

Health and Wellness
Curriculum at a Glance

Health and Wellness	
Course Purpose	Students will determine how to make positive daily decisions, evaluate the individualized person concept, and distinguish healthy lifestyle choices. Students will evaluate how identity impacts relationships, sexual health and decision-making.
HEA.1- Relationships	Students will analyze social skills and the characteristics of healthy and unhealthy relationships in order to make healthy decisions in their own lives.
HEA 2- Sex Education	Students will describe the functions of the male and female reproduction systems and explain how to maintain proper hygiene. Students will summarize the effects of various STI's, compare and contrast contraception methods, and explain the possible outcomes of a teen pregnancy. Students will identify ways to be sexually healthy
HEA 3 - Mental Health	Explain characteristics of good mental health, bullying, and the body's response to stress. Identify the warning signs of suicide and prevention techniques or resources in the community. Explain the characteristics of mental disorders and how peers and media can influence mental health.
HEA 4: Drugs and Alcohol	Students will describe the stages of addiction, summarize how it affects self and others, and explain recovery resources. Students will identify the different categories of drugs, the long-term, short-term, and media effects, and apply refusal strategies to use in peer-pressuring situations.

If you have questions, please notify Tiffany Kohl, Director of Curriculum and Instruction (tkohl@bbchs.org)