

Thomaston Public Schools - Curriculum Overview and Pacing Guide High School Health Education II

Course Title: High School Health Education Health II		
School: Thomaston High School	Grades: 9 and 10	Curriculum Pacing: 18 weeks
Unit One: Diseases	Unit Two: Alcohol, Tobacco, and Other Drugs	Unit Three: Growth, Development, and Sexual Health
Unit Pacing: # 5 weeks	Unit Pacing: # 4 weeks	Unit Pacing: # 5 weeks
<p>Unit Overview: Communicable Diseases -Describe the impact of global health issues on local communities. -Identify laws, policies, and regulations that promote health and prevent disease. -Identify strategies to detect, treat, and prevent communicable diseases. -Identify the causes, symptoms, and risk factors related to communicable diseases. -Learning about communicable diseases and how they spread can help you prevent them. -You can lower your chances of catching a communicable disease by learning about the causes and symptoms of these diseases, and how to avoid them. -By learning about and practicing prevention strategies, you can help your body stay healthy. -Infectious diseases have the potential to spread quickly throughout the world.</p> <p>Sexually Transmitted Diseases -Sexually Transmitted Diseases are highly</p>	<p>Unit Overview: Alcohol Use and Its Dangers -Analyze internal and external pressures to use alcohol. -Describe the effects of alcohol use on the human body. -Explain the legal and social consequences of alcohol use. -Explain when services are required for alcohol-related health issues.</p> <p>Nicotine, Tobacco, and their Dangers -Analyze the internal and external pressures to use nicotine and tobacco. -Explain the impacts of nicotine and tobacco on the human body. -Explain the legal and social consequences associated with nicotine and tobacco use.</p> <p>Prescription, Nonprescription, and Illegal Drugs -Analyze the internal and external pressure to use drugs. -Describe the impact of drugs on the human body. Identify the different types of illegal and</p>	<p>Unit Overview: Puberty, Gender Identity, and Sexual Orientation -Describe factors that influence sexual development, relationships, and behaviors. -Explain the role of the endocrine system in adolescent development. -Identify individual differences in gender identity. -Identify individual differences in sexual orientation.</p> <p>Abstinence, Safe Sex, and Making Informed Decisions -Describe the benefits of abstinence. -Compare and contrast a variety of FDA-approved contraceptives. -Identify factors that influence one's perceptions about sexual activity. -Identify ways to maintain sexual or reproductive health.</p> <p>Conception, Pregnancy, and Birth -Describe practices that are important for the health of a pregnant woman and her fetus.</p>

<p>communicable infections that are contracted through sexual contact and all are preventable. Most STDs can be treated and some are incurable.</p> <ul style="list-style-type: none"> -HIV is the virus that causes AIDS, a disease that weakens the body's immune system and may have fatal consequences. -Analyze reliable sources of information regarding sexual health. -Describe medical care for sexually transmitted infections. -Identify methods to avoid or reduce the risk of a sexually transmitted infection. Identify the effects of sexually transmitted infections. <p>Non-Communicable Diseases</p> <ul style="list-style-type: none"> -Identify factors that influence non-communicable diseases. -Identify strategies for prevention, detection, and treatment of non-communicable diseases. -Identify the causes and symptoms of non-communicable diseases. - Preventive behaviors can reduce your risk for cardiovascular disease and stroke. -Cancer takes many different forms and can affect people of all ages. -Practicing self-management strategies can help reduce the severity of allergies, asthma, diabetes, and arthritis. 	<p>legal drugs.</p> <ul style="list-style-type: none"> -Explain the social and legal implications of using drugs. <p>A Substance-Free Lifestyle</p> <p>Explain health benefits of abstaining from or discontinuing use of alcohol, tobacco, and other drugs.</p> <p>Identify healthy alternatives to alcohol, tobacco, and other drug use.</p> <p>Identify strategies for preventing use of tobacco, alcohol, and other addictive substances.</p> <p>Identify treatment options for those suffering from alcoholism, nicotine dependency, and drug addiction.</p>	<ul style="list-style-type: none"> -Evaluate the physical, social, emotional, legal, and economic effects of teen pregnancy and parenting. -Explain how conception occurs and the stages of pregnancy.
<p>Compelling Questions</p> <ol style="list-style-type: none"> 1. How can communicable diseases be prevented? 2. What do you do to recover from them? 3. What do you know about infections that are spread through sexual contact? 4. How can getting an STD affect 	<p>Compelling Questions</p> <ol style="list-style-type: none"> 1. What are the dangers and consequences of alcohol use? What are the dangers and consequences of nicotine and tobacco use? 2. What are the dangers and consequences of drug abuse? 	<p>Compelling Questions</p> <ol style="list-style-type: none"> 1. What factors influence an individual's gender identity and sexual orientation? Why is it important to make informed decisions about sex? 2. What are the physical, emotional, and life changes brought about by pregnancy and

<p>someone's life?</p> <ol style="list-style-type: none"> 5. Why is it important for you to know about these infections? 6. What impact do non-communicable diseases have on individuals? 7. Why should you learn about heart disease and cancer? 8. What do you know about asthma and allergies? 	<ol style="list-style-type: none"> 3. What are possible consequences of misusing and/or abusing medicines? 4. What are the benefits of leading a substance-free life? 	<p>childbirth?</p>
<p>Priority Learning Targets</p> <p>I can lower my chances of catching a communicable disease by learning about the causes and symptoms of these diseases, and how to avoid them.</p> <p>I can interpret and discuss relationships among ideas.</p> <p>I can identify strategies to avoid or manage unhealthy or dangerous situations.</p> <p>I can integrate sources and utilize the information to improve my overall health.</p>	<p>Priority Learning Target</p> <p>I can analyze the influence of culture, media, technology, and other factors of health and explain how the influences affect health choices.</p> <p>I can investigate both internal and external influences.</p> <p>I can improve dialogues that express needs, ideas, and opinions and present effective ways to say “no”, being clear and organized.</p> <p>I can investigate and research factual and reliable health information.</p>	<p>Priority Learning Targets</p> <p>I can comprehend concepts related to health promotion and disease prevention.</p> <p>I can demonstrate the ability to practice health-enhancing behaviors and reduce health risks.</p> <p>I can use decision-making skills to enhance health.</p> <p>I can demonstrate the ability to use goal-setting skills to enhance health.</p>

Unit Four: Personal and Community Safety and Health

Unit Pacing: # 4 weeks

Unit Overview

Safety and Injury Prevention

- Learning basic safety precautions can help you avoid threatening or harmful situations.
- Reducing the potential for accidents can help you stay safe at home and at work.
- Common sense and caution can minimize the risk of accidental injuries during outdoor activities.
- Drivers, pedestrians, and others on the road need to follow rules to stay safe.

First Aid and Emergencies

- Knowing how to perform first aid can save a life in an emergency.
- Medical emergencies that are life threatening include loss of breathing, shock, and choking.
- You can use first aid to deal with common emergencies such as muscle and bone injuries, impaired consciousness, animal bites, nosebleeds, and poisoning.

Community and Environmental Health

- Many people and organizations work together to promote individual and public health.
- Both outdoor and indoor air quality can affect your health.
- Human actions can either damage or protect land and water.

Compelling Questions

1. What basic precautions do you take in your daily life?
2. How do you protect your safety at home?
3. How do you stay safe outdoors and on the road?
4. How do you respond to injuries when they happen?
5. Why is community and public health important?
6. How do your surroundings affect your personal health?
7. How can your actions affect your health?

Priority Learning Targets

I can practice health-enhancing behaviors and reduce health risks.

I can use decision-making skills to enhance health.

I can advocate for personal, family, and community health, participate in awareness, and take a clear stand for a healthy choice.

I can present information to support the choice and explain why the stand taken is good for health.

