory, muscular strength and endurance, and flexibility
- 1.4 physiological responses to physical activity (energy expenditure, heart rate, respiratory rate, resting heart rate)
- 1.5 components of health-related fitness
- 1.6 personal physical activity levels
- 1.10 the importance of healthful eating and physical activity
- 1.11 relationship between healthful physical activity and body composition

2. Influences on Physical Activity

- 2.1 internal influences
- 2.2 family influences
- 2.3 peer influences

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2.4 media influences

2.5 environmental influences

2.6 availability of facilities and equipment

3. Prevention of Sports and Exercise Injuries

3.2 techniques to prevent the spread of blood-borne pathogens

3.1 benefits of using protective equipment, proper warm-up and cool down

3.3 the importance of sports and exercise rules in preventing injury

3.4 how to inspect equipment/supplies and report hazards

4. Effects of Drugs on Fitness

4.1 effects of tobacco, alcohol, and other drugs on performance

4.2 how to evaluate claims of performance-enhancing drugs and nutritional supplements

5. Products and Services for Physical Activity

5.1 how to select products, services, and facilities related to physical activity

5.2 how to validate fitness claims

6. Advocating for Physical Activity

6.1 techniques for funding school, community and workplace physical activity programs

6.2 strategies to identify facilities and environments for physical activity

6.3 how to evaluate safety in facilities and physical activity environments

Family Life and Sexuality

1. Families and Relationships

1.1 ways to communicate respect for self and others

1.2 diversity of relationships, e.g., family, friends, dating, marriage

1.3 influences of violence, e.g., date rape and other abuse

2. Sexual Behavior

2.1 how to make a personal commitment to abstain from sexual intercourse

2.1 most students are not engaging in sexual intercourse

2.3 strategies for refusing unwanted or unprotected sex

2.4 benefits of setting sexual limits, e.g., staying in school, reputation, achieving future goals

2.5 importance of respecting sexual limits of others

2.6 strategies for dealing with pressures to cross sexual limits

2.7 effects of alcohol and other drug use on sexual behavior

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2.8 risks of unintended pregnancy and disease with unprotected sex

2.9 influences on sexual behavior, e.g., family, peers, religion, media, culture, internal

2.10 risks of multiple partners

2.11 situations that may lead to sex

2.12 how to make a personal commitment to avoid pregnancy, HIV and other STDs

3. HIV and Other STD Prevention

3.1 risks of HIV and other STDs

3.2 effective prevention strategies — abstinence is the most effective

3.3 common signs and symptoms of HIV and other STDs

3.4 common routes of transmission of HIV and other STDs

3.5 relative risks of specific behaviors

3.6 treatment options

3.7 valid sources of information and help

3.8 resources for counseling and testing

3.9 that HIV and other STDs can be asymptomatic

4. Pregnancy Prevention

4.1 abstinence is most effective method

4.2 relative effectiveness of contraceptive methods

4.3 importance of consistent use of contraceptives

4.4 valid sources to get help

4.5 effective prevention strategies

Tobacco

2. Influences on Tobacco Use

2.1 internal influences

2.2 family influences

2.3 peer influences

2.4 advertising strategies

2.5 how to identify role models

2.6 media influences

2.7 legal factors

3. Choosing to Be Tobacco Free

3.1 how to make a personal commitment not to use

3.2 strategies to resist pressure to use

3.4 how to advocate for a tobacco-free environment

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- 3.3 techniques to communicate personal attitudes about tobacco use
- 3.5 most people don't use tobacco
- 3.6 alternatives to tobacco use

4. **Benefits of Being Tobacco Free**
   - 4.1 long-term and short-term health benefits
   - 4.2 social benefits
   - 4.3 financial benefits

1. **Short-Term and Long-Term Risks of Tobacco Use**
   - 1.1 addictive effects of nicotine
   - 1.4 risks of different types of tobacco products
   - 1.2 short-term and long-term effects of tobacco use
   - 1.3 harmful substances in tobacco
   - 1.5 effects of tobacco use on the fetus

5. **Cessation**
   - 5.1 barriers to quitting
   - 5.2 skills needed for quitting
   - 5.3 resources for getting help

Mental Health

1. **Positive Self-Image**
   - 1.1 personal assets and strengths
   - 1.2 characteristics of positive role models
   - 1.5 how to develop and demonstrate a positive body image
   - 1.3 how to develop and demonstrate a sense of belonging
   - 1.4 how to develop and demonstrate a sense of empowerment

2. **Emotional Health**
   - 2.4 ways to deal with frustration
   - 2.1 strategies for expressing needs, wants and feelings appropriately
   - 2.2 positive ways to handle emotions, e.g., mood swings, loneliness, hurt feelings, sadness
   - 2.3 strategies for managing and reducing anger and conflict
   - 2.5 how the developmental process affects emotions and behaviors
   - 2.6 strategies to prepare for adulthood

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Interpersonal Relationships and Communication

- 3.4 characteristics of nonverbal communication

3.6 how to resist peer pressure

3.7 appropriate ways to end relationships

3.1 how to build and maintain relationships, including appropriate ways to end relationships

3.2 skills for effective speaking, e.g., I-statements, eye contact, assertiveness

3.3 skills for effective listening, e.g., reflective listening

3.5 ways to show respect for diversity, e.g., mental and physical disabilities, culture, race/ethnicity

3.8 techniques for negotiation and compromise

3.9 how to advocate for needs and rights of others

3.10 how to advocate for healthy social environment

3.11 how to advocate for fairness

4. Stress Management

4.3 ways to avoid stress

4.1 types of stressors, e.g., death, ending relationships, changing schools, rejection

4.2 coping strategies to reduce stress, including exercise

5. Mental Health Problems

5.2 interaction of alcohol and other drug use with mental illness

5.1 behaviors and symptoms of depression and other mental illness, e.g., obsessive-compulsive disorder, impulse-control disorders

5.3 symptoms of eating disorders

5.4 medication and other treatments for mental illness

Personal and Consumer Health

1. Personal Health Care

1.1 effective brushing and flossing techniques

1.2 importance of regular dental check-ups and cleaning

1.3 strategies for effective teeth protection during sports and recreation

1.4 strategies for effective eye and hearing protection

2. Preventing Disease and Infection

2.1 importance of immunizations

2.2 risks of antibiotic resistant strains

2.3 role of genetics in the family history of disease

2.4 prevention strategies associated with primary health care, e.g., BSE, testicular self-exam, Pap smear

2.5 effective disease management routines, e.g., diabetes, asthma, allergies

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3. Selecting and Using Health Care Products and Services

- 3.1 how to identify effective acne products
- 3.2 similarities and differences among a variety of health care products and services
- 3.3 options for health care and services for self
- 3.4 options for health care and services for others
- 3.5 techniques for comparing health care insurance options

Community and Environmental Health

1. Community Health Services

- 1.1 how to access environment, school and community health services
- 1.2 how to participate in public service activities
- 1.3 community health careers
- 1.4 how to advocate for health services in the community
- 1.5 threats to community health, e.g., tobacco advertising, availability of alcohol and other drugs, unsafe bicycle paths
- 1.6 disaster preparedness plans
- 1.7 the effects of changing demographics on community services

2. Environmental Health and Resource Conservation

- 2.1 how to identify occupational health hazards
- 2.2 community health problems related to the environment
- 2.3 that individual behavior affects the environment and the community, e.g., recycling
- 2.4 the interrelationship of the health of a community and the global environment
- 2.5 global influences on health
- 2.6 effects of the environment on the food chain
- 2.7 ways to accept social responsibility for the use of natural resources