STUDENT LEARNING GOALS

Understand the origins and causes of diseases
Understand the relationship between family history and certain health risks
Relate short- and long-term consequences of health choices
Apply health skills to specific personal, family, and community health concerns
Discern relationships among all components of health and wellness
Knowledgeably use consumer information

WEB LINKS:
http://www.factmonster.com
http://www.healthcharities.org/homepage2731/index.htm
http://www.bcm.tmc.edu/cnrc/consumer/archives/foodlabels_teens.htm

KNOWLEDGE AND SKILLS

HEALTH-RISK BEHAVIORS
• Determine the pathogenic, genetic, age, cultural, environmental, and behavior factors that influence the degree of risk for contracting specific diseases
• Describe the roles of preventative health measures, immunization, and treatment in disease prevention
• Describe the short- and long-term health issues related to alcohol abuse and tobacco use
• Explain the impact of failing to recognize issues related to emotional and mental health
• List the health risks associated with feelings of immortality
• List the consequences of involvement in potentially dangerous situations
• Describe the results of a sedentary lifestyle
• List the risk factors associated with communicable and noncommunicable diseases

PERSONAL AND FAMILY HEALTH
• List the risks associated with gang-related activities
• Describe the benefits of using resistance, problem-solving, and decision-making skills for resolving health issues
• Explain the importance of developing relationships that are positive and promote wellness
• Describe the benefits of developing and implementing short- and long-term health and fitness goals that are achievable and purposeful

DIET AND PHYSICAL/EMOTIONAL HEALTH
• Explain the causes and effects of compulsive behaviors such as eating disorders
• Describe the relationship between personal health and cognitive performance

INFORMATION ACCESS AND USE

Evaluate and interpret health information, products, services, and agencies targeted to adolescents to
• develop a personal system for reviewing appropriateness of print, audiovisual, and electronic media images
• determine the influence of multiple media resources on personal choices
• determine consumer rights related to health products and services

COMMUNITY HEALTH AND WELLNESS
• Determine methods used to reduce health hazards and risks
• Discuss the health risks associated with yielding to peer pressure
• Describe the similarities among practices associated with healthy environments
• Explore opportunities for community service

CORE CONTENT CONNECTIONS

Mathematics  Record, for two weeks, the amount of sleep, nutritious meals, exercise, and performance on quizzes/tests.
Draw conclusions based on results

English  Design problem-solving vignettes suitable for use by middle school students

Science  Plan a menu using the Food Guide Pyramid for one week that is well balanced and avoids the pitfalls of obsessive/compulsive eating

Social Studies  Compare/contrast high-risk situations/activities from fifty years ago and today
Decision Making

CLARIFY decision to be made.
CONSIDER possible alternatives and consequences; collect additional information.
CHOOSE best alternative and take necessary action.
Follow through.

Resolving Conflicts

Identify negotiation as a method for resolving conflicts.
Techniques for controlling anger, assertiveness, communication skills, decision-making skills.
Negotiation and problem-solving skills can resolve conflicts.

Consequences of Smoking

Heart rate fluctuates throughout the day and is affected by such things as physical exercise, emotions, and relaxation.
Smokers have elevated heart rates due to the carbon monoxide and nicotine in cigarette smoke.
A constantly elevated heart rate puts an extra strain on the heart.
Smoking decreases the length of time one can sustain physical activity – in other words, it decreases physical endurance.

Alcohol Realities

Alcohol is a drug and, like other drugs which fall into the category of depressants, it slows down the functioning of the brain and nervous system.
Alcohol cannot make a person strong, smart, cute, sexy, powerful, tough, rich, etc.
Drinking alcohol is not an effective way of coping with one’s problems; in fact, it just adds to them.
Getting drunk or being a heavy drinker isn't cool or grown-up.