

# Oakwood City School District

## Health - High School

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#### HEALTHY EATING

- Choose to eat whole grain products and fat-free or low-fat milk or equivalent milk products regularly.
- Limit foods and beverages high in added sugars, solid fat, caffeine and sodium.
- Eat breakfast every day.
- Eat healthy snacks.
- Eat healthy foods when dining out.
- Prepare food in healthful ways.
- Balance caloric intake with caloric expenditure.
- Follow an eating plan for healthy growth and development.
- Describe the recommendations of the U.S. Dietary Guidelines for Americans.
- Describe the relationship between diet and chronic diseases such as heart disease, cancer, diabetes, hypertension, and osteoporosis.
- Explain how the U.S. Dietary Guidelines for Americans are useful in planning a healthy diet.
- Explain how to incorporate foods that are high in fiber into a healthy daily diet.
- Distinguish food sources that provide key nutrients.
- Explain how to incorporate an adequate amount of calcium into a healthy daily diet.
- Explain how to incorporate an adequate amount of iron into a healthy daily diet.
- Describe how to make a vegetarian diet healthy.
- Summarize food preparation methods that add less fat, sugar, and sodium to food.
- Summarize the physical, mental, social, and academic benefits of eating breakfast every day.
- Summarize how to make healthy food selections when dining out.
- Describe the benefits of limiting the consumption of caffeine and energy drinks.
- Summarize the relationship between access to healthy foods and personal food choices.
- Summarize food safety strategies that can control germs that cause food-borne illnesses.
- Summarize the importance of healthy eating and physical activity in maintaining a healthy weight.
- Describe the relationship between nutrition and overall health.
- Analyze healthy and risky approaches to weight management.
- Explain the effects of eating disorders on healthy growth and development.
- Analyze the benefits of healthy eating.
- Analyze how family, media, and peers affect personal food choices and other

eating habits and behaviors.

- Demonstrate the ability to use goal setting skills to improve healthy eating.

## MENTAL AND EMOTIONAL HEALTH

- Express feelings in a healthy way.
- Engage in activities that are mentally and emotionally healthy.
- Prevent and manage emotional stress and anxiety in healthy ways.
- Get help for troublesome thoughts, feelings, or actions for oneself and others.
- Analyze the interrelationship of physical, mental, emotional, social and spiritual health.
- Analyze characteristics of a mentally and emotionally healthy person.
- Analyze how mental and emotional health can affect health-related behaviors.
- Summarize healthy ways to express affection, love, friendship, and concern.
- Summarize strategies for coping with loss and grief.
- Differentiate between positive and negative body image.
- Analyze the causes, symptoms, and effects of depression.
- Analyze the causes, symptoms, and effects of anxiety.
- Analyze strategies for managing and reducing interpersonal conflicts.
- Analyze how sharing or posting personal information electronically about self or others on social media sites (e.g., chat groups, email, texting, websites, phone and tablet applications) can negatively impact mental and emotional health.
- Explain the effects of eating disorders on healthy growth and development.
- Summarize characteristics of someone who has self-respect and self-control.
- Analyze how prosocial behaviors can benefit overall health.
- Explain the body's physical and psychological responses to stressful situations.
- Evaluate effective strategies for dealing with stress.
- Justify why people with eating disorders need professional help.
- Determine when to seek help for mental and emotional health problems.
- Demonstrate how to express feelings in healthy ways.
- Persuade others to make positive mental and emotional health choices.

## PERSONAL HEALTH AND WELLNESS

- Get an appropriate amount of sleep and rest.
- Practice behaviors that prevent infectious diseases.
- Seek out help for common infectious diseases and chronic diseases and conditions.
- Seek out healthcare professionals for appropriate screenings and examinations.
- Prevent health problems that result from fads or trends.
- Analyze the personal physical, emotional, mental, and social health; educational; and vocational performance benefits of rest and sleep.
- Summarize how common infectious diseases are transmitted by indirect contact and person-to-person contact.
- Analyze how common foodborne diseases are transmitted.
- Explain the relationship between intravenous drug use and transmission of bloodborne diseases such as HIV and hepatitis.
- Summarize ways to prevent the spread of germs that cause infectious diseases such as HIV by not having sex, not touching blood, and not touching used hypodermic or tattoo needles.
- Justify why it is important to seek help and treatment for common infectious

diseases and chronic diseases.

- Summarize important health screenings, immunizations, checkups, examinations, and health screenings necessary to maintain good health.
- Summarize the potential health and social consequences of popular fads or trends such as body piercing and tattooing.
- Demonstrate how to make healthy decisions related to personal health and wellness.
- Demonstrate the ability to access valid and reliable personal health and wellness information, products and services.

## ALCOHOL AND OTHER DRUG PREVENTION

- Avoid misuse and abuse of over-the-counter and prescription drugs.
- Avoid experimentation with alcohol and other drugs.
- Avoid the use of alcohol.
- Avoid the use of illegal drugs.
- Avoid driving while under the influence of alcohol and other drugs.
- Avoid riding in a motor vehicle with a driver who is under the influence of alcohol or other drugs.
- Support others to be alcohol-and other drug-free.
- Avoid using (or experimenting with) any form of tobacco.
- Differentiate between proper use and abuse of over-the-counter medicines.
- Differentiate between proper use and abuse of prescription medicines.
- Examine the harmful effects of using weight loss drugs.
- Describe the harmful effects and legal issues related to using performance-enhancing drugs.
- Describe the harmful effects of binge drinking.
- Summarize the harmful short and long term physical, psychological, and social effects of using alcohol and other drugs.
- Describe the effects of using alcohol and other drugs on school performance, job performance, job absenteeism, and job loss.
- Explain the effects of alcohol and other drug use during pregnancy.
- Analyze why individuals choose to use or not to use alcohol and other drugs.
- Analyze short and long term benefits of remaining alcohol-and other drug-free.
- Summarize family rules, school rules, and community laws about alcohol-and other drug-use.
- Determine socially appropriate ways to avoid or prevent use of alcohol and other drugs.
- Analyze the relationship between using alcohol and other drugs and other health risks, such as unintentional injuries, violence, suicide, sexual risk behaviors, and tobacco use.
- Summarize the relationship between intravenous drug use and transmission of blood-borne diseases, such as HIV and hepatitis.
- Summarize long-term health benefits of abstaining from or discontinuing alcohol use.
- Analyze the dangers of driving while under the influence of alcohol and other drugs.
- Summarize the importance of not riding with a driver who has been using alcohol or other drugs.
- Analyze how alcohol-and other drug-use cessation programs can be successful.
- Examine situations that could lead to tobacco use.
- Analyze short-and long-term physical effects of tobacco use.

- Analyze short-and long-term psychological and social effects of tobacco use.
- Summarize long-term health benefits of abstaining from or discontinuing tobacco use.
- Describe the effects of tobacco use on the fetus.
- Summarize why individuals choose to use or not use tobacco.
- Evaluate community laws and policies related to the sale and use of tobacco products.
- Evaluate the financial costs of tobacco use to the individual and society.
- Demonstrate the ability to advocate for peers to be tobacco, alcohol and other drug free.
- Analyze how peers, media and culture influence healthy and unhealthy alcohol and other drug related behaviors.
- Demonstrate effective peer resistance skills to reduce alcohol and other drug use.

## VIOLENCE PREVENTION

- Manage interpersonal conflict in non-violent ways.
- Avoid bullying, being a bystander to bullying or being a victim to bullying.
- Avoid engaging in violence, including sexual harassment, coercion, exploitation, physical fighting, and rape.
- Avoid situations where violence is likely to occur.
- Get help to stop being subjected to violence or physical abuse.
- Get help for oneself or others who are in danger of hurting themselves.
- Analyze how power and control differences in relationships (peer, dating, or family relationships) can contribute to aggression and violence.
- Analyze short-and long-term consequences of violence to perpetrators, victims, and bystanders.
- Explain how bystanders can help prevent violence by reporting dangerous situations or actions.
- Explain why it is an individual's responsibility to verify that all sexual contact is consensual.
- Explain why it is wrong to trick, threaten, or coerce another person into having sex.
- Analyze techniques that are used to coerce or pressure someone to have sex.
- Summarize why individuals have the right to refuse sexual contact.
- Analyze the relationship between using alcohol and other drugs and violence.
- Describe characteristics of the school or community that can increase or decrease the likelihood of violence.
- Analyze situations that could lead to different types of violence.
- Summarize why the presence of weapons increases the likelihood of violent injury.
- Analyze how changing behavior or changing the environment interacts to increase or decrease the likelihood of violence.
- Explain why a person who has been sexually assaulted or raped is not at fault.
- Describe actions to take in case of a disaster, emergency, or act of terrorism.
- Describe federal, state, and local laws intended to prevent violence.
- Summarize why it is important to tell an adult if there are people who are in danger of hurting themselves or others.
- Explain that self-directed violence is the result of the accumulation of multiple problems rather than just one problem.
- Explain when to seek help for mental health problems that contribute to violence.
- Demonstrate effective negotiation skills to avoid or reduce violence.
- Demonstrate how to access valid and reliable information related to violence

prevention.

## SEXUAL HEALTH

- Be sexually abstinent.
- Engage in behaviors that prevent or reduce sexually transmitted disease (STD), including HIV infection.
- Engage in behaviors that prevent or reduce unintended pregnancy.
- Avoid pressuring others to engage in sexual behaviors.
- Treat others with courtesy and respect without regard to their sexuality.
- Use appropriate health services to promote sexual health.
- Analyze characteristics of healthy relationships.
- Summarize the qualities of a healthy dating relationship.
- Evaluate effective strategies for dealing with difficult relationships with family members, peers, and boyfriends or girlfriends.
- Summarize the importance of talking with parents and other trusted adults about issues related to relationships, growth and development and sexual health.
- Evaluate the negative consequences of sending sexually explicit pictures or messages by email or cell phone or posting sexually explicit pictures on social media sites (e.g., chat groups, email, texting, websites, phone and tablet applications).
- Justify why abstinence from sex and drugs are the safest, most effective risk avoidance methods of protection from HIV, other STDs, and pregnancy.
- Analyze the factors that contribute to engaging in sexual risk behaviors.
- Analyze the factors that protect one against engaging in sexual risk behaviors.
- Summarize ways to prevent pregnancy and sexual transmission of HIV and other common STDs.
- Summarize the importance of setting personal limits to avoid risky sexual behavior.
- Describe the importance of shared responsibilities for avoiding sexual activity and preventing sexual risk behaviors.
- Analyze the relationship between using alcohol and other drugs and sexual risk behaviors.
- Analyze the effectiveness of perfect use vs. typical use of condoms in reducing the risk of pregnancy, HIV, and other infection by STDs, including HPV (Human Papillomavirus).
- Summarize how common STDs are transmitted.
- Summarize how HIV is transmitted.
- Summarize the signs and symptoms of common STDs.
- Summarize the signs and symptoms of HIV.
- Summarize the problems associated with asymptomatic STDs and HIV.
- Summarize the short-and long-term consequences of common STDs.
- Summarize the short-and long-term consequences of HIV.
- Summarize the importance of proper adherence to contraceptive methods to reduce the risk of pregnancy.
- Summarize the importance of using condoms consistently and correctly to reduce the risk of pregnancy and infection of HIV and common STDs.
- Explain the value of using a condom at the same time as using another form of contraceptives to reduce the risk of infection of HIV and common STDs and reduce the risk of pregnancy.
- Explain the basic side effects and costs of treatment for STDs.

- Explain the basic side effects and costs of treatment for HIV.
- Describe the increased risks associated with having multiple sexual partners including serial monogamy.
- Analyze situations that could lead to being pressured to having sex.
- Analyze techniques that are used to coerce or pressure someone to have sex.
- Explain why it is an individual's responsibility to verify that all sexual contact is consensual.
- Summarize why individuals have the right to refuse sexual contact.
- Explain why it is wrong to trick, threaten, or coerce another person into having sex.
- Explain the importance of contraceptive counseling and services if sexually active.
- Explain why it is important to know the STD/HIV status of oneself and of a potential sexual partner. Explain the importance of STDs and HIV testing and counseling if sexually active.
- Analyze the effectiveness of perfect use vs. typical use of a variety of contraceptive methods in reducing the risk of pregnancy.
- Summarize the relationship between the menstrual cycle and conception.
- Analyze the emotional, social, physical and financial effects of being a teen parent.
- Summarize the benefits of respecting individual differences in aspects of sexuality (such as sexual activity, sexual abstinence, sexual orientation, gender expression, or gender identity), growth and development, and physical appearance.
- Summarize why it is wrong to tease or bully others based on aspects of their sexuality (such as sexual activity, sexual abstinence, sexual orientation, gender expression, or gender identity).
- Summarize how intolerance can affect others when aspects of their sexuality (such as sexual activity, sexual abstinence, sexual orientation, gender expression, or gender identity) are different from one's own.
- Demonstrate the ability to make healthy sexual decisions.
- Demonstrate the ability to access valid and reliable sexual health information, products, and services.

## SAFETY

- Avoid driving a motor vehicle—or riding in a motor vehicle driven by someone—while under the influence of alcohol or other drugs.
- Get help for oneself or others when injured or suddenly ill.
- Summarize ways to reduce the risk of injuries while riding in or driving a motor vehicle.
- Analyze the dangers of driving while under the influence of alcohol and other drugs.
- Summarize the importance of not riding with a driver who has been using alcohol or other drugs.
- Analyze the relationship between unintentional injuries and using alcohol and other drugs.
- Prioritize actions to take to prevent injuries during severe weather.
- Analyze how sharing or posting personal information electronically about self or others on social media sites (e.g., chat groups, email, texting, websites, phone and tablet applications) can negatively impact personal safety of self or others.

- Describe actions to take in case of mass trauma.
- Explain accepted procedures for basic emergency care and lifesaving.
- Demonstrate the ability to access safety information, products, services.
- Demonstrate the ability to make healthy decisions related to safety.