

Health Curriculum

Health Education is an integral part of the total education of every child from kindergarten through grade 12. Health Education instruction provides a positive impact that can help students achieve in all curricular areas. Through this curriculum, students will focus on wellness, decision-making and refusal skills, as well as, participate in alcohol, tobacco and drug education.

The health education curriculum, written to the New Jersey Core Curriculum Content Standards, addresses various components of health education instruction that build from year to year. Each curricular unit includes interdisciplinary and technology connections to bridge learning in various content areas. While some of the skills are repeated at various grade levels, the content grows and addresses the students' needs at each level.

Grade 9

Alcohol, Tobacco and other Drugs

- Identify factors to consider when choosing an over-the-counter medicine.
- Identify medicines used to treat common diseases and health conditions.
- Describe the safe administration and storage of over-the-counter and prescription medicines.
- Describe how tobacco use contributes to the incidence of respiratory diseases, cancer, and cardiovascular disease.
- Describe how the use and abuse of alcohol impacts behavior and contributes to the incidence of illness and injuries.
- Describe the signs and symptoms of a substance abuse problem and the stages that lead to dependency/addiction.
- Identify resources in the community

Healthy Relationships

- Explore the qualities of healthy and unhealthy relationships.
- Identify the warning signs of an abusive relationship.
- Reflect on their values of what makes a healthy relationship.
- Analyze how their current relationships fit with their values.
- Reflect on students own contribution to healthy relationships.
- Describe solutions and strategies to address violence in the lives of young people.

Mental, Emotional and Social Health

- Recognize signs of the most common types of mental illness
- Identify where to go for help
- Recognize signs of suicidal behavior and identify intervention strategies
- Discuss strategies to combat bullying

Grade 10

New Jersey Driver's License/Driver and Passenger Safety

- Identify laws related to NJ driver licensing system
- Differentiate between different types of driver license and identify license restrictions
- Describe the point system for obtaining a NJ driver license
- Explain the Graduated Driver License (GDL)
- Explain how steering and speed control contribute to driver safety
- Explain how proper use of braking and stopping distances contribute to safe driving
- Explain how use of signals contributes to driver safety
- Explain how proper parking, turning and reversing practices contribute to driver safety

Rules of the Road and Traffic Safety

- Define and identify the purpose of traffic control devices.
- Recognize and identify the color, shape and meaning of traffic signs.
- Recognize and identify the meaning of traffic control signal lights.
- Recognize and identify the meaning of pavement markings.
- Describe state specific laws pertaining to the required response by the driver to traffic signs, signals and pavements markings and the directions of a police officer.
- Describe safe driving and passing practices
- Describe right of way, yielding, and safe entry and exit in highway driving
- Explain how to safely maneuver turns and interchanges
- Identify turning, stopping and parking regulations
- Describe proper use of headlights
- Identify state cell phone use laws

Distracted Driving and Risks

- Define and describe the effects of distracted driving and the nature of the problem of distracted driving crashes.
- Describe potential distractions that could occur inside the vehicle and their effects on the driving task.
- Describe potential distractions that could occur outside the vehicle and their effects on the driving task.
- Develop a plan to prevent distractions before getting behind the wheel.
- Develop a plan to address distractions while driving
- Commit to being a safe, distraction-free driver and be able to identify ways to disseminate information regarding the dangers and consequences of distracted driving to other teens, their parents, and the community.
- Discuss the organ donation system.

- Describe effects of alcohol in the body and how they affect driving performance.
- Define driving under the influence (DUI).
- Describe the point system and identify point violations.
- Describe how cell phone use and distracted driving affects road safety.

Grade 11

Puberty and Male/Female Anatomy

- Explain the importance of understanding the male and female reproductive systems
- Define the ovarian cycle, the menstrual (uterine) cycle and menstruation, the female reproductive cycle, and hormones
- Describe the anatomy and physiology of female and male reproductive systems
- Describe the phases of the menstrual cycle and what occurs in each phase
- Discuss how the body changes during puberty

Sexually Transmitted Infections

- Identify the STI's caused by bacteria, viruses, or parasites.
- Describe common symptoms of STI's.
- Understand ways that an individual can and cannot be infected with an STI.
- Identify treatments of common STIs.
- Identify the some STIs are curable and some are not.
- Discuss the benefits of abstinence as a way to avoid STI transmission.

Pregnancy Prevention

- Identify the various contraceptive methods.
- Explain the availability and proper use of contraceptive methods.
- Explain how abstinence is the only method that is 100% effective in preventing pregnancy.

Pregnancy, Childbirth, and Parenthood

- Recognize the early signs of pregnancy
- Recognize the complications and problems associated with pregnancy
- Describe trimesters and stages associated with fetal development
- Explain the common medical tests performed during pregnancy.
- Discuss the responsibilities associated with parenthood
- Discuss challenges of teen pregnancy

Grade 12

CPR/First Aid

- Recognize and be prepared to respond to emergencies.
- Discuss how they can prevent themselves from getting diseases when providing care
- Identify and care for respiratory and cardiac emergencies.
- Identify and care for injuries and sudden illnesses.
- Demonstrate CPR skills
- Demonstrate how to care for a choking victim

Nutrition

- Analyze food labels to determine percent from fat, carbohydrates and proteins.
- Create a nutrition plan
- Identify healthy eating choices while dining out
- Describe the functions of the six essential nutrients
- Discuss consequences for poor nutritional habits

Contemporary Health Issues

- Discuss local and state laws that impact community wellness and formulate ways that individuals and groups can work together to improve community wellness.
- Formulate and express a position on a health issue
- Discuss health insurance plans
- Discuss major diseases, their cause and treatment