



# Department of Instruction

## Calvert County Public Schools: Health 1 Core Content and Student Learning Objectives

Core Content	Student Learning Objective
Personal Wellness & Disease Prevention	<ul style="list-style-type: none"> <li>• Analyze how mental and emotional health can affect health-related behaviors.</li> <li>• Analyze the interrelationship of physical, mental, emotional, social, environmental, and spiritual health.</li> <li>• Evaluate a variety of strategies to improve personal wellness</li> <li>• Analyze the personal physical, emotional, mental, social, educational, and vocational performance benefits of rest and sleep.</li> </ul>
Emotions, Feelings, & Relationships	<ul style="list-style-type: none"> <li>• Analyze characteristics of a mentally and emotionally healthy person.</li> <li>• Demonstrate respect for others who have different views and beliefs.</li> <li>• Identify how reflecting on personal interests, qualities, strengths, and beliefs can increase self-awareness, satisfaction, and empathy.</li> <li>• Identify strategies which lead to personal growth and persistence through challenges.</li> <li>• Analyze the role of individual responsibility in enhancing health.</li> <li>• Analyze strategies for managing and reducing interpersonal conflicts.</li> </ul>
Social Media & Technology	<ul style="list-style-type: none"> <li>• Analyze the impact of social media on the dimensions of wellness.</li> <li>• Describe strategies to use social media and technology safely and respectfully.</li> <li>• Describe examples of discrimination, intimidating behaviors, and harassment in media.</li> <li>• Differentiate between healthy and unhealthy use of technology including social media, messaging and phones as it relates to harassment and intimidating behaviors.</li> <li>• Evaluate the impact of media and technology on personal, family and community health.</li> <li>• Identify how school and community programs and policies can promote dignity and respect for people of all sexual orientations and gender identities and expressions.</li> <li>• Assess ways to deter bullying, sexual harassment, and racism.</li> <li>• Analyze how physical, social, cultural, and emotional environments may contribute to violence.</li> <li>• Practice effective communication to request that bullying, sexual harassment, and racism stop.</li> <li>• Examine the influence of peer groups as they relate to harassing and intimidating behaviors.</li> <li>• Identify multiple ways to report bullying, sexual harassment, racism, and other violent behaviors.</li> </ul>

	<ul style="list-style-type: none"> <li>• Demonstrate ways in which a positive bystander could respond to a situation when they or someone else is being sexually mistreated, groomed, harassed, abused, assaulted and/or exploited.</li> </ul>
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<b>Core Content</b>	<b>Student Learning Objective</b>
Stress Management	<ul style="list-style-type: none"> <li>• Analyze personal stressors at home, in school, and with friends.</li> <li>• Determine effective strategies for dealing with stress, anxiety, and anger.</li> <li>• Analyze impulsive behaviors and strategies for managing them.</li> <li>• Summarize the negative impact of stigma on health-seeking behaviors.</li> </ul>
Anxiety & Depression	<ul style="list-style-type: none"> <li>• Analyze the causes, symptoms, and effects of depression.</li> <li>• Summarize the benefits of seeking a trusted adult or professional guidance related to one's dimensions of wellness.</li> <li>• Determine when to seek help for mental and emotional health challenges.</li> <li>• Summarize local and community facilities and services for assistance with mental and emotional health challenges.</li> <li>• Determine when professional health services may be required.</li> <li>• Identify trusted adults and resources specific to a variety of needs.</li> <li>• Access valid and reliable health products and services</li> </ul>
Grief & Loss	<ul style="list-style-type: none"> <li>• Summarize stages of grief and loss and explore coping strategies for self and others.</li> <li>• Summarize the negative impact of stigma on health-seeking behaviors.</li> <li>• Demonstrate how to ask for and offer assistance to enhance the health of self and others.</li> </ul>
Self-Harm	<ul style="list-style-type: none"> <li>• Recognize the indicators of self-harm and identify triggers that may lead to self-harm.</li> <li>• Identify local and community resources and services to help someone who is self-harming.</li> <li>• Summarize the negative impact of stigma on health-seeking behaviors.</li> </ul>
Suicide Prevention	<ul style="list-style-type: none"> <li>• Identify trusted adults and resources specific to a variety of needs.</li> <li>• Summarize the benefits of seeking a trusted adult or professional guidance related to one's dimensions of wellness.</li> <li>• Determine when to seek help for mental and emotional health challenges.</li> <li>• Demonstrate how to ask for and offer assistance to enhance the health of self and others.</li> <li>• Demonstrate how to influence and support others to make positive health choices.</li> </ul>

Core Content	Student Learning Objective
Substance Abuse & Addiction Prevention	<ul style="list-style-type: none"> <li>• Analyze situations that could lead to the use of alcohol, nicotine products, marijuana, opioids, and other trending drugs or substances.</li> <li>• Differentiate between proper use and abuse of over-the-counter and prescription medicines.</li> <li>• Recognize the dangers of riding with a driver who has been using alcohol, nicotine products, marijuana, and other trending drugs or substances.</li> <li>• Summarize the harmful short- and long-term physical, psychological, and social effects of using alcohol, nicotine products, marijuana, and other trending drugs or substances.</li> <li>• Describe the effects of using alcohol, nicotine products, marijuana, and other trending drugs or substances on school performance, job performance, job absenteeism, and job loss.</li> <li>• Identify the effects of addiction on self and others.</li> <li>• Identify sources of support for people who suffer from addiction.</li> <li>• Analyze how family, peers, media, and culture support and challenge health beliefs, practices, and behaviors.</li> </ul>
Harm Reduction & Overdose	<ul style="list-style-type: none"> <li>• Describe the dangers of using drugs or substances in combination.</li> <li>• Identify community resources for substance use/abuse and how to help a person who is addicted.</li> <li>• Evaluate the effect of family, peers, media, and culture on personal and family health.</li> <li>• Analyze the influence of personal values and beliefs on health practices and behaviors.</li> <li>• Analyze how health risk behaviors can influence the likelihood of engaging in unhealthy behaviors.</li> <li>• Demonstrate interpersonal communication skills to enhance health and avoid health risks.</li> <li>• Demonstrate strategies to prevent and manage conflicts without harming self or others.</li> <li>• Examine barriers that can hinder healthy decision-making.</li> <li>• Determine the value of applying a thoughtful decision-making process in health-related situations.</li> </ul>
Responding to Emergencies	<ul style="list-style-type: none"> <li>• Explain accepted procedures for basic first aid and emergency care.</li> <li>• Practice hands-only cardiopulmonary resuscitation and the use of automated external defibrillators.</li> </ul>

Core Content	Student Learning Objective
Human Sexuality	<ul style="list-style-type: none"> <li>• Differentiate between sex assigned at birth, gender identity, and gender expression.</li> <li>• Define sexual identity and explain a range of identities related to sexual orientation.</li> <li>• Justify the benefits of respecting individual differences in aspects of sexuality, growth and development, and physical appearance.</li> <li>• Identify how school and community programs and policies can promote dignity and respect for people of all sexual orientations and gender identities and expressions.</li> <li>• Assess ways to deter bullying, sexual harassment, and racism.</li> <li>• Analyze how physical, social, cultural, and emotional environments may contribute to violence.</li> <li>• Practice effective communication to request that bullying, sexual harassment, and racism stop.</li> <li>• Examine the influence of peer groups as they relate to harassing and intimidating behaviors.</li> <li>• Identify multiple ways to report bullying, sexual harassment, racism, and other violent behaviors.</li> <li>• Demonstrate ways in which a positive bystander could respond to a situation when they or someone else is being sexually mistreated, groomed, harassed, abused, assaulted and/or exploited.</li> </ul>
Healthy Relationships	<ul style="list-style-type: none"> <li>• Compare and contrast characteristics of healthy and unhealthy relationships.</li> <li>• Summarize the importance of talking with parents and other trusted adults about issues related to relationships, growth and development, sexual decision-making, and sexual health.</li> </ul>
Consent	<ul style="list-style-type: none"> <li>• Identify factors that can influence the ability to give and receive sexual consent.</li> <li>• Define and identify affirmative consent, sexual coercion, boundary violations, and situations when an individual can and cannot give consent.</li> <li>• Describe what constitutes sexual consent, its importance, and legal consequences of sexual behavior without consent.</li> </ul>
Dating Violence, Abuse, & Assault	<ul style="list-style-type: none"> <li>• Summarize situations and behaviors that constitute sexual mistreatment, grooming, harassment, abuse, assault, exploitation, and trafficking.</li> <li>• Explain why a person who has been sexually mistreated, groomed, harassed, abused, assaulted, or exploited is not at fault.</li> </ul>
Human Reproduction	<ul style="list-style-type: none"> <li>• Summarize human reproductive systems including medically accurate names for internal and external genitalia and their functions.</li> <li>• Summarize the relationship between the menstrual cycle and conception.</li> <li>• Identify sexual behaviors, including solo, vaginal, oral, and anal sex, that impact the risk of unintended pregnancy and potential transmission of STIs, including HIV.</li> </ul>

<b>Core Content</b>	<b>Student Learning Objective</b>
Sexual Health & Disease Prevention	<ul style="list-style-type: none"><li>• Describe common symptoms, or lack thereof, of and treatments for STIs, including HIV.</li><li>• Explain the steps to using barrier methods correctly.</li><li>• Compare and contrast types of contraceptive and disease-prevention methods.</li><li>• Evaluate community services and resources related to sexual and reproductive health.</li><li>• Summarize personal strategies for reducing diseases that affect the health of adolescents.</li><li>• Explain the importance of STI and HIV testing and counseling if one is sexually active.</li><li>• Summarize common symptoms (or lack thereof) of STIs, including HIV, as well as treatments for these infections.</li><li>• Summarize how infectious diseases, including HIV, STIs, foodborne illnesses, and common illnesses, are transmitted and prevented.</li></ul>