

Health Standards Ninth Grade Curriculum & Resources

NJSLS 2020	Disciplinary Concept	Core Idea	Performance Expectation	Week Number (1-9)	Approved Resources
<u>2.3 Safety</u> <u>9-12</u>	Alcohol, Tobacco and other Drugs	Long-term and short-term consequences of risky behavior associated with substance use and abuse can be damaging physically, emotionally, socially, and financially to oneself, family members and others.	2.3.12.ATD.1: Examine the influences of drug use and misuse on an individual's social, emotional and mental wellness. 2.3.12.ATD.2: Compare and contrast the incidence and impact of commonly abused substances on individuals and communities in the United States and other countries (e.g., tobacco, e-cigarettes, vaping products, alcohol, marijuana products, inhalants, anabolic steroids, other drugs). 2.3.12.ATD.3: Explore the relationship between individuals who abuse alcohol, tobacco, and other drugs with an increase in intentional and unintentional health-risk behaviors.	1	Lesson: Alcohol Awareness <u>SAMHSA</u> <u>EverFi</u> - alcoholEdu lesson - Vaping: Know the Truth lesson <u>Kids Health</u>
	Dependency, Substances Disorder and Treatment	Alcohol and drug dependency can impact the social, emotional, and financial well-being of individuals, families, and communities	2.3.12.DSDT.1: Correlate duration of drug use and abuse to the incidence of drug-related deaths, injuries, illness, and academic performance. 2.3.12.DSDT.2: Analyze personal choices and behaviors related to substance use and misuse to determine if they align with personal values and beliefs. 2.3.12.DSDT.3: Examine the drug	2	Lesson: Opioid and Drug Awareness <u>SAMHSA</u> <u>EverFi</u> - Vaping: Know the truth - Prescription Drug Safety The Chris Herren Project

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			laws, and regulations of the State of New Jersey, other states and the affects; healthy and unhealthy on individuals, families, schools, and communities (e.g., vaping products, e-cigarettes, cannabis and CBD products, opioids). 2.3.12.DSDT.4: Utilize peer support and societal norms to formulate a health-enhancing message to remain drug free.		<u>Kids Health</u> <u>The Center on Addiction Prevention</u>
		Substance abuse, dependency, and substance disorder treatment facilities and treatment methods require long-term or repeated care for recovery.	2.3.12.DSDT.5: Evaluate the effectiveness of various strategies and skills that support an individual's ability to stop misusing and abusing drugs and remain drug free (counseling, peer coaching, professional peer support group, and family counseling and support).		
	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 2.3.12.PS.2: Analyze the short- and long-term consequences of sharing sexually explicit images (sexting) or messages with individuals or posting online.	3	Lesson: Bullying and Cyberbullying Prevention and Communication <u>EverFi</u> - Get Digital:Safety in the Metaverse - Honor Code: Beyond Bullying Choose Love Curriculum <u>Advocates for Youth, 3Rs</u> - Decisions, Decision, Decisions <i>Note: This site contains a variety of lessons. Haddon Township Teachers will only be utilizing this lesson for this topic.</i>

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		Technology increases the capacity of individuals to communicate in multiple and diverse ways, which can complicate interpersonal relationships and self-esteem.	2.3.12.PS.8: Develop strategies to communicate effectively, safely, and with empathy when using digital devices in a variety of situations (e.g., cyberbullying, sexting). 2.3.12.PS.9: Evaluate strategies to use social media safely, legally, and respectfully.		Kids Health Cyber Wise
<u>2.1 Personal and Mental Health</u> <u>9-12</u>	Social and Sexual Health	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).	3	Lesson: Bullying and Cyberbullying Prevention and Communication *See above resources.
		There are many factors that influence how we feel about ourselves and the decisions that we make.	2.1.12.SSH.9: Analyze the personal and societal factors that could keep someone from leaving an unhealthy relationship.		
<u>2.3 Safety</u> <u>9-12</u>	Health Conditions, Diseases and Medicines	Mental health conditions affect individuals, family members, and communities	2.3.12.HCDM.6: Analyze and discuss the evidence of the emotional and social impact of mental health illness on families, communities, and states (e.g., depression, anxiety, Alzheimer's, panic disorders, eating disorders, impulse disorders)	4	Lesson: Mental Wellness & Mindfulness EverFi Understanding Mental Wellness National Alliance on Mental Illness
<u>2.1 Personal and</u>	Emotional	Healthy individuals	2.1.12.EH.3: Describe strategies to	4	Lesson: Mental Wellness &

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<u>Mental Health</u> 9-12	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).		Mindfulness *See above resources
	Pregnancy and 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	5	Lesson: Abstinence, Contraception, STI's, HIV, & AIDS Advocates for Youth 3Rs : Planning and Protection <i>Note: This site contains a variety of lessons. Haddon Township Teachers will only be utilizing this lesson for this topic.</i> No Place for Hate - School wide program Kids Health
	Social and Sexual Health	How individuals feel about themselves, their identity, and sexual orientation can be positively or negatively impacted by a wide variety of factors.	2.1.12.SSH.1: Analyze the influences of peers, family, media, social norms and culture on the expression of gender, sexual orientation, 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,		

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			disability status and make recommendations to address those issues.		
	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	6	Lesson: Healthy Decision Making <u>7 Habits of Highly Effective Teens</u> <u>EverFi</u> : Healthcare Literacy courses <u>CDC Healthy Schools</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: Goal Setting and Fitness <u>Kids Health Lesson Plans</u> <u>PBS Disease, Illness and Disability</u>
<u>2.2 Physical Wellness</u>	Physical Fitness	Physical and emotional growth often relies on taking personal responsibility for developing and maintaining physical fitness levels that also provide opportunities for self expression, enjoyment, and emotional satisfaction	2.2.12.PF.1: Compare the short- and long-term benefits of physical activity and the impact on wellness associated with physical, mental, emotional fitness through one's lifetime. 2.2.12.PF.2: Respect and appreciate all levels of ability and encourage with care during all physical activities. 2.2.12.PF.3: Design and implement a	7	Lesson: Goal Setting and Fitness *See above

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			personal fitness plan, using evidence and evaluate how that reflects knowledge and application of fitness-training principals (FITT) and the components of skill related fitness. 2.2.12.PF.4: Determine the role of genetics, age, nutrition, sleep, the environment, and exercise type on body composition and personal health (e.g., anabolic steroids, human growth hormones, stimulants). 2.2.12.PF.5: Analyze fitness knowledge in strength, conditioning, agility, and the physiological responses of the energy systems effects on the mind and body before, during, and after physical fitness activities.		
	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 (e.g., fats, carbohydrates, protein, water, vitamins, minerals) to one's health and fitness. 2.2.12.N.4: Implement strategies and monitor progress in achieving a personal nutritional health plan.	8	Lesson: Nutrition <u>Kids Health</u> <u>CDC Nutrition</u> <u>National Alliance for Eating Disorders</u> <u>National Eating Disorders Educators Toolkit</u> <u>Rutgers New Jersey Healthy Kids Initiative</u>

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			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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Week 9: College and Career Readiness (Time Permitting)

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