

Health 6
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Health Education Content Areas:

Community Health

Consumer Health

Environmental Health

Mental/Emotional Health

Injury Prevention/Safety

Nutrition

Prevention/Control of Disease

Substance Use/Abuse

National Health Education Standards:

Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

Standard 2: Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.

Standard 3: Students will demonstrate the ability to access valid information and products and services to enhance health.

Standard 4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks

Standard 5: Students will demonstrate the ability to use decision-making skills to enhance health.

Standard 6: Students will demonstrate the ability to use goal-setting skills to enhance health.

Standard 7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

Adolescent Risk Behaviors:

Alcohol and Other Drug Use

Injury and Violence (Including Suicide)

Poor Nutrition

Unit 1: (Two Weeks)

A. Mental Health and Wellness/Illness

1. Know Thyself
2. Good Mental Health
3. Decision making
4. Goal Setting

B. Stress Management

1. Stressors and the Body's Response
2. The Impact of Stress on health and longevity
3. Managing and Planning for Stress

Unit 2: (Two Weeks)

A. Body Image

1. Defined, impact on choices; media etc
2. Growing in to our bodies

B. Nutrition

1. Review of 5-2-1-0=8, Food Plate and Portion Distortion
2. Nutrient Classes
3. Nutrient Deficiency
4. Eating Disorders
5. Healthy Eating, dieting and snacking

Unit 3: (Two Weeks)

A. Substance Use/Abuse

1. Review of Drug Triangle, terms and definitions;
Prescription vs Over-The-Counter Drugs; Drugs as Medicines
2. Prescription Drug Abuse
3. Inhalant Abuse
4. Steroid Use and Abuse

B. The Drug Project and Presentation