Bloomfield Hills Schools
High School Health Curriculum Content

Goals:

- Be able to answer “what does it mean to be healthy?”
- Realize the effect that nutrition has on overall health, including brain development
- Take steps toward destigmatizing mental health
- Recognize stress and develop positive coping skills
- Understand the risks of addiction and its effect on brain development
- Promote the value of positive relationships and abstinence

Wellness	-Dimensions of Wellness -Making choices to enhance positive overall health -Empowerment of student’s own health -Digital Citizenship
Nutrition	-Understanding nutrients & their role in how your body works -Nutrition’s effect on brain and body -Importance of hydration -Dangers of too much caffeine; processed food -Eating Disorders and Disordered Eating
Mental Health	-Self-awareness; feelings -Recognizing and managing stress; anger -Connection between teen mental health and sleep -Destigmatizing mental health -Understanding the value of coping skills; practicing & developing coping skills -Mental Illness awareness; suicide prevention
Addiction	-Risks of addiction -Dangers of alcohol, tobacco and drugs -Making positive & healthy decisions

	-Avoiding peer pressure -Understanding the effect on current & future health and brain development
Human Reproduction	-Laws (sexual assault, age of consent, sending or taking pictures without appropriate clothing) - STI/STD knowledge and prevention -Promoting positive relationships -Values