SOMERSET COUNTY VOCATIONAL & TECHNICAL SCHOOLS
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Subject: Health: Grade 9- Health and Wellness, Human Development and Sexuality, Substance Abuse (Tobacco/Vaping)

Topic	Promoting a Lifetime of Health and Wellness (2.5 weeks)	Being Mentally and Emotionally Healthy (1 Week)	Understanding Sexuality (1 week)	Human Life Cycle and Reproductive Choices (3 weeks)
NJCCCS	2.1.12.PGD.2 2.1.12.CHSS.1 2.1.12.EH.1 2.1.12.CHSS.9 2.1.12.EH.2 2.1.12.SSH.1 2.1.12.EH.3 2.1.12.PGD.2 2.1.12.EH.4	2.1.12.PGD.2 2.1.12.CHSS.1 2.1.12.EH.1 2.1.12.CHSS.9 2.1.12.EH.2 2.1.12.SSH.1 2.1.12.EH.3 2.1.12.PGD.2 2.1.12.EH.4	2.1.12.SSH.1 2.1.12.SSH.7 2.1.12.SSH.2 2.1.12.SSH.8 2.1.12.SSH.3 2.1.12.SSH.9 2.1.12.SSH.4 2.1.12.SSH.10 2.1.12.SSH.5 2.1.12.SSH.6	2.1.12.PP.1 2.1.12.PP.5 2.1.12.PP.2 2.1.12.PP.6 2.1.12.PP.3 2.1.12.PP.7 2.1.12.PP.4 2.1.12.PP.8
Technology Ed	8.1.12.NI.2 8.2.12.ITH.2 8.1.12.NI.3 8.2.12.ITH.3 8.1.12.DA.1 8.2.12.ETW.2 8.2.12.ETW.3	8.1.12.NI.2 8.2.12.ITH.2 8.1.12.NI.3 8.2.12.ITH.3 8.1.12.DA.1 8.2.12.ETW.2 8.2.12.ETW.3	8.1.12.NI.2 8.2.12.ITH.2 8.1.12.NI.3 8.2.12.ITH.3 8.1.12.DA.1 8.2.12.ETW.2 8.2.12.ETW.3	8.1.12.NI.2 8.2.12.ITH.2 8.1.12.NI.3 8.2.12.ITH.3 8.1.12.DA.1 8.2.12.ETW.2 8.2.12.ETW.3
21st Century Knowledge & Skills	9.4.12.TL.1 9.4.12.TL.2 9.4.12.TL.3 9.4.12.TL.4 9.4.2.DC.3 9.4.2.DC.4 9.4.2.DC.5 9.4.5.GCA.1 9.4.5.IML.1	9.4.12.TL.1 9.4.12.TL.2 9.4.12.TL.3 9.4.12.TL.4 9.4.2.DC.3 9.4.2.DC.4 9.4.2.DC.5 9.4.5.GCA.1 9.4.5.IML.1	9.4.12.TL.1 9.4.12.TL.2 9.4.12.TL.3 9.4.12.TL.4 9.4.2.DC.3 9.4.2.DC.4 9.4.2.DC.5 9.4.5.GCA.1 9.4.5.IML.1	9.4.12.TL.1 9.4.12.TL.2 9.4.12.TL.3 9.4.12.TL.4 9.4.2.DC.3 9.4.2.DC.4 9.4.2.DC.5 9.4.5.GCA.1 9.4.5.IML.1
Skills (SWBAT)	-Identify the difference between Health and Wellness. -Identify the Dimensions of Wellness	- Identify modifiable and nonmodifiable personal and social factors that influence your health; discuss the importance of global	- Define *sexual identity*, and discuss its major components, including biology, gender identity,	-Discuss key issues to consider when planning a pregnancy, describe the process of pregnancy and fetal development, and

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	-Identify risk behaviors, the factors that influence those behaviors, and the strategies that can be used to assess them. -Understand different types of relationships and what healthy relationships look like. -Understand how to evaluate various forms of media. -Describe the types of social support available and the impact of social networks on health status. - Discuss the purpose and common forms of intimate relationships. -Discuss ways to improve communication skills and interpersonal interactions.	perspective on health; and explain how gender, racial, economic, and cultural factors influence health disparities. -Understand and identify types of mental illness and disorders. -Describe the immediate and long term rewards of healthy behaviors and the effects that your health choices may have on others. - Identify Basic Stress Management skills	gender roles, and sexual orientation. -Identify the primary structures of male and female sexual and reproductive anatomy and explain the functions of each. - Explain the nature of human sexual response and the variety of sexual expression. - List and describe the stages of the human sexual response and what factors may influence them. -Discuss the variety of sexual expression and their implications for sexual health and safety.	explain the importance of prenatal care. -Explain the basic stages of childbirth and complications that can arise during pregnancy, labor, and delivery.
Activities	-Group work to discuss the different models of health and how each has its place -Health and wellness IQ- What do you and what don't you know about general health and wellness. -Setting SMART goals -Dimensions of wellness discussion- what are the	-Assessing Media Sources. -Discussion: How does Media affect our overall wellness? -Managing Media Activity. - Examine how some of the mental disorders develop over the years when treated or left untreated.	-AMAZE Video series- Discussion to follow --Use the Sexetc.org website to explore the LGBTQ sections. -Health in a Diverse World: Living Between Genders - Student Guest Speakers	-AMAZE videos sponsored by answer by Rutgers. -DIscussions to follow each video. -Explain and diagram the Male and Female anatomy. - Discussion on abstinence and contraceptives -Various worksheets explaining each type of

	dimensions and how do they work together to achieve wellness. How does our overall wellness affect our overall health. -Create a list of coping mechanisms and activities that can be done under each mechanism. Identify the difference between positive coping mechanisms and negative mechanisms. -Assessing Media Sources. -Discussion: How does Media affect our overall wellness? -Analyzing Influences worksheet -Conflict Resolution discussion and activity sheets **Each individual teacher may find other activities as well as the ones listed** Use of new classroom games to reinforce information as well as to help with differentiation.	**Each individual teacher may find other activities as well as the ones listed** Use of new classroom games to reinforce information as well as to help with differentiation.	-Researching Sexuality worksheet Use of new classroom games to reinforce information as well as to help with differentiation. **Each individual teacher may find other activities as well as the ones listed**	contraceptives. -Discussion on fertilization and the pregnancy calendar. - Group activities on prenatal care and problems that can arise during pregnancy. -Explore the financial aspect of pregnancy. -Explore and chart various problems that can affect the reproductive systems. Discussion on the increased risk teen mothers face during pregnancy. -Explore and chart the stages of childbirth. -Discuss the various life stages starting with Newborn through teen years. -Explore how genetics works for determining how we look(eye color, hair color, etc) and what disease we may be more susceptible to. - Various worksheets about above topics **Each individual teacher may find other activities as well as the ones listed**

Evaluation	Unit Test on Promoting a Lifetime of Health and Wellness Questioning and Answering	Benchmark Assessment: -Group presentation: choose a mental disease or disorder and describe what can happen if left untreated or not taken seriously. Explain what effects it has on the person and family life. Also explain how one can preserve their mental health when faced with extreme stresses.	-Test on vocabulary and chapter information. Benchmark Assessment: -Group project: Create an LGBTQ awareness poster OR Create a Video PSA on the importance of tolerance.	Unit Test Questioning and Answering
Resources	Internet Health Book: Comprehensive Health Community members Linkages Dept	Internet Health Book: Comprehensive Health Community members Linkages Dept	Health Book- Access to Health Internet Community members Health Book: Comprehensive Health www.amaze.org Linkages Dept	Health Book- Access to Health Internet Community members Linkages Dept Health Book: Comprehensive Health

Topic	STI's (1 week)	Substance Abuse (Vaping and Tobacco) (1.5 weeks)
NJCCCS	2.1.12.PP.2 2.1.12.PP.3	2.3.12.ATD.1 2.3.12.ATD.2 2.3.12.ATD.3 2.3.12.DSDT.3 2.3.12.DSDT.5

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Technology Ed.	8.1.12.NI.2 8.2.12.ITH.2 8.1.12.NI.3 8.2.12.ITH.3 8.1.12.DA.1 8.2.12.ETW.2 8.2.12.ETW.3	8.1.12.NI.2 8.2.12.ITH.2 8.1.12.NI.3 8.2.12.ITH.3 8.1.12.DA.1 8.2.12.ETW.2 8.2.12.ETW.3
21st Century Knowledge & Skills	9.4.12.TL.1 9.4.12.TL.2 9.4.12.TL.3 9.4.12.TL.4 9.4.2.DC.3 9.4.2.DC.4 9.4.2.DC.5 9.4.5.GCA.1 9.4.5.IML.1	9.4.12.TL.1 9.4.12.TL.2 9.4.12.TL.3 9.4.12.TL.4 9.4.2.DC.3 9.4.2.DC.4 9.4.2.DC.5 9.4.5.GCA.1 9.4.5.IML.1
Skills (SWBAT)	-Explain the risk factors for sexually transmitted infections and actions that can prevent their spread. - Describe common types of sexually transmitted infections, including their symptoms and treatment methods. - Discuss human immunodeficiency virus (HIV) and acquired immune deficiency syndrome (AIDS), and the impact of these diseases on special populations.	-Describe the rate of tobacco use in the United States, and explain the social and political issues involved in tobacco use. - Describe how the chemicals in tobacco products affect the body. - Describe the dangers of vaping. -Explain drug use and misuse.
Activities	- www.sexetc.org website. Run by Answer sponsored by Rutgers. -AMAZE videos and discussions	-Discussion on the dangers of teens vaping and how the problem is growing in society.

	-Various Worksheets emphasizing the importance of STI prevention -Health Predictions group activity--list and explain 5 ways that STIs can negatively impact a person's health. -Case Study: Vaccine for STI? Use of new classroom games to reinforce information as well as to help with differentiation.	-Activity: Cigarette smoking and Death -Discussion marijuana and the effects on the body. -Identifying the Stages of Drug Abuse worksheet -You be the Government Worksheet (scenario worksheet that will enhance classroom discussion and critical thinking) -Resisting Peer pressure worksheet
Evaluation	-List 4 common STIs -Explain the difference between treatments for bacterial and viral STIs. -Students can name at least 2 ways to prevent the spread of STIs. -Unit Quiz	-Students will create an anti smoking/vaping/drug poster. -Unit Quiz
Resources	Health Book-Access to Health Internet Community members Health Book: Comprehensive Health	Health Book-Access to Health Internet Community members Health Book: Comprehensive Health

** General accommodations: Extra time on tests, books (or Printed Chapter Material) to be given for home for those who need them, printed copies of notes, modified tests/homework.

*** Interdisciplinary Standards
Science: 5.3.12.D.03, 5.3.12.D.02, 5.3.12.C.01, 5.3.12.C.02
Social Studies: 6.2.12.D.5.C, 6.2.12.D.6.A

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