

Baltimore County Public Schools High School Health Education

In high school, students will expand on the knowledge and skills they acquired in middle school health education. The program will emphasize personal responsibility; self-management; identification and avoidance of risk behaviors and situations; interpersonal communication; decision-making and goal setting.

Content

- Wellness: controllable versus uncontrollable health risk factors; and the impact of lifestyle choices on physical, social, emotional, intellectual, spiritual, and environmental well-being
- Mental Well-being: meeting personal needs; building and maintaining self esteem and relationships; dealing with emotions, stress, loss, conflict, and violence; and understanding mental disorders
- Nutrition and Fitness: guidelines for dietary planning, product selection, and exercise; food values; nutrients and their purpose; fitness and weight control; external influences on body image, fitness, physical activity, and eating behaviors; eating and nutritional disorders
- Tobacco, Alcohol, and Other Drugs: safe, therapeutic drug and supplement use; illegal substances; the impact of chemicals on the body and mind; stages of chemical dependency and recovery; community resources for TAOD issues; avoiding involvement with TAOD; impacting the TAOD decisions of others and the laws and policies concerning TAOD use
- Human Sexuality: factors involved in sexual identity and human development; reproduction and birth; influences on sexual activity; healthful versus harmful relationships; abstinence; pregnancy prevention and family planning; myths and misconceptions concerning sexuality and sexual behaviors
- Disease and Disability: disease processes, immunity and the immune system; prevention, diagnosis, and treatment of diseases including sexually transmitted infections, hepatitis, and HIV/AIDS; behaviors and settings that increase the risk of illness; violence, injury, and premature death; assessing and responding to threatening or emergency situations

Skills: Teachers reinforce and provide age-appropriate opportunities to practice the following personal skills in the high school health education program:

- coping
- decision making/ problem solving
- resistance, refusal, and delaying tactics
- verbal and non-verbal communication
- negotiation, collaboration, and conflict resolution
- self management
- assessing internal and external influences
- accessing, analyzing, and evaluating information
- goal setting

Curriculum: *High School Health: Healthy Living for a Lifetime*

Text Program: *Holt Lifetime Health, 2004*

For a more detailed content outline and indicators for this program, please see your child's teacher

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