

| Standard | Topics        |  |  |  |                               |  |                        |  |                                     |  |   |  |                              |  |                                 |  |
|----------|---------------|--|--|--|-------------------------------|--|------------------------|--|-------------------------------------|--|---|--|------------------------------|--|---------------------------------|--|
|          | Mental Health |  | Reproduction/<br>Sexuality/<br>Family Life |  | Safety & Injury<br>Prevention |  | Violence<br>Prevention |  | Disease<br>Prevention &<br>Controls |  | Tobacco,<br>Alcohol, &<br>other<br>Substances |  | Community &<br>Public Health |  | Social<br>Emotional<br>Learning |  |
| 1        |               |  |  |  |                               |  |                        |  |                                     |  |   |  |                              |  |                                 |  |
| 2        |               |  |  |  |                               |  |                        |  |                                     |  |   |  |                              |  |                                 |  |
| 3        |               |  |  |  |                               |  |                        |  |                                     |  |   |  |                              |  |                                 |  |
| 4        |               |  |  |  |                               |  |                        |  |                                     |  |   |  |                              |  |                                 |  |
| 5        |               |  |  |  |                               |  |                        |  |                                     |  |   |  |                              |  |                                 |  |
| 6        |               |  |  |  |                               |  |                        |  |                                     |  |   |  |                              |  |                                 |  |
| 7        |               |  |  |  |                               |  |                        |  |                                     |  |   |  |                              |  |                                 |  |
| 8        |               |  |  |  |                               |  |                        |  |                                     |  |   |  |                              |  |                                 |  |

**Standard 1:** Students will comprehend concepts related to health promotion and disease prevention to enhance health.

**Standard 2:** Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

**Standard 3:** Students will demonstrate the ability to access valid information and products and services to enhance health.

**Standard 4:** Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

**Standard 5:** Students will demonstrate the ability to use decision-making skills to enhance health.

**Standard 6:** Students will demonstrate the ability to use goal-setting skills to enhance health.

**Standard 7:** Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

**Standard 8:** Students will demonstrate the ability to advocate for personal, family, and community health.

# Student Class Organizer: 9th Grade Health Dynamics

**Essential Questions: To what extent does Wellness have an impact on my quality of life? How do my choices and actions impact my overall Wellness? How do I achieve overall Wellness?**

## Standards

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Citation: Joint Committee on National Health Education Standards. (2007). National Health Education Standards, Second Edition: Achieving Excellence. Washington, D.C.: The American Cancer Society.

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## Relevance

In life we are daily faced with decisions to be made regarding our health and how to actively be a leader for healthy decision making. The topics in this class will help to build you as an individual in to a lifelong healthy decision maker and leader.

## Units in this class

### Personal Health and Empathy

- Who are you? What is health to you? What is empathy?

### Mental Health/Suicide Prevention

- How do I effectively process and handle emotions throughout my life?
- Where can I actively seek help for any mental health or family related issues?

### Addiction

- How will understanding the effects of addiction help me make healthy decisions?
- What are the different types of addictions and how do they impact our society?

### Violence Prevention

- How do I prevent and/or stop violent situations? (bullying, teen dating violence, domestic and sexual abuse)

### Teen Sexual Health

- What are the health related risks associated with making unhealthy decisions around teen sexual health?

# Student Class Organizer: 10th Grade Health Skills

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## Essential Questions:

How does my happiness impact my overall health? What factors influence happiness and why? How can I live in alignment with my values and beliefs? How can I create sustainable happiness in my life? How can I influence the growth and development of my community?

## Unit Outline:

- 1) Exploring Mental Wellness and Success
- 2) Personal Happiness
- 3) Community Mental Wellness

## Projects:

- 1) Happiness Interviews
- 2) Happiness Philosophy Project
- 3) Community Happiness Impact

## Skills:

- 1) Self-Awareness Accessing Information Interpersonal Communication
- 2) Self-Management Decision-Making
- 3) Accessing Information Advocacy Interpersonal Communication