

Standard: To promote lifelong health and wellness.

Power Benchmark 1: Students will comprehend concepts related to health promotion and disease prevention.

Code B	Grade Level Benchmark	Vocabulary	Skills	Classroom Resources
23	Define terminology related to reproduction	<u>Male Reproductive system</u> Seminal vesicles Prostate glands Urethra Penis Testes Scrotum Vas deferens Epididymis Sperm <u>Female Reproductive System</u> Ovaries Fallopian tubes Uterus Endometrium Cervix Vagina Ovulation Menstruation Menstrual Cycle Menopause	-Define vocabulary terms -Label the parts	Text book Outside resources Videos Internet

		<u>Beginning of Life</u> Fertilization Egg cell Sperm cell Tissues Organs Uterus Embryo Fetus Placenta Umbilical Cord Cervix Zygote Trimesters		
26	Describe health habits that help prevent diseases.	Disease High blood pressure Heart attack Stroke Cholesterol Tumor Cancer Carcinogens Mammogram	-Ways to prevent heart disease -Causes of cancer -Cancers effects on the body -ways to reduce the risk of developing cancer.	Text book
29	Describe the interrelationship of mental, emotional, social, and physical health during adolescence.	Physical Health Mental/Emotional Health Family/Social Health Wellness Health	-Create a Health Triangle -Keeping your physical, mental/emotional, and social health in balance -how decisions contribute to wellness	Text book
33	Explain the harmful effects of tobacco, alcohol and drug use	Narcotics Addiction	-Understanding the difference between drug	Text book CADS Too Good for Drugs

	<ul style="list-style-type: none"> Physical Mental Stimulants Amphetamines Methamphetamines Depressants Opiates Marijuana Hallucinogens Dependence Psychological Physical Inhalants Withdrawal Caffeine Tobacco Nicotine Addictive Tar Cilia Carbon Monoxide Physical and psychological dependence Withdrawal Second hand smoke Mainstream smoke Side stream smoke Alcohol 	<ul style="list-style-type: none"> misuse and abuse -Understanding how drug use effects the body -The effects of stimulants and depressants on the body. -Learn about the risks of using marijuana -Learn about the dangers of hallucinogens, -how inhalants, club drugs, and steroids effect the body. -Understand the different forms of tobacco -Understand the harmful substances in tobacco -Understand the damage that tobacco can do to your body -Understand the negative effects that tobacco can have on your appearance -How tobacco harms other people -The cost to society of tobacco use -Understand the effects of 	<ul style="list-style-type: none"> Project Star Videos Outside sources
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		<p>Cirrhosis Blood alcohol concentration (BAC) Intoxicated Binge Drinking Fetal Alcohol Syndrome Alcoholism Recovery Detoxification Sobriety</p>	<p>alcohol -Why alcohol affects each individual differently. -Understanding various alcohol levels in different types of drinks -Effect of alcohol on the fetus -Problems alcohol causes teens -DWI -The dangers of drinking -The disease called alcoholism</p>	
34	<p>Explain why abstinence is the best choice to avoid sexually transmitted diseases (STD's) and pregnancy.</p>	<p>Abstinence Consequences Self respect STD's Chlamydia Genital Herpes Genital Warts Gonorrhea NCU PID Syphilis Pubic Lice HIV AIDS Limits</p>	<p>-Benefits and rewards of abstinence -Ways to practice abstinence -The importance of setting limits in dating situation. -</p>	<p>Text Book Video Outside resources Red Cross</p>
36	<p>Identify and understand basic functions of various body systems</p>	<p>Skeletal System Muscular</p>	<p>-Understand the different functions of the body</p>	<p>Text book Videos</p>

		Nervous Endocrine Digestive/Excretory Respiratory Circulatory	systems	Outside resources
39	Select and apply concepts of disease prevention and control	Communicable disease Pathogens Infection Bacteria Virus	-Causes of communicable diseases -What is a communicable disease? -The organisms that cause disease. -How diseases are spread.	Text book Outside resources
41	Understand the changes that occur at puberty. ADD: Stages of development, heredity and environment	Puberty Adolescence Hormones Genetics Heredity Environment Genetic disorders Prenatal care Birth Defects Obstetrician	-Understand the physical mental/emotional changes during puberty. -How characteristics are inherited. -How environmental factors impact the developing fetus -ways women can protect the health of her fetus	Text book Video Outside sources
45	Understand the role of exercise in weight control and body composition	Physical activity Exercise Physical fitness	-Understand the benefits of physical activity and the kinds of activities and exercise that will help to control weight	Text book Outside resources Videos

Power Benchmark 2: Students will demonstrate the ability to access and analyze health information and health promoting products and services.

Code B	Grade Level Benchmark	Vocabulary	Skills	Classroom Resources
	Understand the role of birth control methods in the prevention of pregnancy and STDs	IUD Norplant Male Condom Female Condom Depo-Provera Vasectomy Tubal Ligation Birth Control Pill Sponge Spermicides Birth Control Patch	-Understand the benefits and negative consequences of birth control methods	Outside Resources American Red Cross Crisis Pregnancy Center
18	Analyze how media influences the selection of health information and products	Consumer Media Advertising	-Being an informed health consumer -Effective health advocacy	Text book Project Star Media Buzz Too Good For Drugs

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Power Benchmark 3: Students will demonstrate the ability to practice health-enhancing behaviors and reduce health risk using goal setting and decision making skills

Code B	Grade Level Benchmark	Vocabulary	Skills	Classroom Resources
21	Apply strategies and skills needed to attain personal health goals	Short term goals Long term goals Health goals Lifestyle factors Personal strengths Health risks Personal health needs	-Create personal health plan and goals	Textbook-Teen Health Outside resources
	Learn strategies and skills needed to attain good personal hygiene	Hygiene Sweat glands Oil glands Pores Acne Pimples Dandruff Lice Plaque Tarter	-Create sensible habits of daily hygiene	Textbook-Teen Health Outside resources

24	Demonstrate the ability to recognize, avoid, and respond to negative pressure (e.g. pressure to use alcohol, tobacco, and other drugs, to be sexually active)	Peer pressure Refusal skills Aggression Assertive	-Recognizing, avoid and respond to peer pressure -Refusal skills -Role play refusal skills	Textbook-Teen Health Project Star Too Good for Drugs Outside resources
	Demonstrate the ability to recognize, avoid, and respond to negative stress that can lead to stress, depression, and suicide	Stress Stressors Depression Suicide	-Students can name ways of managing stress -Students can recognize and respond to symptoms of depression -Students can learn key concepts of suicide prevention	Textbook-Teen Health Outside Resources
17	Analyze how decisions are influenced by individuals family , peers, and community values (e.g. health-related decisions, personal choices)	Fact Opinion Influenced Priorities Responsibilities	-Students can name sources of information about health issues (media, books, internet, etc.)	Media Buzz Teen Health Textbook Project Star Too Good for Drugs Outside resources
27	Describe how personal goals are influenced by changing information, abilities, priorities, responsibilities (e.g. health, academic)	Barriers Effective Communication	-Identify barriers that interfere with effective communication, including gender, cultural, religion,	
35	Identify barriers to effective communication of information, ideas, feelings, and opinions about health issues			

31	Develop a well balanced diet (use food pyramid and knowledge of essential nutrients).	Calories <u>6 Nutrients</u> Carbohydrates Fats Saturated Fats Unsaturated Fats Proteins Vitamins Minerals Water Nutrition Appetite Hunger Fiber RDA Food guide pyramid Empty calories Cholesterol Eating disorders Anorexia Nervosa Bulimia Binge eating Food poisoning	Food logs Healthy menu planning Reading food labels Choosing healthy snacks Food pyramid 6 nutrients Dietary Guidelines Food preparation and storage	Text book Charts Internet Videos Outside sources
32	Develop injury prevention and management strategies for personal and family health	Unintentional injuries Accidents Accident chain	-Understand why accidents happen --How to avoid being injured at home and at school -Traffic and pedestrian safety -Create a family safety	Red Cross First Aid Curriculum Text Book Internet

37	Practice basic first aid	Emergency First Aid Splint Universal Precautions Sprain Fracture Heat cramps Heat exhaustion Heat stroke Burns Abdominal thrusts Shock CPR Conscious Unconscious	and emergency plan including shelter in place evacuation How to recognize and evaluate common emergencies <ul style="list-style-type: none"> • Check-call-care • ABC's First Aid <ul style="list-style-type: none"> • Sprain • Broken Bones • Insect bites and stings • Burns • Poisoning • Foreign Object in Eye • Nosebleed • Fainting • Heat and Cold related illnesses How to deal with life threatening emergency <ul style="list-style-type: none"> • Choking • Shock • Severe bleeding • Rescue breathing • CPR 	
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38	Recognize safety skills			
44	Know the basic understanding of fitness and how it pertains to physical health.	Aerobic and Anaerobic Exercise Heart and lung endurance Body composition Endurance Fitness	-Different types of exercises -How often to exercise -How to start exercising	

Power Benchmark 4: Students will demonstrate the ability to use interpersonal communication skills to enhance and advocate for personal, family, and community health.

Code B	Grade Level Benchmark	Vocabulary	Skills	Classroom Resources
19	Analyze possible causes of sexual harassment among youth in schools and communities	Sexual harassment Harassers Flirting	-What is sexual harassment? -Causes of sexual harassment -Difference between sexual harassment and flirting -How to prevent and stop harassment? -Davenport Community School District policy and procedures	Sexual Harassment and Teens Curriculum Outside Resources DCSD policy and procedure