**Health Education Curriculum**

Your student will be taking health for the whole year, **every other day.** During the class we will cover the following topics. Dependent upon time, the following is subject to change. If you have any questions please feel free to contact me.

**Dimensions of Health**

Physical, Mental, Social, Spiritual, Intellectual

**Emotional/Mental Health:**

Self-esteem/Depression

Stress & Anger Management

Mental disease/disorders – i.e. anorexia, bi-polar disease etc.

Suicide prevention

Resilience

Goal Setting

**Growth & Development:**

Male/Female Reproductive Anatomy

Reproduction & Pregnancy

Understanding Sexuality

Abstinence

Contraception/Sexually Transmitted Diseases (STD’s)

**Family & Social Health**

Healthy Relationships

Human development throughout the life span

Dealing with conflict and recognizing abuse (emotional/physical)

Decision Making Skills

Health in the media

**Diversity Issues**

Cultural Differences

Various Learning Styles

Tolerance/Acceptance of all people regardless of socioeconomic status, gender identity, sexual orientation, culture, race, etc…

**Diseases & Disorders**

Communicable Diseases (cold, flu, etc.)

HIV/AIDS

Non-Communicable Diseases (cancer, diabetes, melanoma, etc.)

Sexually Transmitted Diseases- Transmission, Dangers, and Prevention

**Nutrition/Physical Activity**

Healthful Food Choices/ Serving Sizes

Role of Nutrients

Weight Management

Everyday Fitness

**Alcohol/Tobacco/Drugs:**

Definition and Classification

Addictive Behavior, Problems of Abuse, Prevention

Media Influences

Refusal Skills

Decision Making Model

**Environmental Issues**

Global Issues

Protecting your Environment

How the Environment Affects your Health