

Rochester Community Schools - High School Wellness 1 and Wellness 2 Curriculum Content
Health is a combination of content from Wellness 1 and Wellness 2

Unit	Wellness 1
1	Introduction to Wellness Nutrition and Physical Activity Assessing personal preferences, Assessing personal barriers Developing a personal plan Predicting health benefits and consequences of eating healthy and being physically active
2	Goal Setting for Lifelong Wellness Nutrition and Physical Activity Identifying health and unhealthy weight management Locating resources Using food labels & preparing meal plans Assess personal nutrition & physical activity needs Advocating at school
3	Decisions for Lifelong Wellness Nutrition and Physical Activity (See above) Alcohol, Tobacco and Other Drugs Describing short and long term consequences Clarifying myths, Locating resources Accessing help for self and others Demonstrating skills to avoid exposure and use Describing influences on use Analyzing internal and external pressures Applying avoidance skills and advocacy
4	Personal and Lifelong Safety and Wellness Safety Safety Recognizing effects of violence Describing potentially dangerous situations Defining Michigan laws associated with violence Locating resources and accessing help Avoiding conflicts and staying safe Applying skills to deal with sexual harassment and exploitation on the Internet, Resolving conflicts Social and Emotional Health Developing positive relationships Recognizing signs and risk factors for suicide and depression Locating resources Demonstrating anger management, communication, and problem-solving skills
5	Reproductive Health and Human Sexuality HIV and other STIs Prevention Summarizing symptoms, modes of transmission, consequences and methods of prevention Understanding that abstinence is the most effective means of prevention Accessing appropriate information and resources; including trusted adults Analyzing common behaviors and situations to eliminate or reduce risks related to STIs Sexuality Education Summarizing laws related to sexuality Comparing pros and cons of methods of prevention Describing routine health screenings for maintaining reproductive health, Accessing valid and accurate information Applying and using appropriate skills Explaining influences on personal decisions and behaviors Evaluating physical, social, emotion, legal and economic impact of choices, Developing personal goals and planning for positive decision making Establishing positive and healthy relationships

Unit	Wellness 2
1	Goal Setting & Decision Making Nutrition and Physical Activity Managing a healthy weight Locating positive community and Internet resources Using food labels for positive choices & meal planning Using dietary guidelines to assess personal wellness Developing a personal plan for improving nutrition and physical activity
2	Positive Behaviors & Risk Reduction Alcohol Tobacco and Other Drugs Identifying short and long term consequences Locating resources for prevention and cessation Describing positive and negative influences Analyzing internal and external pressures Developing decision-making and problem solving skills Becoming an advocate to promote healthy relationships and a healthy school environment
3	Information and Influences Safety Understanding the effects of violence and bullying Describing Michigan laws associated with violence Locating community and Internet resources and services Applying strategies to get help for self and others Using skills to avoid and deal with personal and Internet abuse and harassment Demonstrating conflict resolution skills Personal Health & Wellness Describe how common infectious diseases are transmitted Explain the importance of regular health screenings or exams Analyze the importance of rest and sleep for personal health
4	Advocating for Personal, Family & Community Wellness Social and Emotional Health Identifying and promotion positive relationships Recognizing signs and risk factors for suicide and depression Locating resources Demonstrating anger management, communication, and problem-solving skills Developing positive personal goals and aspirations
5	Reproductive Health/Human Sexuality HIV and Other STIs Prevention Summarizing symptoms, modes of transmission, consequences and methods of prevention Understanding that abstinence is the most effective means of prevention Accessing appropriate information and resources; including trusted adults Analyzing common behaviors and situations to eliminate or reduce risks related to STIs Sexuality Education Summarizing laws related to sexuality Comparing pros and cons of methods of prevention Describing routine health screenings for maintaining reproductive health Accessing valid and accurate information Applying and using appropriate skills Explaining influences on personal decisions and behaviors Evaluating physical, social, emotion, legal and economic impact of choices Developing personal goals and planning for positive decision making Establishing positive and healthy relationships