

HEALTH PROGRAM

Themes: health promotion and disease prevention, risk management, decision-making, goal setting, communication, healthy self-management, health literacy, and health advocacy.

Middle School Students in grades 7/8 have one term of health alternating curriculum for odd and even years.		High School Students have one semester of health in grade 10.* Passing this course is a graduation requirement.	
Grades 7 & 8 (even # years)	Grades 7 & 8 (odd # years)	*The course may be taken later if there is a schedule conflict. See your counselor if there is an issue.	
<p>Mind, Body & Spirit</p> <ol style="list-style-type: none"> 1. symptoms/treatments and coping with stress & depression 2. suicide prevention 3. practicing mindfulness & meditation 4. anxiety, fears and phobias <p>Food, Fitness and Healthy Habits</p> <ol style="list-style-type: none"> 1. healthy eating and exercise 2. body image and self-esteem 3. sleep <p>Pressure, Drugs & Decisions</p> <ol style="list-style-type: none"> 1. addiction, tolerance, withdrawal 2. peer pressure & refusal skills 3. how drugs hijack the brain 4. drug use, misuse, & abuse 5. gateway drugs, OTC/prescription drugs & heroin epidemic 6. DARE booster lesson <p>First Aid, Safety & Self-Care</p> <ol style="list-style-type: none"> 1. choking, burns, shock 2. heart emergencies 3. injury prevention 4. sun safety 5. melanoma prevention guest speaker 	<p>The Teenage Mind & Drugs</p> <ol style="list-style-type: none"> 1. cognitive development in teen brain 2. DARE booster lesson 3. vaping and alcohol <p>Technology & Communication</p> <ol style="list-style-type: none"> 1. effects of screen time 2. Self-disclosure and online safety 3. types of communication 4. communication skills <p>Bullying, Relationships & Family Life</p> <ol style="list-style-type: none"> 1. reasons why people bully 2. types of bullying 3. bullies, the bullied & bystanders 4. support systems & resources 5. healthy, unhealthy & abusive relationships <p>Human Growth & Development</p> <ol style="list-style-type: none"> 1. social and emotional health 2. the endocrine system 3. physical changes/hygiene 4. the different stages of life 5. self-esteem 	<p>Nutrition</p> <ol style="list-style-type: none"> 1. diet-health link 2. menu planning and budgeting <p>First Aid and CPR</p> <ol style="list-style-type: none"> 1. sudden illness 2. bone & joint injuries 3. bleeding wounds/bandaging 4. injury prevention 5. CPR certification - <i>American Heart Association</i> <p>Substance Use</p> <ol style="list-style-type: none"> 1. drugs of abuse 2. addiction 3. prevention strategies and treatment <p>Building Healthy Relationships</p> <ol style="list-style-type: none"> 1. communication & listening skills 2. healthy, unhealthy & abusive relationships 3. violence/abuse & resources to get help 	<p>Reproductive Health</p> <ol style="list-style-type: none"> 1. anatomy & physiology 2. annual screenings/self-care 3. sexually transmitted infections 4. protection methods: types, efficacy <p>Safety and Legal Issues</p> <ol style="list-style-type: none"> 1. junior operator license 2. criminal harassment 3. consent & sexual assault 4. internet/technology <p>Lifelong Health</p> <ol style="list-style-type: none"> 1. family health history 2. medical system/health care providers 3. interpretation of common health screenings: cholesterol, skin cancer, BP, etc. 4. health insurance 5. health care proxy <p>Stress and Mental Health</p> <ol style="list-style-type: none"> 1. cause and effect of stress 2. sleep 3. depression 4. other mental health issues 5. stress management & mindfulness 6. resources <p>Counseling Seminars</p> <ol style="list-style-type: none"> 1. Naviance 2. Career and education planning