

HEALTH

9th - 12th Grade

RE-1 Standard 1: **Health Promotion & Disease Prevention** - High school Health teachers will be accountable to ensure that, as a result of health instruction in Grades 9-12, students will:

BENCHMARK	LESSON PLAN RESOURCES			
1.1 Analyze how behavior can impact health maintenance and disease prevention.	Units: 1	Health Skills	7	Alcohol, Tobacco and Other Drugs
	2	Mental & Emotional Health	8	Communicable & Chronic Disease
	3	Family & Social Health	11	Injury Prevention & Personal Safety
1.2 Describe the interrelationships of mental, emotional, social, and physical health throughout adulthood.	1	Health Skills	7	Alcohol, Tobacco and Other Drugs
	2	Mental & Emotional Health		
	3	Family & Social Health	11	Injury Prevention & Personal Safety
1.3 Explain the impact of personal health behaviors on the functioning of body systems.			7	Alcohol, Tobacco and Other Drugs
	2	Mental & Emotional Health	8	Communicable & Chronic Disease
	3	Family & Social Health		
1.4 Analyze how the family, peers, and community influence the health of individuals.	1	Health Skills	7	Alcohol, Tobacco and Other Drugs
	2	Mental & Emotional Health	8	Communicable & Chronic Disease
	3	Family & Social Health	11	Injury Prevention & Personal Safety
1.5 Analyze how the environment influences the health of the community.	1	Health Skills	7	Alcohol, Tobacco and Other Drugs
	2	Mental & Emotional Health	8	Communicable & Chronic Disease
			11	Injury Prevention & Personal Safety
1.6 Describe how to delay onset and reduce risks of potential health problems during adulthood.	1	Health Skills	7	Alcohol, Tobacco and Other Drugs
	2	Mental & Emotional Health	8	Communicable & Chronic Disease
	3	Family & Social Health	11	Injury Prevention & Personal Safety

UNITS OVERVIEW					
UNIT 1 HEALTH SKILLS	Responsibility. Accessing valid health information, products, and services. Practicing healthy behavior. Influences on health. Communication skills and goals.	UNIT 3 FAMILY & SOCIAL HEALTH	Family relationships. Family changes. Dating and friendships. Abstinence. Harmful relationships.	UNIT 8 COMMUNICABLE & CHRONIC DISEASES	Reducing the risk of and spread of viruses, pathogens. Respiratory diseases. STD's & HIV. Reducing the risks of cardiovascular disease and cancer.
UNIT 2 MENTAL & EMOTIONAL HEALTH	Developing good character. Healthy minds. Emotions and managing stress. Depression. Grief and loss.	UNIT 7 ALCOHOL, TOBACCO, AND OTHER DRUGS	Prescription and over the counter drugs. Resisting peer pressure. Avoiding drugs and other risk factors. Assessing treatments.	UNIT 11 INJURY PREVENTION & PERSONAL SAFETY	Reducing unintentional injuries. Reducing the risk of physical, sexual and gang violence. Reducing weapon injuries. Emergency first aid.

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BENCHMARK	LESSON PLAN RESOURCES			
1.7 Analyze how public health policies and government regulations influence health promotion and disease prevention.	1	Health Skills	7	Alcohol, Tobacco and Other Drugs
	3	Family & Social Health	11	Injury Prevention & Personal Safety
1.8 Analyze how the prevention and control of health problems are influenced by research and medical advances.	1	Health Skills		
	2	Mental & Emotional Health	8	Communicable & Chronic Disease

UNITS OVERVIEW					
UNIT 1 HEALTH SKILLS	Responsibility. Accessing valid health information, products, and services. Practicing healthy behavior. Influences on health. Communication skills and goals.	UNIT 3 FAMILY & SOCIAL HEALTH	Family relationships. Family changes. Dating and friendships. Abstinence. Harmful relationships.	UNIT 8 COMMUNICABLE & CHRONIC DISEASES	Reducing the risk of and spread of viruses, pathogens. Respiratory diseases. STD's & HIV. Reducing the risks of cardiovascular disease and cancer.
UNIT 2 MENTAL & EMOTIONAL HEALTH	Developing good character. Healthy minds. Emotions and managing stress. Depression. Grief and loss.	UNIT 7 ALCOHOL, TOBACCO, AND OTHER DRUGS	Prescription and over the counter drugs. Resisting peer pressure. Avoiding drugs and other risk factors. Assessing treatments.	UNIT 11 INJURY PREVENTION & PERSONAL SAFETY	Reducing unintentional injuries. Reducing the risk of physical, sexual and gang violence. Reducing weapon injuries. Emergency first aid.

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RE-1 Standard 2: **Health Enhancing Behavior & Reduce Risk** - High School Health teachers will be accountable to ensure that, as a result of health instruction in Grades 9-11, students will:

BENCHMARK	LESSON PLAN RESOURCES			
2.1 Analyze the role of individual responsibility for enhancing health.	1	Health Skills	7	Alcohol, Tobacco and Other Drugs
	2	Mental & Emotional Health	8	Communicable & Chronic Disease
	3	Family & Social Health	11	Injury Prevention & Personal Safety
2.2 Evaluate a personal health assessment to determine strategies for health enhancement and risk reduction.	1	Health Skills	8	Communicable & Chronic Disease
2.3 Analyze the short-term and long-term consequences of safe, risky and harmful behaviors.	1	Health Skills	7	Alcohol, Tobacco and Other Drugs
	2	Mental & Emotional Health	8	Communicable & Chronic Disease
	3	Family & Social Health	11	Injury Prevention & Personal Safety
2.4 Develop strategies to improve or maintain personal, family and community health.	1	Health Skills	7	Alcohol, Tobacco and Other Drugs
	2	Mental & Emotional Health	8	Communicable & Chronic Disease
	3	Family & Social Health	11	Injury Prevention & Personal Safety
2.5 Develop injury prevention and management strategies for personal, family, and community health.	2	Mental & Emotional Health	8	Communicable & Chronic Disease
			11	Injury Prevention & Personal Safety
2.6 Demonstrate ways to avoid and/or to reduce threatening situations.			7	Alcohol, Tobacco and Other Drugs
			11	Injury Prevention & Personal Safety

UNITS OVERVIEW					
UNIT 1 HEALTH SKILLS	Responsibility. Accessing valid health information, products, and services. Practicing healthy behavior. Influences on health. Communication skills and goals.	UNIT 3 FAMILY & SOCIAL HEALTH	Family relationships. Family changes. Dating and friendships. Abstinence. Harmful relationships.	UNIT 8 COMMUNICABLE & CHRONIC DISEASES	Reducing the risk of and spread of viruses, pathogens. Respiratory diseases. STD's & HIV. Reducing the risks of cardiovascular disease and cancer.
UNIT 2 MENTAL & EMOTIONAL HEALTH	Developing good character. Healthy minds. Emotions and managing stress. Depression. Grief and loss.	UNIT 7 ALCOHOL, TOBACCO, AND OTHER DRUGS	Prescription and over the counter drugs. Resisting peer pressure. Avoiding drugs and other risk factors. Assessing treatments.	UNIT 11 INJURY PREVENTION & PERSONAL SAFETY	Reducing unintentional injuries. Reducing the risk of physical, sexual and gang violence. Reducing weapon injuries. Emergency first aid.

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BENCHMARK	LESSON PLAN RESOURCES
2.7 Evaluate strategies to manage stress.	2 Mental & Emotional Health 3 Family & Social Health

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UNIT 2 MENTAL & EMOTIONAL HEALTH	Developing good character. Healthy minds. Emotions and managing stress. Depression. Grief and loss.	UNIT 7 ALCOHOL, TOBACCO, AND OTHER DRUGS	Prescription and over the counter drugs. Resisting peer pressure. Avoiding drugs and other risk factors. Assessing treatments.
		UNIT 8 COMMUNICABLE & CHRONIC DISEASES	Reducing the risk of and spread of viruses, pathogens. Respiratory diseases. STD's & HIV. Reducing the risks of cardiovascular disease and cancer.
		UNIT 11 INJURY PREVENTION & PERSONAL SAFETY	Reducing unintentional injuries. Reducing the risk of physical, sexual and gang violence. Reducing weapon injuries. Emergency first aid.

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RE-1 Standard 3: **Influences** - High school Health teachers will be accountable to ensure that, as a result of health instruction in Grades 9-12, students will:

BENCHMARK	LESSON PLAN RESOURCES			
3.1 Analyze how the variety of human cultures enrich and challenge health behaviors.	1	Health Skills	8	Communicable & Chronic Disease
3.2 Evaluate the effect of media and other factors on personal, family and community health.	1 2 3	Health Skills Mental & Emotional Health Family & Social Health	7 11	Alcohol, Tobacco and Other Drugs Injury Prevention & Personal Safety
3.3 Evaluate the impact of technology on personal, family and community health.	1 2 3	Health Skills Mental & Emotional Health Family & Social Health	7	Alcohol, Tobacco and Other Drugs
3.4 Analyze how information from the community influences health.	1 2	Health Skills Mental & Emotional Health	8	Communicable & Chronic Disease

UNITS OVERVIEW					
UNIT 1 HEALTH SKILLS	Responsibility. Accessing valid health information, products, and services. Practicing healthy behavior. Influences on health. Communication skills and goals.	UNIT 3 FAMILY & SOCIAL HEALTH	Family relationships. Family changes. Dating and friendships. Abstinence. Harmful relationships.	UNIT 8 COMMUNICABLE & CHRONIC DISEASES	Reducing the risk of and spread of viruses, pathogens. Respiratory diseases. STD's & HIV. Reducing the risks of cardiovascular disease and cancer.
UNIT 2 MENTAL & EMOTIONAL HEALTH	Developing good character. Healthy minds. Emotions and managing stress. Depression. Grief and loss.	UNIT 7 ALCOHOL, TOBACCO, AND OTHER DRUGS	Prescription and over the counter drugs. Resisting peer pressure. Avoiding drugs and other risk factors. Assessing treatments.	UNIT 11 INJURY PREVENTION & PERSONAL SAFETY	Reducing unintentional injuries. Reducing the risk of physical, sexual and gang violence. Reducing weapon injuries. Emergency first aid.

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RE-1 Standard 4: **Communication Skill** - High School Health teachers will be accountable to ensure that, as a result of health instruction in Grades 9-12, students will:

BENCHMARK	LESSON PLAN RESOURCES			
4.1 Demonstrate skills for communicating effectively with family, peers and others.	1	Health Skills		
	2	Mental & Emotional Health	8	Communicable & Chronic Disease
	3	Family & Social Health	11	Injury Prevention & Personal Safety
4.2 Analyze how interpersonal communication affects relationships.	1	Health Skills		
	2	Mental & Emotional Health		
	3	Family & Social Health		
4.3 Demonstrate healthy ways to express needs, wants and feelings.	1	Health Skills	7	Alcohol, Tobacco and Other Drugs
	2	Mental & Emotional Health	8	Communicable & Chronic Disease
	3	Family & Social Health	11	Injury Prevention & Personal Safety
4.4 Demonstrate ways to communicate care, consideration and respect of self and others.	1	Health Skills	7	Alcohol, Tobacco and Other Drugs
	2	Mental & Emotional Health		
	3	Family & Social Health	11	Injury Prevention & Personal Safety
4.5 Demonstrate strategies for solving interpersonal conflicts without harming self or others.	1	Health Skills	7	Alcohol, Tobacco and Other Drugs
	2	Mental & Emotional Health		
	3	Family & Social Health	11	Injury Prevention & Personal Safety
4.6 Demonstrate refusal, negotiation and collaboration skills to avoid potentially harmful situations.	1	Health Skills	7	Alcohol, Tobacco and Other Drugs
	2	Mental & Emotional Health	8	Communicable & Chronic Disease
	3	Family & Social Health	11	Injury Prevention & Personal Safety

UNITS OVERVIEW					
UNIT 1 HEALTH SKILLS	Responsibility. Accessing valid health information, products, and services. Practicing healthy behavior. Influences on health. Communication skills and goals.	UNIT 3 FAMILY & SOCIAL HEALTH	Family relationships. Family changes. Dating and friendships. Abstinence. Harmful relationships.	UNIT 8 COMMUNICABLE & CHRONIC DISEASES	Reducing the risk of and spread of viruses, pathogens. Respiratory diseases. STD's & HIV. Reducing the risks of cardiovascular disease and cancer.
UNIT 2 MENTAL & EMOTIONAL HEALTH	Developing good character. Healthy minds. Emotions and managing stress. Depression. Grief and loss.	UNIT 7 ALCOHOL, TOBACCO, AND OTHER DRUGS	Prescription and over the counter drugs. Resisting peer pressure. Avoiding drugs and other risk factors. Assessing treatments.	UNIT 11 INJURY PREVENTION & PERSONAL SAFETY	Reducing unintentional injuries. Reducing the risk of physical, sexual and gang violence. Reducing weapon injuries. Emergency first aid.

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BENCHMARK	LESSON PLAN RESOURCES			
4.7 Analyze the possible causes of conflict in schools, families and communities.	1	Health Skills		
	3	Family & Social Health	11	Injury Prevention & Personal Safety
4.8 Demonstrate strategies used to prevent conflict.	1	Health Skills		
	3	Family & Social Health	8	Communicable & Chronic Disease

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RE-1 Standard 5: **Goals & Decision** - High school Health teachers will be accountable to ensure that, as a result of health instruction in Grades 9-12, students will:

BENCHMARK	LESSON PLAN RESOURCES			
5.1 Demonstrate the ability to utilize various strategies when making decisions related to health needs and risks of young adults.	1	Health Skills	7	Alcohol, Tobacco and Other Drugs
	2	Mental & Emotional Health		
	3	Family & Social Health	11	Injury Prevention & Personal Safety
5.2 Analyze health concerns that require collaborative decision making.	2	Mental & Emotional Health	7	Alcohol, Tobacco and Other Drugs
			8	Communicable & Chronic Disease
			11	Injury Prevention & Personal Safety
5.3 Predict immediate and long-term impact of health decisions on the individual, family and community.	1	Health Skills	7	Alcohol, Tobacco and Other Drugs
	2	Mental & Emotional Health	8	Communicable & Chronic Disease
	3	Family & Social Health	11	Injury Prevention & Personal Safety
5.4 Implement a plan for attaining a personal health goal.	1	Health Skills		
	2	Mental & Emotional Health		
	3	Family & Social Health		
5.5 Evaluate progress toward achieving personal health goals.	1	Health Skills		
	2	Mental & Emotional Health		
	3	Family & Social Health		
5.6 Formulate a basic plan for lifelong health.	1	Health Skills	7	Alcohol, Tobacco and Other Drugs
			8	Communicable & Chronic Disease

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RE-1 Standard 5: **Advocate Health** - High School Health teachers will be accountable to ensure that, as a result of health instruction in Grades 9-11, students will:

BENCHMARK	LESSON PLAN RESOURCES			
6.1 Evaluate the effectiveness of communication methods for accurately expressing health information and ideas.	3	Family & Social Health	8 11	Communicable & Chronic Disease Injury Prevention & Personal Safety
6.2 Express informed information and opinions about health issues' both emotional and physical.	1 2 3	Health Skills Mental & Emotional Health Family & Social Health	7 8 11	Alcohol, Tobacco and Other Drugs Communicable & Chronic Disease Injury Prevention & Personal Safety
6.3 Utilize strategies to overcome barriers when communicating information, ideas, feelings and opinions about health issues.	3	Family & Social Health	7 11	Alcohol, Tobacco and Other Drugs Injury Prevention & Personal Safety
6.4 Demonstrate the ability to influence and support others in making positive health choices.	1 2 3	Health Skills Mental & Emotional Health Family & Social Health	7 8 11	Alcohol, Tobacco and Other Drugs Communicable & Chronic Disease Injury Prevention & Personal Safety
6.5 Demonstrate the ability to adapt health messages and communication techniques to the characteristics of a particular audience.	1 2 3	Health Skills Mental & Emotional Health Family & Social Health	7 8	Alcohol, Tobacco and Other Drugs Communicable & Chronic Disease

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**High School Health Pacing Guide
1 Semester**

Text: Glencoe Health and Wellness

Unit 1: Health Skills

- Lesson 1: Taking Responsibility for Health
- Lesson 3: Practicing Healthful Behaviors
- Lesson 4: Analyzing Influences on Health
- Lesson 5: Using Communication Skills
- Lesson 6: Setting Health Goals and Making Responsible Decisions

Unit 2: Mental and Emotional Health

- Lesson 8: Developing Good Character
- Lesson 9: Developing a Healthy Mind
- Lesson 10: Expressing Emotions and Managing Stress
- Lesson 11: Dealing With Depression
- Lesson 12: Dealing With Loss and Grief

Unit 3: Family and Social Health

- Lesson 13: Developing Healthful Family Relationships
- Lesson 14: Adjusting to Family Changes
- Lesson 15: Examining Dating and Friendship
- Lesson 16: Practicing Abstinence from Sex
- Lesson 17: Recognizing Harmful Relationships

Unit 4: Growth and Development

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- Lesson 20: Learning About the Reproductive System

Unit 7: Alcohol, Tobacco, and Other Drugs

- Lesson 37: Choosing and Alcohol-Free Lifestyle
- Lesson 38: Choosing a Tobacco-Free Lifestyle
- Lesson 39: Avoiding Illegal Drug Use
- Lesson 40: Avoiding Drug Dependence
- Lesson 41: Resisting Pressure to Abuse Drugs
- Lesson 42: Reducing Risk by Being Drug Free
- Lesson 43: Assessing Treatment Options

Unit 8: Communicable and Chronic Diseases

- Lesson 44: Avoiding Communicable Diseases
- Lesson 46: Reducing the Risk of STDs and HIV
- Lesson 47: Reducing the Risk of Cardiovascular Disease
- Lesson 49: Reducing the Risk of Cancer

Unit 11: Injury Prevention and Personal Safety

- Lesson 61: Reducing Unintentional Injuries
- Lesson 63: Reducing the Risk of Violence
- Lesson 64: Respecting Authority and Obeying Laws
- Lesson 65: Protecting Yourself from Physical Violence
- Lesson 66: Protecting Yourself from Sexual Violence
- Lesson 67: Staying Away from Gangs
- Lesson 68: Reducing Weapon Injuries
- Lesson 69: Performing Common First Aid Procedures
- Lesson 70: Performing Emergency First Aid Procedures