

Health Education Grade 9

- Goals:** Students will demonstrate the ability to:
- Understand health promotion and disease prevention concepts.
 - Access, analyze, and evaluate health information, products and services.
 - Identify and practice health-enhancing behaviors and reduce health risks.
 - Effectively use communication skills to enhance personal, family and community health.
 - Use goal-setting and decision-making skills to address issues.

Unit I: Mental Health

Objectives – The student will be able to:

- a. Access school and community services for mental health issues.
- b. Demonstrate skills for communicating effectively with family, peers, and others.
- c. Recognize and respond to signs of depression and potential suicide.
- d. Relate stress management strategies to the reduction of disease and improvement of health.
- e. Explain influences on body image.
- f. Differentiate between safe and harmful ways to deal with mental health issues.

Unit II: Tobacco, Alcohol, and Other Drugs

Objectives – The student will be able to:

- a. Apply the decision-making process for issues related to the use of tobacco, alcohol, and other drugs.
- b. Identify and access resources for treatment of tobacco, alcohol, and other drug use.
- c. Demonstrate refusal skills to avoid harmful situations involving tobacco, alcohol, and other drugs.
- d. Examine short-term and long-term consequences of use of tobacco, alcohol, and other drugs on the individual, family, and society.
- e. Predict the effect of tobacco, alcohol, and other drug use in pregnancy on fetal development.
- f. Differentiate between safe, therapeutic drug use, drug misuse, and drug abuse.
- g. Assess risks associated with alcohol and other drug use while operating motor vehicles.
- h. Recognize the progressive nature of addiction.

- i. Identify ways to successfully quit smoking and demonstrate skills needed to help others in their effort to quit.

Enrichment

- j. *Analyze the intended impact of advertising on the sale and purchase of tobacco, alcohol, and other drugs.*
- k. *Examine media messages and campaigns for alcohol and other drugs and discuss the targeted audience and outcomes.*
- l. *Describe the impact of peer pressure on the attitude and behaviors of youth in regard to the use of tobacco, alcohol, and other drugs.*

Unit III: Nutrition and Fitness

Objectives – The student will be able to:

- a. Access accurate information about nutrition and weight control.
- b. Design, implement, and evaluate progress toward an effective personal eating plan based on health information, personal goals, and established exercise plan.
- c. Differentiate between accurate and inaccurate information about nutrition and weight control based on source, validity, cost, and effectiveness.
- d. Identify the impact of eating disorders on an individual's health.
- e. Utilize health information in making nutritional choices.

Unit IV: Safety, First Aid, and Injury Prevention

Objectives – The student will be able to:

- a. Analyze behaviors and settings that place individuals at risk for violence, injury, and premature death.
- b. Identify and apply skills to reduce the risk of and respond to abusive relationships, sexual harassment, and date rape.
- c. Access school and community services for people dealing with abusive relationships, sexual harassment, and date rape.
- d. Demonstrate skills to respond to emergency situations.
- e. Identify strategies for emergency preparedness.

Enrichment

- f. *Interpret laws and codes or regulations pertaining to emergency situations.*

Unit V: Disease Prevention and Control

Objective – The student will be able to:

- a. Identify and explain transmission and prevention of disease.
- b. Identify and explain symptoms, screening, and treatment of disease.

- c. Examine the impact of medical technology on the incidence and prevalence of disease.

Enrichment

- d. *Examine society's response to disease.*

Unit VI: Family Life and Human Sexuality

Objectives – The student will be able to:

- a. Demonstrate skills for communicating effectively with family, peers and dating partners about sexual topics.
- b. Utilize decision-making skills relating to sexual behavior.
- c. Demonstrate refusal skills to deal with situations involving sexual behavior.
- d. Identify and explore issues related to dating.
- e. Recognize abstinence as a healthy, safe, and responsible sexual behavior.
- f. Analyze the influence of alcohol and drug use on decisions about sexual behavior.
- g. Predict immediate and long-term impact of decisions about sexual behavior for the individual, family, and community to include teen pregnancy and STIs.
- h. Evaluate the different methods of contraception.

Enrichment

- i. *Explain the process of human reproduction.*