

Marking Period 1		Marking Period 3	
1	Health Introduction	21	Pre-Assessment
2	Wellness Dimensions & Pre-Assessment	22	Relationships
3	Healthcare Resources & Services	23	Families
4	Public Health Strategies	24	Adolescence, endocrine system
5	Traffic Safety	25	Puberty, male
6	Mental Illnesses* & Coping	26	Puberty, female
7	Personal Assets & Supports	27	Reproduction & Abstinence*
8	Harassment & Bullying* Prevention	28	Pregnancy
9	Violence(Gang*)Prevention	29	Assault* Prevention
10	Advocacy Project	30	HIV/AIDS*
Week	Marking Period 2	Week	Marking Period 4
11	Character Values & Culture	31	Chemical Substances- Medicines, addiction
12	Decision Making	32	Illegal substances & Refusal skills
13	Nutrition- choices, patterns, culture	33	Steroids* & Inhalants
14	MyPlate	34	Tobacco*
15	Labels	35	Alcohol*
16	Calories	36	Injuries & Accident prevention
17	RDA	37	Basic First Aid & Water Safety
18	Meal planning	38	Fire* Safety
19	Digestion and diseases	39	Sun & Skin Safety, Lyme*
20	Post Assessment	40	Final Assessment

\*New Jersey Legislative Statutes

<b>Topic</b>							
<b>MP 1</b>		<b>WELLNESS INFORMATION, SERVICES &amp; ADVOCACY</b>					
<b>Enduring Understandings</b>							
<ul style="list-style-type: none"> <li>Knowing how to navigate the healthcare system is critical to maintaining wellness.</li> <li>Early detection of diseases and health conditions contributes to one’s health and helps reduce costs.</li> <li>Staying healthy is a lifelong process that includes all dimensions of wellness.</li> </ul>							
<b>Essential Questions</b>							
<ul style="list-style-type: none"> <li>Why is it difficult for some people to access healthcare and support services?</li> <li>How do people determine when they need to contact advanced healthcare professionals?</li> <li>Is prevention of disease more important to health than later treatment of health problems?</li> </ul>							
<b>NJCCCS:</b> 2.1.6.A.C.D 2.2.6.A.D.E		<ul style="list-style-type: none"> <li>Knowing how to access health professionals assists in addressing health concerns.</li> <li>Communicating health concerns to trusted adults assists in the treatment of health problems.</li> <li>Affordable, accessible healthcare services will significantly impact the treatment of health conditions.</li> <li>Participation in health service organizations has a positive impact on wellness.</li> <li>Use of personal and interpersonal skills supports a healthy lifestyle.</li> </ul>					
<b>Key Concepts and Skills</b>							
<ul style="list-style-type: none"> <li>Identify and compare health services that support physical, mental and social health.</li> <li>Summarize signs of possible health issues and basic first-aid assessment procedures.</li> <li>Explanation of how to seek help for various possible health problems.</li> <li>Determine what health conditions that will need professional health support.</li> <li>Identify causes and appropriate ways to reduce or eliminate health risks that impact the health of oneself or others.</li> <li>Determine the impact of public health organizations and strategies in preventing diseases.</li> </ul>							
<b>Learning Activities</b>							
<ul style="list-style-type: none"> <li>Develop multimedia guides describing health services in the school and community including how to access those services and conditions that warrant support.</li> <li>List personal assets that are available for help at home and in the community.</li> <li>Evaluate public health organizations to determine opportunities for volunteer service.</li> </ul>							
<b>Assessments</b>							
<ul style="list-style-type: none"> <li>Present and display “guides” of health services, inclusive for needs of all students.</li> <li>Completion of class and homework assignments.</li> </ul>							
<b>21st Century Skills</b>							
<b>X</b>	<b>Creativity</b>	<b>X</b>	<b>Critical Thinking</b>	<b>X</b>	<b>Communication</b>	<b>X</b>	<b>Collaboration</b>
<b>X</b>	<b>Life &amp; Career Skills</b>	<b>X</b>	<b>Information Literacy</b>	<b>X</b>	<b>Media Literacy</b>		

## Interdisciplinary Connections

Mathematic Literacy: Economic study

## Technology Integration

Use of internet and media for resources.

## Topic

MP 1, 4

**SAFETY & FIRST AID**

## Enduring Understandings

- Medical advances, technology and public health efforts enable some people to live healthier lives but many people still struggle to be healthy.
- Understanding why a behavior or activity is unsafe is only the first step towards preventing injuries and staying safe.

## Essential Questions

- How do personal behaviors impact our own health and the health of others?
- Why do some people still engage in unsafe behaviors despite knowing the inherent risks and possible outcomes?
- How does a commitment to wellness reduce the risk for injuries and conditions that impact the quality or duration of one's life?

NJCCCS:  
2.1.6.D, E  
2.4.6.A

- Identify safe and unsafe situations and choose appropriate ways to reduce or eliminate risks contributes to the safety of self and others.
- Use of personal and public safety strategies reduces injuries to oneself and others.
- Respect for all individuals, provides a foundation for acceptance and conflict resolution.

## Key Concepts and Skills

- Determine behaviors that contribute to internet safety and wellness.
- Distinguish between healthy and unhealthy social relationships.
- Summarize the components of the traffic safety system including the efficient movement of people safely, as well as, bus and bike safety.
- Identify ways to prevent both non-accidental and accidental injuries at home, school, and in the community.
- Identify unsafe home situations including domestic abuse, and the appropriate ways to address this issue.
- Summarize common causes of injuries in this age group and prevention strategies.
- Recommend ways to resolve conflicts, discrimination, harassment, and violence.

## Learning Activities

- Use a resource guide to research online information regarding safety topics including poison, firearms, animals, insects, falls, sun and water.
- Create a fire prevention plan and practice fire safety procedures.
- With family, identify safety rules and responsibilities for personal behavior at home and in school.

## Assessments

- Present a safety topic and the steps to reduce risks from an online resource.
- Completion of class and homework assignments.

## 21<sup>st</sup> Century Skills

X	Creativity	X	Critical Thinking	X	Communication	X	Collaboration
X	Life & Career Skills	X	Information Literacy	X	Media Literacy		

## Interdisciplinary Connections

- Social Studies Literacy: Political strategies.

## Technology Integration

- Use of internet and media for resources.

## Topic

MP 2      PERSONAL, SOCIAL & EMOTIONAL DIMENSIONS

## Enduring Understandings

- Health choices and behaviors have a profound impact on personal, family, community, and global wellness.
- Understanding why a behavior is unhealthy is only the first step towards personal and social wellness.

## Essential Questions

- How do personal health choices and behaviors have a profound impact our own health as well as the health of others?
- How can individuals and groups act with non-discrimination and become inclusive for all?
- Why do some people still engage in unhealthy behaviors despite knowing negative outcomes?
- How does a commitment to wellness impact the quality or duration of one's life?

NJCCCS:  
2.1.6.A.C.D.E  
2.4.6.A

- Staying healthy is a lifelong process that includes all dimensions of wellness.
- Identify models of healthy relationships.
- Respect for all individuals, provides a foundation for acceptance and conflict resolution.
- Social health can be impacted by not using personal hygiene products.

## Key Concepts and Skills

- Determine behaviors that contribute to social and emotional wellness.
- Distinguish between healthy and unhealthy social relationships.
- Identify stressors and positive ways to deal with those situations.
- Summarize causes of conflicts and possible solutions.
- Describe pro-social behaviors (e.g., helping, respect, courtesy, cooperation).
- Identifying unsafe situations and choosing appropriate ways to reduce or eliminate risks contributes to the safety of self and others.
- Safe, healthy relationships require commitment and responsibility.

## Learning Activities

- Write a letter to an adult expressing needs or wants, and feelings (e.g. loss, hurt, anger).
- Identify characteristics of a good friend or a role model.
- Compare signs of common mental illnesses and ways to treat them.
- Recommend ways to resolve social conflicts, discrimination, harassment, and violence.
- With family, identify safety rules and responsibilities for personal behavior at home and in school.
- Develop ways to be inclusive for all individuals.

## Assessments

- Present situations that challenge an individual's core ethics and explain how positive personal character can be helpful in these situations.
- Completion of class and homework assignments.

## 21<sup>st</sup> Century Skills

X	Creativity	X	Critical Thinking	X	Communication	X	Collaboration
X	Life & Career Skills	X	Information Literacy	X	Media Literacy		

## Interdisciplinary Connections

- Social Studies Literacy: Culture

## Technology Integration

- Use of internet and media for resources.

## Topic

MP 2	NUTRITION
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## Enduring Understandings

- Food choices and eating patterns are developed at a young age, persist throughout one's life, and may affect long-term health.
- It may be difficult to change unhealthy eating patterns that are rooted in family traditions, religious beliefs, or culture.
- Peers and the media also have a significant impact on food choices and the availability of healthy options.
- Making healthy eating choices is an important part of achieving and sustaining wellness.

## Essential Questions

- How are food choices influenced by culture, tradition, and knowledge of nutrition?
- What role does family, peers, and the media have on food choices now and throughout life?

NJCCCS: 2.1.6.A.B.C 2.2. 6.A.B.	<ul style="list-style-type: none"> <li>• Eating patterns are influenced by mental, social, and personal factors.</li> <li>• Develop the knowledge and skills necessary to make nutritious food choices.</li> <li>• Good health is enhanced with a balanced variety of nutritious foods.</li> </ul>
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### Key Concepts and Skills

- Determine factors that influence food choices and eating patterns.
- Differentiate between healthy and unhealthy eating patterns with respect to activity level, amount, time of day, and emotional state.
- Explain why some foods are healthier in terms of content and ingredients.
- Research the food and activity pyramid online.
- Examine food labels, nutrition facts, comparing food products.

### Learning Activities

- Visit MyPlate and determine individual nutritional recommendations.
- Examine nutritional value of meals prepared at home and eating out.
- Compare the benefits and risks of nutritional choices and levels of activity.
- Record food intake and activity data, with recommendations to help improve wellness.
- Create desirable, balanced nutritional meals stating availability, cost, calories, and recommended daily requirements, based on health data.

### Assessments

- Presentation of menus with overall nutritional value and calories of meal choices.
- Completion of class and homework assignments.

### 21<sup>st</sup> Century Skills

X	Creativity	X	Critical Thinking	X	Communication	X	Collaboration
X	Life & Career Skills	X	Information Literacy	X	Media Literacy		

### Interdisciplinary Connections

- Science Literacy: Physiology

### Technology Integration

- Use of internet and media for resources.

### Topic

MP 3	<b>CHEMICAL SUBSTANCES</b>
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### Enduring Understandings

- The use and abuse of alcohol, tobacco, and other chemical substances not only affects the individual but also may have a profound impact on others.
- The early detection and proper treatment of diseases and health conditions impact one's health.
- There are many ways to obtain help for treatment of substance abuse problems.

## Essential Questions

- Why do people use and abuse alcohol, tobacco, caffeine and other drugs despite warnings about the dangers to self and others?
- How does early detection and public health strategies impact disease prevention and decrease healthcare costs?

NJCCCS:  
2.1.6.A.C.D.E  
2.2.6.A.B.C  
2.3.6.A.B.C

- The use of chemical substances including OTC's in unsafe ways is dangerous and should be taken only as directed in order to be safe.
- There is a strong relationship between individuals who abuse drugs and increased intentional and unintentional health-risk behaviors.
- The early detection and treatment of diseases and health conditions impact one's health.
- Effective communication can be a factor in health and safety situations.

## Key Concepts and Skills

- Identify a variety of social, genetic, and personal factors that lead to substance abuse.
- Relate data on the use of chemical substances such as tobacco, alcohol, and injected drugs to the incidence of disease, injuries, and social issues.
- Acquire knowledge of the dangers of chemical substance including steroids and inhalants.
- Demonstrate effective communication skills including refusal.
- Identify signs and ways to help eliminate chemical substance abuse.

## Learning Activities

- Research local support groups and health resources.
- Develop a tri-fold pamphlet with warnings and help groups.
- Summarize the effects of chemical substance use on individuals and relationships.
- Use health data to present arguments against use of chemical substances.
- Recommend healthy management skills and goals to deal with challenging situations.

## Assessments

- Class presentations and pamphlets.
- Student role-plays scenarios for class.
- Completion of class and homework assignments.

## 21<sup>st</sup> Century Skills

X	Creativity	X	Critical Thinking	X	Communication	X	Collaboration
X	Life & Career Skills	X	Information Literacy	X	Media Literacy		

## Interdisciplinary Connections

Science Literacy: Physiology and Behavioral

## Technology Integration

Use of internet and media for resources.

## Topic

MP 4

FAMILY LIFE- Relationships & Sexuality

### Enduring Understandings

- Families provide connections between people and the building of relationship skills.
- Families are different and create foundations for future relationships.
- Families and social relationships change and are impacted in the global community.
- Human relationships include physical, emotional and social aspects.
- Significant growth changes occur at different rates during adolescence.

### Essential Questions

- How does your environment and heredity influence your development?
- How can healthy relationships be developed and sustained over time?
- Why can it be difficult for adolescent parents to adjust to responsibilities of parenthood?
- What is the physiological process of human reproduction?

NJCCCS:  
2.1.6. D, E  
2.4.6.A, B, C

- The family unit has diverse forms in contemporary society.
- The values acquired from family and cultural experiences impacts relationships.
- Individuals in healthy relationships share experiences, respect, support, and have mutual commitment.
- Physical, mental, and social development occur at different rates based on the individual.

### Key Concepts and Skills

- Explain how families share values with expectations and set limits.
- Distinguish the roles and responsibilities of family members.
- Summarize how families provide for basic human needs and develop character.
- Compare and contrast how families are different and change over time.
- Explain the need for responsible actions regarding sexual behavior and overall health.
- Identify possible health risks and impact to the health of oneself or others.
- Healthy relationships require commitment and responsibility (e.g.friends, dating).

### Learning Activities

- In small groups, develop a question regarding puberty and go on a Web quest.
- Compare and contrast different kinds of families locally and globally by building a relation with another student from a different region.
- Use lifetime scenarios with descriptions of changing families, write a story of how the family copes and manages with the associated problems.
- Describe the sequence of fertilization to birth and importance of a mother's health.
- Summarize strategies to resist pressure to engage in sexual behavior that places one at risk for impacting the health of oneself or others.

### Assessments

- Present accurate answers to questions with the appropriate Web link for information.
- Completion of class and homework assignments.

21<sup>st</sup> Century Skills

X	Creativity	X	Critical Thinking	X	Communication	X	Collaboration
X	Life & Career Skills	X	Information Literacy	X	Media Literacy		

Interdisciplinary Connections

- Science and Social Studies Literacy: Physiology and Behavioral

Technology Integration

- Use of internet and media for resources.