

Health HS - All Objectives

- 1. Decision Making Skills – Objectives should be taught throughout the course.**
 - 1.1 Review the decision-making process. [4.12.3, 5.12.1, 5.12.4]
 - 1.2 Apply the decision-making process to current situations teens manage. [4.12.3, 5.12.1, 5.12.4]
 - 1.3 Demonstrate communication skills that build and maintain healthy relationships. [4.12.1]
 - 1.4 Explain the steps in choosing and achieving short-term and long-term goals. [6.12.1]
 - 1.5 Develop a short-term and long-term personal health goal. [6.12.2]
- 2. Personal Wellness**
 - 2.1 Describe all areas of the wellness wheel as it relates to personal wellness. [1.12.1, 6.12.1]
 - 2.2 Demonstrate how genetic factors affect personal wellness. [1.12.1, 6.12.1]
 - 2.3 Illustrate how environmental conditions affect health. [1.12.1]
 - 2.4 Explain how lifestyle choices affect personal wellness. [1.12.1]
- 3. Nutrition and Physical Activity**
 - 3.1 Relate proper nutrition to overall wellness. [1.12.1, 1.12.4]
 - 3.2 Apply the dietary guidelines for Americans and the components of MyPlate to their daily nutritional needs. [1.12.4, 2.12.1]
 - 3.3 Analyze food labels related to the dietary guidelines. [1.12.1, 3.12.2]
 - 3.4 Compare and contrast societal influences, environmental influences, and family influences on food choices. [1.12.1, 2.12.1]
 - 3.5 Examine the benefits of a life-long commitment to exercise and/or physical activity. [1.12.4, 1.12.5, 2.12.3, 7.12.2]
- 4. Social, Emotional, and Mental Health**
 - 4.1 Recognize different sources of stress. [1.12.1, 2.12.2, 2.12.3]
 - 4.2 Devise strategies to manage stress. [1.12.1, 1.12.8, 2.12.2, 2.12.3, 5.12.1, 6.12.1]
 - 4.3 Explain the effects of stress on the body systems. [1.12.7, 7.12.1, 7.12.4]
 - 4.4 Describe the importance of emotional needs with relation to the development of overall wellness. [1.12.2, 8.12.1]
 - 4.5 Discuss the importance of managing and coping with emotions. [1.12.1, 5.12.1, 6.12.1]
 - 4.6 Describe strategies for solving interpersonal conflicts without harming self or others. [1.12.6, 4.12.5, 7.12.5, 8.12.1]
 - 4.7 Recognize risk factors that may influence suicidal behavior. [1.12.1, 1.12.7, 2.12.2, 5.12.4, 7.12.1]
 - 4.8 Recognize the warning signs of suicidal behavior. [1.12.7, 7.12.1]
 - 4.9 Determine various people and resources that can help a suicidal teen. [2.12.5, 3.12.2]
 - 4.10 Identify the symptoms of various major mental illnesses. [1.12.1, 4.12.3]
 - 4.11 Identify characteristics and behaviors associated with someone who has an eating disorder. [1.12.1, 4.12.3, 7.12.1]
- 5. Health Resources and Agencies - Objectives should be taught throughout the course.**
 - 5.1 Identify various health resources found in the community. [1.12.11, 6.12.3, 8.12.2]
 - 5.2 Identify various health agencies found in the community. [1.12.11, 6.12.3, 8.12.2]
- 6. Substance Use and Abuse**
 - 6.1 Analyze the harmful effects of substance use and abuse on society. [1.12.5, 7.12.2]
 - 6.2 Discuss how substance use and abuse will prevent achievement of his or her positive life-long goals. [1.12.5, 7.12.2]
 - 6.3 Analyze the physiological effects of substance use and abuse. [1.12.5, 7.12.2]
 - 6.4 Identify the psychological effects of substance abuse. [1.12.5, 7.12.2]
 - 6.5 Discuss various factors which contribute to substance abuse. [1.12.1, 1.12.5, 5.12.1, 5.12.3, 6.12.1, 7.12.4]
 - 6.6 Research community resources available for teen addiction. [1.12.11, 6.12.3]
 - 6.7 State how laws governing alcohol and illegal substances can affect the individual. [1.12.5, 5.12.1, 5.12.3]
 - 6.8 Discuss how drug use and abuse affects the family. [4.12.2, 4.12.5]
 - 6.9 Discuss how a person's enabling and denial can contribute to abuse of alcohol and other drugs. [1.12.11, 3.12.2]
- 7. Disease Prevention**
 - 7.1 Describe the body's line of defense. [6.12.2, 7.12.1]
 - 7.2 Identify types of pathogens that cause communicable diseases. [7.12.1, 7.12.4]

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- 7.3 Discuss major communicable diseases, including symptoms. [1.12.8, 8.12.1]
- 7.4 List possible causes of non-communicable diseases. [1.12.1, 1.12.8]
- 7.5 Discuss the most common non-communicable diseases and their effects on the different body systems. [5.12.1, 7.12.4]
- 7.6 List preventative measures for non-communicable diseases. [1.12.8, 2.12.4, 5.12.2]
- 7.7 Explain the importance of recognizing the early symptoms of non-communicable diseases in order to facilitate treatment. [6.12.1, 6.12.2]

8. Unintentional Injuries and Violence

- 8.1 Define sexual harassment. [2.12.2, 4.12.5, 7.12.1]
- 8.2 Demonstrate internet safety. [2.12.2, 7.12.5]
- 8.3 Understand the consequences of bullying, cyber bullying, and sexting. [1.12.7, 2.12.2, 4.12.1, 7.12.5]
- 8.4 Differentiate between domestic violence, sexual assault, and human trafficking. [1.12.7, 2.12.2, 4.12.1, 7.12.5]
- 8.5 Describe preventative measures that could protect against abusive situations. [1.12.7, 2.12.2, 4.12.1, 7.12.5]
- 8.6 List various community resources available to help people who have experienced domestic violence, sexual assault, and/or human trafficking. [1.12.7, 1.12.8, 7.12.5]
- 8.7 Describe symptoms of specific injuries or emergencies that require immediate medical help. [1.12.7, 1.12.8, 7.12.5]
- 8.8 Discuss ways to prevent accidents and/or injuries. [1.12.7, 1.12.8, 7.12.5]
- 8.9a Perform psychomotor skills related to Hands-Only Cardiopulmonary Resuscitation (CPR) as outlined in the American Heart Association Guidelines. [1.12.7, 1.12.8, 7.12.5]
- 8.9b Explain the purpose of an AED, how it is used, and the safety involved in using the device. [1.12.7, 1.12.8, 7.12.5]

Health - Sex Education

9. Endocrine and Reproductive Systems

- *9.1 Examine the structures and functions of the endocrine system. [4.12.3]
- *9.2 Review the structures and functions of the male and female reproductive system. [4.12.3]
- 9.3 Use correct anatomical terms. [1.12.1, 1.12.2, 1.12.6]
- 9.4 Understand the importance of self-examination in order to maintain reproductive health. [4.12.3, 7.12.4, 8.12.1]
- 9.5 Maintain a positive and open communication with parents/guardians. [4.12.2]
- 9.6 Explain the importance of seeking advice from a trusted adult or medical professional when concerned about problems related to the reproductive system. [4.12.2, 4.12.3, 5.12.1, 5.12.3, 7.12.7]

10. Human Development and Pregnancy

- 10.1 Recognize the early signs of pregnancy. [1.12.1, 7.12.4]
- 10.2 Identify physical and emotional changes a woman goes through during their pregnancy. [1.12.1, 4.12.3]
- 10.3 Identify the impact teenage pregnancy has on the physical, mental, and emotional well-being of teenage parents. [1.12.1, 5.12.4]
- 10.4 Describe the health risks involved in teenage pregnancies. [1.12.1, 2.12.5, 7.12.4]
- 10.5 Describe the components of appropriate prenatal health care. [3.12.1, 5.12.1, 6.12.2, 7.12.4, 8.12.1]
- 10.6 Differentiate between a zygote, embryo, and fetus. [1.12.1, 7.12.4]
- 10.7 Identify substances known to cause problems for a developing fetus. [1.12.5, 1.12.6, 4.12.2, 5.12.3]
- 10.8 Define and describe common birth defects. [1.12.1]
- 10.9 Identify the stages of labor. [1.12.1, 1.12.4]
- 10.10 Simulate parental responsibility for care of children and financial obligations towards a family. [2.12.2, 5.12.2, 7.12.4]

11. Healthy Relationships

- 11.1 Describe how healthy relationships develop over time. [4.12.2]
- 11.2 Develop personal limits in order to protect oneself from dangerous situations. [4.12.1]
- 11.3 Understand statutory rape pursuant to Nevada law. [1.12.7, 1.12.8]
- 11.4 Analyze the consequences of violating the age of consent in accordance with Nevada law. [7.12.1]

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12. Abstinence and Contraceptive Methods

Note: Sexual activity is any form of sexual contact including, oral, vaginal, and anal intercourse. Students should understand that, when sexual activity is discussed, all of these forms are included under the term "sexual activity."

- 12.1 Comprehend the definition of sexual activity. [1.12.7, 2.12.2, 2.12.3, 2.12.5]
- 12.2 Describe the benefits of abstaining from sexual activity. [1.12.7, 2.12.2, 2.12.3, 2.12.5]
- 12.3 Discuss the physical and emotional consequences of sexual activity. [4.12.1, 4.12.3, 5.12.1, 5.12.2, 6.12.1, 8.12.2]
- 12.4 Practice refusal skills strategies to reinforce the decision to remain abstinent. [4.12.1]
- 12.5 Describe the importance of maintaining self-control in order to attain long-term goals. [4.12.1]
- 12.6 Explain the types and functions of contraceptive methods. [1.12.1, 1.12.11, 3.12.1, 3.12.2]
- 12.7 Analyze the effectiveness of contraceptive methods. [1.12.1, 1.12.11, 3.12.1, 3.12.2]
- 12.8 Explore the positive and negative implications regarding the use of various contraceptive methods. [1.12.1, 1.12.11, 3.12.1, 3.12.2]
- 12.9 Discuss resources where contraceptive methods can be obtained. [1.12.12, 3.12.1]
- 12.10 Discuss with parent/guardian how to obtain contraceptive methods. [2.12.1, 3.12.2]
- 12.11 Gain knowledge of the health resources available in the community. [4.12.2, 4.12.3, 5.12.1, 5.12.3, 7.12.7]

13. Sexually Transmitted Infections

- 13.1 Classify the most common types of sexually transmitted infections according to symptoms and causative agents. [1.12.11, 2.12.3, 2.12.4, 7.12.4]
- 13.2 Explain the harmful effects of the most common types of sexually transmitted infections. [1.12.11, 2.12.3, 2.12.4, 7.12.4]
- 13.3 Describe the treatment of the most common types of sexually transmitted infections. [1.12.11, 2.12.3, 2.12.4, 7.12.4]
- 13.4 Differentiate between HIV and AIDS. [1.12.11, 2.12.3, 2.12.4, 7.12.4]
- 13.5 Describe how HIV/AIDS affects the body. [1.12.11, 2.12.3, 2.12.4, 7.12.4]
- 13.6 Discuss ways to prevent the spread of HIV and sexually transmitted infections. [1.12.11, 2.12.3, 2.12.4, 7.12.4]

14. Environmental/Consumer Health

- 14.1 Examine current public health issues. [1.12.7, 3.12.2]
- 14.2 Understand how the increase in human population affects the person, community, and world health. [1.12.1, 2.12.6, 6.12.1]
- 14.3 Understand the functions of local, state, and federal environmental agencies. [1.12.1, 2.12.6, 6.12.1, 8.12.2]
- 14.4 Evaluate advertisements of health products and services. [1.12.12]
- 14.5 Report on the issues surrounding local medical costs. [1.12.11, 1.12.12, 6.12.1]