

HS Health

NYS Learning/Core Standards	Content (What needs to be taught?)	Curriculum Materials Used and Resources	(All) Assessments Used (Benchmarks)	Time Line
<p><b>1,2,3</b>  <b>RH 11-12.2, RH 11-12.4, RH 11-12.7, RST 11-12.2, RST 11-12.3, RST 11-12.7, WHST 11-12.4, WHST 11-12.10</b></p>	<p>Character Education</p> <ul style="list-style-type: none"> <li>• Respect</li> <li>• Rules of classroom</li> <li>• Manners/Expectations at home in order to maintain sound family structure</li> <li>• Being socially appropriate (Filter, actions and how they affect others, environment, impact of modeling by adults) Rules and why they exist.</li> <li>• Define terms: altruism, apathy, sympathy, empathy.</li> <li>• Paradigms vs. Principles</li> <li>• The five most popular teen paradigms and pitfalls of each</li> <li>• Paradigm shifts</li> <li>• Success...target theory, reap what you sow, 75-25 rule, 80% rule, 90-10 rule, Sergeant Rensy story, 95-5 rule.</li> <li>• Tips to improve success/Interviewing tips to success (Tie, handshake activity)</li> <li>• Goal setting/decision-making Beginning with the end in mind</li> <li>• Personal mission statements</li> <li>• The importance of laughter</li> <li>• Tips to improving family relationships</li> </ul>	<ul style="list-style-type: none"> <li>• Covey, Sean "The 7 Habits of Highly Effective Teens"</li> <li>• Heidel, John &amp; Lyman-Mersereau, Marion "Character Education Year 1"</li> <li>• Discovery Education: Prentice-Hall Text pgs.111-113</li> <li>• You tube videos: Kevin Skinner, Susan Boyle, Jimmy V (Don't give up)</li> <li>• Campaign for a better life videos: Cafeteria scene</li> <li>• Video: " Cipher in the Snow"</li> </ul>	<ul style="list-style-type: none"> <li>• Activity-based</li> <li>• Group work</li> <li>• Quizzes</li> <li>• Homework</li> <li>• Self-assessment</li> <li>• Journal writing</li> <li>• Hugging homework assignment</li> <li>• Patch Adams</li> <li>• PRIDE activity</li> <li>• Beyond Question clickers</li> </ul>	<p><b>12 classes</b></p>

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<p>1,2,3 WHST 11-12.4, WHST 11-12.10, RH 11-12.4, RH 11-12.7, RST 11-12.7, RST 11-12.2</p>	<p>Emotions and Personality</p> <ul style="list-style-type: none"> <li>• Personality/Factors that influence it</li> <li>• Personality types: Introvert/Extrovert</li> <li>• Hormones/Neurotransmitters involved with emotions</li> <li>• Vulnerabilities that may lead to you being too emotional</li> <li>• Birth Order Theory</li> <li>• Theories of Personality and key persons in the history of personality development theory: Harlow, Freud, Maslow, Erikson</li> <li>• Signs of a mature personality</li> <li>• Defense mechanisms including: Denial, displacement, rationalization, compensation, projection, regression, reaction formation.</li> <li>• We all learn differently: Linguistic, logical/mathematical, body/kinesthetic, spatial, musical, interpersonal, intrapersonal.</li> <li>• Color psychology</li> <li>• Common Personality Disorders</li> </ul>	<ul style="list-style-type: none"> <li>• Prentice-Hall textbook</li> <li>• You tube videos on Maslow’s Hierarchy, Erikson, Freud, Harlow.</li> <li>• Jimmy Graham video</li> <li>• McTavish, “Life Skills” textbook/activity book</li> <li>• Glencoe Health text</li> <li>• Holt: “Lifetime Health” textbook</li> </ul>	<ul style="list-style-type: none"> <li>• Quizzes</li> <li>• Journal writing</li> <li>• Self-assessment</li> <li>• Personal inventories</li> <li>• Group work</li> <li>• Clicker activities</li> <li>• Class discussion</li> </ul>	<p><b>10-12 classes</b></p>

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<p>1,2,3 RST 11-12.7, RST 11-12.2, RH 11-12.2, RH 11-12.7, WHST 11-12.4, WHST 11-12.9</p>	<p>Stress and Stress Management</p> <ul style="list-style-type: none"> <li>• Stress symptom assessment</li> <li>• Define terms: Stress, Stressor, Eustress, Distress</li> <li>• Different types of stress including: Sensory overload, deprivation, chronic, acute, anticipatory, residual, etc..</li> <li>• Psychosomatic symptoms of stress</li> <li>• Recognizing physical, emotional, and behavioral symptoms of stress</li> <li>• General Adaptation Syndrome-Hans Selye: Alarm, Resistance, Exhaustion</li> <li>• Ways to Manage stress</li> <li>• Coping with stress scale</li> <li>• Resiliency scale</li> <li>• Methods to reduce or avoid unnecessary stress</li> <li>• Methods to handle/manage unavoidable stress</li> <li>• Yoga/Meditation w/ Ms. Ann Symaniak</li> <li>• Benefits of therapeutic massage- Ms. Vicky Honour LMT, NCTMB</li> <li>• Locus of control: Internally vs. externally controlled</li> <li>• Time/Priority Management</li> <li>• Managing Stress: Coping with loss</li> <li>• Grieving: Kubler-Ross (5 Stages)</li> <li>• Depression and suicide</li> </ul>	<ul style="list-style-type: none"> <li>• Prentice-Hall textbook</li> <li>• Puza, Roger "Health Education and Activities" Textbook</li> <li>• McTavish, Sandra "Life Skills" textbook</li> <li>• Liptak, John, J., "The Stress Management Program" textbook</li> <li>• Meeks &amp; Heit, Glencoe Health textbook</li> <li>• Speaker/Presenter Ms. Ann Symaniak</li> <li>• Speaker/Presenter Ms. Vicky Honour LMT, NCTMB</li> </ul>	<ul style="list-style-type: none"> <li>• Journal writing</li> <li>• Read and react</li> <li>• Group work</li> <li>• Self-assessment/Personal inventories</li> <li>• Quizzes</li> <li>• Clicker activities</li> <li>• Class discussion</li> </ul>	<p><b>10-12 classes</b></p>

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<p>1,2,3 WHST 11-12.4, WHST 11-12.9, RH 11-12.1, RH 11-12.2, RH 11-12.4</p>	<p>Alcohol and Other Drugs</p> <ul style="list-style-type: none"> <li>• Fermentation, distillation, ethyl alcohol</li> <li>• Pathway of alcohol in the system</li> <li>• Absorption, oxidation, elimination</li> <li>• Effects on the body (Short and long term)</li> <li>• Reasons why people drink or not drink</li> <li>• BAL/BAC</li> <li>• Socio-economic issues associated with drinking including binge drinking, FAS, dysfunctional families, abuse, accidents, etc..</li> <li>• Warning signs of alcoholism and info. about the disease of alcoholism</li> <li>• Tobacco education...smoking and smokeless tobacco use</li> <li>• Nicotine, tar, carbon monoxide</li> <li>• Laws and impact of smoking on others</li> <li>• Smoking/tobacco cessation</li> <li>• Drug use, misuse, abuse</li> <li>• Drug classification and how they affect the CNS</li> <li>• OTC vs. Rx drugs</li> <li>• Current drug trends: Benzodiazepines, Pain killers, Bath salts, salvia, synthetic marijuana</li> <li>• Stages of drug abuse including: experimental, regular, pre-occupied, addict</li> <li>• Physical and psychological dependency</li> <li>• Organizations for those in need of assistance</li> <li>• Marijuana and THC, synthetic marijuana, laws</li> </ul>	<ul style="list-style-type: none"> <li>• Prentice Hall textbook</li> <li>• Glencoe Health text</li> <li>• Puza textbook</li> <li>• Life Skills workbook</li> <li>• National Geographic video</li> <li>• Everything You need to Know in 22 minutes video</li> <li>• THC video</li> <li>• You tube video clips on inhalant abuse, Methamphetamine (Faces of meth), advertising for alcohol and tobacco)</li> <li>• Current events: Marijuana candy</li> </ul>	<ul style="list-style-type: none"> <li>• Quizzes</li> <li>• Discussion</li> <li>• Self-assessments</li> <li>• Pair-share</li> <li>• Clicker activity</li> <li>• Impairment goggles</li> <li>• KWL close read assignment.</li> <li>• Debate in-class</li> <li>• Writing assignment</li> <li>• Smartboard activities</li> </ul>	<p><b>12-14 classes</b></p>

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1,2,3 RH 11-12.7, WHST 11-12.4	<p>Violence Prevention</p> <ul style="list-style-type: none"> <li>• Agree/Disagree activity with regard to dating safety</li> <li>• Characteristics of healthy/unhealthy relationships</li> <li>• Definition of domestic violence</li> <li>• Power and control in abusive relationships</li> <li>• 4 main types of abuse</li> <li>• Methods/warning signs to look out for: violation of personal boundaries, Intimidation, limiting independence, Humiliation, threats, harassment.</li> <li>• Dating myths/Safe dating/Safety plan</li> <li>• Sexting, social media harassment/what can you do about it?</li> </ul>	<ul style="list-style-type: none"> <li>• Speakers from Crime Victim’s Assistance Center</li> <li>• Meeks-Heit “Violence Prevention” textbook</li> <li>• You tube video on teen dating violence and PSA video on relationship violence</li> </ul>	<ul style="list-style-type: none"> <li>• Review quiz</li> <li>• Discussion</li> <li>• Writing assignment</li> </ul>	<b>2 classes</b>
1,2,3 RH 11-12.7, RST 11-12.7, RST 11-12.3	<p>First Aid/CPR/AED</p> <ul style="list-style-type: none"> <li>• PPE (Personal Protective Equipment)</li> <li>• Primary Assessment (Check, call, care) ABC’s</li> <li>• Ventilations/Rescue breathing</li> <li>• Warning signs of a heart attack/stroke</li> <li>• The Cardiac Chain of Survival (Early recognition, early CPR, early defibrillation, early advanced life support)</li> <li>• Adult CPR</li> <li>• Unconscious Choking Adult, Child, Infant</li> <li>• What to do if alone and choking</li> </ul>	<ul style="list-style-type: none"> <li>• American Red Cross video and materials</li> <li>• Speaker: Mr. Charles Frayer</li> </ul>	<ul style="list-style-type: none"> <li>• Quiz</li> <li>• Performance of CPR skills</li> <li>• Scenarios in front of class (volunteer)</li> </ul>	<b>2 classes</b>

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1,2,3 RH 11-12.7, RH 11-12.4, RST 11-12.2, RST 11-12.7, WHST 11-12.4	Human Sexuality/Birth Control/HIV/AIDS <ul style="list-style-type: none"> <li>• Review of male and female reproductive anatomy and physiology</li> <li>• Gender roles in society</li> <li>• Abstinence</li> <li>• Sexual Orientation/Harassment</li> <li>• Planning and designing your future, making sound decisions, send the right messages</li> <li>• Birth Control: Barrier vs. Chemical methods/theoretical vs. User Efficacy/Relationship w/regard to protection or lack of with STI's</li> <li>• STI's Bacterial vs. Viral vs. Protozoan</li> <li>• Asymptomatic defined</li> <li>• Complications of untreated bacterial infections: PID, sterility, infections, scarring, emotional complications, death.</li> <li>• HIV and t-cell count</li> <li>• Ways HIV is transmitted and ways it is not</li> <li>• History and current trends</li> <li>• Stages of HIV</li> <li>• Treatment of HIV, Testing, Confidentiality laws, responsibility to others</li> </ul>	<ul style="list-style-type: none"> <li>• Meeks-Heit, "Sexuality and Character Education K-12" textbook.</li> <li>• Planned Parenthood speakers</li> <li>• Prentice-Hall textbook</li> <li>• Merkl &amp; Merkl, Glencoe Health textbook</li> <li>• Holt, "Lifetime Health"</li> <li>• Puza, "Health Education Ideas and Activities"</li> <li>• MacTavish, "Life Skills" textbook</li> </ul>	<ul style="list-style-type: none"> <li>• Quizzes</li> <li>• Group activities</li> <li>• Personal inventories'</li> <li>• Writing</li> <li>• Q/A discussion</li> <li>• Clicker activities</li> </ul>	<b>10-12 classes</b>



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1,2,3	Job Search/Apartment Hunt <ul style="list-style-type: none"><li>• Interviewing Tips</li><li>• Role-play sample question asked at a job interview</li><li>• Cover letter writing tips</li><li>• Constructing the resume</li><li>• Things to consider when looking for an apartment</li><li>• Budgeting for apartment costs</li><li>• Utilizing Craig's list, classified ads, internet sources in order to search</li></ul>	• Rachel Leri: Mothers and Babies Perinatal Network		<b>2 classes</b>