

# Grades 10, 11, 12

Adopted 2003

## Alcohol and Other Drugs

### 1. Short-Term and Long-Term Benefits and Risks of Medicinal Drugs

- 1.1 differences between dependence and addiction
  - 1.2 importance of taking medicines as described (dosage, duration, need for food)
  - 1.3 necessity of using caution in taking multiple medicines
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### 2. Short-Term and Long-Term Effects of AOD Use

- 2.1 differences between dependence and addiction
  - 2.8 relationship between AOD use and transportation injuries
  - 2.10 relationship between AOD use and sexual behavior
  - 2.11 relationship between AOD use and mental health
  - 2.2 physical, social and emotional effects of AOD use
  - 2.3 effects of binge drinking
  - 2.4 effects of inhalant use
  - 2.5 effects of marijuana use
  - 2.6 effects of steroid use
  - 2.7 effects of use of other illicit drugs
  - 2.9 relationship between AOD use and violence and other injuries
  - 2.12 benefits of not using AOD (physical, social, emotional, legal, financial, vocational)
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### 3. Positive and Negative Influences on AOD Use

- 3.2 internal influences
- 3.3 family influences
- 3.4 peer influences
- 3.5 cultural influences
- 3.1 strategies to identify pressures to use
- 3.6 legal/policy factors
- 3.7 influences on different levels of AOD use

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#### **4. Healthful Choices about AOD Use**

- 4.1 how to accept personal responsibility for choices about alcohol and other non-medicinal drug use
  - 4.2 strategies to support personal commitment not to use
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#### **5. Communicating Healthful Choices about AOD Use**

- 5.1 ways to refuse alcohol and other non-medicinal drug use
  - 5.2 how to get help for self and others
  - 5.3 ways to deal with pressure to use
  - 5.4 ways to encourage others not to use
  - 5.5 techniques to refuse to ride with someone who has been using AOD
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### **Injury Prevention**

#### **3. Violence Prevention**

- 3.1 ways to avoid threatening situations
  - 3.2 causes of conflict
  - 3.3 conflict resolution techniques
  - 3.4 how to avoid fighting/bullying
  - 3.5 the importance of not carrying a weapon
  - 3.6 how to prevent dating violence
  - 3.7 how to prevent sexual assault
  - 3.8 how to recognize sexual harassment
  - 3.9 influence of AOD in conflict situations
  - 3.10 nonviolent ways to calm charged situations
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#### **1. First Aid**

- 1.1 universal precautions (infection control procedures)
  - 1.2 steps for CPR
  - 1.3 techniques for the Heimlich maneuver
  - 1.4 first aid steps for severe injuries, e.g., bleeding, broken bones
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#### **2. Transportation Safety**

- 2.1 how to use protective equipment for transportation safety
- 2.2 consequences of driving under influence of alcohol or other drugs
- 2.3 strategies for not riding with an impaired driver
- 2.4 road emergency safety practices

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### **4. Use of Protective Equipment**

- 4.1 use of protective equipment for sports and leisure activities
- 4.2 use of protective equipment at home, school and work

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### **5. Suicide Prevention**

- 5.1 signs of depression and mental illness
- 5.2 how to get help for self and others
- 5.3 influence of alcohol and other drug use on depression

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### **6. Work Safety**

- 6.1 use of protective equipment in occupational settings
- 6.2 strategies for worksite safety
- 6.3 strategies to avoid problems related to alcohol and other drugs

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## **Nutrition**

### **1. Healthful Eating**

- 1.1 benefits of healthful eating (short-term and long-term benefits and risks)
- 1.2 variety and proportion of foods (consistent with Food Guide Pyramid)
- 1.3 benefits of consuming more water, fruits, vegetables, grains, and calcium-rich foods
- 1.4 benefits of decreasing fat intake
- 1.5 benefits of moderating sugar intake
- 1.6 how to assess personal nutritional needs, preferences, and practices
- 1.7 strategies for overcoming barriers to healthful eating
- 1.8 how to prepare healthful meals for self and others

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## **2. Accessing Nutrition Information and Products**

2.3 Dietary Guidelines

2.1 how to analyze food nutrition labels

2.2 how to use the Food Guide Pyramid

2.4 validity of claims of nutritional supplements and weight loss products

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## **3. Influences on Food Choices**

3.2 family influences

3.3 peer influences

3.5 how marketing, packaging, and advertising influence food choices

3.1 how to analyze personal likes and dislikes

3.6 how mood and emotions affect food choices

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## **4. Balancing Food Intake and Physical Activity**

4.1 how to assess food intake to determine energy intake

4.2 how energy is expended during exercise/activity

4.3 healthful weight management practices

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## **5. Food Safety**

5.1 importance of cleanliness

5.3 reasons for food safety

5.2 safe food preparation, serving and storage

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## Physical Activity

### 1. Healthful Physical Activity

- 1.7 how to develop plans that include types and amounts of activity and focus on health-related physical fitness
  - 1.8 strategies for overcoming barriers to physical activity
  - 1.9 strategies for protection from cold, heat, and sun during activity, e.g., hydration, sunscreen
  - 1.1 benefits and risks of physical activity
  - 1.2 exercise needs: frequency, intensity, duration and type
  - 1.3 types of exercise: cardiorespiratory, muscular strength and endurance, and flexibility
  - 1.4 physiological responses to physical activity (energy expenditure, heart rate, respiratory rate, resting heart rate)
  - 1.5 components of health-related fitness
  - 1.6 personal physical activity levels
  - 1.10 the importance of healthful eating and physical activity
  - 1.11 relationship between healthful physical activity and body composition
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### 2. Influences on Physical Activity

- 2.1 internal influences
  - 2.2 family influences
  - 2.3 peer influences
  - 2.4 media influences
  - 2.5 environmental influences
  - 2.6 availability of facilities and equipment
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### 3. Prevention of Sports and Exercise Injuries

- 3.2 techniques to prevent the spread of blood-borne pathogens
  - 3.1 benefits of using protective equipment, proper warm-up and cool down
  - 3.3 the importance of sports and exercise rules in preventing injury
  - 3.4 how to inspect equipment/supplies and report hazards
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### 4. Effects of Drugs on Fitness

- 4.1 effects of tobacco, alcohol, and other drugs on performance
  - 4.2 how to evaluate claims of performance-enhancing drugs and nutritional supplements
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### 5. Products and Services for Physical Activity

- 5.1 how to select products, services, and facilities related to physical activity
- 5.2 how to validate fitness claims

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## **6. Advocating for Physical Activity**

- 6.1 techniques for funding school, community and workplace physical activity programs
  - 6.2 strategies to identify facilities and environments for physical activity
  - 6.3 how to evaluate safety in facilities and physical activity environments
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## **Family Life and Sexuality**

### **1. Families and Relationships**

- 1.1 ways to communicate respect for self and others
  - 1.2 diversity of relationships, e.g., family, friends, dating, marriage
  - 1.3 influences of violence, e.g., date rape and other abuse
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### **2. Sexual Behavior**

- 2.1 how to make a personal commitment to abstain from sexual intercourse
  - 2.1 most students are not engaging in sexual intercourse
  - 2.3 strategies for refusing unwanted or unprotected sex
  - 2.4 benefits of setting sexual limits, e.g., staying in school, reputation, achieving future goals
  - 2.5 importance of respecting sexual limits of others
  - 2.6 strategies for dealing with pressures to cross sexual limits
  - 2.7 effects of alcohol and other drug use on sexual behavior
  - 2.8 risks of unintended pregnancy and disease with unprotected sex
  - 2.9 influences on sexual behavior, e.g., family, peers, religion, media, culture, internal
  - 2.10 risks of multiple partners
  - 2.11 situations that may lead to sex
  - 2.12 how to make a personal commitment to avoid pregnancy, HIV and other STDs
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### **3. HIV and Other STD Prevention**

- 3.1 risks of HIV and other STDs
- 3.2 effective prevention strategies — abstinence is the most effective
- 3.3 common signs and symptoms of HIV and other STDs
- 3.4 common routes of transmission of HIV and other STDs
- 3.5 relative risks of specific behaviors
- 3.6 treatment options
- 3.7 valid sources of information and help
- 3.8 resources for counseling and testing
- 3.9 that HIV and other STDs can be asymptomatic

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#### **4. Pregnancy Prevention**

- 4.1 abstinence is most effective method
  - 4.2 relative effectiveness of contraceptive methods
  - 4.3 importance of consistent use of contraceptives
  - 4.4 valid sources to get help
  - 4.5 effective prevention strategies
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## **Tobacco**

#### **2. Influences on Tobacco Use**

- 2.1 internal influences
  - 2.2 family influences
  - 2.3 peer influences
  - 2.4 advertising strategies
  - 2.5 how to identify role models
  - 2.6 media influences
  - 2.7 legal factors
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#### **3. Choosing to Be Tobacco Free**

- 3.1 how to make a personal commitment not to use
  - 3.2 strategies to resist pressure to use
  - 3.4 how to advocate for a tobacco-free environment
  - 3.3 techniques to communicate personal attitudes about tobacco use
  - 3.5 most people don't use tobacco
  - 3.6 alternatives to tobacco use
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#### **4. Benefits of Being Tobacco Free**

- 4.1 long-term and short-term health benefits
  - 4.2 social benefits
  - 4.3 financial benefits
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#### **1. Short-Term and Long-Term Risks of Tobacco Use**

- 1.1 addictive effects of nicotine
- 1.4 risks of different types of tobacco products
- 1.2 short-term and long-term effects of tobacco use
- 1.3 harmful substances in tobacco
- 1.5 effects of tobacco use on the fetus

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## **5. Cessation**

- 5.1 barriers to quitting
  - 5.2 skills needed for quitting
  - 5.3 resources for getting help
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## **Mental Health**

### **1. Positive Self-Image**

- 1.1 personal assets and strengths
  - 1.2 characteristics of positive role models
  - 1.5 how to develop and demonstrate a positive body image
  - 1.3 how to develop and demonstrate a sense of belonging
  - 1.4 how to develop and demonstrate a sense of empowerment
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### **2. Emotional Health**

- 2.4 ways to deal with frustration
  - 2.1 strategies for expressing needs, wants and feelings appropriately
  - 2.2 positive ways to handle emotions, e.g., mood swings, loneliness, hurt feelings, sadness
  - 2.3 strategies for managing and reducing anger and conflict
  - 2.5 how the developmental process affects emotions and behaviors
  - 2.6 strategies to prepare for adulthood
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### **3. Interpersonal Relationships and Communication**

- 3.4 characteristics of nonverbal communication
- 3.6 how to resist peer pressure
- 3.7 appropriate ways to end relationships
- 3.1 how to build and maintain relationships, including appropriate ways to end relationships
- 3.2 skills for effective speaking, e.g., I-statements, eye contact, assertiveness
- 3.3 skills for effective listening, e.g., reflective listening
- 3.5 ways to show respect for diversity, e.g., mental and physical disabilities, culture, race/ethnicity
- 3.8 techniques for negotiation and compromise
- 3.9 how to advocate for needs and rights of others
- 3.10 how to advocate for healthy social environment
- 3.11 how to advocate for fairness

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#### **4. Stress Management**

- 4.3 ways to avoid stress
- 4.1 types of stressors, e.g., death, ending relationships, changing schools, rejection
- 4.2 coping strategies to reduce stress, including exercise

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#### **5. Mental Health Problems**

- 5.2 interaction of alcohol and other drug use with mental illness
- 5.1 behaviors and symptoms of depression and other mental illness, e.g., obsessive-compulsive disorder, impulse-control disorders
- 5.3 symptoms of eating disorders
- 5.4 medication and other treatments for mental illness

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### **Personal and Consumer Health**

#### **1. Personal Health Care**

- 1.1 effective brushing and flossing techniques
- 1.2 importance of regular dental check-ups and cleaning
- 1.3 strategies for effective teeth protection during sports and recreation
- 1.4 strategies for effective eye and hearing protection

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#### **2. Preventing Disease and Infection**

- 2.1 importance of immunizations
- 2.2 risks of antibiotic resistant strains
- 2.3 role of genetics in the family history of disease
- 2.4 prevention strategies associated with primary health care, e.g., BSE, testicular self-exam, Pap smear
- 2.5 effective disease management routines, e.g., diabetes, asthma, allergies

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#### **3. Selecting and Using Health Care Products and Services**

- 3.1 how to identify effective acne products
  - 3.2 similarities and differences among a variety of health care products and services
  - 3.3 options for health care and services for self
  - 3.4 options for health care and services for others
  - 3.5 techniques for comparing health care insurance options
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## **Community and Environmental Health**

### **1. Community Health Services**

- 1.1 how to access environment, school and community health services
  - 1.2 how to participate in public service activities
  - 1.3 community health careers
  - 1.4 how to advocate for health services in the community
  - 1.5 threats to community health, e.g., tobacco advertising, availability of alcohol and other drugs, unsafe bicycle paths
  - 1.6 disaster preparedness plans
  - 1.7 the effects of changing demographics on community services
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### **2. Environmental Health and Resource Conservation**

- 2.1 how to identify occupational health hazards
- 2.2 community health problems related to the environment
- 2.3 that individual behavior affects the environment and the community, e.g., recycling
- 2.4 the interrelationship of the health of a community and the global environment
- 2.5 global influences on health
- 2.6 effects of the environment on the food chain
- 2.7 ways to accept social responsibility for the use of natural resources