

Health Standards Eleventh Grade Curriculum & Resources

NJSLS 2020	Disciplinary Concept	Core Idea	Performance Expectation	Week Number (1-9)	Approved Resources
<u>2.1 Personal and Mental</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	Lesson: First Aid, CPR, AED, Foundations American Red Cross Instructor Portal American Foundation for Suicide Prevention
	Community Health Services and Support	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. 2.1.12.CHSS.2: Develop an advocacy plan for a health issue and share this information with others who can benefit.		Classroom Wise Mental Health Resources for Teacher
		Affordability and accessibility of health care impacts the prevention, early detection, and treatment of health conditions.	2.1.12.CHSS.5: Analyze a variety of health products and services based on cost, availability, accessibility, benefits and accreditation in the home, school, and in the community (e.g., suicide prevention, breast/testicular self-examination,		

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			CPR/AED, life skills training, menstrual products). 2.1.12.CHSS.6: Evaluate the validity of health information, resources, services, in school, home and in the community.		
<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 in healthy or unhealthy consequences.	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).	1	Lesson: First Aid, CPR, AED, Foundations *See above
	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.2: Provide examples of how drugs and medication mimic or block the action of certain cells in the body, and how abusing drugs can affect the human body		
<u>2.1 Personal and Mental</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.	2-3	Lesson: Cardiac Emergencies AED (Adult/Child/Infant) <u>American Red Cross Instructor Portal</u> - AED
	Emotional Health	Healthy individuals demonstrate the ability to prevent and resolve interpersonal conflicts	2.1.12.EH.3: Describe strategies to appropriately respond to stressors in a variety of situations (e.g., academics, relationships, shootings,		<u>National Alliance on Mental Illness</u>

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		in constructive ways.	death, car accidents, illness)		<u>Suicide Prevention Resource Center</u>
	Community Health Services and Support	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.		
		Affordability and accessibility of health care impacts the prevention, early detection, and treatment of health conditions.	2.1.12.CHSS.5: Analyze a variety of health products and services based on cost, availability, accessibility, benefits and accreditation in the home, school, and in the community (e.g., suicide prevention, breast/testicular self-examination, CPR/AED, life skills training, menstrual products). 2.1.12.CHSS.6: Evaluate the validity of health information, resources, services, in school, home and in the community		
<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 in healthy or unhealthy consequences.	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).	2-3	Lesson: Cardiac Emergencies AED (Adult/Child/Infant) *See above

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	Health Conditions, Diseases and Medicines	Health-enhancing behaviors can contribute to an individual reducing and avoiding health risks.	2.3.12.HCDM.1: Develop a health care plan to help prevent and treat diseases and health conditions one may encounter (e.g., breast/testicular exams, Pap smear, regular STIs testing, HPV vaccine).		
		Public health policies are created to influence health promotion and disease prevention and can have global impact	2.3.12.HCDM.4: Evaluate emerging methods to diagnose and treat diseases and health conditions that are common in young adults in the United States and in other countries (e.g., hepatitis, stroke, heart attacks, cancer,).		
<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.	4	Lesson: Choking (Adult/Child/Infant) <u>American Red Cross Instructor Portal</u> - Manikins
	Emotional Health	Healthy individuals demonstrate the ability to prevent and resolve interpersonal conflicts in constructive ways.	2.1.12.EH.3: Describe strategies to appropriately respond to stressors in a variety of situations (e.g., academics, relationships, shootings, 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.,		

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			dimensions of health).		
	Community Health Services and Support	Affordability and accessibility of health care impacts the prevention, early detection, and treatment of health conditions	2.1.12.CHSS.5: Analyze a variety of health products and services based on cost, availability, accessibility, benefits and accreditation in the home, school, and in the community (e.g., suicide prevention, breast/testicular self-examination, CPR/AED, life skills training, menstrual products). 2.1.12.CHSS.6: Evaluate the validity of health information, resources, services, in school, home and in the community		
<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 in healthy or unhealthy consequences.	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).	4	Lesson: Choking (Adult/Child/Infant) *See above
<u>2.1 Personal and Mental</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.	5	Lesson: Assessment of Cardiac Emergencies American Red Cross Instructor Portal - American Red Cross Written Test
	Emotional	Healthy individuals	2.1.12.EH.3: Describe strategies to		

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	Health	demonstrate the ability to prevent and resolve interpersonal conflicts in constructive ways.	appropriately respond to stressors in a variety of situations (e.g., academics, relationships, shootings, death, car accidents, illness)		
	Community Health Services and Support	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.		
		Affordability and accessibility of health care impacts the prevention, early detection, and treatment of health conditions.	2.1.12.CHSS.5: Analyze a variety of health products and services based on cost, availability, accessibility, benefits and accreditation in the home, school, and in the community (e.g., suicide prevention, breast/testicular self-examination, CPR/AED, life skills training, menstrual products). 2.1.12.CHSS.6: Evaluate the validity of health information, resources, services, in school, home and in the community		
<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 in healthy or unhealthy consequences.	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).	5	Lesson: Assessment of Cardiac Emergencies *See above
	Health Conditions,	Health-enhancing behaviors can	2.3.12.HCDM.1: Develop a health care plan to help prevent and treat		

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	Diseases and Medicines	contribute to an individual reducing and avoiding health risks.	diseases and health conditions one may encounter (e.g., breast/testicular exams, Pap smear, regular STIs testing, HPV vaccine).		
		Public health policies are created to influence health promotion and disease prevention and can have global impact	2.3.12.HCDM.4: Evaluate emerging methods to diagnose and treat diseases and health conditions that are common in young adults in the United States and in other countries (e.g., hepatitis, stroke, heart attacks, cancer,).		
<u>2.1 Personal and Mental</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.	6	Lesson: Sudden Illnesses <u>American Red Cross Instructor Portal</u> - Epi-pens/Inhalers
	Emotional Health	Healthy individuals demonstrate the ability to prevent and resolve interpersonal conflicts in constructive ways.	2.1.12.EH.3: Describe strategies to appropriately respond to stressors in a variety of situations (e.g., academics, relationships, shootings, death, car accidents, illness)		
	Community Health Services and Support	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.		

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		Affordability and accessibility of health care impacts the prevention, early detection, and treatment of health conditions.	2.1.12.CHSS.5: Analyze a variety of health products and services based on cost, availability, accessibility, benefits and accreditation in the home, school, and in the community (e.g., suicide prevention, breast/testicular self-examination, CPR/AED, life skills training, menstrual products). 2.1.12.CHSS.6: Evaluate the validity of health information, resources, services, in school, home and in the community		
<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 in healthy or unhealthy consequences.	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).	6	Lesson: Sudden Illnesses *See above
	Health Conditions, Diseases and Medicines	Health-enhancing behaviors can contribute to an individual reducing and avoiding health risks.	2.3.12.HCDM.1: Develop a health care plan to help prevent and treat diseases and health conditions one may encounter (e.g., breast/testicular exams, Pap smear, regular STIs testing, HPV vaccine).		
		Public health policies are created to influence health promotion and disease prevention and can have global impact	2.3.12.HCDM.4: Evaluate emerging methods to diagnose and treat diseases and health conditions that are common in young adults in the United States and in other countries (e.g., hepatitis, stroke, heart attacks, cancer,).		

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			2.3.12.HCDM.5: Analyze local, state, and international public health efforts to prevent and control diseases and health conditions (e.g., vaccinations, immunizations, medical exams, gene editing, artificial organ systems, prosthesis).		
<u>2.1 Personal and Mental</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.	7	Lesson: Wounds and Bleeding <u>American Red Cross Instructor Portal</u> - Bandages/Dressings
	Community Health Services and Support	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. 2.1.12.CHSS.2: Develop an advocacy plan for a health issue and share this information with others who can benefit.		
		Affordability and accessibility of health care impacts the prevention, early detection, and treatment of health conditions.	2.1.12.CHSS.5: Analyze a variety of health products and services based on cost, availability, accessibility, benefits and accreditation in the home, school, and in the community (e.g., suicide prevention, breast/testicular self-examination, CPR/AED, life skills training,		

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			menstrual products). 2.1.12.CHSS.6: Evaluate the validity of health information, resources, services, in school, home and in the community.		
<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 in healthy or unhealthy consequences.	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).	7	Lesson: Wounds and Bleeding *See above
	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.2: Provide examples of how drugs and medication mimic or block the action of certain cells in the body, and how abusing drugs can affect the human body		
<u>2.1 Personal and Mental</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.	8	Lesson: Injuries and Environmental Emergencies <u>American Red Cross Instructor Portal</u>
	Community Health Services and Support	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. 2.1.12.CHSS.2: Develop an advocacy		

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			plan for a health issue and share this information with others who can benefit.		
		Affordability and accessibility of health care impacts the prevention, early detection, and treatment of health conditions.	2.1.12.CHSS.5: Analyze a variety of health products and services based on cost, availability, accessibility, benefits and accreditation in the home, school, and in the community (e.g., suicide prevention, breast/testicular self-examination, CPR/AED, life skills training, menstrual products). 2.1.12.CHSS.6: Evaluate the validity of health information, resources, services, in school, home and in the community.		
		Local, state, and global advocacy organizations provide accurate and reliable resources and strategies designed to address common health and social issues.	2.1.12.CHSS.7: Describe how individuals and local, state, and global advocacy organizations can collaborate to address common local and global health and social issues (e.g., hunger, clean water, organ/tissue donation). 2.1.12.CHSS.8: Investigate how local, state, and global agencies are addressing health issues caused by climate change and share this information in an appropriate setting.		
<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).	8	Lesson: Injuries and Environmental Emergencies *See above

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		in healthy or unhealthy consequences.			
				9	Lesson: Assessment of First Aid • Written First Aid Test

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