


# Ganado Unified School District #20

## Health 6, 7, and 8

### PACING Guide SY 2021-2022

Resources	AZ College and Career Readiness Standard	Essential Question (HESS Matrix)	Learning Goal	Vocabulary (Content/Academic)
<b>First and Third Quarter</b>				
Understanding Health and Wellness (6-8)	<p><b>Strand 1: Comprehension of Health Promotion and Disease Prevention Concepts</b></p> <ul style="list-style-type: none"> <li><b>Concept 2: Understanding Multiple Dimensions of Health</b> <ul style="list-style-type: none"> <li>PO 1: Describe the interrelationships of emotional, intellectual, physical, and social health in adolescence</li> </ul> </li> <li><b>Concept 3: Understanding Personal Health</b> <ul style="list-style-type: none"> <li>PO 1: Analyze how the environment affects personal health</li> <li>PO 4: Describe how family history can affect personal health</li> </ul> </li> <li><b>Concept 6: Understanding Healthy vs. Unhealthy Behaviors</b> <ul style="list-style-type: none"> <li>PO 1: Describe the benefits of and barriers to practicing health behaviors</li> <li>PO 2: Examine the likelihood of injury or illness if engaging in unhealthy behaviors</li> <li>PO 3: Examine the potential seriousness of injury or illness if engaging in unhealthy behaviors</li> </ul> </li> </ul> <p><b>Strand 2: Analysis of Factors Affecting Health Behaviors</b></p> <ul style="list-style-type: none"> <li><b>Concept 1: External Influences on Personal Health</b> <ul style="list-style-type: none"> <li>PO 1: Examine how the family influences the health of adolescents</li> <li>PO 2: Describe the influence of culture on health beliefs, practices, and behaviors.</li> <li>PO 3: Analyze how peers influence healthy and unhealthy behaviors</li> <li>PO 4: Analyze how the school and community can affect personal health practices and behaviors</li> <li>PO 5: Analyze how messages from media influence health behaviors</li> <li>PO 6: Analyze the influence of technology on personal and family health</li> </ul> </li> <li><b>Concept 2: Internal Influences on Personal Health</b></li> </ul>	<ul style="list-style-type: none"> <li>What might contribute to your overall health?</li> <li>What are three things that you can do to keep your mind and body healthy?</li> <li>What are some examples of influences on your health?</li> <li>What are some examples of influences on your health?</li> <li>What are ways in which your family can positively and negatively affect your health?</li> <li>What are ways in which your peers can positively and negatively affect your health?</li> <li>What techniques do advertisers use to try to get people to buy their product?</li> <li>What images do the advertisers use to entice people to buy their product?</li> <li>How can your attitude affect the decisions you make and the outcomes of situations?</li> <li>What influences do you have no control over and which influences do you have total control over?</li> <li>How have the lifestyle factors of _____ probably helped him or her attain personal success?</li> <li>What barriers do you think this individual experienced?</li> <li>How do you think individuals overcome his or her barriers?</li> <li>Why are lifestyle factors important to lead a healthy, safe, and happy life?</li> <li>How does communicating effectively relate to using refusal skills?</li> <li>How might self-discipline help you achieve your goal?</li> </ul>	<p>I will be able to:</p> <ul style="list-style-type: none"> <li>Describe how the environment influences your health.</li> <li>Describe each section of the health triangle</li> <li>Describe the difference between health and wellness</li> <li>Explain how heredity affects my health.</li> <li>Explain how my relationships affect my health.</li> <li>Explain ways my family positively affects my health</li> <li>Explain ways my family negatively affects my health</li> <li>Identify ways that you will positively affect the health of your family.</li> <li>Explain ways my peers positively affect my health</li> <li>Explain ways my peers negatively affect my health</li> <li>Identify ways that you will positively affect the health of your family.</li> <li>Explain how the media influences my health decisions.</li> <li>Describe how my lifestyle factors can affect my health.</li> <li>Explain how my attitude influences my health.</li> <li>Identify ways I can take responsibility of my health.</li> <li>Describe how to assess your progress in learning life skills.</li> <li>Identify examples of lifestyle factors.</li> <li>Explain how using the lifestyle factors improve your health.</li> </ul>	Abstinence Chronic Disease Culture Cumulative Risks Environment Health Health Disparities Health Education Health Literacy <i>Health People</i> Heredity Lifestyle Factors Media Peers Prevention Risk Behaviors Spiritual Health Technology Wellness


	<ul style="list-style-type: none"> <li>PO 2: Explain the influence of personal values and beliefs on individual health practices and behaviors</li> <li>PO 3: Describe how some health risk behaviors can influence the likelihood of engaging in unhealthy behaviors.</li> </ul> <p><b>Strand 3: Access to Health Information, Products, and Services to Enhance Health</b></p> <ul style="list-style-type: none"> <li><b>Concept 2: Accessing Help</b> <ul style="list-style-type: none"> <li>PO3. Describe situations that may require professional health services</li> </ul> </li> </ul> <p><b>Strand 5: Use of Decision-Making Skills to Enhance Health</b></p> <ul style="list-style-type: none"> <li><b>Concept 2: Application of Decision-Making Skills to Health</b> <ul style="list-style-type: none"> <li>PO 5: Choose healthy alternatives over unhealthy alternatives when making a decision</li> </ul> </li> </ul> <p><b>Strand 6: Use of Goal-Setting Skills to Enhance Health</b></p> <ul style="list-style-type: none"> <li><b>Concept 1: Assessment of Health</b> <ul style="list-style-type: none"> <li>PO 1: Assess personal health practices</li> </ul> </li> <li><b>Concept 2: Health-Related Goal Setting</b> <ul style="list-style-type: none"> <li>PO 2: Apply strategies and skills needed to attain a personal health goal</li> </ul> </li> </ul> <p><b>Strand 7: Ability to Practice Health-Enhancing Behaviors</b></p> <ul style="list-style-type: none"> <li><b>Concept 2: Healthy Practices and Behaviors</b> <ul style="list-style-type: none"> <li>PO1. Demonstrate healthy practices and behaviors that will maintain or improve the health of self and others</li> <li>PO 2. Demonstrate behaviors that avoid or reduce health risks to self and others</li> </ul> </li> </ul> <p><b>Strand 8: Ability to Advocate for Health</b></p> <ul style="list-style-type: none"> <li><b>Concept 1: Personal Advocacy</b> <ul style="list-style-type: none"> <li>PO 2. Demonstrate how to influence and support others to make positive health choices</li> </ul> </li> <li><b>Concept 2: Collective Advocacy</b> <ul style="list-style-type: none"> <li>PO 1. Demonstrate how to work cooperatively to advocate for healthy individuals, families, and schools</li> </ul> </li> </ul>			
Taking Charge of Your Health (6-8)	<p><b>Strand 1: Comprehension of Health Promotion and Disease Prevention Concepts</b></p> <ul style="list-style-type: none"> <li><b>Concept 1: Understand Relationship Between Health Behaviors and Health</b> <ul style="list-style-type: none"> <li>PO 1: Analyze the relationship between healthy behaviors and personal health</li> </ul> </li> <li><b>Concept 2: Understanding Multiple Dimensions of Health</b> <ul style="list-style-type: none"> <li>PO 1: Describe the interrelationships of emotional, intellectual, physical, and social health in adolescence</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>What are health skills?</li> <li>What is the purpose of health skills?</li> <li>Why are life skills important to lead a healthy, safe, and happy life?</li> <li>What are strengths of interpersonal communication?</li> <li>What are some refusal strategies?</li> <li>What are signs that a conflict might become dangerous?</li> <li>How can you stop harassment?</li> </ul>	<p>I will be able to:</p> <ul style="list-style-type: none"> <li>Explain how using the health skills can benefit to your health.</li> <li>Explain why communication is a vital health skill.</li> <li>Identify ways to strengthen your interpersonal communication skill.</li> <li>Identify refusal strategies.</li> <li>Identify signs that a conflict may become dangerous Describe rules that can help me avoid violence</li> </ul>	<p>Action Plan Advertising Advocacy Comparison Shopping Conflict Resolution Consumer Advocates Decision-Making Skills Goals Health Consumer Health Fraud Health Skills</p>


	<p><b>HE.1.6.6-8.1 Describe the benefits of and barriers to practicing healthy behaviors.</b></p> <ul style="list-style-type: none"> <li>PO 4. Describe how family history can affect personal health</li> <li><b>Concept 4: Understanding Prevention of Injuries and Health Problems</b> <ul style="list-style-type: none"> <li>PO 1. Describe ways to reduce or prevent injuries and other adolescent health problems</li> </ul> </li> <li><b>Concept 6: Understanding Healthy vs. Unhealthy Behaviors</b> <ul style="list-style-type: none"> <li>PO 1. Describe the benefits of and barriers to practicing healthy behaviors</li> <li>PO 2. Examine the likelihood of injury or illness if engaging in unhealthy behaviors</li> <li>PO 3. Examine the potential seriousness of injury or illness if engaging in unhealthy behaviors</li> </ul> </li> </ul> <p><b>Strand 2: Analysis of Factors Affecting Health Behaviors</b></p> <ul style="list-style-type: none"> <li><b>Concept 1: External Influences on Personal Health</b> <ul style="list-style-type: none"> <li>PO 1. Examine how the family influences the health of adolescents</li> <li>PO 2. Describe the influence of culture on health beliefs, practices, and behaviors.</li> <li>PO 3. Analyze how peers influence healthy and unhealthy behaviors</li> <li>PO 4. Analyze how the school and community can affect personal health practices and behaviors</li> <li>PO 5. Analyze how messages from media influence health behaviors</li> <li>PO 6. Analyze the influence of technology on personal and family health</li> </ul> </li> <li><b>Concept 2: Internal Influences on Personal Health</b> <ul style="list-style-type: none"> <li>PO 2. Explain the influence of personal values and beliefs on individual health practices and behaviors</li> <li>PO 3. Describe how some health risk behaviors can influence the likelihood of engaging in unhealthy behaviors</li> </ul> </li> </ul> <p><b>Strand 3: Access to Health Information, Products, and Services to Enhance Health</b></p> <ul style="list-style-type: none"> <li><b>Concept 1: Knowledge of Sources of Help</b> <ul style="list-style-type: none"> <li>PO 1. Analyze the validity of health information, products, and services</li> </ul> </li> <li><b>Concept 2: Accessing Help</b> <ul style="list-style-type: none"> <li>PO 1. Access valid health information from home, school, and community</li> <li>PO 2. Determine the accessibility of products that enhance health</li> <li>PO3. Describe situations that may require professional health services</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>What are signs to know that someone does not like being joked with?</li> <li>What are reasons to report violence?</li> <li>What may be reasons violent acts are not reported?</li> <li>Why is it important to analyze what influences your health choices?</li> <li>What are your values?</li> <li>What is HELP?</li> <li>What are different advertising techniques?</li> <li>How do you think young children and teenagers view violence in the media?</li> <li>Why is it important to know the latest news regarding healthcare?</li> <li>What are vaccines?</li> <li>Where can you find vaccines?</li> <li>What messages and factual information can you provide regarding tobacco?</li> <li>What is a goal?</li> <li>What is the difference between a short- and long-term goal?</li> <li>How might self-discipline help you achieve your goal?</li> <li>What are consumer problems?</li> </ul>	<ul style="list-style-type: none"> <li>Contrast joking with harassment</li> <li>Describe ways to stop harassment.</li> <li>Explain why victims must report violence.</li> <li>Explain why analyzing what influences your health choices is important.</li> <li>Explain what values I hold.</li> <li>Explain the decision making process HELP means.</li> <li>Explain why evaluating products is important.</li> <li>List influences on your decision to buy healthcare products.</li> <li>Explain how a goal can help you spend your money wisely.</li> <li>List reasons for learning about healthcare products.</li> <li>Explain why keeping up with healthcare news is important.</li> <li>Explain what a vaccine is.</li> <li>Identify examples of consumer problems.</li> </ul>	<p>Interpersonal Communication</p> <p>Long-term Goal</p> <p>Malpractice</p> <p>Refusal Skills</p> <p>Short-term Goal</p> <p>Stress</p> <p>Stress Management Skills</p> <p>Values</p> <p>Warranty</p>
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	<ul style="list-style-type: none"> <li>PO 4. Locate valid and reliable health products and services</li> </ul> <p><b>Strand 4: Use of Interpersonal Communication Skills to Enhance Health</b></p> <ul style="list-style-type: none"> <li><b>Concept 1: Communicate to Enhance Help</b> <ul style="list-style-type: none"> <li>PO 1. Apply effective verbal and nonverbal communication skills to enhance health</li> <li>PO 2. Demonstrate refusal and negotiation skills that avoid or reduce health risks</li> </ul> </li> <li><b>Concept 2: Self Protection and Dealing with Conflict</b> <ul style="list-style-type: none"> <li>PO 1: Identify effective conflict management or resolution strategies</li> </ul> </li> <li><b>Concept 3: Asking for Help</b> <ul style="list-style-type: none"> <li>PO 1: Identify ways to ask for assistance to enhance the health of self and others</li> </ul> </li> </ul> <p><b>Strand 6: Use of Goal-Setting Skills to Enhance Health</b></p> <ul style="list-style-type: none"> <li><b>Concept 1: Assessment of Health</b> <ul style="list-style-type: none"> <li>PO. 1 Assess personal health practices</li> </ul> </li> <li><b>Concept 2: Health-Related Goal Setting</b> <ul style="list-style-type: none"> <li>PO 1. Develop a goal to adopt, maintain, or improve a personal health practice</li> <li>PO 2. Apply strategies and skills needed to attain a personal health goal</li> <li>PO 3: Describe how personal health goals can vary with changing abilities, priorities, and responsibilities</li> </ul> </li> </ul> <p><b>Strand 7: Ability to Practice Health-Enhancing Behaviors</b></p> <ul style="list-style-type: none"> <li><b>Concept 1: Personal Responsibility for Health</b> <ul style="list-style-type: none"> <li>PO 1. Explain the importance of assuming responsibility for personal health behaviors</li> </ul> </li> <li><b>Concept 2: Healthy Practices and Behaviors</b> <ul style="list-style-type: none"> <li>PO 1. Demonstrate healthy practices and behaviors that will maintain or improve the health of self and others</li> <li>PO 2. Demonstrate behaviors that avoid or reduce health risks to self and others</li> </ul> </li> </ul> <p><b>Strand 8: Ability to Advocate for Health</b></p> <ul style="list-style-type: none"> <li><b>Concept 1: Personal Advocacy</b> <ul style="list-style-type: none"> <li>PO 2. Demonstrate how to influence and support others to make positive health choices</li> </ul> </li> </ul>			
<b>Personal Health Care (8<sup>th</sup>)</b> <b>Body Systems (8<sup>th</sup>)</b> <ul style="list-style-type: none"> <li>Skeletal System</li> <li>Muscular System</li> <li>Nervous System</li> <li>Cardiovascular System</li> <li>Lymphatic System</li> <li>Digestive System</li> </ul>	<p><b>Strand 1: Comprehension of Health Promotion and Disease Prevention Concepts</b></p> <ul style="list-style-type: none"> <li><b>Concept 1: Understand Relationship Between Health Behaviors and Health</b> <ul style="list-style-type: none"> <li>PO 1: Analyze the relationship between healthy behaviors and personal health</li> </ul> </li> <li><b>Concept 2: Understanding Multiple Dimensions of Health</b></li> </ul>	<ul style="list-style-type: none"> <li>Why are personal hygiene habits so important?</li> <li>What problems can result from not taking care of your teeth and mouth?</li> <li>Could you be at risk for hearing probe?</li> <li>What is the basic unit of all living systems?</li> <li>What is a tissue?</li> <li>What is a nerve?</li> <li>What is a body system?</li> </ul>	<p>I will be able to:</p> <ul style="list-style-type: none"> <li>Identify the different layers of the skin.</li> <li>Explain ways to keeping your skin healthy.</li> <li>Describe some of the benefits to using sunscreen.</li> <li>Identify skin problems.</li> <li>Identify parts of the tooth.</li> <li>Explain why it is important to brush and floss your teeth.</li> </ul>	Appendicitis Asthma Bile Blood Pressure Brainstem Bronchi Capillaries Cardiac Muscle Cartilage Cerebellum




	<ul style="list-style-type: none"> <li>○ PO 1: Describe the interrelationships of emotional, intellectual, physical, and social health in adolescence</li> <li>• <b>Concept 3: Understanding Personal Health</b> <ul style="list-style-type: none"> <li>○ PO1: Analyze how the environment affects personal health</li> </ul> </li> <li>• <b>Concept 4: Understanding Prevention of Injuries and Health Problems</b> <ul style="list-style-type: none"> <li>○ PO 1: Describe ways to reduce or prevent injuries and other adolescent problems</li> </ul> </li> <li>• <b>Concept 5: Understanding Use of Health Care</b> <ul style="list-style-type: none"> <li>○ PO 1: Explain how appropriate health care can promote personal health</li> </ul> </li> <li>• <b>Concept 6: Understanding Healthy vs. Unhealthy Behaviors</b> <ul style="list-style-type: none"> <li>○ PO 1: Describe the benefits of and barriers to practicing health behaviors</li> <li>○ PO 2. Examine the likelihood of injury or illness if engaging in unhealthy behaviors</li> <li>○ PO 3. Examine the potential seriousness of injury or illness if engaging in unhealthy behaviors</li> </ul> </li> </ul> <p><b>Strand 2: Analysis of Factors Affecting Health Behaviors</b></p> <ul style="list-style-type: none"> <li>• <b>Concept 1: External Influences on Personal Health</b> <ul style="list-style-type: none"> <li>○ PO 1. Examine how the family influences the health of adolescents</li> <li>○ PO 3. Analyze how peers influence healthy and unhealthy behaviors</li> <li>○ PO 4. Analyze how the school and community can affect personal health practices and behaviors</li> <li>○ PO 5. Analyze how messages from media influence health behaviors</li> <li>○ PO 6. Analyze the influence of technology on personal and family health</li> </ul> </li> <li>• <b>Concept 2: Internal Influences on Personal Health</b> <ul style="list-style-type: none"> <li>○ PO 2. Explain the influence of personal values and beliefs on individual health practices and behaviors</li> <li>○ PO 3. Describe how some health risk behaviors can influence the likelihood of engaging in unhealthy behaviors</li> </ul> </li> <li>• <b>Concept 3: Influence of Public Policy on Health</b> <ul style="list-style-type: none"> <li>○ PO 1: Examine and explain how school and public health policies can influence health promotion and disease prevention</li> </ul> </li> </ul> <p><b>Strand 3: Knowledge of Sources of Help</b></p> <ul style="list-style-type: none"> <li>• <b>Concept 2: Accessing Help</b> <ul style="list-style-type: none"> <li>○ PO 3: Describe situations that may require professional health services.</li> </ul> </li> </ul> <p><b>Strand 5: Use of Decision-Making Skills to Enhance Health</b></p> <ul style="list-style-type: none"> <li>• <b>Concept 2: Application of Decision-Making Skills to Health</b></li> </ul>	<ul style="list-style-type: none"> <li>• How does the nervous system control the other body systems?</li> <li>• What are the three parts of the human brain, and which is the largest?</li> <li>• What are the components of the central nervous system?</li> <li>• What does the peripheral nervous system do?</li> <li>• What does epinephrine do?</li> <li>• How do hormones affect growth and development?</li> <li>• What other functions does the endocrine system have?</li> <li>• Why is bone marrow important?</li> <li>• What do ligaments do?</li> <li>• How should you treat a strained muscle?</li> <li>• What are three types of muscle?</li> <li>• How does chewing food help in digestion?</li> <li>• What part of the digestive system absorbs most of the nutrients?</li> <li>• What organs are responsible for cleaning your blood?</li> <li>• What do arteries, veins, and capillaries do?</li> <li>• What is plasma?</li> <li>• What is the job of the respiratory system?</li> <li>• How does the health of each body system affect the overall health of an individual?</li> </ul>	<ul style="list-style-type: none"> <li>• Identify the parts of the eye.</li> <li>• Identify eye problems.</li> <li>• Identify the parts of the ear.</li> <li>• Identify reasons for avoiding loud sounds.</li> <li>• Identify ear problems.</li> <li>• Describe how cells, tissues, and organs work together in the human body</li> <li>• Summarize how body systems work together.</li> <li>• Describe the different parts of the nervous system</li> <li>• Describe seven common problems of the nervous system</li> <li>• Identify the different glands of the endocrine system.</li> <li>• Explain how hormones affect the growth and development.</li> <li>• Describe four common problems of the endocrine system.</li> <li>• Identify the different bones and joints in the skeleton.</li> <li>• Describe eight common problems of the skeletal system.</li> <li>• Identify the three types of muscles.</li> <li>• Explain how muscles move the body</li> <li>• Describe six common problems of the muscular system.</li> <li>• Describe how the human body digests food and absorbs nutrients.</li> <li>• Describe eight common problems of the digestive system</li> <li>• Explain how the human body excretes waste.</li> <li>• Describe four common problems of the excretory system.</li> <li>• Describe how the circulatory system transports and distributes nutrients.</li> <li>• Describe seven common problems of the circulatory system.</li> <li>• Describe the process of breathing.</li> <li>• Describe six common problems of the respiratory system.</li> <li>• Explain how the health of body systems affects total physical health.</li> <li>• Describe six ways to protect the body system from harm.</li> </ul>	<p>Cerebral Palsy Cerebrum Cystitis Diaphragm Emphysema Epilepsy Extensor Flexor Gastric Juices Hemodialysis Hemoglobin Hernia Ligament Lymph Mastication Nephrons Neurons Ossification Osteoporosis Pathogen Peptic Ulcer Peristalsis Plasma Platelets Scoliosis Skeletal Muscles Smooth Muscles Tendinitis Tendon Trachea Tuberculosis Ureters Urethra Urethritis</p>
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	<ul style="list-style-type: none"> <li>PO 5: Choose healthy alternatives over unhealthy alternatives when making a decision</li> <li>PO 6: Analyze the outcomes of health-related decisions.</li> </ul> <p><b>Strand 7: Ability to Practice Health-Enhancing Behaviors</b></p> <ul style="list-style-type: none"> <li><b>Concept 2: Healthy Practices and Behaviors</b> <ul style="list-style-type: none"> <li>PO 1: Demonstrate healthy practices and behaviors that will maintain or improve the health of self and others.</li> <li>PO 2. Demonstrate behaviors that avoid or reduce health risks to self and others</li> </ul> </li> </ul> <p><b>Strand 8: Ability to Advocate for Health</b></p> <ul style="list-style-type: none"> <li><b>Concept 1: Personal Advocacy</b> <ul style="list-style-type: none"> <li>PO1. State a health enhancing position on a topic and support it with accurate information</li> </ul> </li> </ul>			
Achieving Mental and Emotional Health ( 6-7)	<p><b>Strand 1: Comprehension of Health Promotion and Disease Prevention Concepts</b></p> <ul style="list-style-type: none"> <li><b>Concept 1: Understand Relationship Between Health Behaviors and Health</b> <ul style="list-style-type: none"> <li>PO 1: Analyze the relationship between healthy behaviors and personal health</li> </ul> </li> <li><b>Concept 2: Understanding Multiple Dimensions of Health</b> <ul style="list-style-type: none"> <li>PO 1: Describe the interrelationships of emotional, intellectual, physical, and social health in adolescence</li> </ul> </li> <li><b>Concept 3: Understanding Personal Health</b> <ul style="list-style-type: none"> <li>PO1: Analyze how the environment affects personal health</li> <li>PO 4. Describe how family history can affect personal health</li> </ul> </li> <li><b>Concept 4: Understanding Prevention of Injuries and Health Problems</b> <ul style="list-style-type: none"> <li>PO 1. Describe ways to reduce or prevent injuries and other adolescent health problems</li> </ul> </li> <li><b>Concept 6: Understanding Healthy vs. Unhealthy Behaviors</b> <ul style="list-style-type: none"> <li>PO 1. Describe the benefits of and barriers to practicing healthy behaviors</li> <li>PO 2. Examine the likelihood of injury or illness if engaging in unhealthy behaviors</li> <li>PO 3. Examine the potential seriousness of injury or illness if engaging in unhealthy behaviors</li> </ul> </li> </ul> <p><b>Strand 2: Analysis of Factors Affecting Health Behaviors</b></p> <ul style="list-style-type: none"> <li><b>Concept 1: External Influences on Personal Health</b> <ul style="list-style-type: none"> <li>PO 1. Examine how the family influences the health of adolescents</li> <li>PO 2: Describe the influence of culture on health beliefs, practices, and behaviors.</li> <li>PO 3. Analyze how peers influence healthy and unhealthy behaviors</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>What are hormones?</li> <li>What are physical effects of stressful emotions?</li> <li>What are four effective ways to communicate?</li> <li>Why do people express emotions and communicate?</li> <li>How can defense mechanisms be healthy or unhealthy?</li> <li>What is the most dangerous part of depression?</li> <li>What are two factors that might cause the brain changes that lead to mental illness?</li> <li>When should you get help for an emotional problem?</li> <li>What are three sources of help for emotional health problems?</li> </ul>	<p>I will be able to:</p> <ul style="list-style-type: none"> <li>Describe how emotions can be pleasant and unpleasant.</li> <li>Explain how emotions can have physical effects</li> <li>Explain why people express and communicate emotions</li> <li>Describe different ways to communicate</li> <li>Explain how to overcome negative thinking</li> <li>Describe influences on emotional health</li> <li>Understand how depression is different from sadness</li> </ul> <p>Describe how to know when you need help for an emotional problem.</p>	Character Competence Constructive Criticism Defense Mechanisms Emotional Health Emotions Empathy Hierarchy of Needs Hormone Hostility Integrity Mental Health Personal Identity Personality Resilient Role Model Self-Actualization Self-Esteem

	<ul style="list-style-type: none"> <li>○ PO 4. Analyze how the school and community can affect personal health practices and behaviors</li> <li>○ PO 5 . Analyze how messages from media influence health behaviors</li> <li>○ PO 6. Analyze the influence of technology on personal and family health</li> <li>• <b>Concept 2: Internal Influences on Personal Health</b> <ul style="list-style-type: none"> <li>○ PO 2. Explain the influence of personal values and beliefs on individual health practices and behaviors</li> <li>○ PO 3. Describe how some health risk behaviors can influence the likelihood of engaging in unhealthy behaviors</li> </ul> </li> </ul> <p><b>Strand 3: Access to Health Information, Products, and Services to Enhance Health</b></p> <ul style="list-style-type: none"> <li>• <b>Concept 1: Knowledge of Sources of Help</b> <ul style="list-style-type: none"> <li>○ PO 1. Analyze the validity of health information, products, and services</li> </ul> </li> <li>• <b>Concept 2: Accessing Help</b> <ul style="list-style-type: none"> <li>○ PO 1. Access valid health information from home, school, and community</li> <li>○ PO 2. Determine the accessibility of products that enhance health</li> <li>○ PO3. Describe situations that may require professional health services</li> <li>○ PO 4. Locate valid and reliable health products and services</li> </ul> </li> </ul> <p><b>Strand 4: Use of Interpersonal Communication Skills to Enhance Health</b></p> <ul style="list-style-type: none"> <li>• <b>Concept 1: Knowledge of Sources of Help</b> <ul style="list-style-type: none"> <li>○ PO 1. Apply effective verbal and nonverbal communication skills to enhance health</li> <li>○ PO 2. Demonstrate refusal and negotiation skills that avoid or reduce health risks</li> </ul> </li> <li>• <b>Concept 2: Self Protection and Dealing with Conflict</b> <ul style="list-style-type: none"> <li>○ PO 1: Identify effective conflict management or resolution strategies</li> </ul> </li> </ul> <p><b>Strand 6: Use of Goal-Setting Skills to Enhance Health</b></p> <ul style="list-style-type: none"> <li>• <b>Concept 1: Assessment of Health</b> <ul style="list-style-type: none"> <li>○ PO. 1 Assess personal health practices</li> </ul> </li> <li>• <b>Concept 2: Health-Related Goal Setting</b> <ul style="list-style-type: none"> <li>○ PO 1. Develop a goal to adopt, maintain, or improve a personal health practice</li> <li>○ PO 2. Apply strategies and skills needed to attain a personal health goal</li> <li>○ PO 3: Describe how personal health goals can vary with changing abilities, priorities, and responsibilities</li> </ul> </li> </ul> <p><b>Strand 7: Ability to Practice Health-Enhancing Behaviors</b></p> <ul style="list-style-type: none"> <li>• <b>Concept 1: Personal Responsibility for Health</b> <ul style="list-style-type: none"> <li>○ PO 1. Explain the importance of assuming responsibility for personal health behaviors</li> </ul> </li> </ul>			
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	<ul style="list-style-type: none"> <li>• <b>Concept 2: Healthy Practices and Behaviors</b> <ul style="list-style-type: none"> <li>○ PO 1. Demonstrate healthy practices and behaviors that will maintain or improve the health of self and others</li> <li>○ PO 2. Demonstrate behaviors that avoid or reduce health risks to self and others</li> </ul> </li> </ul> <p><b>Strand 8: Ability to Advocate for Health</b></p> <ul style="list-style-type: none"> <li>• <b>Concept 1: Personal Advocacy</b> <ul style="list-style-type: none"> <li>○ PO 2. Demonstrate how to influence and support others to make positive health choices</li> </ul> </li> </ul>			
<b>Second and Fourth Quarter</b>				
<p>➤ Managing Weight and Eating Behaviors (6-7)</p> <p>➤ Physical Activity and Fitness (6-7)</p>	<p><b>Strand 1: Comprehension of Health Promotion and Disease Prevention Concepts</b></p> <ul style="list-style-type: none"> <li>• <b>Concept 3: Understanding Personal Health</b> <ul style="list-style-type: none"> <li>○ PO 1: Analyze how the environment affects personal health</li> <li>○ PO 2. Analyze how food provides energy and nutrients for growth and development, that nutrition requirements vary from person to person, and how food intake affects health</li> <li>○ PO 3: Analyze how physical activity contributes to disease prevention</li> </ul> </li> <li>• <b>Concept 6: Understanding Healthy vs. Unhealthy Behaviors</b> <ul style="list-style-type: none"> <li>○ PO 1: Describe the benefits of and barriers to practicing behaviors</li> <li>○ PO 2. Examine the likelihood of injury or illness if engaging in unhealthy behaviors</li> <li>○ PO 3. Examine the potential seriousness of injury or illness if engaging in unhealthy behaviors</li> </ul> </li> </ul> <p><b>Strand 2: Analysis of Factors Affecting Health Behaviors</b></p> <ul style="list-style-type: none"> <li>• <b>Concept 1: External Influences on Personal Health</b> <ul style="list-style-type: none"> <li>○ PO 1. Examine how the family influences the health of adolescents</li> <li>○ PO 2. Describe the influence of culture on health beliefs, practices, and behaviors</li> <li>○ PO 4: Analyze how the school and community can affect personal health practices and behaviors</li> <li>○ PO 6: Analyze the influence of technology on personal and family health</li> </ul> </li> <li>• <b>Concept 2: Internal Influences on Personal Health</b> <ul style="list-style-type: none"> <li>○ PO 1. Explain how the perceptions of norms influence healthy and unhealthy behaviors</li> <li>○ PO 2. Explain the influence of personal values and beliefs on individual health practices and behaviors</li> </ul> </li> </ul> <p><b>Strand 3: Access to Health Information, Products, and Services to Enhance Health</b></p> <ul style="list-style-type: none"> <li>• <b>Concept 2: Accessing Help</b></li> </ul>	<ul style="list-style-type: none"> <li>• Why is having good muscular strength, muscular endurance, cardiorespiratory endurance, flexibility, and body composition important to our body?</li> <li>• What are the physical, mental, emotional, and social benefits of health?</li> <li>• Why is it important to consider your social health?</li> <li>• How does modern technology sometimes interfere with healthy eating and exercise habits?</li> <li>• How can people maintain a healthy lifestyle while using modern technology?</li> <li>• What is an online fitness log?</li> <li>• What are activities that I like and dislike?</li> <li>• How do the activities I like/dislike impact my health?</li> <li>• What is frequency, intensity, and time?</li> <li>• What can you do to protect yourself from injury when exercising?</li> <li>• How does warming up get the body ready for exercise?</li> <li>• Why do you think regular fitness tests are important?</li> <li>• How often do you exercise?</li> <li>• What are ways you can increase the amount of exercise you do?</li> <li>• What programs or resources does your community provide to lower the risk of unhealthy behaviors?</li> <li>• What programs or resources does your community provide for preventive healthcare?</li> </ul>	<p>I will be able to:</p> <ul style="list-style-type: none"> <li>• Explain how exercise benefits mental and emotional health.</li> <li>• Describe the social benefits of health.</li> <li>• Describe the five components of physical fitness.</li> <li>• Describe the relationship between exercise and technology.</li> <li>• Analyze how technology has an effect on health.</li> <li>• Maintain an online fitness log to help calculate physical fitness activities.</li> <li>• Explain why I should try activities that I like.</li> <li>• Describe how intensity, frequency, and time affect physical fitness.</li> <li>• Describe ways to protect myself from injury while exercising.</li> <li>• List warm up and cool down techniques.</li> <li>• Explain why I should test my fitness</li> <li>• Explain the importance of monitoring the heart rate</li> <li>• Describe the tests for each of the components of fitness</li> </ul>	<p>Aerobic Exercise Anaerobic Exercise Anorexia Nervosa Binge Eating Disorder Body Image Body Mass Index (BMI) Bulimia Nervosa Cardiorespiratory Endurance Cool-down Dietary Supplements Eating Disorders Exercise Fad Diets Flexibility Frostbite Heat Exhaustion Heatstroke Herbal Supplements Hypothermia Megadoses Metabolism Muscle Cramps Muscular Endurance Muscular Strength Obese Overexertion Overload Overweight Performance Enhancers Physical Activity Physical Fitness Progression Resting Heart Rate Sedentary Specificity Strains Sprains Underweight Vegetarian Warm-up Weight Cycling Workout</p>



	<ul style="list-style-type: none"> <li>PO 1. Access valid health information from home, school, and community</li> <li>PO 2. Determine the accessibility of products that enhance health</li> </ul> <p><b>Strand 4: Use of Interpersonal Communication Skills to Enhance Health</b></p> <ul style="list-style-type: none"> <li><b>Concept 1: Knowledge of Sources of Help</b> <ul style="list-style-type: none"> <li>PO 1. Apply effective verbal and nonverbal communication skills to enhance health</li> <li>PO 2. Demonstrate refusal and negotiation skills that avoid or reduce health risks</li> </ul> </li> </ul> <p><b>Strand 5: Use of Decision-Making Skills to Enhance Health</b></p> <ul style="list-style-type: none"> <li><b>Concept 2: Application of Decision-Making Skills to Health</b> <ul style="list-style-type: none"> <li>PO 5. Choose healthy alternatives over unhealthy alternatives when making a decision</li> <li>PO 6. Analyze the outcomes of a health-related decision</li> </ul> </li> </ul> <p><b>Strand 6: Use of Goal-Setting Skills to Enhance Health</b></p> <ul style="list-style-type: none"> <li><b>Concept 1: Assessment of Health</b> <ul style="list-style-type: none"> <li>PO1. Assess personal health practices</li> </ul> </li> <li><b>Concept 2: Health-Related Goal Setting</b> <ul style="list-style-type: none"> <li>PO1. Develop a goal to adopt, maintain, or improve a personal health practice</li> <li>PO 2. Apply strategies and skills needed to attain a personal health goal</li> </ul> </li> </ul> <p><b>Strand 7: Ability to Practice Health-Enhancing Behaviors</b></p> <ul style="list-style-type: none"> <li><b>Concept 1: Personal Responsibility for Health</b> <ul style="list-style-type: none"> <li>PO 1. Explain the importance of assuming responsibility for personal health behaviors</li> </ul> </li> <li><b>Concept 2: Healthy Practices and Behaviors</b> <ul style="list-style-type: none"> <li>PO 1. Demonstrate healthy practices and behaviors that will maintain or improve the health of self and others</li> <li>PO 2. Demonstrate behaviors that avoid or reduce health risks to self and others</li> </ul> </li> </ul> <p><b>Strand 8: Ability to Advocate for Health</b></p> <ul style="list-style-type: none"> <li><b>Concept 1: Personal Advocacy</b> <ul style="list-style-type: none"> <li>PO 2. Demonstrate how to influence and support others to make positive health choices</li> </ul> </li> </ul>			
Tobacco (8 <sup>th</sup> )	<p><b>Strand 1: Comprehension of Health Promotion and Disease Prevention Concepts</b></p> <ul style="list-style-type: none"> <li><b>Concept 1: Understand Relationship Between Health Behaviors and Health</b> <ul style="list-style-type: none"> <li>PO 1: Analyze the relationship between healthy behaviors and personal health</li> </ul> </li> <li><b>Concept 3: Understanding Personal Health</b></li> </ul>	<ul style="list-style-type: none"> <li>What is environmental tobacco smoke?</li> <li>Describe the effects of environmental tobacco smoke</li> <li>What are the consequences if an adolescent who starts smoking?</li> <li>How does nicotine from smokeless tobacco enter the bloodstream?</li> <li>What chemicals are in a tobacco product?</li> </ul>	<p>I will be able to:</p> <ul style="list-style-type: none"> <li>Explain consequences for a teen who starts smoking.</li> <li>Describe how nicotine from smokeless tobacco enters the bloodstream.</li> <li>Describe the immediate and chronic effects of smoke-able and smokeless tobacco.</li> </ul>	Addictive Drug Cancer Carbon Monoxide Carcinogen Cessation Chronic Bronchitis Drug addiction Emphysema

	<ul style="list-style-type: none"> <li>○ PO1: Analyze how the environment affects personal health.</li> <li>• <b>Concept 4: Understanding Prevention of Injuries and Health Problems</b> <ul style="list-style-type: none"> <li>○ PO1: Describe ways to reduce or prevent injuries and other adolescent health problems.</li> </ul> </li> <li>• <b>Concept 5: Understanding Use of Health Care</b> <ul style="list-style-type: none"> <li>○ PO 1: Explain how appropriate health care can promote personal health</li> </ul> </li> <li>• <b>Concept 6: Understanding Healthy vs. Unhealthy Behaviors</b> <ul style="list-style-type: none"> <li>○ PO 1. Describe the benefits of and barriers to practicing healthy behaviors</li> <li>○ PO2: Examine the likelihood of injury or illness of engaging in unhealthy behaviors</li> <li>○ PO 3. Examine the potential seriousness of injury or illness if engaging in unhealthy behaviors</li> </ul> </li> </ul> <p><b>Strand 2: Analysis of Factors Affecting Health Behaviors</b></p> <ul style="list-style-type: none"> <li>• <b>Concept 1: External Influences on Personal Health</b> <ul style="list-style-type: none"> <li>○ PO 3. Analyze how peers influence healthy and unhealthy behaviors</li> <li>○ PO 5 . Analyze how messages from media influence health behaviors</li> <li>○ PO 6. Analyze the influence of technology on personal and family health</li> </ul> </li> <li>• <b>Concept 2: Internal Influences on Personal Health</b> <ul style="list-style-type: none"> <li>○ PO 3. Describe how some health risk behaviors can influence the likelihood of engaging in unhealthy behaviors</li> </ul> </li> </ul> <p><b>Strand 3: Access to Health Information, Products, and Services to Enhance Health</b></p> <ul style="list-style-type: none"> <li>• <b>Concept 1: Knowledge of Sources of Help</b> <ul style="list-style-type: none"> <li>○ PO 1. Analyze the validity of health information, products, and services</li> </ul> </li> <li>• <b>Concept 2: Accessing Help</b> <ul style="list-style-type: none"> <li>○ PO3. Describe situations that may require professional health services</li> </ul> </li> </ul> <p><b>Strand 4: Use of Interpersonal Communication Skills to Enhance Health</b></p> <ul style="list-style-type: none"> <li>• <b>Concept 1: Knowledge of Sources of Help</b> <ul style="list-style-type: none"> <li>○ PO 1. Apply effective verbal and nonverbal communication skills to enhance health</li> <li>○ PO 2. Demonstrate refusal and negotiation skills that avoid or reduce health risks</li> </ul> </li> <li>• <b>Concept 3: Asking for Help</b> <ul style="list-style-type: none"> <li>○ PO 1. Identify ways to ask for assistance to enhance the health of self and others</li> </ul> </li> </ul> <p><b>Strand 5: Use of Decision-Making Skills to Enhance Health</b></p>	<ul style="list-style-type: none"> <li>• How can smoking affect a person's social health?</li> <li>• What are the early effects of smoking?</li> <li>• What is nicotine addiction?</li> <li>• How does nicotine affect people?</li> </ul>	<ul style="list-style-type: none"> <li>• Explain how tobacco affects social and emotional health.</li> <li>• Explain why nicotine is addictive</li> <li>• Explain how someone can form a tolerance to nicotine.</li> <li>• Describe the different kinds of dependence.</li> </ul>	<p>Environmental Tobacco Smoke Healthy People Leukoplakia Mainstream Smoke Nicotine Nicotine Substitutes Nicotine Withdrawal Physical Dependence Psychological dependence Relapse Sidestream Smoke Smokeless Tobacco Tar Tobacco Cessation Program Tolerance Withdrawal</p>
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	<ul style="list-style-type: none"> <li>• <b>Concept 2: Application of Decision-Making Skills to Health</b> <ul style="list-style-type: none"> <li>○ PO 4. Predict the potential short-term impact of each alternative on self and others</li> </ul> </li> </ul> <p><b>Strand 7: Ability to Practice Health-Enhancing Behaviors</b></p> <ul style="list-style-type: none"> <li>• <b>Concept 2: Healthy Practices and Behaviors</b> <ul style="list-style-type: none"> <li>○ PO 1. Demonstrate healthy practices and behaviors that will maintain or improve the health of self and others</li> <li>○ PO 2. Demonstrate behaviors that avoid or reduce health risks to self and others</li> </ul> </li> </ul> <p><b>Strand 8: Ability to Advocate for Health</b></p> <ul style="list-style-type: none"> <li>• <b>Concept 2: Collective Advocacy</b> <ul style="list-style-type: none"> <li>○ PO 1. Demonstrate how to work cooperatively to advocate for healthy individuals, families, and schools</li> </ul> </li> </ul>			
Nutrition for Health (6-7)	<p><b>Strand 1: Comprehension of Health Promotion and Disease Prevention Concepts</b></p> <ul style="list-style-type: none"> <li>• <b>Concept 1: Understand Relationship Between Health Behaviors and Health</b> <ul style="list-style-type: none"> <li>○ PO 1: Analyze the relationship between healthy behaviors and personal health</li> </ul> </li> <li>• <b>Concept 3: Understanding Personal Health</b> <ul style="list-style-type: none"> <li>○ PO 1. Analyze how the environment affects personal health</li> <li>○ PO 2. Analyze how food provides energy for nutrients for growth and development, that nutrition requirements vary from person to person, and how food intake affects health</li> </ul> </li> <li>• <b>Concept 6: Understanding Healthy vs. Unhealthy Behaviors</b> <ul style="list-style-type: none"> <li>○ PO 1. Describe the benefits of and barriers to practicing healthy behaviors</li> <li>○ PO 3. Examine the potential seriousness of injury or illness if engaging in unhealthy behaviors</li> </ul> </li> </ul> <p><b>Strand 2: Analysis of Factors Affecting Health Behaviors</b></p> <ul style="list-style-type: none"> <li>• <b>Concept 1: External Influences on Personal Health</b> <ul style="list-style-type: none"> <li>○ PO 1. Examine how the family influences the health of adolescents.</li> <li>○ PO 2. Describe the influence of culture on health beliefs, practices, and behaviors</li> </ul> </li> <li>• <b>Concept 2: Internal Influences on Personal Health</b> <ul style="list-style-type: none"> <li>○ PO 2. Explain the influence of personal values and beliefs on individual health practices and behaviors</li> </ul> </li> </ul> <p><b>Strand 3: Access to Health Information, Products, and Services to Enhance Health</b></p> <p>Concept 1: Knowledge of Sources of Help PO 1. Analyze the validity of health information, products, and services</p>	<ul style="list-style-type: none"> <li>• What factors affect the types of food you consume?</li> <li>• How do you feel about your body image?</li> <li>• What factors do you need to change in your diet in order to become healthier?</li> <li>• What are some characteristics of a healthy eater?</li> <li>• What are the six classes of essential nutrients?</li> <li>• How does the body use the six classes of essential nutrients?</li> <li>• What is the difference between anorexia nervosa and bulimia nervosa?</li> <li>• What are the health risks of eating disorders?</li> <li>• How influential and healthy are different cultural foods?</li> <li>• Have cultural foods been altered from their original cultural preparation to suit Americans?</li> <li>• What are important components of the Nutrition Facts Label?</li> <li>• What food options are available by the school?</li> <li>• How can your family recipes be altered to be healthier?</li> </ul>	<p>I will be able to:</p> <ul style="list-style-type: none"> <li>• Identify factors that affect my food choices.</li> <li>• Explain why a healthy body image is important.</li> <li>• Describe the relationships between body image and self-esteem.</li> <li>• Explain how the food I eat affects my health.</li> <li>• Describe the process of digestion</li> <li>• Explain how one can gain weight in a healthy way.</li> <li>• Explain how to lose weight in a healthy way.</li> <li>• Identify the six classes of essential nutrients</li> <li>• Explain how the body uses the six classes of essential nutrients.</li> <li>• Explain the types of eating disorders.</li> <li>• Identify signs and symptoms of eating disorders.</li> <li>• Identify the types of cultural foods available in my community.</li> <li>• Explain how cultural foods play a role in my eating habits.</li> <li>• Describe the Dietary Guidelines for Americans.</li> <li>• Describe the food groups represented in the MyPlate.</li> <li>• Explain how to read the nutrition facts label.</li> </ul>	Appetite Calorie Carbohydrates Cholesterol Cross-Contamination Dietary Guidelines for Americans Fiber Food Additives Food Allergy Food Intolerance Foodborne Illness Hunger Minerals MyPlate Nutrient-Dense Nutrients Nutrition Osteoporosis Pasteurization Proteins Vitamins

	<p><b>Strand 5: Use of Decision-Making Skills to Enhance Health</b></p> <ul style="list-style-type: none"> <li>• <b>Concept 2: Application of Decision-Making Skills to Health</b> <ul style="list-style-type: none"> <li>○ PO1. Determine when health related situations require the application of a thoughtful decision-making process</li> </ul> </li> </ul> <p><b>Strand 6: Use of Goal-Setting Skills to Enhance Health</b></p> <ul style="list-style-type: none"> <li>• <b>Concept 1: Assessment of Health</b> <ul style="list-style-type: none"> <li>○ PO1. Assess personal health practices</li> </ul> </li> </ul> <p><b>Strand 8: Ability to Advocate for Health</b></p> <ul style="list-style-type: none"> <li>• <b>Concept 1: Personal Advocacy</b> <ul style="list-style-type: none"> <li>○ PO1. State a health enhancing position on a topic and support it with accurate information</li> <li>○ PO 2. Demonstrate how to influence and support others to make positive health choices</li> </ul> </li> <li>• <b>Concept 3: Tailoring Advocacy Message to Audience</b> <ul style="list-style-type: none"> <li>○ PO 1. Identify ways in which health messages and communication techniques can be altered for different audiences</li> </ul> </li> </ul>			
Alcohol (8 <sup>th</sup> )	<p><b>Strand 1: Comprehension of Health Promotion and Disease Prevention Concepts</b></p> <ul style="list-style-type: none"> <li>• <b>Concept 1: Understand Relationship Between Health Behaviors and Health</b> <ul style="list-style-type: none"> <li>○ PO 1. Analyze the relationship between healthy behaviors and personal health</li> </ul> </li> <li>• <b>Concept 3: Understanding Personal Health</b> <ul style="list-style-type: none"> <li>○ PO 1. Analyze how the environment affects personal health</li> <li>○ PO 4. Describe how family history can affect personal health</li> </ul> </li> <li>• <b>Concept 4: Understanding Prevention of Injuries and Health Problems</b> <ul style="list-style-type: none"> <li>○ PO 1. Describe ways to reduce or prevent injuries and other adolescent health problems</li> </ul> </li> <li>• <b>Concept 5: Understanding Use of Health Care</b> <ul style="list-style-type: none"> <li>○ PO 1. Explain how appropriate health care can promote personal health</li> </ul> </li> <li>• <b>Concept 6: Understanding Healthy vs. Unhealthy Behaviors</b> <ul style="list-style-type: none"> <li>○ PO 1. Describe the benefits of and barriers to practicing healthy behaviors</li> <li>○ PO 2. Examine the likelihood of injury or illness of engaging in unhealthy behaviors</li> <li>○ PO 3. Examine the potential seriousness of injury or illness if engaging in unhealthy behaviors</li> </ul> </li> </ul> <p><b>Strand 2: Analysis of Factors Affecting Health Behaviors</b></p> <ul style="list-style-type: none"> <li>• <b>Concept 1: External Influences on Personal Health</b> <ul style="list-style-type: none"> <li>○ PO1: Examine how the family influences the health of adolescents</li> <li>○ PO3: Analyze how peers influence healthy and unhealthy behaviors</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• How can a pregnant woman's health habits affect the developing baby?</li> <li>• What happens to your body when you drink alcohol?</li> <li>• What are the harmful effects of substance abuse during pregnancy?</li> <li>• What are some immediate effects of drinking alcohol?</li> <li>• What are long-term effects of drinking alcohol?</li> <li>• What is it dangerous for a pregnant woman to drink alcohol?</li> <li>• How might you feel the pressure to drink from your family?</li> <li>• How might you feel the pressure to drink from your peers?</li> <li>• Why is drunk driving so dangerous?</li> <li>• What can you do to stop drunk driving?</li> <li>• What should you ask yourself when deciding not to drink?</li> </ul>	<p>I will be able to:</p> <ul style="list-style-type: none"> <li>• Describe changes in the mother's body during pregnancy.</li> <li>• Describe how the body processes alcohol</li> <li>• Explain blood alcohol concentration</li> <li>• Identify factors that affect an individual's reaction to alcohol.</li> <li>• Describe factors that affect the health of both the mother and the fetus during pregnancy.</li> <li>• Explain how substance abuse during pregnancy effects the growing fetus</li> <li>• Describe how alcohol affects a person's behavior.</li> <li>• Identify risk factors of drinking alcohol.</li> <li>• Identify long-term effects of drinking alcohol.</li> <li>• Explain why it is dangerous for pregnant woman to drink alcohol.</li> <li>• Identify pressures that tempt teens to drink alcohol</li> <li>• Identify steps to take when deciding not to drink alcohol.</li> <li>• Identify two ways to resist internal pressures to drink.</li> </ul>	<p>Alcohol abuse Alcoholism Binge drinking Blood alcohol concentration Depressant Driving under the influence Drug Fetal alcohol syndrome Hobby Intoxication Peer pressure Reaction time Recovery</p>



	<ul style="list-style-type: none"> <li>PO 5. Analyze how messages from media influence health behaviors</li> <li>PO 6. Analyze the influence of technology on personal and family health</li> <li><b>Concept 2: Internal Influences on Personal Health</b> <ul style="list-style-type: none"> <li>PO 3. Describe how some health risk behaviors can influence the likelihood of engaging in unhealthy behaviors</li> </ul> </li> </ul> <p><b>Strand 3: Access to Health Information, Products, and Services to Enhance Health</b></p> <ul style="list-style-type: none"> <li><b>Concept 1: Knowledge of Sources of Help</b> <ul style="list-style-type: none"> <li>PO 1. Analyze the validity of health information, products, and services</li> </ul> </li> <li><b>Concept 2: Accessing Help</b> <ul style="list-style-type: none"> <li>PO 3. Describe situations that may require professional health services</li> </ul> </li> </ul> <p><b>Strand 4: Use of Interpersonal Communication Skills to Enhance Health</b></p> <ul style="list-style-type: none"> <li><b>Concept 1: Knowledge of Sources of Help</b> <ul style="list-style-type: none"> <li>PO 1. Apply effective verbal and nonverbal communication skills to enhance health</li> <li>PO 2. Demonstrate refusal and negotiation skills that avoid or reduce health risks</li> </ul> </li> <li><b>Concept 3: Asking for Help</b> <ul style="list-style-type: none"> <li>PO 1. Identify ways to ask for assistance to enhance the health of self and others</li> </ul> </li> </ul> <p><b>Strand 5: Use of Decision-Making Skills to Enhance Health</b></p> <ul style="list-style-type: none"> <li><b>Concept 2: Application of Decision-Making Skills to Health</b> <ul style="list-style-type: none"> <li>PO 1. Determine when health related situations require the application of a thoughtful decision-making process</li> <li>PO 4. Predict the potential short-term impact of each alternative on self and others.</li> </ul> </li> </ul> <p><b>Strand 7: Ability to Practice Health-Enhancing Behaviors</b></p> <ul style="list-style-type: none"> <li><b>Concept 2: Healthy Practices and Behaviors</b> <ul style="list-style-type: none"> <li>PO 1. Demonstrate healthy practices and behaviors that will maintain or improve the health of self and others</li> <li>PO 2. Demonstrate behaviors that avoid or reduce health risks to self and others</li> </ul> </li> </ul> <p><b>Strand 8: Ability to Advocate for Health</b></p> <ul style="list-style-type: none"> <li><b>Concept 2: Collective Advocacy</b> <ul style="list-style-type: none"> <li>PO 1. Demonstrate how to work cooperatively to advocate for healthy individuals, families, and schools</li> </ul> </li> </ul>			
➤ Managing Stress and Coping with Loss (6-7)	<p><b>Strand 1: Comprehension of Health Promotion and Disease Prevention Concepts</b></p> <ul style="list-style-type: none"> <li><b>Concept 1: Understand Relationship Between Health Behaviors and Health</b></li> </ul>	<ul style="list-style-type: none"> <li>Why is stress response called the "fight-or-flight" response?</li> <li>What techniques can be used to manage distress?</li> </ul>	<ul style="list-style-type: none"> <li>Describe the difference between stress and distress</li> <li>Identify three sources of stress in your life</li> <li>Describe the body's response to stress</li> </ul>	Chronic Stress Closure Coping Mourning

<p>➤ Skills for Healthy Relationships (6-7)</p>	<ul style="list-style-type: none"> <li>PO 1: Analyze the relationship between healthy behaviors and personal health</li> </ul> <p><b>Strand 2: Analysis of Factors Affecting Health Behaviors</b></p> <ul style="list-style-type: none"> <li><b>Concept 1: External Influences on Personal Health</b> <ul style="list-style-type: none"> <li>PO 1: Examine how the family influences the health of adolescents</li> </ul> </li> </ul> <p><b>Strand 4: Use of Interpersonal Communication Skills to Enhance Health</b></p> <ul style="list-style-type: none"> <li><b>Concept 1: Knowledge of Sources of Help</b> <ul style="list-style-type: none"> <li>PO 2: Demonstrate refusal and negotiation skills that avoid or reduce health risks</li> </ul> </li> <li><b>Concept 2: Self Protection and Dealing with Conflict</b> <ul style="list-style-type: none"> <li>PO 1: Identify effective conflict management or resolution strategies</li> </ul> </li> </ul> <p><b>Strand 6: Use of Goal-Setting Skills to Enhance Health</b></p> <ul style="list-style-type: none"> <li><b>Concept 2: Health-Related Goal Setting</b> <ul style="list-style-type: none"> <li>PO 1: Develop a goal to adopt, maintain, or improve a personal health practice</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>How can defense mechanisms be helpful?</li> <li>How can you show that you are happy without speaking?</li> <li>What does nurturing mean?</li> <li>What are ways that families nurture?</li> <li>What should you do in an abusive situation?</li> <li>What is an unhealthy relationship?</li> </ul>	<ul style="list-style-type: none"> <li>Describe the physical, mental, and emotional effects of stress</li> <li>Describe ways to manage stress</li> <li>Explain how healthy relationships can help you stay healthy</li> <li>Identify how assertive behavior can help you learn and grow</li> <li>Describe ways to show respect</li> <li>Describe ways to work through family problems</li> <li>Identify problems and ways to deal with them</li> <li>Explain why healthy friendships are important</li> <li>Describe how refusal skills can help you</li> </ul>	<p>Perception Psychosomatic Response Relaxation Response Resilient Stages of Grief Stress Stress Management Skills Stressor Traumatic Event</p> <p>"I" message Active Listening Aggressive Assertive Body Language Citizenship Compromise Constructive Criticism Cooperation Friendship Interpersonal Communication Passive Personal Identity Prejudice Relationship Role Stereotype Tolerance Bullying Hazing Values</p>
<p>Illegal Drugs (8<sup>th</sup>)</p>	<p><b>Strand 1: Comprehension of Health Promotion and Disease Prevention Concepts</b></p> <ul style="list-style-type: none"> <li><b>Concept 1: Understand Relationship Between Health Behaviors and Health</b> <ul style="list-style-type: none"> <li>PO 1: Analyze the relationship between healthy behaviors and personal health</li> </ul> </li> <li><b>Concept 2: Understanding Multiple Dimensions of Health</b> <ul style="list-style-type: none"> <li>PO 1: Describe the interrelationships of emotional, intellectual, physical, and social health in adolescence</li> </ul> </li> <li><b>Concept 3: Understanding Personal Health</b> <ul style="list-style-type: none"> <li>PO 1: Analyze how the environment affects personal health</li> <li>PO 4: Describe how family history can affect personal health</li> </ul> </li> <li><b>Concept 4: Understanding Prevention of Injuries and Health Problems</b> <ul style="list-style-type: none"> <li>PO 1: Describe ways to reduce or prevent injuries and other adolescent health problems</li> </ul> </li> <li><b>Concept 5: Understanding Use of Health Care</b> <ul style="list-style-type: none"> <li>PO 1: Explain how appropriate health care can promote personal health</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>What is drug addiction?</li> <li>How does drug addiction affect people?</li> <li>What are the dangers of marijuana on the body?</li> <li>Why do the labels on spray paints and cleaning supplies say to use these products only in well-ventilated area?</li> <li>Why is it dangerous to sniff glue?</li> <li>What are designer drugs?</li> <li>What is the FDA?</li> <li>Are prescription medications safe?</li> <li>What happens to a drug after you swallow it?</li> <li>Why is it important to follow instruction when taking a prescription drug?</li> </ul>	<p>I will be able to:</p> <ul style="list-style-type: none"> <li>Explain what makes a substance a drug</li> <li>Identify different ways that drugs enter the body.</li> <li>Identify possible dangers of using medicines.</li> <li>Explain what drug addiction is and how it happens.</li> <li>Compare physical dependence and psychological dependence.</li> <li>Identify types of problems related to drug abuse and drug addiction.</li> <li>Identify the dangers of continued marijuana use.</li> <li>Describe the addictive nature of opiates.</li> <li>Identify uses and dangers of prescription opiates.</li> <li>Describe heroin and its dangers.</li> <li>Identify the dangers of using hallucinogens and inhalants.</li> <li>Describe the dangers of using designer drugs.</li> </ul> <p>Explain how the government approves a drug</p>	<p>Substance Abuse Illegal Drugs Illicit Drug Use Overdose Addiction Marijuana Paranoia Inhalants Anabolic-Androgenic Steroids Psychoactive Drugs Designer Drugs Hallucinogens Euphoria Depressants Stimulants Opiates Drug-Free School Zones Drug Watches Rehabilitation</p>

	<ul style="list-style-type: none"> <li>• <b>Concept 6: Understanding Healthy vs. Unhealthy Behaviors</b> <ul style="list-style-type: none"> <li>○ PO 1. Describe the benefits of and barriers to practicing healthy behaviors</li> <li>○ PO 2. Examine the likelihood of injury or illness if engaging in unhealthy behaviors</li> <li>○ PO 3. Examine the potential seriousness of injury or illness if engaging in unhealthy behaviors</li> </ul> </li> <li>• <b>Strand 2: Analysis of Factors Affecting Health Behaviors</b></li> <li>• <b>Concept 1: External Influences on Personal Health</b> <ul style="list-style-type: none"> <li>○ PO 1. Examine how the family influences the health of adolescents</li> <li>○ PO 3. Analyze how peers influence healthy and unhealthy behaviors</li> <li>○ PO4: Analyze how the school and community can affect personal health practices and behaviors</li> <li>○ PO 5. Analyze how messages from media influence health behaviors</li> <li>○ PO 6. Analyze the influence of technology on personal and family health</li> </ul> </li> <li>• <b>Concept 2: Internal Influences on Personal Health</b> <ul style="list-style-type: none"> <li>○ PO 1. Explain how the perceptions of norms influence healthy and unhealthy behaviors</li> <li>○ PO 2. Explain the influence of personal values and beliefs on individual health practices and behaviors</li> <li>○ PO 3. Describe how some health risk behaviors can influence the likelihood of engaging in unhealthy behaviors</li> </ul> </li> <li>• <b>Concept 3: Influence of Public Policy on Health</b> <ul style="list-style-type: none"> <li>○ PO 1. Examine and explain how school and public health policies can influence health promotion and disease prevention</li> </ul> </li> <li>• <b>Strand 3: Access to Health Information, Products, and Services to Enhance Health</b></li> <li>• <b>Concept 1: Knowledge of Sources of Help</b> <ul style="list-style-type: none"> <li>○ PO 1. Analyze the validity of health information, products, and services</li> </ul> </li> <li>• <b>Concept 2: Accessing Help</b> <ul style="list-style-type: none"> <li>○ PO 1. Access valid health information from home, school, and community</li> <li>○ PO 2. Determine the accessibility of products that enhance health</li> <li>○ PO 3. Describe situations that may require professional health services</li> </ul> </li> <li>• <b>Strand 4: Use of Interpersonal Communication Skills to Enhance Health</b></li> <li>• <b>Concept 1: Knowledge of Sources of Help</b> <ul style="list-style-type: none"> <li>○ PO 1. Apply effective verbal and nonverbal communication skills to enhance health</li> <li>○ PO 2. Demonstrate refusal and negotiation skills that avoid or reduce health risks</li> </ul> </li> </ul>			
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	<ul style="list-style-type: none"> <li>• <b>Concept 3: Asking for Help</b> <ul style="list-style-type: none"> <li>○ PO 1. Identify ways to ask for assistance to enhance the health of self and others</li> </ul> </li> </ul> <p><b>Strand 5: Use of Decision-Making Skills to Enhance Health</b></p> <ul style="list-style-type: none"> <li>• <b>Concept 1: Influences on Health Decision Making</b> <ul style="list-style-type: none"> <li>○ PO1. Identify circumstances that can help or hinder healthy decision making</li> </ul> </li> <li>• <b>Concept 2: Application of Decision-Making Skills to Health</b> <ul style="list-style-type: none"> <li>○ PO 1. Determine when health-related situations require the application of a thoughtful decision-making process</li> <li>○ PO2. Distinguish when individual or collaborative decision making is appropriate</li> <li>○ PO 3. Distinguish between healthy and unhealthy alternatives to health-related issues or problems</li> <li>○ PO 4. Predict the potential short-term impact of each alternative on self and others</li> <li>○ PO 6. Analyze the outcomes of a health-related decision</li> </ul> </li> </ul> <p><b>Strand 7: Ability to Practice Health-Enhancing Behaviors</b></p> <ul style="list-style-type: none"> <li>• <b>Concept 2: Healthy Practices and Behaviors</b> <ul style="list-style-type: none"> <li>○ PO 1. Demonstrate healthy practices and behaviors that will maintain or improve the health of self and others</li> <li>○ PO 2. Demonstrate behaviors that avoid or reduce health risks to self and others</li> </ul> </li> </ul> <p><b>Strand 8: Ability to Advocate for Health</b></p> <ul style="list-style-type: none"> <li>• <b>Concept 1: Personal Advocacy</b> <ul style="list-style-type: none"> <li>○ PO1. State a health enhancing position on a topic and support it with accurate information</li> <li>○ PO 2. Demonstrate how to influence and support others to make positive health choices</li> </ul> </li> <li>• <b>Concept 2: Collective Advocacy</b> <ul style="list-style-type: none"> <li>○ PO 1. Demonstrate how to work cooperatively to advocate for healthy individuals, families, and schools</li> </ul> </li> </ul>			
<p>➤ <b>Safety and Injury Prevention (6-8)</b></p> <p>➤ <b>First Aid and Emergencies (6-8)</b></p>	<p><b>Strand 1: Comprehension of Health Promotion and Disease Prevention Concepts</b></p> <ul style="list-style-type: none"> <li>• <b>Concept 3: Understanding Personal Health</b> <ul style="list-style-type: none"> <li>○ PO 1. Analyze how the environment affects personal health</li> <li>○ PO 3. Analyze how physical activity contributes to disease prevention</li> </ul> </li> <li>• <b>Concept 4: Understanding Prevention of Injuries and Health Problems</b> <ul style="list-style-type: none"> <li>○ PO 1. Describe ways to reduce or prevent injuries and other adolescent health problems</li> </ul> </li> <li>• <b>Concept 5: Understanding Use of Health Care</b> <ul style="list-style-type: none"> <li>○ PO 1. Explain how appropriate health care can promote personal health</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• What is personal safety?</li> <li>• What are some ways to protect yourself?</li> <li>• What is self-defense?</li> <li>• Why is important to learn self-defense?</li> <li>• What are some preventable injuries?</li> <li>• What are some common household poisons?</li> <li>• How can you prevent a fire?</li> <li>• What are some ways to keep your community safe?</li> <li>• What health risks do you consider to be substantially high in your community?</li> <li>• What health risks can be prevented or lowered in your community?</li> </ul>	<p>I will be able to:</p> <ul style="list-style-type: none"> <li>• Identify tips to protect myself and my belongings.</li> <li>• Identify self-defense strategies.</li> <li>• Explain the importance of OSHA.</li> <li>• Identify two important pieces of fire safety equipment.</li> <li>• Identify common household injuries.</li> <li>• Identify ways to prevent household injuries.</li> <li>• Identify ways to keep my community safe.</li> <li>• Identify ways to keep the school safe.</li> <li>• Explain the “do’s and don’ts” of driving.</li> </ul>	<p>Personal Safety</p> <p>Self-defense</p> <p>Encounter</p> <p>Cyberbullying</p> <p>Unintentional injuries</p> <p>Accident chain</p> <p>Fire Extinguisher</p> <p>Smoke Alarm</p> <p>Carbon Monoxide</p> <p>Peer Mediation</p> <p>OSHA</p> <p>Frostbite</p> <p>Hypothermia</p> <p>Personal Flotation Device</p>



	<ul style="list-style-type: none"> <li>• <b>Concept 6: Understanding Healthy vs. Unhealthy Behaviors</b> <ul style="list-style-type: none"> <li>○ PO 1. Describe the benefits of and barriers to practicing healthy behaviors</li> <li>○ PO 2. Examine the likelihood of injury or illness if engaging in unhealthy behaviors</li> <li>○ PO 3. Examine the potential seriousness of injury or illness if engaging in unhealthy behaviors</li> </ul> </li> <li>• <b>Strand 2: Analysis of Factors Affecting Health Behaviors</b></li> <li>• <b>Concept 3: Influence of Public Policy on Health</b> <p>PO 1. Examine and explain how school and public health policies can influence health promotion and disease prevention</p> </li> <li>• <b>Strand 3: Access to Health Information, Products, and Services to Enhance Health</b></li> <li>• <b>Concept 2: Accessing Help</b> <ul style="list-style-type: none"> <li>○ PO 1. Access valid health information from home, school, and community</li> <li>○ PO 2. Determine the accessibility of products that enhance health</li> <li>○ PO 3. Describe situations that may require professional health services</li> <li>○ PO 4. Locate valid and reliable health products and services</li> </ul> </li> <li>• <b>Strand 4: Use of Interpersonal Communication Skills to Enhance Health</b></li> <li>• <b>Concept 1: Knowledge of Sources of Help</b> <ul style="list-style-type: none"> <li>○ PO 1. Apply effective verbal and nonverbal communication skills to enhance health</li> </ul> </li> <li>• <b>Concept 2: Self Protection and Dealing with Conflict</b> <ul style="list-style-type: none"> <li>○ PO 1. Identify effective conflict management or resolution strategies</li> </ul> </li> <li>• <b>Concept 3: Asking for Help</b> <ul style="list-style-type: none"> <li>○ PO 1. Identify ways to ask for assistance to enhance the health of self and others</li> </ul> </li> <li>• <b>Strand 5: Use of Decision-Making Skills to Enhance Health</b></li> <li>• <b>Concept 1: Influences on Health Decision Making</b> <ul style="list-style-type: none"> <li>○ PO 1. Identify circumstances that can help or hinder healthy decision making</li> </ul> </li> <li>• <b>Concept 2: Application of Decision-Making Skills to Health</b> <ul style="list-style-type: none"> <li>○ PO 1. Determine when health-related situations require the application of a thoughtful decision-making process</li> <li>○ PO 3. Distinguish between healthy and unhealthy alternatives to health-related issues or problems</li> <li>○ PO 4. Predict the potential short-term impact of each alternative on self and others</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• How does recycling help the environment?</li> <li>• What can you do to protect and improve the health of your environment?</li> <li>• What are ways keep schools safe?</li> <li>• What characteristics do trusted adults have?</li> <li>• Why it is important to plan ahead for outdoor activities</li> <li>• Why shouldn't you move someone with a head injury?</li> <li>• What should you do if someone isn't breathing?</li> <li>• How do you think young children and teenagers view violence in the media?</li> <li>• What are the "do's and don'ts" of driving?</li> <li>• How can you avoid serious injuries?</li> <li>• What do you think causes violence?</li> <li>• How can your refusal skills help you stay safe from weapons?</li> <li>• How does wearing a seat belt help you stay safe in a car?</li> <li>• What should you do first during any emergency situation?</li> <li>• What health risks can be prevented or lowered in your community?</li> <li>• What messages would you like to send to your peers, family, and community about tobacco?</li> <li>• How does recycling help the environment?</li> <li>• What can you do to protect and improve the health of your environment?</li> </ul>	<ul style="list-style-type: none"> <li>• Explain why it is important to plan ahead for outdoor activities.</li> <li>• Explain the roles of family, friends, police, and counselors in recovery.</li> <li>• Describe the treatment for the kinds of injury.</li> <li>• Explain what is shock and how to treat it.</li> <li>• Explain how to give abdominal thrusts to adults, infants, and yourself.</li> <li>• Demonstrate CPR for adults, small children, and infants.</li> <li>• List examples of accidents.</li> <li>• Explain why you should have a family evacuation plan.</li> <li>• List recreational safety tips.</li> <li>• List ways to stay safe.</li> <li>• Describe ways to use resources wisely to advocate for healthy environments.</li> <li>• Describe how an individual's actions can affect public health.</li> <li>• Explain how communities can promote public health.</li> <li>• Explain how accidents and injuries may cause disease.</li> <li>• Identify strategies to prevent accidents and minimize injuries.</li> <li>• Describe ways to avoid violence.</li> <li>• List ways to be safer from gun violence.</li> <li>• Describe how seat belts and air bags protect you during an accident.</li> <li>• List ways to be a safe passenger.</li> <li>• Describe the three Cs of an emergency.</li> <li>• Describe two ways to protect yourself when you give first aid.</li> <li>• List phone numbers that should be on an emergency phone number list.</li> <li>• Explain why you should be first-aid certified before giving first aid.</li> <li>• Promote information to lower the risk of peer, family, and community health issues.</li> <li>• Promote education on the health risks of smoking</li> </ul> <p>Explain how conservations helps other people.</p>	<p>Vehicular Safety Graduated Licensing Road Rage Defensive Driving</p> <p>First aid Good Samaritan Laws Universal Precautions Chain of Survival Defibrillator Cardiopulmonary Resuscitation (CPR) Rescue Breathing Shock Fracture Dislocation Unconsciousness Concussion Poison Poison Control Center Venom Hurricane Tornado Blizzard Flash Floods Earthquake Emergency Survival Kit</p>
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	<ul style="list-style-type: none"> <li>○ Concept 2: Application of Decision-Making Skills to Health</li> <li>○ PO 5. Choose healthy alternatives over unhealthy alternatives when making a decision</li> <li>○ PO 6. Analyze the outcomes of a health-related decision</li> </ul> <p><b>Strand 7: Ability to Practice Health-Enhancing Behaviors</b></p> <ul style="list-style-type: none"> <li>• <b>Concept 2: Personal Responsibility for Health</b> <ul style="list-style-type: none"> <li>○ PO1. Demonstrate healthy practices and behaviors that will maintain or improve the health of self and others</li> <li>○ PO2. Demonstrate behaviors that avoid or reduce health risks to self and others</li> </ul> </li> </ul> <p><b>Strand 8: Ability to Advocate for Health</b></p> <ul style="list-style-type: none"> <li>• <b>Concept 1: Personal Advocacy</b> <ul style="list-style-type: none"> <li>○ PO 2. Demonstrate how to influence and support others to make positive health choices</li> </ul> </li> <li>• <b>Concept 2: Collective Advocacy</b> <ul style="list-style-type: none"> <li>○ PO 1. Demonstrate how to work cooperatively to advocate for healthy individuals, families, and schools</li> </ul> </li> </ul>		
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