



## HEALTH EDUCATION II

### **Develop Skills and Understanding for a Healthy Self**

- a. Decision-making
- b. Personality
- c. Behavioral choices for mental, social, emotional, and physical health

### **Examine and Illustrate Mental and Emotional Health**

- a. Stress management
- b. Mental disorders
- c. Suicide awareness and prevention

### **Develop Social Health Skills and Personal Safety**

- a. Communication
- b. Social Media

### **Determine Societal and Individual Implications of Drug Use**

- a. Effects of alcohol, tobacco and other drugs
- b. Responsible use of legal drugs
- c. Impact on self, family, friends and society
- d. Peer pressure with decision-making skills and values

### **Incorporate Healthy Nutritional and Fitness Behaviors**

- a. Healthy sense of self and eating patterns
- b. Nutrients and portion control
- c. Elements of physical fitness
- d. Personal peak performance plan
- e. Fads and trends

### **Understanding Human Sexuality and Relationships**

- a. Healthy/Unhealthy relationships
- b. Dating
- c. Male/Female reproductive system
- d. Abstinence
- e. STI, HIV, Hepatitis