

0828 HEALTH EDUCATION

GRADE 10 ♦ SEMESTER - ½ UNIT

The Health Education requirement for secondary students is met by successfully completing a semester of instruction in grade 10.

The goal of Health Education is to help students develop important health skills and acquire the health knowledge necessary to make good choices and be happy. Health Education provides students a safe, structured environment in which they can explore and discuss with their peers and teacher important health issues. The 7 Habits of Highly Effective Teens by Sean Covey will be read and used extensively throughout the course. The concepts from the book will serve as a foundation for the course discussions and activities. Students in Health Education will also receive active training in Hands-Only CPR and a basic introduction to the Automatic External Defibrillator (AED).

Topics covered in Health Education include:

Wellness: stress management, time management, sleep, hygiene, nutrition, positive body image, humor, goal setting, and lifestyle diseases.

Mental Health and Illness: depression, anxiety disorders, eating disorders, suicide and self-injury.

Drugs: perceptions of peer drug use, drug categories, tobacco, alcohol, addiction, DWI.

Relationships: healthy relationships, abusive relationships, communication, date rape, sexuality, abstinence, contraceptive methods, pregnancy, sexually transmitted diseases, HIV and AIDS.