



Department of Instruction

Calvert County Public Schools: Health II

	Content	Skill	LEQ	Lesson
1	Health & Wellness	Decision Making, Goal Setting, Self-Management	Can I assess personal health practices, develop a plan for personal improvement, and examine barriers to adopting healthy habits to take responsibility for my health?	<ol style="list-style-type: none"> 1. Dimensions of Wellness 2. My Future Self 3. Pivoting Through Life Stressors 4. Analyzing Barriers to Success 5. Developing Strategies for Building Healthy Habits
2	Stress Management	Interpersonal Communication, Self-Management	Can I evaluate situations that cause stress and utilize communication skills to get support for self or others?	<ol style="list-style-type: none"> 1. Coping with Social Stressors 2. Impact of Social Stressors on Community Health 3. Supporting People in Seeking Professional Help 4. Being a Supportive Resource for a Friend in Need 5. Advocating for Utilizing Mental Health Resources
3	Suicide Prevention	Accessing Resources, Interpersonal Communication, Advocacy	Can I access valid and reliable resources to support self or others in a mental health crisis and create a health-enhancing message to influence others to get assistance for mental health?	<ol style="list-style-type: none"> 1. Mental Health Disorders & Suicide Prevention 2. Understanding Mental Health Disorders 3. Responding to a Mental Health Crisis 4. Responding to a Mental Health Crisis 5. Accessing Resources in College or Career
4	Sense of Self	Analyzing Influences, Self-Management	Can I identify personal interests, qualities, and strengths while developing strategies for personal growth, increased self-awareness, and persistence through challenges?	<ol style="list-style-type: none"> 1. Discover Your Great Full Self 2. Strategies to Maintain & Improve Character Traits 3. Developing a Growth Mindset 4. Create a Vision Board for the Future 5. Sharing Your Vision for the Future
5	Body Images & Eating Disorders	Accessing Resources & Valid Information, Analyzing Influences	Can I summarize the potential mental and physical consequences of disordered eating and provide resources within the community for professional help?	<ol style="list-style-type: none"> 1. Body Image, Mental Health, and Analyzing Influences 2. Beauty Standards, Expectations, & Social Norms 3. Positive Body Talk & Acceptance of Differences 4. Disordered Eating Patterns and Behaviors 5. Eating Disorder Support
6	Nutrition	Analyzing Influences, Valid Information, Decision-Making, Self-Management	Can I analyze the influences on a balanced eating routine and evaluate the barriers that hinder people from eating a variety of nutrient dense foods?	<ol style="list-style-type: none"> 1. Influences on a Balanced Diet 2. Developing a Healthy Relationship with Food & Nutrition 3. Diet, Media, and Advertisements 4. Create a Nutrient-Dense Meal Plan 5. Create a Nutrient-Dense Meal Plan

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7	Healthy Eating	Analyzing Influences, Goal setting, Self-Management	Can I utilize a nutrition food label, analyze marketing, and evaluate access to food in the community to develop a plan for a balanced eating plan?	<ol style="list-style-type: none"> 1. Barriers to Healthy Eating 2. Goal Setting for Balanced Eating 3. Understanding a Nutrition Food Label 4. Balanced Eating While Dining Out 5. Evaluating Food Access & Targeted Advertisements
8	Disease Prevention	Analyzing Influences, Accessing Resources, Valid Information, Interpersonal Communication, Decision-Making, Self-Management, Advocacy	Can I analyze factors contributing to major chronic diseases, evaluate health screenings and assessments, and develop personal strategies for disease prevention for self and others?	<ol style="list-style-type: none"> 1. Chronic Diseases and Conditions 2. Creating a Health Portfolio Project 3. Creating a Health Portfolio Project 4. Creating a Health Portfolio Project 5. Chronic Disease Gallery Walk
9	Substance Abuse & Addiction Prevention	Analyze Influences, Accessing Resources, Valid Information, Interpersonal Communication, Self-Management	Can I evaluate the effects of addiction and access valid and reliable resources for support and addiction treatment?	<ol style="list-style-type: none"> 1. Drug Effects and Addiction 2. Drug Trends, Influences, and Targeted Advertisements 3. Recreational Drug Use vs Addiction 4. Addiction Effects to Family and Community 5. Addiction Treatment Services
10	Substance Abuse & Addiction Prevention	Interpersonal Communication, Decision-Making, Advocacy	Can I demonstrate effective communication skills to avoid or reduce health risks to self or others related to substance use and abuse?	<ol style="list-style-type: none"> 1. Substance Use and the Environment 2. Dangers of Driving Under the Influence 3. Using Drugs or Substances in Combination 4. Risk of Substance Abuse Project 5. Risk of Substance Abuse Project
11	Healthy Relationships and Consent	Analyzing Influences, Interpersonal Communication, Decision-Making	Can I analyze the influences to a healthy dating relationship and use effective communication skills when making decisions?	<ol style="list-style-type: none"> 1. Healthy Relationships and Consent 2. Unhealthy Relationships 3. Breaking Up with a Partner 4. Relationships, Technology, and Social Media 5. Creating A Safety Plan
12	Safety & Violence Prevention	Accessing Resources, Advocacy	Can I advocate for victims of violence and access valid and reliable resources to support self or others in situations related to abuse, assault, harassment, exploitation, or sexual mistreatment?	<ol style="list-style-type: none"> 1. Identifying Abuse & Bystander Intervention 2. Sexual Assault: The Law & Accessing Resources 3. Advocating for the Well-being of Victims & Survivors 4. Advocacy Project Development 5. Advocacy Project Presentation
13	Sexually Explicit Media	Analyzing Influences, Interpersonal Communication, Advocacy	Can I create a health-enhancing message that advocates for safe environments to encourage dignified, respectful, and appropriate behavior for all?	<ol style="list-style-type: none"> 1. Sexually Explicit Media 2. Impact of media on Health 3. Digital Citizenship and Sexting 4. Communicating against Discrimination 5. Advocating for Safe Environments

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14	Gender Identity & Expression Sexual Orientation & Identity	Analyzing Influences, Advocacy	Can I analyze school and community programs and policies that advocates for dignity, acceptance, respect, and inclusion for all people?	<ol style="list-style-type: none"> 1. Understanding Gender Identity and Sexual Orientation 2. Analyzing Code of Conduct Policies 3. Analyzing Public Programs and Policies 4. Creating Health-Enhancing Messages 5. Creating Health-Enhancing Messages
15	Anatomy & Physiology and Sexual Health	Access Resources, Valid Information, Interpersonal Communication, Decision-Making, Self-Management	Can I access valid and reliable resources and services to protect my sexual health while using effective communication strategies to communicate personal values and beliefs?	<ol style="list-style-type: none"> 1. Health Screenings & Services 2. Communicating Sexual Health with a Partner 3. Pregnancy Awareness & Support 4. Contraceptive Methods <p>Accessing Valid & Reliable Resources for Contraception</p>
16	Sexual Health & Disease Prevention	Access Resources, Valid Information, Interpersonal Communication, Decision-Making, Self-Management	Can I take responsibility for my role in protecting my sexual health by communicating effectively, accessing reliable health services, and adopting health-enhancing practices and behaviors that maintain or improve the health of self and others?	<ol style="list-style-type: none"> 1. Barriers for Protecting Sexual Health 2. Transmission of Communicable Diseases 3. Disease Prevention & Treatment 4. STI & HIV Testing 5. Accessing Resources for Sexual Health
17 & 18	Health Advocacy	Advocacy	Can I work cooperatively as an advocate to formulate a health-enhancing message to influence or support others to make positive health choices to improve personal, family, or community health?	<ol style="list-style-type: none"> 1. What is advocacy 2. Advocacy Scenarios/Advocacy in Real Life 3. How to be an advocate 4. Project Building 5. Project Implementation