

HEALTH EDUCATION

7-12 GENERAL LEARNING GOALS

The Health Education Program in the middle and senior high school will seek to assist all students in reaching the following objectives:

- To recognize the place of wellness and wellness education in a broad educational perspective.
- To understand that wellness constitutes integration of physical, social, emotional, mental/intellectual and spiritual well being.
- To attain the social and communication skills necessary to deal effectively with health-related decisions and issues, including decision making, goal setting, and refusal.
- To demonstrate skills for accessing a wide range of health information, products, and health services and determining criteria for distinguishing the reliable from the unreliable.
- To recognize and appreciate the various cultures of gender, race, religion, sexual orientation, class, and abilities in our family and community.
- To recognize the various aspects which may encourage or discourage the use of substances.
- To identify the effects of substance use and the possible consequences which may result.
- To demonstrate knowledge of reproductive anatomy, sexually transmitted infections, abstinence, and contraceptive methods available.
- To understand the relationships and responsibilities in the complexities of sexual development.