

## Rochester Community Schools - High School Health Curriculum Content

Unit	Wellness 1
1	<p><b>Introduction to Wellness</b>  <b>Nutrition and Physical Activity</b>                      Assessing personal preferences. Assessing personal barriers                      Developing a personal plan                      Predicting health benefits and consequences of eating healthy and being physically active</p>
2	<p><b>Goal Setting for Lifelong Wellness</b>  <b>Nutrition and Physical Activity</b>                      Identifying healthy and unhealthy weight management                      Locating resources                      Using food labels &amp; preparing meal plans                      Assessing personal nutrition &amp; physical activity needs                      Advocating at school</p>
3	<p><b>Decisions for Lifelong Wellness</b>  <b>Nutrition and Physical Activity</b> (See above)  <b>Alcohol, Tobacco and Other Drugs</b>                      Describing short term 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</p>
4	<p><b>Personal and Lifelong Safety and Wellness</b>                      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  <b>Social and Emotional Health</b>                      Developing positive relationships                      Recognizing signs and risk factors for suicide and depression                      Locating resources                      Demonstrating anger management, communication, and problem-solving skills</p>
5	<p><b>Reproductive Health and Human Sexuality</b>  <b>HIV and other STIs Prevention</b>                      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  <b>Sexuality Education</b>                      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, emotional, legal and economic impact of choices. Developing personal goals and planning for positive decision making                      Establishing positive and healthy relationships</p>

Unit	Wellness 2
1	<p><b>Goal Setting &amp; Decision Making</b>  <b>Nutrition and Physical Activity</b>                      Managing a healthy weight                      Locating positive community and Internet resources                      Using food labels for positive choices &amp; meal planning                      Using dietary guidelines to assess personal wellness                      Developing a personal plan for improving nutrition and physical activity</p>
2	<p><b>Positive Behaviors &amp; Risk Reduction</b>  <b>Alcohol Tobacco and Other Drugs</b>                      Identifying short term 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</p>
3	<p><b>Information and Influences</b>  <b>Safety</b>                      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  <b>Personal Health &amp; Wellness</b>                      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</p>
4	<p><b>Advocating for Personal, Family &amp; Community Wellness</b>  <b>Social and Emotional Health</b>                      Identifying and promoting 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</p>
5	<p><b>Reproductive Health/Human Sexuality</b>  <b>HIV and Other STIs Prevention</b>                      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  <b>Sexuality Education</b>                      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, emotional, legal and economic impact of choices                      Developing personal goals and planning for positive decision making                      Establishing positive and healthy relationships</p>