

Health Standards Twelfth Grade Curriculum & Resources

NJSLS 2020	Disciplinary Concept	Core Idea	Performance Expectation	Week Number (1-9)	Approved Resources
<u>2.1 Personal and Mental Health</u> <u>9-12</u>	Personal Growth and Development	The decisions one makes can influence an individual's growth and development in all dimensions of wellness.	2.1.12.PGD.1: Develop a health care plan that includes practices and strategies designed to support an active lifestyle, attend to mental health, and foster a healthy, social and emotional life. • 2.1.12.PGD.2: Predict how healthy and unhealthy behaviors can affect brain development and impact physical, social and emotional stages of early adulthood.	1-2	Lesson: Mental Health, Anxiety, Stress <u>Kids Health</u> <u>Ted Talk</u> - What makes a good life? Lessons from the longest study on happiness <u>Ted Talk</u> - How mindfulness changes the emotional life of our brains Choose Love Curriculum
	Emotional Health	Self-confidence, personal traits, stress, limitations, and strengths impact the mental and emotional development of an individual.	2.1.12.EH.1: Recognize one's personal traits, strengths, and limitations and identify how to develop skills to support a healthy lifestyle. 2.1.12.EH.2: Analyze factors that influence the emotional and social impact of mental health illness on the family.		<u>Stress and Coping - Nemours Health</u> <u>EverFi</u> - Understanding Mental Wellness <u>National Alliance on Mental Illness</u> <u>Suicide Prevention Resource Center</u>
		Healthy individuals demonstrate the ability to prevent and resolve	2.1.12.EH.3: Describe strategies to appropriately respond to stressors in a variety of situations (e.g., academics, relationships, shootings,		

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		interpersonal conflicts in constructive ways.	- death, car accidents, illness). 2.1.12.EH.4: Analyze and adapt mental and emotional health messages and communication techniques to peers and other specific target audience (e.g., dimensions of health).		
	Community Health Services and Supports	Healthy individuals demonstrate the ability to identify who, when, where and/or how to seek help for oneself or others.	2.1.12.CHSS.1: Analyze the opportunities available at home, in school, and in the community to support the mental health of oneself or an individual.		
		Knowledge and access to resources is beneficial in providing support to individuals and families dealing with difficult situations.	2.1.12.CHHS.9: Develop an action plan to assist individuals who have feelings of sadness, anxiety, stress, trauma, or depression and share this information with individuals who will benefit.		
	Health Conditions, Diseases, and Medicines	Mental health conditions affect individuals, family members, and communities	2.1.12.HCDM.6: Analyze and discuss the evidence of the emotional and social impact of mental illness on families, communities, and states.		
	Social and Sexual Health	How individuals feel about themselves, their identity, and sexual	2.1.12.SSH.1: Analyze the influences of peers, family, media, social norms and culture on the expression of gender, sexual orientation,	3-4	Lesson: Relationships/Communication <u>Advocates for Youth 3r's</u> - Influencers for Life - Our Space, Safe Space

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		orientation can be positively or negatively impacted by a wide variety of factors.	- and identity. 2.1.12.SSH.2: Advocate for school and community policies and programs that promote dignity and respect for people of all genders, gender expressions, gender identities, and sexual orientations. 2.1.12.SSH.3: Analyze current social issues affecting perceptions of sexuality, culture, ethnicity, disability status and make recommendations to address those issues.		- How do you see me? - My Boundaries - Rights, Responsibility, Respect <i>Note: This site contains a variety of lessons. Haddon Township Teachers will only be utilizing this lesson for this topic.</i> *These are lessons that can be used. Not all of them will be utilized. <u>Kids Health</u> - Healthy Relationships <u>CDC Dating Matters</u> <u>Teens 4 Healthy Relationships</u>
		Healthy individuals establish and maintain healthy relationships by utilizing positive communication and social skills to interact effectively with others.	2.1.12.SSH.4: Demonstrate strategies to prevent, manage, or resolve interpersonal conflicts without harming self or others (defining and understanding the laws of consent and dating violence). 2.1.12.SSH.5: Demonstrate ways to show respect for the boundaries of others as they relate to intimacy and sexual behavior.		
<u>2.3 Safety</u> <u>9-12</u>	Personal Safety	Consideration of the short- and long-term impact of decisions can assist individuals in determining whether a choice is likely to result	2.3.12.PS.1: Apply a thoughtful decision-making process to evaluate situations and influences that could lead to healthy or unhealthy consequences (e.g., peers, media).	3-4	Lesson: Relationships/Communication *See above

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		in healthy or unhealthy consequences.			
		State and federal laws are designed to protect individuals from abuse and may help to break the cycle of abuse.	2.3.12.PS.5: Identify the state and federal laws related to intimate partner and sexual violence (e.g., sexual harassment, sexual abuse, sexual assault, domestic violence). 2.3.12.PS.6: Describe the types of abuse (e.g., physical, emotional, psychological, financial, sexual) and the cycle of violence as it relates to sexual abuse, domestic violence, dating violence, and gender-based violence. 2.3.12.PS.7: Analyze recruitment tactics that sex traffickers/exploiters use to exploit vulnerabilities and recruit youth.	5-6	Lesson: Sexual Health & STIs <u>Advocates for Youth, 3Rs</u> - Know your options - Consent, sexting, and the law - Trust it or Trash it <u>EverFi</u> – Get Digital: Safety in the metaverse <u>CDC</u> –Sexual Health
	Health Conditions, Diseases and Medicines	Medicines treat or relieve diseases or pain and are prescribed by a physician or accessed over the counter.	2.3.12.HCDM.3: Evaluate the benefits of biomedical approaches to prevent STIs (e.g., hepatitis B vaccine, HPV vaccine) and HIV (e.g., PrEP, PEP)		
<u>2.1 Personal and Mental Health</u> <u>9-12</u>	Social and Sexual Health	Healthy individuals establish and maintain healthy relationships by	2.1.12.SSH.6: Analyze the benefits of abstinence from sexual activity using reliable resources. 2.1.12.SSH.7: Analyze factors	5-6	Lesson: Sexual Health & STIs *See above resources as well <u>Kids Health</u> – STDs <u>Web MD</u> – STD Facts

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		utilizing positive communication and social skills to interact effectively with others.	that influence the choices, and effectiveness of safer sex methods and contraception, including risk-reduction and risk-elimination strategies.		Health.gov - Preventing STDs
		There are many factors that influence how we feel about ourselves and the decisions that we make.	• 2.1.12.SSH.8: Describe the human sexual response cycle, including the role of hormones and pleasure. • 2.1.12.SSH.9: Analyze the personal and societal factors that could keep someone from leaving an unhealthy relationship.	5-6	Lesson: Sexual Health &STIs *See above resources as well CDC -HPV Kids Health -Abstinence Kids Health -Birth Control
		There are state and federal laws which provide access to sexual health care services for minors and to protect minors from unhealthy sexual situations.	• 2.1.12.SSH.10: Analyze the state and federal laws related to minors' ability to give and receive sexual consent and their association with sexually explicit media.		New Jersey Department of Children and Families
	Community Health Services and Supports	Healthy individuals demonstrate the ability to identify who, when, where and/or how to seek help for oneself or others.	• 2.1.12. CHSS.3: Explain the purpose of the Safe Haven Law and identify locations in your community. • 2.1.12.CHSS.4: Identify medically accurate sources of information and local services that provide contraceptive methods (including emergency contraception and	6-7	Lesson: Pregnancy & Childbirth New Jersey Safe Haven

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			condoms) and pregnancy options (including parenting, abortion, safe haven, adoption, and prenatal care).		
	Pregnancy & Parenting	There are a variety of strategies that individuals can use to prevent pregnancy and sexually transmitted infections.	• 2.1.12.PP.1: Compare and contrast the advantages and disadvantages of contraceptive and disease prevention methods (e.g., abstinence, condoms, emergency contraception, dental dams). • 2.1.12.PP.2: Develop a plan to eliminate or reduce risk for unintended pregnancy and/or STIs (including HIV) and identify ways to overcome potential barriers to prevention. • 2.1.12.PP.3: Identify trusted adults, including family members, caregivers, school staff, and health care professionals to ask questions and discuss pregnancy and other health topics.	6-7	Lesson: Pregnancy and Childbirth <u>Advocates for Youth 3Rs</u> • Know your options • Planning and protection • Pregnancy Basics (HS Version) • What if...? • Wanted: Qualified Parent <u>New Jersey Department of Health</u> <u>PBS Teen Pregnancy Lesson Plans</u>
		There are many decisions to be made related to pregnancy and childbirth that will have short and long-term impacts.	• 2.1.12.PP.4: List the major milestones of each trimester of fetal development utilizing medically accurate information. • 2.1.12.PP.5: Analyze factors that can impact the health of a baby (e.g., fetal alcohol syndrome, sudden infant death syndrome, low birth	8	Lesson: Marriage and Parenting *Resources above are used to create this lesson.

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			weight, premature birth, genetics). • 2.1.12.PP.6: Analyze personal and societal factors that can influence decisions about pregnancy options, including parenting, abortion, safe haven, and adoption. • 2.1.12.PP.7: Analyze the emotional, social, physical, and financial effects of being a teen or young adult parent. • 2.1.12.PP.8: Assess the skills needed to be an effective parent. • 2.1.12.PP.9: Evaluate parenting strategies used at various stages of child development based on reliable sources of information.		
<u>2.2 Physical Wellness</u> <u>9-12</u>	Nutrition	The balance of food intake and exercise is a vitally important component of nutritional wellness, and is tempered by factors like age, lifestyle, and family history	• 2.2.12.N.1: Compare and contrast the nutritional trends, eating habits, and the impact of marketing foods on adolescents and young adults nationally and worldwide. • 2.2.12.N.2: Determine the relationship of nutrition and physical activity to weight loss, gain, and maintenance • 2.2.12.N.3: Analyze the unique contributions of each nutrient class to one's health and fitness. • 2.2.12.N.4: Implement strategies and monitor progress in achieving a	9	Lesson: Nutrition <u>Academy of Nutrition and Dietetics</u> <u>MyPlate</u> <u>CDC Nutrition</u> <u>National Alliance for Eating Disorders</u> <u>National Eating Disorder Educators Toolkit</u> <u>Rutgers New Jersey Healthy Kids Initiative</u>

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			personal nutritional health plan 2.2.12.N.5: Research present trends in plant based and organic food choices and industries that have shown an impact on lowering heart, cancer, diabetes, and other diseases.		
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