

# High School Health Curriculum Outline

## **Unit 1: Making Healthy Choices and Decisions**

1. Health Triangle and Risk Factors
2. Quality of Life
3. Impulse Control

## **Unit 2: Personality and Self-Esteem**

1. Personality Types and Assertive Skills
2. Theories of Personality and Emotions
3. Defense Mechanisms and Coping Strategies

## **Unit 3: Stress**

1. Causes of Stress, Body's Response, Warning Signs
2. Stress and Stress Management

## **Unit 4: Mental Disorders and Suicide Prevention**

1. Common Disorders: Eating, Anxiety, Somatoform, Personality, and Dissociative.
2. Causes of Disorders, Treatments, Healthy Helping Strategies

## **Unit 5: Healthy Relationships and Families**

1. Abusive Relationships and Healthy Standards

## **Unit 6: Reproduction, STIs, HIV and Infectious Diseases**

1. Endocrine System and Gland Function
2. Male and Female Reproductive Systems Parts and Functions
3. Common STIs/STD's and Prevention
4. HIV/AIDS

## **Unit 7: Nutrition**

1. Making Healthy Food Choices
2. Prepare Meal Plans According to the Federal Dietary Guidelines

## **Unit 8: Drug Free World**

1. Common Drugs and Alcohol

## **Unit 9: CPR/First Aid**

1. Recognizing and Responding to Emergencies
2. Good Samaritan Law

## **Unit 10: LACASA Presentation: Dating Smart**

1. Healthy/Unhealthy Relationships
2. Dating Smart and Sexual Assault/Abuse

## **Livingston County LACASA Presentation: Dating Smart**

- Domestic Violence and Stereotypes
- Abusive Relationships Data
- Love vs. Fear
- Helping Friend in Abusive Relationship
- Recognizing Signs of Abuse
- Understanding Consent, Boundaries and Sexual Assault