

# Grades 9-12

The students will know, comprehend, apply, analyze, synthesize and/or evaluate:

## Community Health

- 1 Local community needs/issues/events 12.1
- 2 Local/state laws, ordinances, and policies for a healthy community 12.2
- 3 Value of community interactions 12.3
- 4 Strategies to maintain a healthy community 12.4
- 5 Personal service for the betterment of the community 12.5
- 6 Global health issues 12.6

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## Consumer Health

- 1 Availability and accessibility of health-care services 12.1
- 2 Adolescent health-care products and services 12.2
- 3 Interpersonal and intrapersonal influences on health choices (budgeting, culture, SES, etc.) 12.3
- 4 Characteristics of informed consumers 12.4
- 5 Seek reliable advice regarding consumer health choices 12.5
- 6 Role of media in disseminating health information 12.6
- 7 Basic health insurance terminology 12.7

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## Environmental Health

- 1 Personal responsibility for community environmental issues 12.1
- 2 Reduce, reuse, recycle and alternatives 12.2
- 3 Relationship between environment, disease, and health 12.3
- 4 Local, state, and global environmental issues 12.4
- 5 Laws, ordinances, and policies 12.5

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## Human Sexuality and Relationships

- 1 Adapting to changes associated with puberty [12.1](#)
- 2 Adapting to change within the family [12.2](#)
- 3 Changing responsibilities from adolescence to adulthood [12.3](#)
- 4 Responsible behaviors within relationships (communication, abstinence, etc.) [12.4](#)
- 5 Potential outcomes of sexual activity (STIs, pregnancy, etc.) [12.5](#)
- 6 Impact of media and technology on sexual behaviors [12.6](#)
- 7 Laws associated with sexual behaviors (consent, harassment, assault, rape, human trafficking, etc.) [12.7](#)
- 8 Differences between individual, family, culture, community, and global values [12.8](#)

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## Injury Prevention and Safety

- 1 Basic first aid skills [12.1](#)
- 2 Demonstrate and perform CPR/AED procedures according to current and nationally recognized guidelines [12.2](#)
- 3 Resources to prevent and avoid violence [12.3](#)
- 4 Prevention and response to physical violence (guns and/or weapons and bullying) [12.4](#)
- 5 Prevention and response to mental violence (bullying and abuse) [12.5](#)
- 6 Prevention and response to social violence (relationships, conflict resolution, and cyber) [12.6](#)
- 7 Prevention and response to sexual violence (harassment, assault, rape, and abuse) [12.7](#)
- 8 Media safety (social media, cyber, TV, music, advertising, etc.) [12.8](#)
- 9 Causes of conflict and non-violent conflict resolutions [12.9](#)
- 10 Consequences of violence (school policies, laws, etc.) [12.10](#)

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## Mental and Emotional Health

- 1 Importance of expressing emotions in a productive and healthy manner [12.1](#)
- 2 Mental illnesses [12.2](#)
- 3 Stigmas associated with mental illness [12.3](#)
- 4 Avoiding negative self-talk, self-harm, and suicide [12.4](#)
- 5 Coping skills (grief, stress, depression, bullying, anxiety, etc.) [12.5](#)
- 6 Characteristics of healthy and unhealthy relationships [12.6](#)
- 7 Healthy versus unhealthy body image [12.7](#)

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## **Nutrition**

- 1 Nutritional needs through stages of development 12.1
- 2 Meal planning and budgeting 12.2
- 3 Food safety 12.3
- 4 Nutritional value of foods 12.4
- 5 Cultural and ethnic food choices 12.5
- 6 Food labels 12.6
- 7 Eating disorders/dysfunctions 12.7
- 8 Healthy eating patterns 12.8
- 9 Essential nutrients 12.9
- 10 Performance enhancing beverages/supplements 12.10
- 11 Impact of food choices 12.11

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## **Personal Health**

- 1 Major body systems, anatomy, functions, relationships between systems and connection to disease 12.1
- 2 Proper adolescent hygiene habits 12.2
- 3 Leading causes of death and risk behaviors 12.3
- 4 Traits and skills of lifelong learners 12.4
- 5 Components of wellness 12.5

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## **Prevention & Control of Disease**

- 1 Disease prevention skills 12.1
- 2 Common causes of diseases, illness and disorders 12.2
- 3 Influence of heredity and diseases 12.3
- 4 Medical resources, health screenings and treatment methods for disease 12.4
- 5 Relationship between lifestyle choices and disease prevention 12.5
- 6 Current healthcare issues 12.6

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## **Substance Use and Abuse & Addiction**

- 1 Effects and consequences of nicotine use (all forms) 12.1
- 2 Effects and consequences of alcohol use 12.2
- 3 Effects and consequences of illegal drug use 12.3
- 4 Categories of drugs (ex. stimulants, opiates, depressants, hallucinogens, etc.) 12.4
- 5 Cumulative risk behaviors (patterns, gateway drugs, etc.) 12.5
- 6 Unsafe situations involving drugs, including alcohol 12.6
- 7 Helpful and harmful use of prescription and non-prescription drugs 12.7
- 8 Strategies to resist peer pressure to engage in substance abuse 12.8
- 9 Media, social influences, and societal pressure of drug usage 12.9
- 10 Rules and laws for medicines and drugs 12.10
- 11 Safe alternatives to medicine 12.11
- 12 Government policies and global issues in drug trends 12.12