Lehighton Area School District
Curriculum Framework

Course Title:	Wellness I
Content Area:	Introduction to Wellness, Stress, Pregnancy & Reproduction, STI's, HIV/AIDS, Illegal Drugs, Alcohol, Tobacco,
Grade Level(s):	9-12
Course Overview:	In Wellness I, students will engage in learning strategies to minimize various risk factors and promote healthy wellness behvaiors within both the school environment and the wider community. The course will emphasize the importance of making informed decisions related to the latest health related information available. Students will examine their physical, social, intellectual, occupational, environmental, occupational, and emotional aspects of health via the following topics: stress management, self-esteem, sexuality including reproductive systems, sexual preference/identity, refusal skills, avoiding risk behaviors, STI's, HIV/IDS, abstinence, pregnancy, fetal development. drugs, ialcohol including addiction, toobacco and nicotine. Additionally, students will explore topics such as the significance goal setting to provide direction, motivation, and focus by turning vague desires into clear, actionable objectives.
PA Core Standards:	Academic Standards for Health, Safety, and Physical Education
Key Course Text and Materials:	All coursework materials are hosted on instructors' Canvas course.
Key Assessments/Projects:	Unit assessments

Big Idea/Unit:	Wellness represents a comprehensive approach to health, emphasizing overall well-being requires balance across dimensions.			
Pacing:	10 days			
Standards	**Objective/Skill**	**Vocabulary**	**Additional Resources**	**Assessment/Project**
1.1.12 10.2.12 10.3.12	Evaluate factors that impact growth and development during adulthood and late adulthood. Evaluate factors that impact the body systems and apply protective/preventive strategies. Evaluate issues relating to the use/non-use of drugs. Identify and analyze factors that influence the prevention and control of health problems Assess factors that impact adult health consumer choices. Compare and contrast the positive and negative effects of the media on adult personal health and safety. Examine and apply a decision-making process to the development of short and long-term health goals. Assess the personal and legal consequences of unsafe practices in the home, school or community.	collaborate communication consequences consumer coping emotional health environmental health goal infectious disease life skill lifestyle disease long term goal media mental or intellectual health peer pressure physical health occupational health risk factor sedentary lifestyle short term goal social health spiritual health uncontrollable risk factors (4) wellness	Instructor's presentation Guided notes Writing prompts Personality profile Blooket review Canvas worksheets multi-media recordings personal health inventory	Introduction to Wellness Assessment

Big Idea/Unit:	Stress, grief and loss are not just emotional experiences but impact a person's overall wellbeing.			
Pacing:	10 days			
Standards	**Objective/Skill**	**Vocabulary**	**Additional Resources**	**Assessment/Project**

1.1.12 10.2.12	Evaluate factors that impact the body systems and apply protective/preventive strategies. Evaluate issues relating to the use/non-use of drugs. Identify and analyze factors that influence the prevention and control of health problems Examine and apply a decision-making process to the development of short and long-term health goals.	stress stressor epinephrine eustress distress resiliency asset prioritize grieve wake funeral memorial service suicide life change stressor thinking stressor biological stressor environmental stressor behavioral stressor denial anger bargaining depression acceptance alarm stage resistance stage General Adaptation Syndrome exhaustion stage	Instructor's presentation Guided notes Writing prompts Blooket review multi-media recordings	Stress & Loss Assessment Stress Management activity

Big Idea/Unit:	Human reproduction is that it is a complex, hormone-regulated, and sexually mediated process.			
Pacing:	15 days			
Standards	**Objective/Skill**	**Vocabulary**	**Additional Resources**	**Assessment/Project**

1.1.12 10.2.12	A. Evaluate factors that impact growth and development during adulthood and late adulthood. B. Evaluate factors that impact the body systems and apply protective/preventive strategies. E. Identify and analyze factors that influence the prevention and control of health problems	breech birth Cervix chromosomes cowper's gland Ejaculation Embryo Epididymis Erection Estrogen fallopian tubes Fertilization Fetus fraternal twins Gestation HCG identical twins Infertility Menopause menstruation Miscarriage Ovaries Ovulation pap smear Penis Pregnancy prostate gland Scrotum seminal vesicle Sperm still birth	Instructor's presentation Guided notes Writing prompts Personality profile Blooket review Canvas worksheets multi-media recordings	Reproduction Assessment Fetal growth & development presentation

	D. Examine and apply a decision-making process to the development of short and long-term health goals.	Testes Testosterone tubal ligation Urethra Uterus Vagina vas deferens vasectomy		

Big Idea/Unit:	Sexually transmitted infections (STIs) represent a global public health issue, a risk factor impacting long-term health.			
Pacing:	10 days			
Standards	**Objective/Skill**	**Vocabulary**	**Additional Resources**	**Assessment/Project**
1.1.12 10.2.12	A. Evaluate factors that impact growth and development during adulthood and late adulthood. B. Evaluate factors that impact the body systems and apply protective/preventive strategies. D. Evaluate issues relating to the use/non-use of drugs. E. Identify and analyze factors that influence the prevention and control of health problems	abstinence agender antibiotics asexual asymptomatic biological sex birth control pill bisexual chlamydia condom contraceptive epidemic gay gender binary gonorrhea hepatitis heterosexual homosexual HPV IUD	Instructor's presentation Guided notes Writing prompts Personality profile Blooket review Canvas worksheets multi-media	STI & HIV Assessment

	D. Examine and apply a decision-making process to the development of short and long-term health goals. A. Assess the personal and legal consequences of unsafe practices in the home, school or community. B. Analyze and apply strategies for the management of injuries.	lesbian LGBTQ+ pandemic pathogens pelvic inflammatory disease pubic lice scabies STI Syphilis tolerance transgender trichomoniasis UTI	multi-media recordings	

Big Idea/Unit:	HIV and AIDS represent a global public health issue, a risk factor impacting long-term health.			
Pacing:	5 days			
Standards	**Objective/Skill**	**Vocabulary**	**Additional Resources**	**Assessment/Project**
1.1.12 10.2.12	A. Evaluate factors that impact growth and development during adulthood and late adulthood. B. Evaluate factors that impact the body systems and apply protective/preventive strategies. D. Evaluate issues relating to the use/non-use of drugs. E. Identify and analyze factors that influence the prevention and control of health problems D. Examine and apply a decision-making process to the development of short and long-term health goals. A. Assess the personal and legal consequences of unsafe practices in the home, school or community. B. Analyze and apply strategies for the management of injuries.	antigen pathogen macrophage Killer T Cells Helper T Cells Suppressor T-cells B-Cells Memory B-Cells neutrophils CD4+ Opportunistic Infections asymptomatic antibodies HIV leukocyctes	Instructor's presentation Guided notes Writing prompts Personality profile Blooket review Canvas worksheets multi-media recordings	STI & HIV Assessment

Big Idea/Unit:	Recognizing and emphasizes risk factors accompaning alcohol use and reducing harm through informed decision-making, understan			
Pacing:	10 days			
Standards	**Objective/Skill**	**Vocabulary**	**Additional Resources**	**Assessment/Project**
1.1.12 10.2.12	A. Evaluate factors that impact growth and development during adulthood and late adulthood. B. Evaluate factors that impact the body systems and apply protective/preventive strategies. D. Evaluate issues relating to the use/non-use of drugs. E. Identify and analyze factors that influence the prevention and control of health problems C.Compare and contrast the positive and negative effects of the media on adult personal health and safety. D. Examine and apply a decision-making process to the development of short and long-term health goals. A. Assess the personal and legal consequences of unsafe practices in the home, school or community.	Intoxication Proof DUI ethanol BAC liqour social drinking Alcoholism binge drinking FAS problem drinking Dependence Cirrhosis beer wine path of addiction	Instructor's presentation Guided notes Writing prompts Personality profile Blooket review Canvas worksheets multi-media recordings	Alcohol Assessment Alcohol PSA project

Big Idea/Unit:	Recognizing and emphasizes risk factors accompaning drug use and reducing harm through informed decision-making, understandir			
Pacing:	15 days			
Standards	**Objective/Skill**	**Vocabulary**	**Additional Resources**	**Assessment/Project**
	A. Evaluate factors that impact growth and development during adulthood and late adulthood. B. Evaluate factors that impact the body systems and apply protective/preventive strategies. D. Evaluate issues relating to the use/non-use of drugs.	addiction club drugs Depressants detoxification drug abuse gateway drug Hallucinogens Inhalants intervention Marijuana Opiates	Instructor's presentation Guided notes	

1.1.12 10.2.12	E. Identify and analyze factors that influence the prevention and control of health problems C.Compare and contrast the positive and negative effects of the media on adult personal health and safety. D. Examine and apply a decision-making process to the development of short and long-term health goals. A. Assess the personal and legal consequences of unsafe practices in the home, school or community.	Opiates overdose prescription drugs recovery relapse Stimulants tolerance (drug) withdrawal path of addiction dopamine Intoxication Proof DUI Withdrawal	Guided notes Writing prompts Personality profile Blooket review Canvas worksheets multi-media recordings	Illegal Drugs Assessme Illegal drug project

Big Idea/Unit:	Recognizing and emphasizes risk factors accompaning nicotine and tobacco use and reducing harm through informed decision-maki			
Pacing:	10 days			
Standards	**Objective/Skill**	**Vocabulary**	**Additional Resources**	**Assessment/Project**
1.1.12 10.2.12	A. Evaluate factors that impact growth and development during adulthood and late adulthood. B. Evaluate factors that impact the body systems and apply protective/preventive strategies. D. Evaluate issues relating to the use/non-use of drugs. E. Identify and analyze factors that influence the prevention and control of health problems C.Compare and contrast the positive and negative effects of the media on adult personal health and safety. D. Examine and apply a decision-making process to the development of short and long-term health goals. A. Assess the personal and legal consequences of unsafe practices in the home, school or community.	Carbon monoxide Carcinogen COPD Tar (smoking) Nicotine vaping Emphysema Second hand smoke stimulant dopamine cigarettes vaping devices chewing tobacco nicotine chews	Instructor's presentation Guided notes Writing prompts Personality profile Blooket review Canvas worksheets multi-media recordings	Nictonine & Tobacco Assessment