

Curriculum Map: 10th grade Health

Course: HEALTH Sub-topic: General

Grade(s): 10

Course Description: The 10th grade year is a time of many changes and decisions. Health is designed to help students learn about their changing bodies, to help them sort out emotions and personal values, to aid them in maintaining optimum health as a lifelong process, and to show students how to take responsibility for making healthy decisions.

Health is all about the student! Topics include real-life situations for teens. The topic areas are based on teen pressures and teenage risk behaviors.

1. **Benefits of abstinence; recognizing healthy and unhealthy relationships; birth control, handling sexual abuse and assault, being safe, including internet safety.**

3. **Smoking / Alcohol / Drugs; Understanding the dangers of substance use and help them knowing how to be above the influence to use.**

4. **Understanding the importance of exercise; the dangers of many diets and eating disorders.**

Unit: Empathy

Unit Description: Empathy is the capacity to understand or feel what another person is experiencing from within their frame of reference, that is, the capacity to place oneself in another's position. Definitions of empathy encompass a broad range of social, cognitive, and emotional processes primarily concerned with understanding others (and others' emotions in particular).

This Curriculum Map Unit has no Topics to display

Unit: Reproductive Unit

Unit Description: Human reproduction is sexual reproduction that results in human fertilization to produce a human offspring. It typically involves sexual intercourse between a sexually mature human male and female. During sexual intercourse, the interaction between the male and female reproductive systems results in fertilization of the ovum by the sperm to form a zygote.

Unit Essential Questions:

- How do the reproductive systems work in the male and female and how is a child conceived and delivered?

This Curriculum Map Unit has no Topics to display

Unit: Abstinence and birth control

Unit Description: Comprehensive Sex Education Curriculum is teaching both the importance of Abstinence and Birth Control. Comprehensive Sex Education is a sex education instruction method based on curriculum that aims to give students the knowledge, attitudes, skills, and values to make appropriate and healthy choices in their sexual lives.

This Curriculum Map Unit has no Topics to display

Unit: Sexually Transmitted Diseases

Unit Description: STDs are infections that are spread from one person to another, usually during vaginal, anal, and oral sex. They're really common, and lots of people who have them don't have any symptoms. Without treatment, STDs can lead to serious health problems. But the good news is that getting tested is no big deal, and most STDs are easy to treat.

HIV stands for human immunodeficiency virus. It is the virus that can lead to acquired immunodeficiency syndrome or AIDS if not treated. Unlike some other viruses, the human body can't get rid of HIV completely, even with treatment. So once you get HIV, you have it for life. HIV is a virus spread through certain body fluids that attacks the body's immune system, specifically the CD4 cells, often called T cells. Over time, HIV can destroy so many of these cells that the body can't fight off infections and disease. These special cells help the immune system fight off infections.

This Curriculum Map Unit has no Topics to display

Unit: Smart Goals and Decision Making

Unit Essential Questions:

- What kind of conflict can result from differences in values?
- Summarize the advantages of seeking advice and feedback regarding decision-making skills.

Unit Big Ideas:

- Explain the difference between short term and long term goals.

- decision making skills
- values
- goals
- long term/short term goals
- action plan

This Curriculum Map Unit has no Topics to display

Unit: Alcohol - everfi lesson

Unit Description: Alcohol consumption among young people is a growing concern, but early educational interventions have proven to greatly reduce potential for abuse. This course takes a public health approach to preventing alcohol abuse, incorporating evidence-based prevention methods to create a highly engaging user experience.

This Curriculum Map Unit has no Topics to display

Unit: Vaping - everfi lessons

Unit Description: COURSE DETAILS: A prevention-forward digital course that gives students core knowledge around the dangers associated with using e-cigarettes, and offers resources to help young people quit if they already vape.

Unit Big Ideas:

- "UNCOVER" ~ Are vaping companies trying to get you addicted to nicotine?
- "OVERCOME" ~ Addiction to nicotine is serious, and it requires work to quit
- "CHANGE" ~ Control what you can control

This Curriculum Map Unit has no Topics to display

Unit: Prescription Drugs - everfi lessons

Unit Description: Empower students with the skills and knowledge they need to make safe and healthy decisions about prescription drugs and opioids.

Unit Big Ideas:

- The basics
- Science of Addiction
- Understanding Prescriptions
- Safe Use
- Refusal Skills
- Supporting a Friend

This Curriculum Map Unit has no Topics to display

Unit: Nutrition

Unit Big Ideas: Nutrition: Balanced eating; understanding nutrients; reading food labels; the importance of exercise - MYPLATE

Topic: