

Conneaut School District -- Grade/Dept

Adopted: 5/17

Major Topic	Concepts	Time	The students will know:	Skills	Assessment	Standard(s)
<p><u>Making Healthy Decisions</u></p>		<p>2 Classes</p>	<ul style="list-style-type: none"> ❖ Two Factors that can be used to evaluate overall health. ❖ Three aspects of overall health. ❖ How the choices that people make can affect their positions on the health continuum. ❖ Identify factors that can influence a person’s health. ❖ Three strategies you can use to evaluate risk factors. ❖ Describe the broad goals of healthy people 2020 ❖ Three steps you can take to meet your personal health goals. ❖ How to evaluate health products, services, and information. ❖ Evaluate what advertising does and does not do for a consumer. 	<ul style="list-style-type: none"> • Note Taking • Practice Worksheets • Hands on Activities • Video clips • Power point / Prezi 	<ul style="list-style-type: none"> ➤ Quizzes ➤ Chapter Tests ➤ Review Worksheets ➤ Presentations ➤ Hands on projects 	<p>NHES: 1.12.1, 1.12.2, 5.12.2, 7.12.1</p>
				<p>NHES: 1.12.3, 1.12.4, 1.12.6, 1.12.7, 2.12.2, 2.12.5, 2.12.6, 5.12.5, 7.12.1</p>		
				<p>NHES: 2.12.8, 5.12.8, 3.12.1</p>		
	<p>Personality,</p>		<ul style="list-style-type: none"> ❖ Name five traits that are used to define personality. 		<ul style="list-style-type: none"> ➤ Quizzes 	

Mental Health	self-esteem, and emotions	9 Clas ses	<ul style="list-style-type: none"> ❖ Identify two factors that determine how your personality develops ❖ Describe what happens to personality over a lifetime. ❖ Compare the effects of high and low self-esteem on health. ❖ Describe the changes in self-esteem that can occur as people age. ❖ Identify ways to achieve and maintain high self-esteem. ❖ Summarize Maslow’s theory of self-actualization. ❖ Identify four primary emotions and three learned emotions. ❖ Explain why it is important to recognize your emotions. ❖ Distinguish helpful from harmful coping strategies. ❖ Describe what causes a person to experience stress. ❖ Identify four general types of stressors. ❖ List in order the three stages of the body’s response to stress. ❖ Identify four types of early warning signs for stress. ❖ Describe the relationship between stress and illness. ❖ Explain how individuals can have different responses to the same stressor. ❖ Describe two ways that personality affects stress. ❖ Identify the key factor in resilience. ❖ Explain why building resilience is important. 		<ul style="list-style-type: none"> ➤ Chapter Tests ➤ Review Worksheets ➤ Presentations ➤ Hands on projects 	NHES: 1.12.4, 2.12.1, 2.12.2, 2.12.3, 2.12.7	
	Managing Stress						
	Mental Disorders and Suicide					<ul style="list-style-type: none"> • Note Taking • Practice Worksheets • Hands on Activities • Video clips • Power point / Prezi 	NHES: 2.12.1, 2.12.4, 2.12.7, 2.12.8, 5.12.1, 5.12.2
						NHES: 4.12.1, 4.12.3, 6.12.1, 6.12.2, 6.12.3, 7.12.3	
						NHES: 3.12.4, 7.12.2, 5.12.7	
						NHES: 1.12.7, 1.12.6, 5.12.4, 3.12.3	

			<ul style="list-style-type: none"> ❖ Describe the value of seeking support from others when you are under stress. ❖ Explain how mental disorders are recognized. ❖ Identify four causes of mental disorders. ❖ Describe five types of anxiety disorders and four other types of mental disorders. ❖ Identify health risks associated with anorexia. ❖ Explain the relationship between bulimia and dieting. ❖ Explain why it is important to identify and treat clinical depression. ❖ Explain why individuals might deliberately injure themselves. ❖ Describe one major risk factor for suicide. ❖ List reasons that might prevent a person from seeking help for a mental disorder. ❖ Identify four types of mental health professionals. ❖ Describe some general types of treatment for mental disorders. 			
Social Health	<p>Family Relationships</p> <p>Building Healthy Peer Relationships</p> <p>Preventing Violence</p>	9 Classes	<ul style="list-style-type: none"> ❖ Explain why healthy family relationships are important. ❖ Identify three main factors that have changed the form of families. ❖ Describe some family forms that exist today. ❖ Summarize the division of responsibilities within a family. ❖ List some causes of stress in families. ❖ Describe three types of abuse that can happen in families. ❖ List some characteristics of healthy families. 	<ul style="list-style-type: none"> • Note Taking • Practice Worksheets • Hands on Activities • Video clips • Power point / Prezi 	<ul style="list-style-type: none"> ➤ Quizzes ➤ Chapter Tests ➤ Review Worksheets ➤ Presentations ➤ Hands on projects 	<p>NHES: 2.12.1, 2.12.2, 2.12.6, 2.12.7</p> <p>NHES: 3.12.2, 3.12.4, 7.12.1, 8.12.4</p> <p>NHES: 4.12.1, 4.12.2, 4.12.3</p> <p>NHES: 3.12.3, 5.12.3, 8.12.3</p> <p>NHES: 8.12.2, 2.12.3, 2.12.5, 1.12.5, 2.12.9,</p>

			<ul style="list-style-type: none"> ❖ Describe four skills families need to stay healthy. ❖ Identify places where families can go for help with their problems. ❖ Describe four skills that contribute to effective communication. ❖ Explain how cooperation and compromise help build healthy relationships. ❖ Explain the importance of having friends. ❖ Distinguish different types of friendships. ❖ Describe some problems that occur in friendships. ❖ List some things you can learn about a person by dating. ❖ Describe the cycle of violence. ❖ Identify some risks of sexual intimacy. ❖ List some skills that can help you choose abstinence. ❖ Describe all of the costs related to violence. ❖ Identify five risk factors for violence. ❖ Explain the relationship between harassment and the use of weapons at school. ❖ Describe effective ways to reduce bullying, hazing, sexual harassment, and hate violence in schools. ❖ Explain how anger and a desire for revenge can lead to fights. ❖ Describe the role that friends and bystanders play in fights. ❖ Explain the relationship between a need for control and violence. 			<p>5.12.1, 5.12.6, 6.12.2, 7.12.3</p> <p>NHES: 1.12.9, 2.12.9, 2.12.4, 1.12.8, 4.12.4, 5.12.4, 6.12.1,</p>
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Physical Fitness	Personal Care	2 Clas ses	<ul style="list-style-type: none"> ❖ List the functions of teeth and gums. ❖ Identify two structural problems of the teeth and mouth. ❖ Describe ways to prevent teeth and gum problems. ❖ Identify the functions of the skin. ❖ Describe behaviors that can keep your skin healthy. ❖ Explain the functions of your hair and nails and how to care for them. ❖ Explain how your eyes allow you to see. ❖ Identify two ways to keep your eyes healthy. ❖ Explain how your ears allow you to hear and maintain your balance. ❖ Identify two ways to keep your ears healthy. ❖ Explain how your ears allow you to hear and maintain your balance. ❖ Identify ways to keep your ears healthy. ❖ Describe why sleep is important for health. ❖ Explain how circadian rhythms influence the sleep patterns of teens. 	<ul style="list-style-type: none"> • Note Taking • Practice Worksheets • Hands on Activities • Video clips • Power point / Prezi 	<ul style="list-style-type: none"> ➤ Quizzes ➤ Chapter Tests ➤ Review Worksheets ➤ Presentations ➤ Hands on projects 	<p>NHES: 1.12.1, 1.12.5, 6.12.1</p> <p>NHES: 1.12.8, 8.12.1</p> <p>NHES: 2.12.5, 3.12.1, 3.12.5</p> <p>NHES: 2.12.6, 3.12.4</p> <p>NHES: 1.12.7</p>

<p style="text-align: center;">Substance Abuse</p>	<p style="text-align: center;">Alcohol Tobacco Preventing Drug Abuse</p>	<p style="text-align: center;">8 Clas ses</p>	<ul style="list-style-type: none"> ❖ Describe how alcohol acts as a depressant in the body. ❖ Identify three major factors that influence underage drinking. ❖ Summarize the effects of intoxication on the body systems. ❖ List four factors that affect blood alcohol concentration. ❖ Identify three ways that intoxication may lead to death. ❖ Identify five serious physical effects of long term alcohol abuse. ❖ Describe the three stages of alcoholism. ❖ List in order three steps taken during recovery from alcoholism. ❖ Evaluate how refusal skills help you stick to your decision not to drink. ❖ Identify two benefits of avoiding situations where alcohol is present. ❖ Identify three factors that influence teens' decisions about tobacco use. ❖ Describe the various forms of tobacco products. ❖ Explain how nicotine affects the body ❖ Identify two other dangerous substances in tobacco smoke. ❖ Examine why using smokeless tobacco is not a safe alternative to smoking. ❖ Describe the long term health risks of tobacco use. ❖ Identify the long term risks of exposure to secondhand smoke 	<ul style="list-style-type: none"> • Note Taking • Practice Worksheets • Hands on Activities • Video clips • Power point / Prezi 	<ul style="list-style-type: none"> ➤ Quizzes ➤ Chapter Tests ➤ Review Worksheets ➤ Presentations ➤ Hands on projects 	<p>NHES: 2.12.1, 2.12.3, 2.12.4, 2.12.5, 2.12.7, 2.12.8, 2.12.9, 2.12.10, 6.12.1</p> <p>NHES:4.12.2, 1.12.8, 1.12.9</p> <p>NHES: 1.12.4, 1.12.8, 3.12.3, 3.12.4</p> <p>NHES: 2.12.4, 5.12.1, 5.12.2, 5.12.4, 5.12.6</p> <p>NHES: 7.12.3, 3.12.2, 1.12.3, 8.12.1, 1.12.7, 4.12.2, 4.12.4, 8.12.2</p> <p>NHES: 2.12.6, 3.12.1, 7.12.1, 1.12.9, 4.12.2, 8.12.4</p>
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<p>Womens' Service</p>	<p>Healthy Relationships Physical Abuse Emotional Abuse Sexual Abuse Active Bystander</p>	<p>6 Classes</p>	<ul style="list-style-type: none"> ❖ understand the types of abuse and how abuse affects relationships ❖ explain the warning signs of abuse, why abuse happens, who is at fault, and the extent to which abusive behavior affects relationships ❖ recognize healthy and unhealthy behaviors in a relationship ❖ identify people and agencies to which they can turn for help ❖ support a friend, relative, or acquaintance who has had a problem related to bullying, harassment, and/or abuse ❖ safely intervene as a bystander to prevent harassing, bullying, and abusive behavior of others 	<ul style="list-style-type: none"> • Note Taking • Practice Worksheets • Hands on Activities • Video clips • Power point / Prezi 	<ul style="list-style-type: none"> ➤ Quizzes ➤ Chapter Tests ➤ Review Worksheets ➤ Presentations ➤ Hands on projects 	<p>NHES: 1.12.5, 2.12.7, 2.12.9, 7.12.1</p>