



**** HEALTH EDUCATION ****

Timeline	Unit/theme	Standard	Student Focused Objective	Resources/ Suggested Activities
Week 1	1 - Intro and Wellness	<p>HE19.HE.1.1 Predict how health literacy and behaviors can affect health status.</p> <p>HE19.HE.1.2 Describe the interrelationships of emotional, mental, physical, social, spiritual, and environmental health.</p> <p>HE19.HE.1.3 Analyze how genetics and family history can impact personal health.</p> <p>HE19.HE.1.6 Compare and contrast the benefits of and barriers to practicing a variety of healthy behaviors.</p>	<p>Students can...</p> <p>Access information needed to improve health and wellness.</p> <p>Fill in a family history form for a medical appointment independently.</p> <p>Identify what prevents and enhances mental and physical wellness among themselves and members of the greater community.</p>	



Week 2	2 - Nutrition	HE19.HE.1.6a Identify factors that impact nutritional choices.	<p>Students can...</p> <p>Plan a healthy meal including necessary food groups/nutrients.</p> <p>Identify items on a nutrition label.</p>	https://www.eatright.org/health/wellness/nutrition-panels-and-food-labels/the-basics-of-the-nutrition-facts-label
Weeks 3-5	Common Diseases/Health Behaviors	<p>HE19.HE.1.7b Explain the progression of Type II diabetes.</p> <p>HE19.HE.2.1 Analyze the influence of external factors on health beliefs and behaviors.</p>	<p>Students can...</p> <p>Identify risk factors for common diseases.</p> <p>Explain the progression of common diseases.</p> <p>Identify choices that improve health outcomes related to common diseases.</p>	<p>https://aptv.pbslearningmedia.org/resource/fln37cdd-soc-blacklung/a-resurgence-in-black-lung-disease-coals-deadly-dust/</p> <p>https://aptv.pbslearningmedia.org/resource/9233db95-5f7d-4621-a319-e5bf4b442136/how-lead-went-from-household-staple-to-dangerous-toxin/</p> <p>https://aptv.pbslearningmedia.org/resource/tdc02.sci.life.gen.alzheimers/alzheimers-disease/</p> <p>https://aptv.pbslearningmedia.org/resource/tdc02.sci.life.gen.lp_disorder/inheritance-of-genetic-disorders/</p> <p>https://kidshealth.org/en/teens/cancer.html?WT_ac=ctg</p>



				<p>https://cbit.github.io/FHH/html/index.html</p> <p>https://guides.hshsl.umaryland.edu/c.php?g=76220&p=530383</p>
Weeks 6-9	3 - Comprehensive Sexual Education	<p>HE19.HE.1.7a Explain the progression of HIV and AIDS.</p> <p>HE19.HE.3.3 Explain laws relating to child pornography, age of consent, and sexual exploitation.</p> <p>HE19.HE.3.5a Locate information on how to cope with and rebuff unwanted physical and verbal exploitation by other persons.</p>	<p>Students can..</p> <p>Understand adolescent development, sexual reproductive organs and function, how conception and implantation occur, progression of pregnancy, fetal development, effects of substance use during pregnancy, and responsibilities and consequences of teen pregnancy.</p> <p>Understand and explain the progression of HIV and AIDS.</p> <p>Identify healthy and unhealthy relationship behaviors.</p> <p>Know the laws protecting them from exploitation.</p>	<p>https://www.plannedparenthood.org/learn/parents/resources-parents</p> <p>https://www.plannedparenthood.org/learn/parents/high-school/what-should-i-teach-my-high-school-aged-teen-about-pregnancy-and</p> <p>https://www.cdc.gov/healthyouth/about/hivstd_prevention.htm</p>



		<p>HE19.HE.4.3a Identify warning signs of unhealthy relationships.</p> <p>HE19.HE.7.1c Compare and contrast the responsibilities of both parents in teen parenting.</p>	<p>Know how to recognize and report inappropriate sexual behavior.</p>	
<p>Weeks 10-12</p>	<p>Community Health</p>	<p>HE19.HE.2.1d Cite evidence of how public health policies and government regulations can influence health promotion and disease prevention.</p> <p>HE19.HE.2.1a Analyze how family, culture, school, and community influence the health practice and behaviors of individuals.</p>	<p>Students can...</p> <p>Investigate public health policies and identify their impact on community health. Identify family/cultural/peer factors that influence their health and health outcomes.</p> <p>Understand the impact of technology use on health.</p> <p>Cite the law surrounding underage drinking and verbalize the risk factors associated with participation.</p>	



		<p>HE19.HE.2.1b Examine how peers influence healthy and unhealthy behaviors.</p> <p>HE19.HE.2.2 Describe the pros and cons of the use of technology as it affects personal, family, and community health.</p> <p>HE19.HE.2.3 Analyze how the perceptions of norms influence healthy and unhealthy behaviors.</p> <p>HE19.HE.2.4 Critique the influence of personal values and beliefs on individual health practices and behaviors.</p> <p>HE19.HE.2.5 Analyze how some health risk behaviors can influence the likelihood of engaging in unhealthy behaviors.</p>		
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		HE19.HE.3.4 Explain current laws related to underage drinking, distracted driving, and driving under the influence.		
Weeks 13-14	CPR/First Aid, Injury and Injury Prevention	HE19.HE.1.4 Propose ways to prevent, reduce, and treat injuries and other health problems. HE19.HE.1.4a Determine when professional health services may be required for injury or disease. HE19.HE.1.4b Perform CPR, AED techniques, and First Aid procedures, including the principles of RICE (Rest, Ice, Compression, Elevation).	Students can... Perform basic first aid in an emergency situation. Perform CPR in an emergency situation. Determine if advanced healthcare is needed for an injury or illness.	
Weeks 15-16	4 - Substance	HE19.HE.2.1c Critique the effect of media on personal	Students can...	https://aptv.pbslearningmedia.org/resource/vaping-smokin



	Use and Abuse/	<p>and family health.</p> <p>HE19.HE.1.7 Analyze the potential susceptibility to and severity of injury or illness if engaging in unhealthy behaviors.</p> <p>HE19.HE.7.1b Identify negative behaviors that increase health risks to self and others.</p>	<p>Understand and explain the cycle of addiction.</p> <p>Understand the effects of commonly used alcohol/drugs.</p> <p>Verbalize a “no” or decline an offer to participate in unhealthy behaviors with assertiveness.</p>	<p>g-kqed/why-is-vaping-so-popular-above-the-noise/</p> <p>https://everfi.com/courses/k-12/alchooledu-awareness-prevention-high-school/</p>
Weeks 17-20	5 - Mental and Emotional Health	<p>HE19.HE.1.2a Identify symptoms and methods of treatment of mental health disorders, including depression, and stress.</p> <p>HE19.HE.1.2b Identify warning signs and prevention strategies for suicide.</p>	<p>Students can...</p> <p>List symptoms/presentation of common mental health illnesses.</p> <p>Identify warning signs of suicide.</p> <p>Verbalize strategies for suicide prevention.</p> <p>List and access the resources available for help when they or someone they know might be suicidal.</p>	<p>https://kidshealth.org/en/teens/stress.html?WT_ac=ctg</p> <p>https://aptv.pbslearningmedia.org/resource/ket-pd-yana1/suicide-prevention-one-family-story/</p> <p>https://kidshealth.org/en/teens/depression.html?WT_ac=ctg</p> <p>https://ed.ted.com/lessons/what-is-bipolar-disorder-helen-</p>



		HE19.HE.3.5 Identify the necessity to seek help for mental and emotional health problems.		<p>m-farrell</p> <p>https://ed.ted.com/lessons/what-is-depression-helen-m-farrell</p> <p>https://everfi.com/courses/k-12/understanding-mental-wellness/</p> <p>https://aptv.pbslearningmedia.org/resource/f2a28812-fef9-4783-a683-ba2ea5ec88c8/is-your-social-status-making-you-sick-above-the-noise/</p> <p>https://www.youthsmart.ca/wp-content/uploads/2020/04/Stress-Lessons-Workbook.pdf</p>

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Weeks 21-22	6 - Accessing Valid Health Information	<p>HE19.HE.1.5 Analyze the relationship between access to health care and health status.</p> <p>HE19.HE.3.1 Evaluate the accessibility and validity of health information, products, and services.</p> <p>HE19.HE.3.2 Analyze valid resources from home, school, and community that provide health information.</p>		
Weeks 23-24	7 - Interperson al Communic ation	<p>HE19.HE.4.1 Describe skills for communicating effectively with family, peers, and others to enhance health.</p> <p>HE19.HE.4.2 Demonstrate refusal, negotiation, and collaboration skills to enhance</p>		<p>https://mhanational.org/time-talk-talking-your-parents https://aptv.pbslearningmedia.org/resource/ket-pd-yana2/what-causes-suicide/</p>



		<p>health and avoid or reduce health risks.</p> <p>HE19.HE.4.3 Develop strategies to prevent, manage, or resolve interpersonal conflicts without harming self or others.</p> <p>HE19.HE.4.3b Differentiate between negative and positive behaviors used in conflict situations.</p> <p>HE19.HE.4.4 Demonstrate how to ask for and offer assistance to enhance the health of self and others.</p>		
Weeks 25-26	8 - Goal Setting for Enhanced Health/Health	HE19.HE.8.3 Work cooperatively as an advocate for improving		



	Advocacy	<p>personal and community health.</p> <p>HE19.HE.8.4 Adapt health messages and communication techniques to a specific target</p> <p>HE19.HE.8.2 Formulate and implement a list of innovative ways to influence and support others in making positive health choices.</p> <p>Audience.</p> <p>HE19.HE.8.1 Utilize accurate peer and societal norms to formulate a health enhancing message.</p>		
Weeks 27-28				



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Weeks 29-30				
Weeks 31-32				



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