

## Course/Grade Level: Ninth Grade Health Curriculum

**Focus:** Students will examine details of the six components of health and how each component relates to their individual lives. They will design an intervention plan for their individual health and demonstrate skills in CPR and First Aid.

### **H.9.1 Students will demonstrate the six components of health (physical, social, emotional, mental, spiritual, and environmental) as they relate to one's personal wellness, and the six health risk behaviors of adolescents.**

Students will...

- H.9.1.1 identify the six components of health as well as factors that influence wellness. (HS.1.2)
- H.9.1.2 identify the six health risk behaviors of adolescents (sedentary lifestyle, alcohol or other drug use, sexual activity, behaviors that cause injuries, tobacco use, poor eating habits). (HS.1.1)
- H.9.1.3 describe the short- and long-term consequences associated with the six health risk behaviors of adolescents. (HS.1.3)
- H.9.1.4 identify decision making skills, refusal skills, and goal-setting skills for a healthy life.
- H.9.1.5 utilize a decision-making model to address the six health risk behaviors. (HS.6.1)

### **H.9.2 Students will learn about self-esteem, skills to communicate better, and the characteristics of good mental health. They will analyze mental disorders and different types of treatment options.**

Students will...

- H.9.2.1 identify emotions and feelings, and the factors that effect emotions and feelings. (HS.1.2)
- H.9.2.2 describe how to appropriately deal with emotions and the characteristics of emotional maturity. (HS.1.2)
- H.9.2.3 identify the difference between assertive and aggressive communication styles. (HS.5.1)

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- H.9.2.4 identify different types of communication and how to communicate with others (family, friends, peers).
- H.9.2.5 describe how to set goals that are obtainable and can improve ones self-esteem. (HS.5.1)
- H.9.2.6 identify characteristics of high and low self-esteem.
- H.9.2.7 identify mental disorders, what causes them, and the different forms of treatment.

**H.9.3 Students will learn how to manage stress and cope with loss, as well as identify the warning signs of suicide.**

Students will...

- H.9.3.1 identify ways to cope and reduce stress. (HS.3.2)
- H.9.3.2 learn about the five stages of the grieving process. (MS.6.1)
- H.9.3.3 describe the warning signs of suicide. (MS.3.2)
- H.9.3.4 identify steps to take to help themselves or another person who may be suicidal.

**H.9.4 Students will demonstrate the warning signs of abuse, prevention of abuse, and attaining help. (Supported by Project TEEN)**

Students will...

- H.9.4.1 identify the four types of abuse.
- H.9.4.2 identify and describe forms of sexual harassment. (HS.1.1)
- H.9.4.3 describe the negative consequences of sexual abuse, rape, date rape, and sexual harassment. (HS.1.1)
- H.9.4.4 describe ways to prevent abusive situations. (HS.1.1)
- H.9.4.5 describe who to report abuse to and how to survive an abusive situation and where to get help. (HS.1.1)

**H.9.5 Students will independently design and improve an assessment and intervention plan for their individual health, focusing on physical activity, nutrition, and weight management.**

Students will...

- H.9.5.1 analyze a personal health assessment to determine healthy strengths and risks.
- H.9.5.2 identify various forms of physical activities to help meet and maintain personal physical fitness goals.
- H.9.5.3 plan to balance an individualized diet using the food guide pyramid, food labels, and portion control according to their personal lifestyle. (HS)
- H.9.5.4 identify certain foods and supplements and how they affect the body.
- H.9.5.5 learn ways to healthfully manage weight for a lifetime.
- H.9.5.6 set personal goals to reach or maintain a healthy Body Mass Index (BMI).

**H.9.6 Students will demonstrate the negative effects of substance abuse on the individual, the family, and society.**

Students will...

- H.9.6.1 identify the short and long-term health risks and consequences involved in substance use. (HS.1.1)
- H.9.6.2 identify the effects of substance abuse on the quality of life for both the substance abuser and their family. (MS.1.2, 1.3)
- H.9.6.3 describe types of substances that are abused. (MS.1.1)
- H.9.6.4 identify the types of treatment programs that are available for addicts and the families of addicts. (MS.2.3)
- H.9.6.5 identify the consequences of drinking, including drinking and driving.

**H.9.7 Students will demonstrate the responsibilities of marriage, parenthood, and family life.**

Students will...

- H.9.7.1 describe ways to show respect for others: family members, friends, and yourself. (HS.1.3)
- H.9.7.2 identify the different types of family settings.

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- H.9.7.3 identify the positive and negative aspects of life style choices, marriage, dating, and peer pressure.
- H.9.7.4 identify the responsibilities of parenting during infancy, childhood, adolescence, and adulthood.
- H.9.7.5 identify adjustments in relationships due to divorce, illness, blended families, economic changes, and death.
- H.9.7.6 describe the changes and challenges that teen pregnancy can produce for both the parents and the infant.

**H.9.8 Students will identify the benefits of abstinence and risks of adolescent sexual activity. (Supported by Project TEEN)**

Students will...

- H.9.8.1 describe sexual abstinence, the benefits of abstinence, and various ways that abstinence can help achieve their goals.
- H.9.8.2 understand sources of sex pressure, self-discipline, and setting limits.
- H.9.8.3 exhibit courage and decision-making skills in order to maintain abstinence.
- H.9.8.4 identify the negative emotional consequences of early sex and self respect.
- H.9.8.5 describe how alcohol affects choices regarding sex and self-respect.
- H.9.8.6 identify Sexually Transmitted Infections (STI)s, how they are spread, and other serious health consequences.
- H.9.8.7 identify facts and common myths regarding HIV and AIDS.
- H.9.8.8 identify the health consequences of pregnancy (maternal health, infant mortality, birth defects, poverty, dropouts).
- H.9.8.9 discuss contraception methods and identify the most common forms of birth control as well as their success and failure rates.

**H.9.9 Students will describe how to promote public health.**

Students will...

- H.9.9.1 gather and articulate information and share opinions about current issues in health.
- H.9.9.2 take initiative and leadership in an advocacy health project and work collaboratively with their peers.

### **H.9.10 Students will demonstrate skills to become certified in CPR.**

Students will...

- H.9.10.1 identify and demonstrate steps to take before giving care to a victim.
- H.9.10.2 demonstrate how to check an ill or injured person.
- H.9.10.3 demonstrate procedures for breathing emergencies and conscious choking victims.
- H.9.10.4 demonstrate rescue breathing for children and infants.
- H.9.10.5 recognize the signals of a cardiac emergency.
- H.9.10.6 demonstrate procedures for CPR and for the unconscious choking victim, including the use of an Automated External Defibrillator (AED).

### **H.9.11 Students will demonstrate skills to become certified in First Aid.**

Students will...

- H.9.11.1 recognize the signals of various soft tissue injuries.
- H.9.11.2 identify various musculoskeletal injuries and signs of head, neck, and back injuries.
- H.9.11.3 identify the signs of a sudden illness including stroke, diabetic emergency, poisoning, and allergic reaction.
- H.9.11.4 identify the signs of heat and cold-related emergencies.