**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