

Wellness 1 Units

Unit:	Intro to Health wellness 1						
Big Ideas:	6 aspects of health, decision making, self esteem						
Unit Essential Questions:	What factors influence your wellness? Which of these factors are controllable and which are uncontrollable? What are the 6 aspects of health? How can the other aspects of health be affected if there is a problem in one area? What are the benefits of high self-esteem? What skills and abilities are needed to achieve optimal health in all 6 aspects? How do you make decisions? What are your decisions based on?						
Concept & Pacing	New Emphasis (Pa Core Standard)	Key Vocabulary	Essential Questions	Competencies (Skills, Knowledge, abilities)	Mini-Lessons/Activities	Instructional Materials	Assessments
Components of Health (6 Aspects of Health)	10.1.9A Analyze factors that impact growth and development between adolescence and adulthood. 10.1.12B Evaluate factors that impact the body systems and apply protective/preventive strategies. 10.1.12E Identify and analyze factors that influence the prevention and control of health problem 10.1.9E Analyze how personal choice, disease and genetics can impact health maintenance and disease prevention.	*Lifestyle disease *Risk factor *Sedentary *Health *Value *Wellness *Health literacy *Life Expectancy	*How have the causes of health related problems changed from the past to today? *What type of disease is heart disease an example of? *What are controllable risk factors? *How could a sedentary lifestyle create or add to health problem *What are some behaviors practiced now that will improve your chances of living a long, healthy life?	*Seven components of wellness *Medical advancements over the last 100 years *Risk Factors for Children, Teens, Young Adults, and Adults *Leading cause of death *Reasons behind heart illness and active lifestyles. *Heredity and the importance of staying healthy	Bell Ringers, power point, self- reflection quizzes Six aspects of health including mental, emotional, physical, spiritual, social and environmental. Influences on our health. Controllable and Uncontrollable risk factors. Round house activity of aspects of health	Power point, projector, mac book, worksheets, library lab, health books as a supplement	*Keystone writing on Negative Influences *Quiz on aspects of health, decision making and self esteem *Creation of a health continuum based on the six aspects of health.

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<p>Decision Making</p>	<p>10.2.9 D Analyze and apply a decision-making process to adolescent health and safety issue 10.2.12 D Examine and apply a decision-making process to the development of short and long term health goals.</p>	<ul style="list-style-type: none"> *Consequence *Collaborate 	<ul style="list-style-type: none"> *Why is it important to learn how to make good decisions? *What are the steps of the GREAT decision making model? *How can you use the decision making model to stick to or set new goals? *How do people evaluate messages from the media when discussing decision making? *How can you use community resources when making decisions? 	<ul style="list-style-type: none"> *Ways to turn down peer pressure *Goal Settings 	<p>Bell Ringers, power point, Group discussion on scenarios for the GREAT decision making model. Guided practice on the steps of the GREAT decision making model. Application through writing of application of GREAT decision making model to something in student's life. Differentiate between long and short goals.</p>	<p>Power point, projector, mac book, work sheets, health books as a supplement</p>	<p>*Scenario driven writing prompt where students must apply all steps of the GREAT decision making model. *Quiz on aspects of health, decision making and self esteem</p>
<p>Self Esteem</p>	<p>10.3.9 C Analyze and apply strategies to avoid or manage conflict and violence during adolescence. 10.2.9 C Analyze media health and safety messages and describe their impact on personal health and safety.</p>	<ul style="list-style-type: none"> *Self-Esteem *Self-concept *Integrity *Life skills *Coping 	<ul style="list-style-type: none"> *What are the benefits of high self-esteem *How can one develop a positive state of well-being? *What are the risks of low self-esteem? *How can I increase my self-esteem? 	<ul style="list-style-type: none"> *Coping with stress/loss/illness *Positive body image *Stress management *Long and short term effects on the body in relationship with stress *Long and short term effects on the brain in relationship with stress * Seeking help *Suicide 	<p>Bell Ringer, power point, self-esteem-self quiz, personality colleagues</p>	<p>Power point, projector, mac book, work sheets, health books as a supplement</p>	<p>*Quiz on aspects of health, decision making and self esteem</p>

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Unit:	Stress, Depression, Suicide, Abuse and Violence						
Big Ideas:	Stress can affect all 6 aspects of health. Depression and other mental health related diseases. Preventing Abuse, Violence and Suicide						
Unit Essential Questions:	How can stress affect your wellness? How can depression develop? Who is depression most prevalent in? What are the symptoms of depression? How does violence affect our daily lives? How can a situation be resolved in a non-violent way? What should you do if you are a victim of violence? How can suicide be prevented?						
Concept & Pacing	New Emphasis (Pa Core Standard)	Key Vocabulary	Essential Questions	Competencies (Skills, knowledges,abilities)	Mini-Lessons/Activities	Instructional Materials	Assessments
Stress	10.1.9 E Analyze how personal choice, disease and genetics can impact health maintenance and disease prevention. 10.1.12B Evaluate factors that impact the body systems and apply protective/preventive strategies. 10.1.12E Identify and analyze factors that influence the prevention and control of health problems.	*Stress *Stressor *Epinephrine *Eustress *Distress *Resiliency *Asset *Prioritize *Homeostasis	*What is the difference between a biological stressor and an environmental stressor? *How can the fight or flight response help you respond in a threatening situation? *What are some exercises that can help you relieve stress? *How can positive self-taught help you deal with a stressor? *Why is time management such an important skill when dealing with stress?	*Symptoms and signs of stress *The effects of stress on the brain long term *The effects of stress on the body long term *The impacts of exercise correlation with endorphins *Stress in correlation with genetics and epigenetic changes *Mental health *Stages of the body during the fight or flight response	Bell Ringer, stress activities like passing the gumball or marble with chopsticks, power point, class discussion, why stress is negative and how it can play a negative part in effecting all six aspects of health. Healthy stress relievers and stress relieving techniques. Things to do when feeling overwhelmed.	Worksheets on stress, power point, projector, lap top, health book as guided assessment, chopsticks and marbles for stress created activity.	*Quiz on stress *Stress Brochure

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<p style="text-align: center;">Depression and other mental health related diseases</p>	<p>10.1.9 E Analyze how personal choice, disease and genetics can impact health maintenance and disease prevention. 10.2.9 A Identify and describe health care products and services that impact adolescent health practices. 10.2.9 C Analyze media health and safety messages and describe their impact on personal health and safety.</p>	<p>*Depression *Mental Disorder *Symptom *Emotion *Self-Actualization</p>	<p>*What does it mean to have a mental illness? *What are some possible treatment options for mental illness? *Is mental illness hereditary? *What can I do to decrease my chances of depression? *What does it mean to have anxiety? *Why is mental illness very misunderstood?</p>	<p>*Coping mechanisms *The importance of seeking help. *Ways to avoid pressure from friends, family, and society. *Treatment options with correlation with goal setting. .</p>	<p>Bell Ringer, types of mental illness, how mental illness can affect teens. Personality changes associated with mental illness, signs and symptoms of depression. How mental illness can affect the 6 aspects of health. Statistics of mental illness, causes of mental illness, chemical imbalances. Round house discussion on mental illness, scenario driven activity for depression.</p>	<p>Powerpoint on mental illness, online resources for depression and mental illness, projector, laptops, health book as a resource, poster boards needed for round house.</p>	<p>*Scenario driven assignment on depression and mental illness using the computer lab and working with a partner (optional partner)</p>
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<p>Abuse, Violence and Preventing Suicide</p>	<p>10.2.9 D Analyze and apply decision making process to adolescent health and safety issues. 10.3.9 A Analyze the role of individual responsibility for safe practices and injury prevention in the home, school and community. 10.3.9 C Analyze and apply strategies to avoid or manage conflict and violence during adolescence. 10.3.12 C Analyze the impact of violence on the victim and surrounding community.</p>	<p>*Abuse *Neglect *Domestic Violence *Hazing *Violence *Tolerance *Bullying *Suicide</p>	<p>*What are factors that may lead to violence? *Why is unmanaged anger a major concern when discussing violence? *How can lack of respect for oneself or others lead to conflict? *How can you avoid dangerous situations? *Can you avoid being bullied? *What are the signs that someone is contemplating suicide? *How can I help someone contemplating suicide?</p>		<p>Bell Ringers on abuse, violence and suicide, power point, poetry assignment and depiction of poem, newspaper article assignment, "words that warn" activity, "causes of conflict" group activity, optional music activity depicting violence in songs</p>	<p>Worksheets on abuse, violence and suicide, poetry assignment, power point, lap top, newspaper articles</p>	<p>*Quiz on abuse, violence and suicide. *Assignment on depicting violence.</p>
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Unit:	Tobacco, Alcohol and Drugs						
Big Ideas:	Path to addiction, Short and Long term effects of tobacco use, alcohol use and abuse, drugs and medicines						
Unit Essential Questions:	Are all types of tobacco bad for you? What are the dangers of alcohol? What is the path of addiction? What is alcoholism and how does it affect people? What are simple solutions to avoid alcohol use? What are common drugs of abuse? Can medicine including prescribed and over the counter medicine be abused? What are the effects of the various classifications of drugs?						
Concept & Pacing	New Emphasis (Pa Core Standard)	Key Vocabulary	Essential Questions	Competencies (Skills, knowledge, abilities)	Mini-Lessons/Activities	Instructional Materials	Assessments
Tobacco	<p>10.1.12 B Evaluate factors that impact the body systems and apply protective strategies.</p> <p>10.1.9 D Analyze prevention and intervention strategies in relation to adolescent and adult drug use.</p> <p>10.1.12 D Evaluate issues relating to the use of/non-use of drugs.</p> <p>10.2.9 B Analyze the relationship between health related information and adolescent consumer choices.</p> <p>10.2.9 C Analyze media health and safety messages and describe their impact on personal health and safety issues.</p> <p>10.2.9 D Analyze and apply a decision-making process to adolescent health and safety issues.</p>	<p>*Nicotine</p> <p>*Carcinogen</p> <p>*Tar</p> <p>*Carbon monoxide</p> <p>*Smokeless tobacco</p> <p>*Emphysema</p> <p>*Sidestream smoke</p> <p>*Mainstream smoke</p> <p>*Secondhand smoke</p>	<p>*What is a carcinogen?</p> <p>*Which is worse; smoking tobacco, chewing tobacco, or vape?</p> <p>*What are the short term effects of tobacco use?</p> <p>*What diseases are associated with tobacco use?</p> <p>*What are the dangers of tobacco use during pregnancy?</p> <p>*Are there tobacco consequences for society?</p> <p>*What are methods for quitting smoking?</p> <p>*How can one avoid secondhand smoke?</p> <p>*Why are vapes dangerous?</p> <p>*What chemicals are in vapes?</p> <p>*Why is vaping so appealing to teenagers?</p>	<p>*Evaluates how family, culture, media, peers, and personal beliefs affect a decision related to alcohol and other drug use.</p> <p>*Analyzes how laws, rules, and regulations influence behaviors related to alcohol- and other drug-use.</p> <p>*Evaluates the harmful effects of alcohol, tobacco, vape, and other drugs.</p> <p>*Evaluates the harmful short- and long-term physical, psychological, and social effects of using alcohol and other drugs.</p> <p>*Evaluates the validity and reliability of information for over-the-counter and prescription medicines.</p>	<p>Bell Ringers, power point, tobacco use and abuse. Carcinogens, tobacco round house activities, drug use and self-esteem, article review, pig lung simulation, smoking survey, preventable diseases related to smoking, short smoking movie clips</p>	<p>Power point, lap top, worksheets, newspaper articles, downloadable images of smoking clips</p>	<p>*Quiz on smoking</p> <p>*Smoking bell ringers</p> <p>*Smoking survey</p> <p>*Additional smoking worksheets</p>

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			*How can laws and policies decrease vape usage in America?				
Alcohol	<p>10.1.9 D Analyze prevention and intervention strategies in relation to adolescent and adult drug use.</p> <p>10.1.12 D Evaluate issues relating to the use/non-use of drugs.</p> <p>10.1.9 E Analyze how personal choice, disease and genetics can impact health maintenance and disease prevention.</p> <p>10.2.12 C Compare and contrast the positive and negative effects of media on adult personal health and safety.</p>	<ul style="list-style-type: none"> *Alcohol *Intoxication *Blood Alcohol Concentration *Binge drinking *Cirrhosis *Alcohol abuse *Alcoholism *Enabling *Codependency *Fetal Alcohol Syndrome 	<p>*How does alcohol affect the body?</p> <p>*What is binge drinking and why do people binge drink?</p> <p>*What are the short term effects of alcohol?</p> <p>What are the long term effects of alcohol use and abuse?</p> <p>*How is blood alcohol concentration developed?</p> <p>*How can alcoholism affect the family?</p>	<p>*Implements strategies, including self monitoring, to achieve a personal goal to avoid alcohol-and other drug-use.</p> <p>*Commits to not drive a motor vehicle while under the influence of alcohol or drugs.</p> <p>*Recommends school and community environments to promote being alcohol and drug free.</p>	<p>Bell Ringers on alcohol use and abuse, short and long term effects of alcohol use, students will find their individual blood alcohol concentration and determine using a mathematical method how to figure this out. DUI and DUI simulation activities, how alcoholism affects the family and society, costs associated with alcoholism every year. Law regarding underage drinking.</p>	<p>Power point, lap top, health books as resource, Intervention movie showing alcoholism and the family, paper to figure out blood alcohol concentrations</p>	<p>*Quiz on alcohol and alcoholism.</p> <p>*Blood alcohol concentration equations with summary included.</p> <p>*Writing assignment on alcoholism linked to genetics.</p>

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<p>Drugs</p>	<p>10.1.9 D Analyze prevention and intervention strategies in relation to adolescent and adult drug use. 10.1.12 D Evaluate issues relating to the use/non-use of drugs. 10.1.9 E Analyze how personal choice, disease and genetics can impact health maintenance and disease prevention.</p>	<ul style="list-style-type: none"> *Drug abuse *Overdose *Marijuana *Inhalant *Club drug *Anabolic steroid *Stimulants *Depressants *Opiates *Hallucinogen *Synthetic *Recovering *Intervention *Relapse *Opioids *Vape 	<ul style="list-style-type: none"> *Which drugs are commonly abused? *How can drug use make a person's life more difficult? *How can over the counter and prescription drugs be abused? *How do drugs react with the brain? *How does addiction occur? *How does drug addiction affect society? *How do drugs affect emotions? *How do doctors impact the opioid epidemic? *Why is fentanyl so dangerous compared to other drugs? 		<p>Bell Ringers on drug use and abuse, power point, lap top, Medicine, over the counter drugs, prescription drugs and illegal drugs. Drugs and the brain including how addiction works, dependence and withdrawal. Relationships between self- esteem and drug use and abuse, drug categories, teens and drug use, cupcake activity</p>	<p>Power point, lap top, supplemental worksheets, Intervention series on drug use, how it affects the individual and how it can affect the family as well as society.</p>	<ul style="list-style-type: none"> *Student teaching projects on individual illegal drugs. *Critical thinking assignments on drug use for society.
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Unit:	Male and Female Reproduction, Building Responsible Relationships and Risks of Sexual Activity, Communicable diseases						
Big Ideas:	Male Reproductive System, Female Reproductive Systems, Risks of sexual activity, sexually transmitted diseases, pregnancy and early development, HIV and AIDS, benefits of abstinence, responsible relationships, Communicable and Non communicable diseases						
Unit Essential Questions:	What are the functions of the organs from the male reproductive system? What are the functions of the organs from the female reproductive system? How does the menstrual cycle work? What are problems that can occur for both the male and female reproductive systems? What physical changes happen during pregnancy for mother and fetus? What are the serious risks of sexual activity?						
Concept & Pacing	New Emphasis (Pa Core Standard)	Key Vocabulary	Essential Questions	Competencies (Skills, Knowledge abilities)	Mini-Lessons/Activities	Instructional Materials	Assessments
Male and Female Reproductive Systems	10.2.9 E Explain the interrelationship between the environment and personal health. 10.2.12 B Assess factors that impact adult health consumer choices 10.1.9 A Analyze factors that impact growth and development between adolescence and adulthood 10.1.12 A Evaluate factors that impact growth and development during adulthood and late adulthood 10.1.9 B Analyze the interdependence existing among the body systems. 10.1.12 B Evaluate factors that impact the body systems and apply protective/preventive strategies.	*Testosterone *Testicles *Penis *Sperm *Epididymis *Seminal Vesicle *Prostate Gland *Cowper's Gland *Ovaries *Progesterone *Estrogen *Vagina *Cervix *Uterus *Fallopian tubes *Menstrual cycle	*How does the male /female reproductive system work? *What is the path of the sperm traveling from start to finish? *What are problems associated with sperm production? *What are diseases associated with the male/female reproductive system? *How can potential risks to the male/female reproductive system be decreased? *What preventive measures should be taken to lower the risks associated with the female reproductive system?	*Functions of the male and female reproductive system *The path of the sperm traveling. The pathway that an egg travels. *What are problems associated with sperm production? *Diseases/cancer are associated with the male/female reproductive system. *How to decrease potential risks to the male/female reproductive system. *What preventive measures should be taken to lower the risks associated with the female reproductive system. *Fetal growth and development *Mothers/parent stages of pregnancy	Powerpoint and item match of body part and function, what the male reproductive system does, function and problems associated with all parts including disease association, what the female reproductive system does including all parts, hormones associated with, menstrual cycle, problems associated with disease association. Preventive strategies included in maintaining the systems.	Bell Ringers, Power points, laptops, internet support, worksheets, diagrams, health books as resource	*Quiz on parts and functions of the male and female reproductive systems

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<p>Risks of Sexual Activity</p> <p>Communicable and Non-communicable diseases</p>	<p>10.2.9 E Explain the interrelationship between the environment and personal health.</p> <p>10.2.12 B Assess factors that impact adult health consumer choices.</p> <p>10.1.9 A Analyze factors that impact growth and development between adolescence and adulthood</p> <p>10.1.12 A Evaluate factors that impact growth and development during adulthood and late adulthood</p> <p>10.1.9 B Analyze the interdependence existing among the body systems.</p> <p>10.1.12 B Evaluate factors that impact the body systems and apply protective/preventive strategies.</p>	<p>*Communicable</p> <p>*Non-communicable</p> <p>*Sexually transmitted disease/infection</p> <p>*Asymptomatic</p> <p>*Viral STD/STI</p> <p>*Bacterial STD/STI</p> <p>*Parasitic STD/STI</p> <p>*Pelvic Inflammatory disease</p>	<p>*What are the risks of sexual activity?</p> <p>*What is the difference between a communicable disease and a non-communicable disease?</p> <p>*How can abstinence eliminate the risks of teen sexual behavior?</p> <p>*What is a sexually transmitted disease/infection?</p> <p>*How can a STD or STI be prevented?</p> <p>*Can a sexually transmitted disease cause permanent damage to my body?</p> <p>*Are there cures for sexually transmitted diseases?</p>	<p>*Truth and Myths regarding STD/STI/AIDS and HIV</p> <p>*LBGTQ awareness regarding stigma</p> <p>*Barrier and Hormonal Methods</p> <p>*Local testing locations</p>	<p>Power point, communicable disease versus non-communicable disease worksheet and activity. STD/STI worksheet and activity on signs and symptoms, serious risks associated with untreated STD/STI's for the future.</p>	<p>Bell Ringers, Power points, laptops, internet support, worksheets, diagrams, health books as resource</p>	<p>*Quiz on signs, symptoms, causes, treatments and method of infection for communicable and non-communicable diseases.</p>
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