

# Health Education I

- I. 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
- II. Healthy Self: Develop skills and apply strategies for a healthy self
  - a. Self Esteem
  - b. Values
  - c. Decision Making
  - d. Goals and Dreams
- III. 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
- IV. Social Health Skills: Demonstrate appropriate communication skills in real life situations
  - a. Communication
  - b. Peer Pressure and Refusal Skills
- V. Diseases: Differentiate between infectious and noninfectious diseases and explain means of prevention
  - a. Infectious Diseases
  - b. Non-Infectious Diseases
- VI. 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
- VII. Human Development - Relationships: Acknowledge the importance of building healthy relationships
  - a. Dating and Relationships
  - b. Sexual Harassment
  - c. Adolescent Parenting and Adoption
- VIII. Food Choices and Diet: Examine the benefits of nutritious food choices
  - a. Nutrients
  - b. Food Labels
  - c. Diets
- IX. Body Composition and Image: Analyze components of personal body image
  - a. Healthy Weight
  - b. Elements of Fitness
  - c. Body Image - Eating disorders
- X. 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
- XI. Personal and Community Safety: Formulate action plans for emergency situations
  - a. Emergency Response



## DAVIS ESSENTIAL SKILLS & KNOWLEDGE

- b. Safety plans and Risk management

