

# High School Health

Month	Unit/Content	Skills	Assessment	Essential Questions
September	<p><b><u>Wellness</u></b></p> <ul style="list-style-type: none"> <li>• self esteem</li> <li>• realistic vs. idealistic goals</li> <li>• learning styles</li> <li>• personality formation and traits</li> <li>• decision making model</li> <li>• owning our behavior and taking a “vested interest” in ourselves</li> </ul>	<ul style="list-style-type: none"> <li>• Define health and wellness.</li> <li>• Draw and relate the Health triangle to self.</li> <li>• Identify stereotypes and relate them to self-esteem and self-fulfilling prophesy.</li> <li>• Analyze our own behavior and risks.</li> <li>• Reflect on why we go against our values or act “out of character”.</li> </ul>	<ul style="list-style-type: none"> <li>• notes</li> <li>• discussion</li> <li>• decision making worksheet</li> <li>• decision making “hat” activity</li> <li>• goal setting worksheet</li> <li>• What’s in a name? poster</li> <li>• written reflection essay</li> <li>• personality assessment</li> <li>• personality trait worksheet</li> <li>• test</li> </ul>	<ul style="list-style-type: none"> <li>• What is wellness?</li> <li>• What is the number one factor influencing health?</li> <li>• How is personality formed?</li> <li>• Who are you?</li> <li>• Why do we go against our beliefs and values?</li> <li>• Do our actions define us?</li> </ul>
	<p><b><u>Stress</u></b></p> <ul style="list-style-type: none"> <li>• vocabulary</li> <li>• defense mechanisms</li> <li>• holistic symptoms</li> <li>• management techniques</li> </ul>	<ul style="list-style-type: none"> <li>• Draw pictures relating to how stress affects the body.</li> <li>• Practice and reflect on various stress management techniques.</li> <li>• Analyze ones own stress level and determine if changes can be made.</li> </ul>	<ul style="list-style-type: none"> <li>• notes</li> <li>• test</li> <li>• hassle log</li> <li>• written reflection</li> <li>• role play</li> <li>• stress assessment</li> </ul>	<ul style="list-style-type: none"> <li>• Why does stress affect people differently?</li> <li>• How does stress affect our health?</li> <li>• Are psychosomatic illnesses real?</li> </ul>

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October	<p><b><u>Mental Health</u></b></p> <ul style="list-style-type: none"> <li>• focus of control</li> <li>• stigma</li> <li>• self-advocacy</li> <li>• depression</li> <li>• mental illnesses</li> <li>• suicide</li> <li>• empathy</li> <li>• APA Diagnostic Criteria</li> </ul>	<ul style="list-style-type: none"> <li>• Identify sources of help.</li> <li>• recognize signs of suicide.</li> </ul>	<ul style="list-style-type: none"> <li>• notes</li> <li>• test</li> <li>• poster/pamphlets</li> <li>• discussion</li> <li>• depression assessment</li> </ul>	<ul style="list-style-type: none"> <li>• Why is depression so common?</li> <li>• How can the stigma attached to mental illness be removed?</li> </ul>
	<p><b><u>Tobacco</u></b></p> <ul style="list-style-type: none"> <li>• Smokeless tobacco</li> <li>• Advertising tactics</li> <li>• Statistics</li> <li>• Methods of quitting</li> <li>• Second-hand smoke</li> <li>• Diseases</li> </ul>	<ul style="list-style-type: none"> <li>• Collect information about dangers, ingredients, smokeless tobacco, second-hand smoke, and quitting.</li> <li>• Analyze media messages regarding tobacco use.</li> </ul>	<ul style="list-style-type: none"> <li>• group presentations</li> <li>• test</li> <li>• counter ads</li> <li>• discussion</li> <li>• smoker interview</li> </ul>	<ul style="list-style-type: none"> <li>• Why do people smoke?</li> </ul>
	<p><b><u>Drugs</u></b></p> <ul style="list-style-type: none"> <li>• General categories</li> <li>• Side effects and risks</li> <li>• Addiction</li> </ul>	<ul style="list-style-type: none"> <li>• Research information on illegal drugs.</li> <li>• Discuss how addiction affects the health of the individual, their family, and their community.</li> <li>• Examine and debate drug legalization.</li> <li>• Analyze the media's influence on drug use.</li> </ul>	<ul style="list-style-type: none"> <li>• group presentations</li> <li>• test</li> <li>• posters</li> <li>• discussion</li> <li>• debate</li> <li>• media research assignment</li> </ul>	<ul style="list-style-type: none"> <li>• What is addiction?</li> <li>• How do drugs affect us?</li> <li>• Should drugs be legal?</li> <li>• Does the media influence drug use?</li> </ul>

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November	<u>Alcohol</u>	<ul style="list-style-type: none"> <li>• Analyze current and past laws.</li> <li>• Discuss BAL.</li> <li>• Identify what alcoholism is.</li> <li>• Identify how alcohol affects the body.</li> <li>• Discuss how alcohol affects decision-making and judgment.</li> <li>• Identify and discuss alcohol myths.</li> <li>• Analyze media messages.</li> <li>• refusal skills</li> </ul>	<ul style="list-style-type: none"> <li>• test</li> <li>• discussion</li> <li>• role-play</li> </ul>	<ul style="list-style-type: none"> <li>• How does alcohol use affect society?</li> <li>• Why is the drinking age 21?</li> <li>• Should the drinking age be changed?</li> <li>• Why do people drink?</li> </ul>
	<u>Eating Disorders</u>	<ul style="list-style-type: none"> <li>• Identify factors leading to eating disorders.</li> </ul>	<ul style="list-style-type: none"> <li>• quiz</li> <li>• discussion</li> </ul>	<ul style="list-style-type: none"> <li>• Is obesity an eating disorder?</li> <li>• Is beauty in the eye of the beholder?</li> <li>• Are people with eating disorders treated differently?</li> </ul>

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	<p><b><u>Nutrition</u></b></p> <ul style="list-style-type: none"> <li>• Fad diets</li> <li>• 6 basic nutrients</li> <li>• Food guide pyramids</li> <li>• Food labels</li> <li>• Serving sizes</li> <li>• Vocabulary</li> </ul>	<ul style="list-style-type: none"> <li>• Research fad diets.</li> <li>• Identify and analyze one’s own daily diet.</li> <li>• Analyze and discuss the U.S., Asian, Mediterranean, and Harvard Medical food guide pyramids.</li> <li>• Critique fast food choices.</li> <li>• Read and discuss food labels.</li> </ul>	<ul style="list-style-type: none"> <li>• group presentation</li> <li>• notes and discussion</li> <li>• test</li> <li>• food diary analysis</li> <li>• Food label worksheet</li> <li>• “Super Size Me” essay</li> <li>• Healthy fast food presentation</li> </ul>	<ul style="list-style-type: none"> <li>• What is a healthy diet?</li> <li>• What influences our eating habits?</li> </ul>
December	<p><b><u>Infectious &amp; Non-infectious Disease</u></b></p> <ul style="list-style-type: none"> <li>• Cancer</li> <li>• Lyme disease</li> <li>• Cardiovascular disease</li> <li>• HIV/AIDS</li> <li>• Pathogens</li> <li>• Vocabulary</li> </ul>	<ul style="list-style-type: none"> <li>• Identify and discuss common diseases.</li> <li>• Identify the five pathogens.</li> <li>• Role-play the chain of infection.</li> </ul>	<ul style="list-style-type: none"> <li>• notes</li> <li>• role-play</li> <li>• test</li> </ul>	<ul style="list-style-type: none"> <li>• Will disease always be a part of life?</li> </ul>
	<p><b><u>Relationships</u></b></p> <ul style="list-style-type: none"> <li>• Communication skills</li> <li>• Traits of a healthy/unhealthy relationship</li> </ul>	<ul style="list-style-type: none"> <li>• Identify traits of a healthy/unhealthy relationship.</li> <li>• Practice active listening skills.</li> <li>• Identify assertive, aggressive, and passive communication.</li> </ul>	<ul style="list-style-type: none"> <li>• role-play</li> <li>• test</li> <li>• discussion</li> </ul>	<ul style="list-style-type: none"> <li>• Why do people stay in unhealthy relationships?</li> <li>• Is the determination of a relationship’s health subjective?</li> </ul>

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January	<p><b><u>Family Life Planning</u></b></p> <ul style="list-style-type: none"> <li>• <i>A letter is sent home.</i></li> <li>• Life cycle</li> </ul>	<ul style="list-style-type: none"> <li>• Locate and explain the functioning of each part of the reproductive systems.</li> <li>• Identify different types of birth control and their effectiveness rates.</li> <li>• Identify different types of sexually transmitted diseases and discuss how most birth control does not protect against them.</li> <li>• Reflect on your family now and the family you would like to have in the future.</li> <li>• Explain Maslow’s hierarchy of needs.</li> <li>• Explain Eriksson’s life stages and how parenting can help or hinder each stage.</li> <li>• Debate living together before marriage.</li> <li>• Debate gay marriage.</li> <li>• Clarify own values regarding sex.</li> <li>• Discuss media messages regarding sex.</li> </ul>	<ul style="list-style-type: none"> <li>• notes</li> <li>• quiz</li> <li>• test</li> <li>• reflection essay</li> <li>• discussion</li> <li>• posters</li> </ul>	<ul style="list-style-type: none"> <li>• When are people ready to become parents?</li> <li>• When is a person ready to have sex?</li> </ul>

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<b>Month</b>	<b>Unit/Content</b>	<b>Skills</b>	<b>Assessment</b>	<b>Essential Questions</b>
	Cumulative		Final Exam	