



Health II

- I. Develop Skills and Understanding for a Healthy Self
 - a. Decision-making
 - b. Personality
 - c. Behavioral choices for mental, social, emotional, and physical health
- II. Examine and Illustrate Mental and Emotional Health
 - a. Stress management
 - b. Mental disorders
 - c. Suicide awareness and prevention
- III. Develop Social Health Skills and Personal Safety
 - a. Communication
 - b. Social Media
- IV. 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
- V. 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
- VI. Understanding Human Sexuality and Relationships
 - a. Healthy/Unhealthy relationships
 - b. Dating
 - c. Male/Female reproductive system
 - d. Abstinence
 - e. STI, HIV, Hepatitis





DAVIS ESSENTIAL SKILLS & KNOWLEDGE

