

# Health and Wellness: Grades 9, 10, 11, 12

Adopted 2011

## Human Growth and Development

### 1: Students shall analyze characteristics relating to growth and development.

1. Analyze the growth patterns and developmental changes in humans throughout the life-cycle (e.g., emotional, intellectual, mental, physical, social):
  - infancy – childhood
  - adolescence – teen years
  - young adult – middle age
  - senior – death and dying HGD.1.HW.1
2. Describe behaviors and methods for pregnancy prevention, including abstinence HGD.1.HW.2
3. Compare and contrast abstinence to other forms of contraception to reduce the risks of unintended pregnancy HGD.1.HW.3
4. Examine factors related to prenatal care, pregnancy, and child birth:
  - drug risks
  - Fetal Alcohol Syndrome (FAS)
  - low birth weight
  - nutrition (e.g., adequate folic acid, iron, calcium, protein)
  - regular check-ups HGD.1.HW.4

## Disease Prevention

### 2: Students shall understand components related to disease prevention and analyze behaviors to promote health.

1. Compare and contrast communicable and non-communicable diseases (e.g., STIs, HIV/AIDS, bacterial/viral infections, heredity, lifestyle, environment):
  - symptoms
  - causes
  - risk factors DP.2.HW.1
2. Research practices of early detection and disease prevention:
  - health screenings
  - proper diet
  - regular physical activity
  - self-exams
  - vaccinations DP.2.HW.2
3. Discuss methods to prevent, reduce, and treat communicable and non-communicable diseases DP.2.HW.3
4. Compare and contrast methods of disease transmission:
  - airborne
  - animals
  - direct contact
  - food-borne
  - indirect contact
  - vectors (insects)
  - water-borne DP.2.HW.4
5. Review methods of HIV/STI transmission and contraction DP.2.HW.5
6. Investigate treatments involved with STI DP.2.HW.6
7. Analyze the effects of family history and lifestyle choices on personal health DP.2.HW.7

## Community Health and Promotion

### **3: Students shall demonstrate the ability to access valid health information, products, and services that promote consumer, community, and environmental health.**

1. Access resources that aid an individual in maintaining a healthy lifestyle **CHP.3.HW.1**
  2. Examine factors that influence choices related to current health products **CHP.3.HW.2**
  3. Analyze the validity of advertisements surrounding health supplements, food products, and gimmicks **CHP.3.HW.3**
  4. Analyze the impact of the environment on personal and community health:
    - <li>access to recreational facilities</li><li>quality of air and water</li><li>smoke free environment</li></ul> **CHP.3.HW.4**
    - 5. Describe the procedure to become an organ and tissue donor **CHP.3.HW.5**
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## Healthy Life Skills and Relationships

### **4: Students shall demonstrate the ability to use skills to enhance relationships and promote wellness.**

1. Identify healthy and unhealthy behaviors in relationships **HLSR.4.HW.1**
  2. Evaluate positive and negative effects of various relationships on all aspects of health **HLSR.4.HW.2**
  3. Analyze the dynamics of family roles and responsibilities relating to healthy behavior **HLSR.4.HW.3**
  4. Apply a variety of strategies and/or skills to demonstrate respect for and responsibility to self and others **HLSR.4.HW.4**
  5. Apply a decision making process to various life situations **HLSR.4.HW.5**
  6. Analyze the importance of sexual abstinence and other forms of contraception in teen relationships **HLSR.4.HW.6**
  7. Examine short-term and long-term responsibilities and consequences of sexual behaviors **HLSR.4.HW.7**
  8. Utilize effective coping strategies and other refusal skills **HLSR.4.HW.8**
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## Alcohol, Tobacco, and Other Drugs

### 5: Students shall comprehend substance use and abuse when using decision-making skills to enhance health.

1. Investigate the effects of alcohol abuse (e.g., death, DUI, high risk behaviors, physical symptoms of alcohol poisoning):
    - liver disease
    - fetal alcohol syndrome (FAS)
    - relationship dynamics
    - binge drinking ATOD.5.HW.1
  2. Evaluate the harmful effects of tobacco use:
    - cardiovascular disease
    - cancer
    - emphysema
    - financial cost
    - gum disease
    - second-hand smoke ATOD.5.HW.2
  3. Compare and contrast methods for cessation of tobacco use ATOD.5.HW.3
  4. Evaluate personal use and the effects of prescription and non-prescription drugs ATOD.5.HW.4
  5. Assess the effects of illegal drugs on the body:
    - short term
    - long term
    - psychological
    - physiological ATOD.5.HW.5
  6. Investigate treatment options for substance abuse ATOD.5.HW.6
  7. Design a personal action plan for avoiding substance abuse ATOD.5.HW.7
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## Personal Health and Safety

### 6: Students shall examine health-enhancing behaviors to avoid or reduce health risks.

1. Reinforce and practice habits that promote personal hygiene PHS.6.HW.1
  2. Analyze the importance of personal hygiene:
    - ears
    - eyes
    - piercings
    - skin, hair, and nails
    - tattoos
    - teeth and mouth PHS.6.HW.2
  3. Evaluate the effects of the following on oral health:
    - nutrition
    - oral care
    - oral diseases
    - piercing
    - tobacco products PHS.6.HW.3
  4. Discuss proper usage of appropriate protective equipment in emergency and non-emergency situations PHS.6.HW.4
  5. Practice the psychomotor skills used for basic life support and first-aid procedures PHS.6.HW.5
  6. Design a personal action plan for various emergency situations PHS.6.HW.6
  7. Identify physical, emotional, and legal consequences of abusive and risky situations PHS.6.HW.7
  8. Determine safe and unsafe situations at home, at school, and in the community:
    - fire safety
    - food handling safety
    - gun safety
    - home safety
    - Internet safety
    - traffic safety PHS.6.HW.8
  9. Compare and contrast short-term and long-term effects of stress and depression PHS.6.HW.9
  10. Identify risk factors associated with suicide PHS.6.HW.10
  11. Identify intervention strategies and sources of professional intervention PHS.6.HW.11
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## Nutrition

### **7: Students shall understand concepts related to nutrition and develop skills for making healthy food choices.**

1. Evaluate personal eating habits for the inclusion of adequate nutrients [N.7.HW.1](#)
2. Discuss appropriate eating patterns to promote a healthy lifestyle [N.7.HW.2](#)
3. Compare and contrast personal eating habits with "Dietary Guidelines for Americans" analyzing nutritional value (Refer to USDA) [N.7.HW.3](#)
4. Analyze the relationship between caloric intake and daily physical activity [N.7.HW.4](#)
5. Analyze the importance of appropriate hydration in maintaining health [N.7.HW.5](#)
6. Analyze health consequences associated with eating disorders:
  - anorexia
  - binge eating
  - bulimia[N.7.HW.6](#)