



Department of Instruction

Calvert County Public Schools: Health 1

Week	Content	Skill	LEQ	Learning Assignments
1	Health & Wellness	Decision Making, Goal Setting, Self-Management	Can I explain how wellbeing is impacted by a variety of factors and set a goal to enhance my health?	Health and Wellness Assessing Personal Health Analyzing Influences on Health and Wellness Setting Health Goals
2	Stress Management	Interpersonal Communication, Self-Management	Can I identify personal stressors and find ways to manage mental, emotional, and social health?	Understanding, Handling, and Responding to Stress Social Media and Mental Health Bullying and Harassment Practicing Self-care
3	Emotions, Anxiety, Depression, & Mental Health	Accessing Resources, Self-Management	Can I develop healthy coping strategies to manage difficult emotions and handle stress?	Coping with Difficult Emotions Anxiety Depression Grief
4	Coping with Loss and Understanding Trauma	Accessing Resources, Interpersonal Communication, Self-Management	Can I determine when professional health services may be required and demonstrate how to ask for support?	Grief and Coping with Loss Childhood Trauma Empathy Accessing Resources for Grief, Loss, and Trauma
5	Self-Harm & Suicide Awareness	Accessing Resources, Interpersonal Communication, Decision-Making, Advocacy	Can I recognize the risk factors and warning signs of suicide and respond in a supportive way?	Self-Harm & Suicide Prevention Responding to a Mental Health Crisis
6	Substance Abuse & Addiction Prevention	Accessing Resources, Valid Information, Self-Management, Advocacy	How does substance use impact the developing brain and lead to addiction?	Teen Brain Development Drugs and the Brain The Science of Addiction Celebrity Drug Overdose Project

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7	Alcohol	Analyzing Influences, Interpersonal Communication, Decision-Making	Can I analyze the consequences of alcohol use and effectively communicate decisions to reduce health risks to self and others?	Alcohol Effects & Decision-Making Resisting Peer Pressure for Alcohol Dangers of Binge Drinking Communicating Decision to Reduce Health Risks
8	Tobacco & Nicotine	Analyzing Influences, Interpersonal Communication, Decision-Making Self-Management	Can I analyze the consequences of nicotine use and effectively communicate decisions to reduce health risks, addiction, and premature death?	Health Effects to Tobacco and Nicotine Understanding the Dangers of Nicotine Refusing Nicotine Products Goal Setting and Accessing Reliable Resources
9	Marijuana & THC	Analyzing Influences, Accessing Information, Decision-Making, Communication	Can I discuss the health risks associated with marijuana, THC concentrates, and edibles?	Understanding Marijuana and THC Concentrates Marijuana and THC Research Project
10	Prescription Drugs & Illicit Drugs	Analyzing Influences, Decision-Making, Communication, Accessing Information	Can I explain the dangers of prescription drug abuse and the potential to become addicted to illicit drugs?	Drug Use, Misuse, and Abuse Prescription Drugs
11-12	Responding to Emergencies	Analyzing Influences, Decision-Making, Interpersonal Communication, Accessing Information	Can I identify appropriate steps to take in a situation that requires emergency care?	Recognizing and Responding to a Drug Overdose CPR and AED Demonstration of Skills
13	Human Reproduction	Self-Management, Decision-Making, Interpersonal Communication, Accessing Information	Can I take responsibility for knowing and understanding my role in protecting my sexual health?	Human Reproduction and Menstruation Human Reproduction and Puberty

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14	Human Sexuality	Analyzing Influences, Decision-Making, Interpersonal Communication, Accessing Information	Can I examine how peer groups, the perception of social norms, and personal and family values influence my beliefs around human sexuality? Can I explain the benefits of respecting individual differences in aspects of gender, growth and development, and physical appearance?	Gender Identity Gender Expression Sexual Orientation Biological Sex Gender Stereotypes Discrimination and Violence Prevention
15	Healthy Relationships & Consent	Analyzing Influences, Decision-Making, Interpersonal Communication, Accessing Information	Can I explain the characteristics of healthy relationships and how to respond to harassment, intimidating behaviors, and partner abuse?	Healthy vs Unhealthy Relationships Understanding Consent Dating Violence Prevention
16	Dating Violence & Abuse Prevention	Analyzing Influences, Decision-Making, Interpersonal Communication, Accessing Information	Can I explain the importance of consent in healthy dating relationships and access community resources for situations involving dating violence, abuse, or sexual aggression?	Preventing Sexual Violence and Assault Forms of Abuse Accessing Resources for Dating Violence and Abuse Sexually Explicit Media
17	Protecting Sexual Health	Analyzing Influences, Decision-Making, Accessing Information, Self-Management	Can I understand influences on personal values and beliefs and access valid and reliable resources to protect my sexual health?	Male Reproductive System Female Reproductive System Contraceptives and STI Research Pregnancy and Disease Prevention
18	Personal Health, Lifestyle Behaviors, and Disease Prevention	Self-Management	Can I apply the content I learned this year for optimal health and well-being?	Controllable and Uncontrollable Risk Factors for Disease