NINTH GRADE HEALTH EDUCATION

Essential Curriculum Goals

Assist students in the development of healthy behaviors that are based on accurate, factual information, healthy attitudes and practical skills

Develop a plan for the prevention of health problems and the development of behaviors that lead to a quality lifestyle

Evaluate physical, intellectual, social, emotional and spiritual well-being and initiate a process of lifelong learning designed to promote health and prevent disease

Develop skills, attitudes, and behaviors that enable one to make responsible decisions about health and avoid health-related crises.

HE 900.10
Mental and Emotional Health – Students will demonstrate the ability to use mental and emotional health knowledge, skills, and strategies to enhance wellness.

Decision Making
HE 900.10.01 Develop and use decision-making skills.
   HE 900.10.01a Examine and practice decision-making skills.
   HE 900.10.01b Evaluate the consequences of making a decision.
   HE 900.10.01c Define personal strategies for making decisions.
HE 900.10.02 Develop strategies for goal setting.
   HE 900.10.02a Examine personal short/and long-term goals.
   HE 900.10.02b Examine the steps to goal setting.
HE 900.10.03 Evaluate personal health.
   HE 900.10.03a Describe the various components that make up the wellness concept.
   HE 900.10.03b Recognize individual strengths and weaknesses in each component of wellness.
   HE 900.10.03c Develop a plan for improvement/maintenance of personal wellness components.
HE 900.10.04 Describe the physical, intellectual, emotional, social, spiritual, and cultural factors which comprise the wellness concept.

Stress
HE 900.10.05 Demonstrate, evaluate and analyze strategies to manage stress.
   HE 900.10.05a Assess situations that are perceived as personal stressors.
   HE 900.10.05b Compare stressors across the lifespan
   HE 900.10.05c Formulate positive ways to manage stressful situations.

Mental Illness, Depression, Suicide
HE 900.10.06 Recognize and respond to destructive behaviors.
   HE 900.10.06a Relate mental and emotional health to disease and disorder.
   HE 900.10.06b Investigate the warning signs of depression and suicide.
   HE 900.10.06c Apply strategies and skills to intervene when signs of depression occur.
   HE 900.10.06d Design a plan to access information and services to help prevent suicide.
HE 900.20
Alcohol, Tobacco and Other Drugs—Students will demonstrate the ability to use drug knowledge, decision-making skills, and health enhancing strategies to address the non-use, use and abuse of medications, alcohol, tobacco and other drugs.

Medicine
HE 900.20.01 Investigate effects of prescription and OTC drugs and resulting consequences.
   HE 900.20.01a Analyze physical effects of combining OTC medicines with alcohol and other drugs.
   HE 900.20.01b Create a lifelong plan for appropriate use of prescription and OTC medications.
   HE 900.20.01c Compare use, misuse, and abuse of prescription and OTC medications.

Analyzing Influences
HE 900.20.02 Identify factors that influence the use of tobacco, alcohol and other drugs.
   HE 900.20.02a Describe the impact of peer pressure on the attitude and behaviors of youth in regard to the use of tobacco, alcohol, and other drugs.
   HE 900.20.02b Demonstrate strategies for refusing alcohol, tobacco, and other drugs.
   HE 900.20.02c Examine the influence the family has on the use/abuse of tobacco, alcohol and other drugs.
   HE 900.20.02d Analyze genetics as a predisposing risk factor for the use/abuse of tobacco, alcohol and other drugs.

Drug Involvement Consequences
HE 900.20.03 Identify and examine physical, psychological, social, and legal consequences of the use of tobacco, alcohol, and other drugs.
   HE 900.20.03a Interpret the legal issues and discuss the consequences of underage alcohol and tobacco use and/or possession.
   HE 900.20.03b Demonstrate ways to minimize the impact of tobacco use by others on your health and well-being.
   HE 900.20.03c Forecast the physical consequences of short and long-term alcohol, tobacco and other drug use.
   HE 900.20.03d Advocate healthy choices regarding alcohol, tobacco, and other drugs.

Addiction
HE 900.20.04 Access information and services for treatment of addictive behaviors.
   HE 900.20.04a Identify resources to be used when a friend or family member has a drug problem.
   HE 900.20.04b Apply strategies and skills needed to intervene with dependent and addictive behaviors.

HE 900.30
Personal and Consumer Health—Students will demonstrate the ability to use knowledge, skills, and strategies to develop sound personal and consumer health practices involving the use of health care products, services, and community resources.

HE 900.30.01 Evaluate and practice health enhancing behaviors and reduce health risks.
   HE 900.30.01a Evaluate how factors, such as culture, media, and peers, influence health information, perceptions, behaviors, and product and service selection.
   HE 900.30.01b Demonstrate the ability to access school and community health services for self and others.
   HE 900.30.01c Analyze situations requiring professional health services.
HE 900.30.01d Examine the impact of technology, research and medical advances on personal, family, and community health.

**HE.900.40**

Family Life and Human Sexuality – Students will demonstrate the ability to use human development knowledge, social skills, and health enhancing strategies to promote positive relationships and healthy growth and development throughout the life cycle.

**Family Unit**

**HE.900.40.01** Recognize the family as a basic unit of society that perpetuates life and promotes healthy growth and development and examine differences in family structures

- HE.900.40.04a Discuss the goals and purpose of a family
- HE.900.40.04b Identify the different types of family structures
- HE.900.40.04c Identify the characteristics of strong, healthy family
- HE.900.40.04d Discuss the most important qualities of a strong, healthy family
- HE.900.40.04e Describe how the family meets the needs of its members throughout the lifecycle

**Puberty and Reproduction**

**HE.900.40.02** Explain the process of human reproduction (fetal and maternal).

- HE.900.40.02a Describe fertilization, fetal development, and the birth process.
- HE.900.40.02b Identify the most prevalent congenital and hereditary conditions that affect the fetus

**Healthy Relationships**

**HE.900.40.03** Distinguish between healthy and unhealthy relationships

- HE.900.40.03a Investigate factors that may contribute to a healthy relationship.
- HE.900.40.03b Examine potential causes of relationship failures.
- HE.900.40.03c Explore the effects of personal and family stress on relationships.
- HE.900.40.03d Investigate laws that relate to relationships and sexual behavior

**Abstinence and Contraception**

**HE.900.40.04** Analyze different ways to prevent pregnancy and sexually transmitted infections.

- HE.900.40.04a Distinguish between risks and consequences of sexual activity.
- HE.900.40.04b Analyze how perceptions of the risk and consequences of sexual activity impact decisions.
- HE.900.40.04c Advocate abstinence from sexual intercourse as the most effective and healthy means for preventing pregnancy and STIs.
- HE.900.40.04d Compare the effectiveness of various contraceptive methods in preventing pregnancy and STIs.

**Sexuality and Culture**

**HE.900.40.05** Demonstrate capacity for setting limits on sexual intimacy.

- HE.900.40.05a Describe limits on sexual intimacy.
- HE.900.40.05b Demonstrate how to use decision-making steps for setting limits on sexual intimacy.
- HE.900.40.05c Explain influences on the limits of sexual intimacy.
- HE.900.40.05d Advocate for respecting limits on sexual intimacy.

**Communication and Sexual Behaviors**

**HE.900.40.06** Evaluate the influence of communication and decision-making on sexual behavior.

- HE.900.40.06a Demonstrate refusal strategies for sexual pressure.
HE.900.40.06b Assess several ways to communicate decisions about sexual behavior.
HE.900.40.06c Examine how culture, value systems, and the family influence attitudes toward sexual behavior.

Teen Pregnancy

HE.900.40.07 Determine the impact of teen pregnancy.
HE.900.40.07a Assess the impact of unplanned pregnancy on the teen, the child and the family.
HE.900.40.07b List reasons why people get pregnant such as by accident, not using contraception, to keep a partner, to have a child to love, not being abstinent.
HE.900.40.07c Evaluate the impact of teen pregnancy on society, including schools, justice system, social service organizations, and welfare system.

Responsibilities of Parenthood

HE.900.40.08 Recognize parental qualities and resources necessary for promoting child/adolescent health and investigate the responsibilities of parenting.
HE.900.40.08a Describe qualities and characteristics of effective parenting.
HE.900.40.08b Identify resources a person should possess before considering parenthood.
HE.900.40.08c Assess the costs associated with raising a child.
HE.900.40.08d Evaluate the impact of parenting on time management.
HE.900.40.08e Demonstrate effective parenting skills.

HE.900.50

Safety and Injury Prevention- Students will demonstrate the ability to apply prevention and intervention knowledge, skills, and processes to promote safe living in the home, school, and community.

Harassment

HE.900.50.01 Demonstrate an understanding of sexual harassment and sexual assault, including prevention skills and appropriate intervention.
HE.900.50.01a Defend the classification of sexual harassment and sexual assault behaviors that are considered verbal, physical, or electronic sexual harassment and assault such as unwelcome touching, gestures, comments, and written communication.
HE.900.50.01b Validate and debate best practices to avoid being sexually harassed and/or sexually assaulted and the consequences of sexually harassing and/or sexually assaulting others.
HE.900.50.01c Critique refusal strategies and skills.
HE.900.50.01d Justify the importance of immediately reporting sexual harassment and/or sexual assault to a parent, school staff member, or other trusted adult.
HE.900.50.01e Investigate the value and responsibilities of a witness to sexual harassment and/or sexual assault.

HE.900.60

Nutrition and Fitness – Students will demonstrate the ability to use nutrition and fitness knowledge, skills, and strategies to promote a healthy lifestyle.

Food and Health
HE.900.60.01a Identify and describe the functions of the digestive system.
HE.900.60.01b List and describe the function of the six(6) essential nutrients.
HE.900.60.01c Categorize food and food sources and identify their primary nutrient contributions.
HE.900.60.01d Compare and contrast foods according to calories and nutrients.
HE.900.60.01e Analyze your personal diet, based on nutritional guidelines.

**Healthy Weight**
HE.900.60.02 Analyze the benefits of maintaining a healthy weight.
HE.900.60.02a Evaluate common factors that contribute to excess weight gain.
HE.900.60.02b Analyze influences on eating and activity behaviors
HE.900.60.02c Investigate the influences on personal eating and activity behaviors.
HE.900.60.02d Analyze eating and activity behaviors that need improvement.
HE.900.60.02e Identify areas of personal eating behaviors that need improvement.

**Body Image**
HE.900.60.03 Explain body image, how it is developed, and how it is influenced.
HE.900.60.03a Implement strategies to counteract negative influences on body image.
HE.900.60.03b Describe a variety of eating disorders and the relationship between eating and the body.
HE.900.60.03c Analyze the impact of the media on body image.

**HE 900.70**
Disease Prevention and Control-Students will demonstrate the ability to apply prevention and treatment knowledge, skills and strategies to reduce susceptibility and manage disease.

**Disease Classification**
HE.900.70.01 Describe risk factors and behaviors that influence contraction and transmission of communicable diseases.
HE.900.70.01a Explain how sexual behaviors and practices including abstinence, use of condoms, sexual activity, and multiple partners influence contraction of HIV/AIDS and STIs.
HE.900.70.01b Explain how other behaviors and practices, such as drug use, sharing needles (piercing, drugs, tattoos), mother to child, and occupational exposure influence contraction of HIV/AIDS, STIs, and Hepatitis

**HIV/AIDS**
HE.900.70.02 Access and assess valid information about HIV/AIDS.
HE.900.70.02a List specific symptoms of HIV/AIDS.
HE.900.70.02b Explain the progression from HIV to AIDS.
HE.900.70.02c Investigate the effect HIV/AIDS has on the body, including the immune system.
HE.900.70.02d Formulate ways to prevent HIV/AIDS.
HE.900.70.02e Examine various modes of treatment.

**Disease and Society**
HE.900.70.03 Examine the roles of the individual and society in preventing disease.
HE.900.70.03a Evaluate the impact of communicable and non-communicable disease on the individual, family and society.
HE.900.70.03b Describe the roles and responsibilities for disease prevention and control of health-related agencies at local, state and federal levels.
HE.900.70.03c Investigate the impact of medical technology on the incidence and prevalence of disease.
HE.900.70.03d Identify resources for reliable information, assessment, and treatment of communicable and non-communicable disease or disability.