

Health

5- Knows essential concepts and practices concerning injury prevention & safety

High School (Grades 9-12)		
<p>9.1 The student will know injury prevention strategies for community health</p> <p>9.1.1 Neighborhood safety, traffic safety and safe driving and driving while under the influence (DUI)</p> <p>9.2 The student will know the possible causes of conflicts in schools, families and communities and strategies to prevent conflict in these situations</p> <p>9.2.1 Seeing conflict in classical literature and noting its resolution, journaling</p> <p>9.3 The student will know the strategies for solving interpersonal conflicts without harming self or others</p> <p>9.3.1 Role playing</p>		

Health

5-Continued

High School (Grades 9-12)		
<p>9.4 The student will know how refusal, negotiation and collaboration skills can be used to avoid potentially harmful situations.</p> <p>9.4.1 Identifying decision-making and problem-solving skills which enhance interpersonal relationships</p>		

Health

6- Understands essential concepts about nutrition and diet

High School (Grades 9-12)		
<p>9.1 The student will know how personal behaviors relate to health and well-being and how these behaviors can be modified if necessary to promote achievement of health goals throughout life</p> <p>9.1.1 Following a personal nutrition plan to reduce the risk of disease periodically self-assessing physical fitness</p> <p>9.2 The student will understand the short and long term consequences of safe, risky and harmful behaviors.</p> <p>9.2.1 Minimizing the potential for injury when interacting with their environment which may exhibit dangerous behavior</p> <p>9.3 The student will understand how personal health needs change during ones life.</p>		

Health

6- Continued

High School (Grades 9-12)		
<p>9.3.1 Analyzing how such skills as the ability to cope, adjust, make decisions, communicate feelings, make and keep friends, care for others and show concern for the community influence individuals through the various stages of life</p> <p>9.4 The student will understand the impact of personal health behaviors on the functioning of the body system</p> <p>9.1.1</p>		

Health

7- Knows how to maintain and promote personal health

High School (Grades 9-12)		
<p>9.1 The student will know skills used to communicate effectively with family, friends and others and the effects of open and honest communication</p> <p>9.1.1 Demonstrating personal characteristics that contribute to self-confidence and self-esteem, such as honesty, integrity, responsibility, and respect for the dignity of others</p> <p>9.2 The student will know the strategies for coping with and overcoming feelings of rejection, social isolation and other forms of stress.</p> <p>9.2.1 Offering activities to a wide range of students where success and participation is guaranteed</p>		

Health

7- Continued

High School (Grades 9-12)		
<p>9.3 The student will understand the role of denial as a negative influence on mental and emotional health and ways to overcome denial and seek assistance when needed</p> <p>9.3.1 Understand that individuals experience changes and stages at their own pace</p>		

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8- Knows essential concepts about the prevention and control of disease

High School (Grades 9-12)		
<p>9.1 The student will understand how the immune system functions to prevent or combat disease</p> <p>9.1.1 Discussion on how AIDS by definition is a breakdown of that system and makes the community vulnerable</p> <p>9.2 The student will understand the importance of regular examinations in detecting and treating diseases early</p> <p>9.2.1 Including self examination of the breasts or testicles as directed by <u>parents</u> or <u>their personal health professional</u></p> <p>9.3 The student will understand the social, economic and political effects of disease on individuals, families and communities</p>		

Health

8- Continued

High School (Grades 9-12)		
9.3.1 Access the Center for Disease Control through the internet for the morbidity rate and to analyze that information		

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9- Understands aspects of substance use and abuse

High School (Grades 9-12)		
<p>9.1 The student will know the short and long term effects associated with the use of alcohol, tobacco and other drugs on reproduction, pregnancy and the health of children.</p> <p>9.1.1 Access internet to develop knowledge and strategies for avoiding the use of alcohol, tobacco and other drugs as related to birth defects</p> <p>9.2 The student will know how the abuse of alcohol, tobacco and other drugs often plays a role in dangerous behavior and can have adverse consequences on the community</p> <p>9.2.1 House fires, motor vehicle crashes, domestic violence date rape, transmission of diseases through needle sharing or sexual activity</p>		

Health

9- Continued

High School (Grades 9-12)		
<p>9.3 The student will understand that alcohol, tobacco and other drug dependencies are treatable diseases/conditions</p> <p>9.3.1 Interview people in their community or family who have overcome one of these dependencies</p>		

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10- Understands the fundamental concepts of growth and development

High School (Grades 9-12)		
<p>9.1 The student will understand how nutrients and energy needs vary in relation to gender, activity level and stage of life</p> <p>9.1.1 Identifying food choices which can promote their health and provide necessary energy and caloric intake and reduce their risk for disease</p> <p>9.2 The student will understand the reliability and validity of various sources of food and nutrition information</p> <p>9.2.1 Dietary supplements, diet aids, fad diets and food labels</p> <p>9.3 The student will understand the role of food additives and their relationship to health</p> <p>9.3.1 Access internet for research on food additives including positive and negative influences on food production</p>		