

# Health Education I

*Essential skills and knowledge for this Davis School District course*

**Health Introduction: Identify the four parts of Health and explain different factors that influence one's overall wellness**

- a. Parts of Health
- b. Factors of Health

**Healthy Self: Develop skills and apply strategies for a healthy self**

- a. Self Esteem
- b. Values
- c. Decision Making
- d. Goals and Dreams

**Mental and Emotional Health: Examine the importance of understanding and managing mental health issues**

- a. Emotional Health
- b. Stress Management
- c. Mental Health
- d. Suicide Prevention

**Social Health Skills: Demonstrate appropriate communication skills in real life situations**

- a. Communication
- b. Peer Pressure and Refusal Skills

**Diseases: Differentiate between infectious and noninfectious diseases and explain means of prevention**

- a. Infectious Diseases
- b. Non-Infectious Diseases

**Human Development – Physical: Describe the function and care of human reproductive anatomy**

- a. Male and Female Reproductive Systems
- b. Pregnancy and Birth
- c. Sexually Transmitted Diseases and HIV

**Human Development – Relationships: Acknowledge the importance of building healthy relationships**

- a. Dating and Relationships
- b. Sexual Harassment
- c. Adolescent Parenting and Adoption

**Food Choices and Diet: Examine the benefits of nutritious food choices**

- a. Nutrients
- b. Food Labels
- c. Diets

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**Body Composition and Image: Analyze components of personal body image**

- a. Healthy Weight
- b. Elements of Fitness
- c. Body Image – Eating disorders

**Substance Abuse: Evaluate the effects of Substance Abuse**

- a. Effects of Alcohol, Tobacco and other drugs
- b. Safe use of Medicine
- c. Media Influences
- d. Treatment

**Personal and Community Safety: Formulate action plans for emergency situations**

- a. Emergency Response
- b. Safety plans and Risk management

