North Carolina Health Education

Ninth Grade

Mental and Emotional Health

1 Promote the destigmatization of seeking mental health resources. 9.MEH.1

1. Identify causes, symptoms, and strategies for treating mental health challenges. 9.MEH.1.1
2. Recognize at-risk populations, causes and symptoms of depression, suicide, and impaired mental health. 9.MEH.1.2
3. Develop a support plan for peers experiencing mental health challenges. 9.MEH.1.3

2 Identify a variety of positive stress management and self-regulation strategies that would benefit overall health. 9.MEH.2

1. Identify the short and long term physical and psychological responses to stress. 9.MEH.2.1
2. Explore healthy strategies for managing stress, anxiety, anger, and impulsive behaviors. 9.MEH.2.2

Personal and Consumer Health

1 Understand wellness, disease prevention, and recognition of symptoms. 9.PCH.1

1. Identify controllable versus uncontrollable risk factors for communicable and chronic diseases. 9.PCH.1.1
2. Identify the procedures for organ donation, local and state resources, as well as the pros and cons. 9.PCH.1.2
3. Explain the procedures for health screenings, checkups, and other early detection measures in terms of their health-related benefits. 9.PCH.1.3
4. Formulate an effective long-term personal health plan for reducing the risk of chronic disease. 9.PCH.1.4
5. Identify measures to improve sleep and rest habits. 9.PCH.1.5
6. Identify strategies for the prevention and early detection of skin cancer. 9.PCH.1.6
7. Assess personal health practices and overall health status. 9.PCH.1.7

2 Evaluate messages conveyed in media, social media, and technology to determine their influence on health behaviors. 9.PCH.2

1. Discuss the potential short term and long-term health and social impacts of body art. 9.PCH.2.1
2. Evaluate the effect of media on personal and family health. 9.PCH.2.2

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)escribe necessary steps to prevent and respond to unintentional injury. 9.PCH.3

1 Explain the risks associated with operating firearms and motor vehicles. 9.PCH.3.1

2 Discuss strategies for reducing unintentional injuries. 9.PCH.3.2

4 Apply critical literacy/thinking skills related to personal, family and community wellness. 9.PCH.4

1 Use knowledge of relevant medical and healthcare terminology, to ask questions and make decisions about health benefits. 9.PCH.4.1

2 Discuss immediate and long-term impact on individual, family, community, and environment when making health-related decisions. 9.PCH.4.2

3 Discuss individual, family, community, and environmental influences when making health- related decisions. 9.PCH.4.3

Interpersonal Communications and Healthy Relationships

1 ICHR.1 Analyze how effective interpersonal communication can benefit personal health and well-being. 9.ICHR.1

1 Demonstrate how to effectively communicate kindness, empathy, compassion, and care for others. 9.ICHR.1.1

2 Implement negotiation and collaboration skills in solving problems or resolving conflicts. 9.ICHR.1.2

3 Develop healthy strategies for dating and prevention of intimate partner violence. 9.ICHR.1.3

4 Explain the concept of consent, in relation to communicating and maintaining personal boundaries. 9.ICHR.1.4

5 Analyze harmful cultural messages conveyed in sexually explicit media that objectify or sexualize people, normalize sexual violence and exploitation, encourage teenage sex, and ignore negative consequences. 9.ICHR.1.5

6 Examine applicable state laws governing the age of sexual consent and how violating such laws can lead to serious legal consequences. 9.ICHR.1.6

2 Evaluate abstinence from sexual intercourse until marriage as a positive choice for young people. 9.ICHR.2

1 Evaluate skills and strategies to utilize safer sex options, including abstinence until marriage, postponing participation in sexual activity, and contraceptive use. 9.ICHR.2.1

2 2.2 Explain the potential risks of STIs, including HIV and HPV, and describe their mode of transmission, symptoms, testing, and treatment. 9.ICHR

3 Explain the limitations of FDA approved methods of contraception in reducing the risk of STIs and pregnancy. 9.ICHR.2.3

3 Identify strategies that develop and maintain reproductive and sexual health. 9.ICHR.3

1 Identify a parent, guardian, or trusted adult and medically accurate resources to address sexual and reproductive health questions. 9.ICHR.3.1

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2 Summarize the importance of prenatal care to minimize preventable risks during pregnancies. 9.ICHR.3.2

3 Explain the importance for regular STI screenings for optimal sexual health. 9.ICHR.3.3

4 ICHR 3.4 Identify local resources for STI screenings and sexual healthcare, including for those who have been sexually abused to heal physically, mentally, and emotionally. 9.ICHR.3.4

Nutrition and Physical Activity

1 **Describe the prevalence, causes and long-term consequences of poor nutrition, extended screen time, and sedentary lifestyle.** 9.NPA.1

1 Summarize evidence-based approaches for individual prevention of disease. 9.NPA.1.1

2 Summarize evidence-based approaches for community prevention of disease. 9.NPA.1.2

2 **Develop strategies to consume a variety of foods and beverages.** 9.NPA.2

1 Summarize the benefits of consuming the six essential nutrients in adequate amounts in a variety of foods. 9.NPA.2.1

2 Summarize the effects of hydration and dehydration and preventive measures for dehydration. 9.NPA.2.2

3 **Analyze health behaviors in relation to community and global disease prevention.** 9.NPA.3

1 Evaluate how the school and community culture can affect personal health practice and behaviors. 9.NPA.3.1

2 Advocate for those experiencing local and global barriers that interfere with optimal health. 9.NPA.3.2

4 **Apply lifelong nutrition and physical activity concepts to enhance quality of life.** 9.NPA.4

1 Design and implement a personal physical activity program with safety and effectiveness. 9.NPA.4.1

2 Identify appropriate methods to avoid/respond to the climate-related conditions during physical activity that impact overall health. 9.NPA.4.2

3 Evaluate your personal fitness plan. 9.NPA.4.3

Alcohol, Nicotine, Cannabis, and other Drugs

1 **Apply avoidance behaviors to protect self and others from alcohol, nicotine, cannabis, and other drug use.** 9.ANCOD.1

1 Identify the consequences of driving or riding with someone under the influence of alcohol or other drugs. 9.ANCOD.1.1

2 Develop a set of personal standards to resist the use of alcohol, nicotine, cannabis, and other harmful substances and behaviors. 9.ANCOD.1.2

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2 **Evaluate effects of alcohol and other substances on brain function, behavior, and human body systems.** 9.ANCOD.2

1 Explain the short-term and long-term effects of performance-enhancing drugs on health and eligibility to participate in sports. 9.ANCOD.2.1

2 Evaluate positive and negative influences on health practices and behaviors. 9.ANCOD.2.2

3 Describe the trends in use and misuse of prescription and non-prescription drugs. 9.ANCOD.2.3

4 Summarize the risks of IV drug use, including blood borne diseases. 9.ANCOD.2.4

5 Discuss the complexity of addiction and its effects on individuals and society. 9.ANCOD.2.5

6 Examine the consequences of alcohol or nicotine use/exposure during different stages of growth and development. 9.ANCOD.2.6