

1. **Decision Making Skills – Objectives should be taught throughout the course.**
 - 1.1 The student will review the decision-making process. [4.12.3, 5.12.1, 5.12.4]
 - 1.2 The student will apply the decision-making process to current situations teens manage. [4.12.3, 5.12.1, 5.12.4]
 - 1.3 The student will 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 The student will describe all areas of the wellness wheel as it relates to personal wellness. [1.12.1, 6.12.1]
 - 2.2 The student will demonstrate how genetic factors affect personal wellness. [1.12.1, 6.12.1]
 - 2.3 The student will illustrate how environmental conditions affect health. [1.12.1]
 - 2.4 The student will explain how lifestyle choices affect personal wellness. [1.12.1]
3. **Nutrition and Physical Activity**
 - 3.1 The student will relate proper nutrition to overall wellness. [1.12.1, 1.12.4]
 - 3.2 The student will apply the dietary guidelines for Americans and the components of MyPlate to their daily nutritional needs. [1.12.4, 2.12.1]
 - 3.3 The student will analyze food labels related to the dietary guidelines. [1.12.1, 3.12.2]
 - 3.4 The student will compare and contrast societal influences, environmental influences, and family influences on food choices. [1.12.1, 2.12.1]
 - 3.5 The student will 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 The student will recognize different sources of stress. [1.12.1, 2.12.2, 2.12.3]
 - 4.2 The student will 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 The student will explain the effects of stress on the body systems. [1.12.7, 7.12.1, 7.12.4]
 - 4.4 The student will describe the importance of emotional needs with relation to the development of overall wellness. [1.12.2, 8.12.1]
 - 4.5 The student will discuss the importance of managing and coping with emotions. [1.12.1, 5.12.1, 6.12.1]
 - 4.6 The student will 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 The student will 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 The student will recognize the warning signs of suicidal behavior. [1.12.7, 7.12.1]
 - 4.9 The student will determine various people and resources that can help a suicidal teen. [2.12.5, 3.12.2]
 - 4.10 The student will identify the symptoms of various major mental illnesses. [1.12.1, 4.12.3]
 - 4.11 The student will 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 The student will identify various health resources found in the community. [1.12.11, 6.12.3, 8.12.2]
 - 5.2 The student will identify various health agencies found in the community. [1.12.11, 6.12.3, 8.12.2]
6. **Substance Use and Abuse**
 - 6.1 The student will analyze the harmful effects of substance use and abuse on society. [1.12.5, 7.12.2]
 - 6.2 The student will 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 The student will analyze the physiological effects of substance use and abuse. [1.12.5, 7.12.2]
 - 6.4 The student will identify the psychological effects of substance abuse. [1.12.5, 7.12.2]
 - 6.5 The student will 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 The student will research community resources available for teen addiction. [1.12.11, 6.12.3]
 - 6.7 The student will state how laws governing alcohol and illegal substances can affect the individual. [1.12.5, 5.12.1, 5.12.3]
 - 6.8 The student will discuss how drug use and abuse affects the family. [4.12.2, 4.12.5]
 - 6.9 The student will 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 The student will describe the body's line of defense. [6.12.2, 7.12.1]
 - 7.2 The student will identify types of pathogens that cause communicable diseases. [7.12.1, 7.12.4]
 - 7.3 The student will discuss major communicable diseases, including symptoms. [1.12.8, 8.12.1]
 - 7.4 The student will list possible causes of non-communicable diseases. [1.12.1, 1.12.8]
 - 7.5 The student will discuss the most common non-communicable diseases and their effects on the different body systems. [5.12.1, 7.12.4]
 - 7.6 The student will list preventative measures for non-communicable diseases. [1.12.8, 2.12.4, 5.12.2]
 - 7.7 The student will explain the importance of recognizing the early symptoms of non-communicable diseases in order to facilitate treatment. [6.12.1, 6.12.2]

Health - Sex Education
8. **Endocrine and Reproductive Systems**
 - 8.1 The student will examine the structures and functions of the endocrine system. [4.12.3]
 - 8.2 Review the structures and functions of the male and female reproductive system. [4.12.3]
 - 8.3 Use correct anatomical terms. [1.12.1, 1.12.2, 1.12.6]
 - 8.4 The student will understand the importance of self-examination in order to maintain reproductive health. [4.12.3, 7.12.4, 8.12.1]
 - 8.5 Maintain a positive and open communication with parents/guardians.
 - 8.6 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]
 - 8.7 Differentiate between types of reproductive health concerns and the appropriate medical resources available in the community.
9. **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."

 - 9.1 The student will comprehend the definition of sexual activity. [1.12.7, 2.12.2, 2.12.3, 2.12.5]
 - 9.2 The student will describe the benefits of abstaining from sexual activity. [1.12.7, 2.12.2, 2.12.3, 2.12.5]
 - 9.3 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]
 - 9.4 Describe the importance of maintaining self-control in order to attain long-term goals.
 - 9.5 The student will explain the types and functions of contraceptive methods. [1.12.1, 1.12.11, 3.12.1, 3.12.2]
 - 9.6 Analyze the effectiveness of contraceptive methods. [1.12.1, 1.12.11, 3.12.1, 3.12.2]
 - 9.7 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]
 - 9.8 Describe how healthy relationships develop over time.
 - 9.9 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]

10. Pregnancy and Prenatal Care

- 10.1** The student will recognize the early signs of pregnancy. [1.12.1, 7.12.4]
- 10.2** The student will identify physical and emotional changes a woman goes through during their pregnancy. [1.12.1, 4.12.3]
- 10.3** The student will 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** The student will describe the health risks involved in teenage pregnancies. [1.12.1, 2.12.5, 7.12.4]
- 10.5** The student will describe the components of appropriate prenatal health care. [3.12.1, 5.12.1, 6.12.2, 7.12.4, 8.12.1]

11. Fetal Development and Parenthood

- 11.1** The student will differentiate between a zygote, embryo, and fetus. [1.12.1, 7.12.4]
- 11.2** The student will identify substances known to cause problems for a developing fetus. [1.12.5, 1.12.6, 4.12.2, 5.12.3]
- 11.3** The student will define and describe common birth defects. [1.12.1]
- 11.4** The student will identify the stages of labor. [1.12.1, 1.12.4]
- 11.5** The student will simulate parental responsibility for care of children and financial obligations towards a family. [2.12.2, 5.12.2, 7.12.4]

12. Sexually Transmitted Infections

- 12.1** The student will 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]
- 12.2** The student will 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]
- 12.3** The student will describe the treatment of the most common types of sexually transmitted infections. [1.12.11, 2.12.3, 2.12.4, 7.12.4]
- 12.4** The student will differentiate between HIV and AIDS. [1.12.11, 2.12.3, 2.12.4, 7.12.4]
- 12.5** The student will describe how HIV/AIDS affects the body. [1.12.11, 2.12.3, 2.12.4, 7.12.4]
- 12.6** The student will discuss ways to prevent the spread of HIV and sexually transmitted infections. [1.12.11, , 2.12.3, 2.12.4, 7.12.4]

13. Unintentional Injuries and Violence

- 13.1** The student will define sexual harassment. [2.12.2, 4.12.5, 7.12.1]
- 13.2** The student will demonstrate internet safety. [2.12.2, 7.12.5]
- 13.3** The student will understand the consequences of bullying, cyber bullying, and sexting. [1.12.7, 2.12.2, 4.12.1, 7.12.5]
- 13.4** The student will differentiate between domestic violence, sexual assault, and human trafficking.
- 13.5** The student will describe preventative measures that could protect against abusive situations.
- 13.6** The student will 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]
- 13.7** The student will describe symptoms of specific injuries or emergencies that require immediate medical help. [1.12.7, 1.12.8, 7.12.5]
- 13.8** The student will discuss ways to prevent accidents and/or injuries. [1.12.7, 1.12.8, 7.12.5]
- 13.9a** The student will perform psychomotor skills related to Hands-Only Cardiopulmonary Resuscitation (CPR) as outlined in the American Heart Association Guidelines.
- 13.9b** The student will explain the purpose of an AED, how it is used, and the safety involved in using the device.

14. Environmental/Consumer Health

- 14.1** The student will examine current public health issues. [1.12.7, 3.12.2]
- 14.2** The student will 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** The student will understand the functions of local, state, and federal environmental agencies. [1.12.1, 2.12.6, 6.12.1, 8.12.2]
- 14.4** The student will evaluate advertisements of health products and services. [1.12.12]
- 14.5** The student will report on the issues surrounding local medical costs. [1.12.11, 1.12.12, 6.12.1]