



P26 Health Education Scope and Sequence

Unit Theme	Unit Focus	Concepts	Focus Standards	Resource	Extensions
Introduction	In these units, students will study Mental/Emotional Health, Alcohol, Tobacco, and Other Drugs, Sexual Health, Safety, Nutrition, and Anatomy.	<ul style="list-style-type: none">• Personal health assessment• Health Skills• Decision making model• Dimensions of health• Factors that influence health	Each unit should be in line with the appropriate standards that accompany it.	Unit Overviews are available for the Mental Health, Sexual Health, Safety, and Nutrition units. Curriculum guides such as LifeSkillsHS are also available.	Each unit may tie in to ELA themes as extensions of the health unit content, as students should be encouraged to make connections to other disciplinary areas.
1 Introduction Mental/Emotional Health	This unit, which introduces students to mental and emotional health, centers on the multiple dimensions of health, including mental health, and how they are interrelated. It also examines factors that influence health. Students will explore how societal messages influence their own perceptions and behaviors.	<ul style="list-style-type: none">• Mental/Emotional health• Communication skills• Feedback/Negotiation models• Violence-risk prevention	<p>L1.1.1 Compare the rate of physical social and emotional change during various life stages and discuss ways to foster healthy growth.</p> <p>L1.1.2 Describe the important developmental tasks of adolescence, including the development of mature relationships, gender identification, a healthy body image, emotional independence, and life skills.</p> <p>L1.4.1 Identify the traits of a healthy family, including responsibility, communication, trust loyalty, respect, commitment, love, affirmation, and self-reliance; and explain the ways family members depend on one another and can positively influence each other's health decisions.</p> <p>L2.1.1 Discuss psychological principles and theories of personality development, including identity formation; and differentiate among the concepts of the ideal self, public self, and private self</p> <p>L2.1.2 Analyze how peer norms and expectations, substance abuse, media images sexual exploitation, and poor role models contribute to violent behavior.</p> <p>L1.5.1 Contrast how positive communication and negative communication impact relationships.</p>	Mental Health Unit Overview	ELA Theme – The Dead

<p style="text-align: center;">2 Alcohol, Tobacco, and Other Drugs</p>	<p>This unit about alcohol, tobacco, and other drugs explores the effects of substance abuse and identifies strategies to resist using alcohol, tobacco, and other drugs.</p>	<ul style="list-style-type: none"> • Peer pressure • Decision Making Model (3 C approach) • Consequences of drug use 	<p>L1.1.14/15 Research and analyze how public health policies and government regulations related to the sale, distribution and use of tobacco/alcohol influence health promotion and disease prevention. L2.1.15 Describe the impact of alcohol and other drugs on those areas of the brain that control vision, sleep, coordination, and reaction time; and assess how the use and abuse of alcohol and other drugs impair behavior, judgment, and memory. L2.1.16 Describe how prenatal exposure to alcohol, tobacco, and other drugs can adversely affect the health of a newborn baby, including fetal alcohol syndrome, low birth weight, and other disabilities.</p>	<p>LifeSkills HS</p>	<p>ELA Theme – Money makes the world go around</p>
<p style="text-align: center;">3 Sexual Health</p>	<p>In this unit about sexual health, students will examine the factors that determine sexual health, including the importance of testing both partners for HIV and STIs before sexual behavior and regular testing of men and women for such health issues such as prostate cancer or breast cancer. Students will learn about the short-term and long-term consequences of adolescent sexual activity, and the benefits of abstinence as the most effective means of contraception. Students will also learn about healthy and unhealthy relationships, parenting, and sexual orientation.</p>	<ul style="list-style-type: none"> • Abstinence • Parenting • Pregnancy and disease prevention • Healthy and unhealthy relationships • Puberty, growth and development • Sexual orientation 	<p>L1.1.7 Explain the importance of testing both partners for HIV and STIs before sexual behavior and the risks and precautions of birth delivery when HIV and STIs are present. L2.1.4 Describe short-term and long-term consequences of adolescent sexual activity, and the benefits of abstinence as the most effective means of contraception. L2.1.7 Know that men and women need to regularly be tested for such health issues as prostate cancer or breast cancer (when they begin to engage in intercourse or turn 18). L2.1.8 Analyze the factors that influence the choice and use of contraception and discuss the importance of consistent and effective contraceptive use. L2.4.1 Identify the financial resources and child-rearing skills (including emotional maturity required to nurture children and knowledge of child-developmental stages) needed for parenting. L2.6.2 Demonstrate kind and respectful ways to end relationships, postpone sexual involvement, and remain abstinent.</p>	<p>Sexual Health Lessons</p>	<p>ELA Theme – What’s love got to do with it?</p>

<p>4 Safety</p>	<p>In this unit about safety, students will learn about disaster prevention and preparedness. Students will also learn how to protect their personal safety in terms of abuse such as bullying and domestic violence, and discuss strategies such as conflict resolution.</p>	<ul style="list-style-type: none"> Disaster preparedness Conflict resolution Abuse and violence prevention Bullying 	<p>L1.3.1 Evaluate home-safety conditions (e.g., proper use of smoke detectors and fire extinguishers) and workplace conditions (e.g. eye protection, gloves, and hard hats) for perceived and actual risk of intentional injuries; and apply injury prevention and management strategies. L1.3.3 Identify the signs of emotional and physical abuse and the available resources for help and support in the schools, the local community, law enforcement agencies, and faith-based groups. L2.3.2 Identify the health consequences of domestic violence, child abuse, rape, and other forms of violence; and discuss strategies to deal with and prevent them.</p>	<p>Safety Unit Overview</p>	<p>ELA Theme – Crime and Punishment</p>
<p>5 Nutrition</p>	<p>This unit about nutrition exposes students to the components that comprise healthy meal plans and gives students the opportunity to create a personalized nutrition plan. Students will analyze dietary recommendations from a variety of sources, including the media.</p>	<ul style="list-style-type: none"> Meal planning 	<p>L1.1.11 Analyze and evaluate current dietary recommendations, resources, and trends from a variety of sources. L2.4.2 Describe the role of government agencies in regulating advertising claims related to health that appear in the media and on the internet. L2.1.12 Design and evaluate a nutrition plan for a healthy young adult, considering cost, availability, nutritional value and balance, freshness, and culture.</p>	<p>Team Nutrition’s <i>Empowering Youth</i> Nutrition Unit Overview</p>	<p>ELA Theme – Atrocities and Remembrance</p>
<p>6 Anatomy</p>	<p>This unit about anatomy focuses on disease prevention and world health issues. Students will identify behaviors that support optimal functioning of bodily systems (including the immune system) and learn about the effects of heredity and genetics on human growth and development. Students will also analyze how research and medical advances have influenced the prevention and control of many diseases, such as cancer and HIV/AIDS.</p>	<ul style="list-style-type: none"> Disease and prevention World health issues 	<p>L1.1.3 Identify and recommend behaviors that enhance and support the optimal functioning of bodily systems, including the functions of the body’s immune system. L1.1.8 Compare and contrast disease and health conditions during adolescence and young adulthood with those occurring later in life, and explain how health decisions today might increase or reduce the risks of developing such ailments. L2.1.3 Predict the impact of heredity and genetics on human growth and development. L2.1.10 Analyze how research and medical advances have influenced the prevention and control of many diseases, such as cancer and HIV/AIDS.</p>		<p>ELA Theme – East, West, and in the Middle</p>