

## Health Education

CONCEPT	SKILLS	Teacher Notes	STATE GOALS
A Healthy Living	a) Defining Health and the health triangle	Trifold sheet/ 3 columns	21.A.4a
	b) heredity , environment, culture; influences	pp4-11	
	c) personal behavior and risk	chart p.18/ application p. 19	
Building Skills and Character	a) Identifying communication and refusal skills	chapter 2	21.A.4a
	b) Discovering the decision-making model and developing an action plan to achieve goals		24.B.4
	c) Building character	examine service org/paragraph mission statements	24.C.4
Lifelong Physical Activity	a) Activity/Fitness and You components/benefits of being fit	Foldables for Note taking p.73	20.A.4a
	b) Planning a fitness program	Classroom rehearsal/measuring fitness components	20.A.4b, 21.B.4, 20
	c) Types of exercise and benefits/ Target heart range		20.A.4a
	d) Training/Safety/ and Skill Related Fitness Measures	6 skills/ class rehearsal	20.A.4a, 22.A.4b
	e) Physical Activity Injuries		22.A.4c
Nutrition and Your Health	a) Teen nutrition	Hunger and Appetite/influences	22.A.4b
	b) Nutrients and Needs	Food Guide Pyramid	21.A.4c
	c) Guidelines for Healthy Eating and Handling foods	Gov't Guidelines	21.B.4, 22.A.4b
Managing Weight and Body Composition	a) The role of calories and risks of being overweight or underweight		20.A.4a
	b) Fad diets and eating disorders	anorexia/bulimia	23.A.4
	c) Vegetarian Diets		23.B.4
Achieving Good Mental/Emotional Health	a) Describing Mental Health and developing a positive identity	Foldables Study organizer p. 169	23.A.4
	b) Understanding emotions through Maslow's hierarchy of needs		23.B.4
	c) Positive and negative ways to handle emotions		23.B.4

Managing Stress and Anxiety	a) Stressors and the Effects of Stress		23.A.4
	b) Anxiety and Teen Depression		21.B.4
	c) Being a Resilient Teen		22.A.4b
<b>CONCEPT</b>	<b>SKILLS</b>		<b>STATE GOALS</b>
Mental and Emotional Problems	a) Describe some common Mental Disorders		24.A.4a
	b) Understand factors involved in Suicidal behavior	Make (tifold) suicide warning brochure for teens	22.A.4b
	c) Recognize the need to intervene and get help		22.A.4b
	d) Understanding the stages of people coping with loss		21.B.4
Skills for Healthy Relationships	a) Foundaitons of Healthy Relationships and the effects of communication	Foldables for Study organizer p. 247	21.A.4c, 24.A.4b
	b) Resolving Conflict		24.A.4b
Family Relationships	a) The Role and changes in the family and family structure		24.A.4a, 21.B.4
	c) Dealing with Family Crises and Community Support		24.A.4a
Peer Relationships	a) Safe and Healthy Relationships		21.A.4a, 21.A.4b, 2
	b) Peer Pressure and Refusal Skills and the and effects on dating		21.B.4, 24.A.4a
	c) Abstinence and personal responsibility		24.A.4b, 24.B.4, 24
Personal Care and Body Systems	a) Discover the Endocrine System		23.A.4
	b) Male Reproduction and common problems		23.A.4, 23.B.4, 23.C.4
	c) Femaile Reproduction		23.A.4, 23.B.4, 23.C.4
Growth and Development	a) The Beginning of the Life Cycle	Foldable Study Organizer	23.C.4
	b) PreNatal Care and Development		23.C.4
	c) Adolescence as a Part of the Life Cycle		23.C.4, 24.B.4
	d) Moving Toward Adulthood		23.C.4, 24.B.4
Health-Hindering Substances	a) The Effects of Tobacco Use and choosing to be tobbaacco free		24.B.4
	b) Factors Influencing Teen Alcohol Use		24.B.4, 24.C.4
	c) Describe the Dangers of Substance abuse		24.B.4, 24.C.4
	d) Characterizing Drugs by their effects, and		24.B.4, 24.C.4

	risk of dependence	
	e) Making a Commitment to be Drug Free	24.B.4, 24.C.4
Disease and Disorders	a) Communicable Illnesses and Causes	22.A.4a
	b) Preventing Communicable Disease including STDs	22.A.4a
	c) Common STDs and Risks to Teenagers	22.A.4a
NonCommunicable Diseases	a) Cardiovascular Disease and conditions	22.A.4a
	b) Cancer, causes and detection	22.A.4a
	c) Allergies, asthma, diabetes and arthritis, and physical and mental changes	22.A.4a
Injury Prevention and Environmental Health	a) Safety at home, work, during recreation, water safety, and on the Road	22.A.4c
	b) CPR and First Aid	22.A.4c



