

DEPARTMENT: HEALTH	COURSE TITLE: HEALTH EDUCATION COURSE NUMBER: 732
GRADE(S): 9	PRE-REQUISITES (IF ANY):

UNIT	LENGTH	CONTENT	SKILLS	METHODS OF ASSESSMENT	FRAMEWORK STRAND(S) & STANDARD(S)
Substance Abuse and Addiction	20 days	<ul style="list-style-type: none"> • The process of addiction • Physiological response to drugs • Psychological response to drugs • Biochemical changes • Pressures, influences, expectations • Social norms regarding drug use • Skills and attitudes to encourage non-use • Risks associated with drug use • Resources: school and community 	<p>Students will:</p> <ul style="list-style-type: none"> • Understand the progression of drug use. • Identify the multi-dimensional aspects of addiction. • Recognize the stages of physical and psychological dependence. • Explain and link the biochemical changes that provoke a “high.” • Brainstorm pressures, expectations that can lead to drug use. • Identify and prioritize levels of risk involved in drug use. • Brainstorm personal behaviors that result in being drug free. • Identify and evaluate sources of information and support regarding problems associated with drug use. 	<ul style="list-style-type: none"> • Decision making exercises • Research and presentation • Extracting information from documentaries and handouts • Reflection writing • Personal evaluation activity • Test taking 	1.13 2.24 5.13; 5.16; 5.17 6.10; 6.11; 6.15 7.10; 7.12; 7.14; 7.16 8.14; 8.18 10.9; 10.10; 10.11; 10.12; 10.13; 10.14; 10.15 11.14; 11.17; 11.18 12.11; 12.13; 12.16; 12.20 13a 14.2; 14.11
Wellness Behavior	15 days	<ul style="list-style-type: none"> • Components of wellness • Mind-body connection • Concepts of personal power • Gender and culture messages • Social justice issues and impact • Stress management techniques • Community resources 	<p>Students will:</p> <ul style="list-style-type: none"> • Identify life management skills that contribute to achieving personal wellness. • Evaluate personal strengths and weaknesses. • Identify strategies to improve health. • Analyze and discuss the impact of social and cultural messages on one’s wellness. • Describe the influence of gender on identity and self-perception. • Implement strategies to manage personal wellness. • Describe the relationship between negative stress and violence/anger management. 	<ul style="list-style-type: none"> • Personal self-evaluation • Goal setting • Expository writing • Extracting information from video • Test taking • Completion of creative depiction of heritage 	1.13 2.24 3.13; 3.14; 3.21 4.14 5.11;5.12; 5.15; 5.18; 5.19 6.9; 6.19; 6.15 7.10; 7.11; 7.12; 7.14 9.15 8a 11.12; 11.13; 11.14; 11.16; 11.17 12.11; 12.16

Sexuality	30 days	<ul style="list-style-type: none"> • Impact of culture and society on gender and sexuality • Physiology of reproductive system • Reproductive health care • Supporting abstinence • Responsibilities and consequences of sexual activity • Unhealthy relationships, psychological and social impact • Components of healthy relationships 	<p>Students will:</p> <ul style="list-style-type: none"> • Illustrate personal examples of culture on the development of gender identity. • Understand the chemistry of the reproductive system. • Identify the reproductive system and terminology. • Discuss the importance and consequences of reproductive health care. • Predict some results of neglecting reproductive health care. • Brainstorm definitions of abstinence. • Develop physical and psychological outcomes of choosing abstinence. • Examine the consequences of sexual activity. • Link the psychological and social influences of unhealthy relationships. • Categorize components of healthy relationships as they pertain to holistic wellness. • Identify resources in the school and community at large regarding issues of sexuality. 	<ul style="list-style-type: none"> • Extracting information from charts, textbook • Personal evaluation • Evaluation of presenters • Completion of learning guides • Test taking 	<p>1.12; 1.13 2.24 4.11; 4.12; 4.13; 4.14; 4.15; 4.16; 4.17; 4.18; 4.19; 4.20 5.11; 5.15; 5.16; 5.18; 5.19 6.9; 6.10; 6.11; 6.12; 6.14; 6.16 7.11; 7.13; 7.14; 7.15; 7.16; 7.17 8.14; 8.15; 8.16; 8.18 9.15; 9.16 10.10; 10.15 11.11; 11.13; 11.14; 11.15; 11.16; 11.17; 11.18; 11.19 12.11; 12.12; 12.13; 12.16 13b 14.8; 14.9; 14.10; 14.11</p>
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