Subject: Health

Grade: 9-12

Course: Health

1. **Topic:** Alcohol, Tobacco and Other Drugs: Social Consequences  
   **Standard:** Determines how adolescent use of alcohol and other drugs contributes to accidents, crime, and suicide.

2. **Topic:** Alcohol, Tobacco and Other Drugs: Risk/Prevention  
   **Standard:** Recalls the leading causes of teen morbidity and mortality and formulates methods of prevention of each.

3. **Topic:** Alcohol, Tobacco and Other Drugs: Intervention  
   **Standard:** Recognizes that alcohol, tobacco, and other drug dependencies are treatable diseases/conditions and identifies appropriate community resources.

4. **Topic:** Alcohol, Tobacco and Other Drugs: Personal Consequence  
   **Standard:** Compares how alcohol, tobacco, and other drug use and nonuse impacts personal goals, educational opportunities, and occupational choices.

5. **Topic:** Alcohol, Tobacco and Other Drugs: Drug Interaction  
   **Standard:** Evaluates the drug interactions that occur with using medicines in combination and their potential lethal effects.

6. **Topic:** Disease Prevention: STDs  
   **Standard:** Lists early symptoms and long-term consequences of syphilis, gonorrhea, genital herpes, chlamydia, genital warts (HPV), HIV/AIDS and other sexually transmitted diseases.

7. **Topic:** Disease Prevention: Early Detection and Treatment  
   **Standard:** Describes diagnostic tests and available treatments for gonorrhea and syphilis and identifies places a person can go to obtain testing and treatment.

8. **Topic:** Disease Prevention: Abstinence  
   **Standard:** Recognizes the importance of individually abstaining from premarital and extramarital sex and intravenous drug use to prevent the spread of HIV/AIDS and other sexually transmitted diseases.

9. **Topic:** Disease Prevention: Pregnancy and Sexually Transmitted Disease Prevention  
   **Standard:** Identifies methods of preventing pregnancy and sexually transmitted diseases and whether or not they are effective. Abstinence is the only sure way to prevent pregnancy and sexually transmitted diseases. (Note: Does not require demonstration of contraceptive devices).

10. **Topic:** Disease Prevention: HIV/AIDS  
    **Standard:** Recognizes that Sexually Transmitted Diseases, including HIV/AIDS, are communicable diseases and that abstinence is the sure method of prevention.

11. **Topic:** Disease Prevention: Abstinence  
    **Standard:** Recognizes that abstaining from sexual activity and refraining from intravenous drug use are the most effective methods of preventing HIV/AIDS.

12. **Topic:** Disease Prevention: HIV/AIDS  
    **Standard:** Recognizes that HIV/AIDS is caused by a virus and is currently incurable and fatal.

13. **Topic:** Disease Prevention: AIDS  
    **Standard:** Identifies the history of prevalence of HIV/AIDS in the United States.

14. **Topic:** Disease Prevention: Sexually Transmitted Diseases  
    **Standard:** Demonstrates an awareness of current statistics related to Sexually Transmitted Diseases, including HIV/AIDS.
15 Topic: Disease Prevention: HIV/AIDS
   Standard: Recognizes known ways HIV/AIDS is transmitted and identifies behaviors that increase the risk of contracting HIV/AIDS.

16 Topic: Disease Prevention: HIV/AIDS
   Standard: Describes clinical course of HIV/AIDS.

17 Topic: Disease Prevention: Abstinence
   Standard: Recognizes that returning to abstinence is a positive alternative to previous sexual behavior.

18 Topic: Disease Prevention: Decision-Making
   Standard: Recognizes that an uninfected, mutually faithful sexual relationship within marriage does not put a person at risk for AIDS through sexual activity.

19 Topic: Disease Prevention: Goal-Setting
   Standard: Identifies the benefits of setting personal goals for maintaining a healthy body.

20 Topic: Disease Prevention: Cancer
   Standard: Analyzes the causes, treatments, and prevention methods for cancers affecting body tissues or organs.

21 Topic: Disease Prevention: Risk Factors
   Standard: Evaluates how one's genetics and health choices contribute to disease (heredity, inactivity, diet, stress, environment, infection, and degenerative processes) and proposes strategies to reduce risk.

22 Topic: Family Living: Self-Concept
   Standard: Identifies factors that promote a positive self-image (e.g., accepting responsibility; respect for self, authority and others, and self-discipline, self-control and the right to be assertive).

23 Topic: Family Living: Persuasion
   Standard: Identifies ways of resisting persuasive tactics regarding sexual involvement (e.g., saying "no," negotiation and using refusal and decision-making skills).

24 Topic: Family Living: Persuasion
   Standard: Recognizes how sexual decisions are influenced by group pressures (e.g., community, media, and peer).

25 Topic: Family Living: Dating
   Standard: Identifies social, emotional, intellectual, and economic aspects of dating.

26 Topic: Family Living: Decision-Making
   Standard: Recognizes that having children is best undertaken in marriage.

27 Topic: Family Living: Parental Responsibilities
   Standard: Analyzes changes in the prospective parents' lifestyles and responsibilities before and after the birth of their baby.

28 Topic: Family Living: Health Consumerism
   Standard: Matches various health needs and problems with the associated local health service agencies, clinics, and other advisory services.

29 Topic: Growth and Development: Human Reproduction
   Standard: Understands how conception occurs and describes human fetal development from conception through birth.

30 Topic: Growth and Development: Endocrine System
   Standard: Analyzes and describes the relationship between the glands and hormones that control the secondary sex characteristics.

31 Topic: Growth and Development: Heredity and Environment
   Standard: Lists ways heredity and environment affect human growth and development.

32 Topic: Mental Health: Stress
   Standard: Analyzes stress and its effects on all aspects of health and wellness.

33 Topic: Mental Health: Stress Management
**Standard:** Develops and practices effective coping skills for managing stress to prevent self-destructive behaviors (e.g., suicide).

**34**  
**Topic:** Mental Health: Conflict Resolution  
**Standard:** Demonstrates effective communication skills and resistance skills (e.g., nature of conflict, feelings, active listening, effective communication skills, and empathy).

**35**  
**Topic:** Mental Health: Decision Making  
**Standard:** Demonstrates characteristics of a healthy decision-maker.

**36**  
**Topic:** Mental Health: Maturation  
**Standard:** Explores the increased responsibility in the transition from adolescence to adulthood and proposes ways to make these changes easier.

**37**  
**Topic:** Nutrition: Dietary Guidelines  
**Standard:** Evaluates diet relative to personal needs, dietary guidelines, and energy balance (caloric intake vs. energy expenditure) and designs a plan for improvement.

**38**  
**Topic:** Nutrition: Weight Management  
**Standard:** Analyzes a variety of weight management plans for sound nutritional practices and their lifelong effects on health.

**39**  
**Topic:** Nutrition: Dietary Guidelines  
**Standard:** Modifies personal diet relative to special needs (e.g., vegetarians, athletes, diabetics, food allergies, etc.).

**40**  
**Topic:** Nutrition: Misinformation  
**Standard:** Analyzes the reliability of various sources of food and nutrition information (e.g., dietary supplements, diet aids, fad diets, food additives, and food labels).

**41**  
**Topic:** Nutrition: Marketing Strategies  
**Standard:** Applies critical thinking skills to analyze marketing and advertising methods for influencing food choices.

**42**  
**Topic:** Personal Health: Hygiene  
**Standard:** Correlates hygiene and grooming habits with employment opportunities and building relationships.

**43**  
**Topic:** Safety: First Aid/Cardiopulmonary Resuscitation  
**Standard:** Demonstrates ability to properly respond to life-threatening cardiopulmonary emergencies.

**44**  
**Topic:** Safety: Violence Prevention  
**Standard:** Identifies threats to personal safety (e.g., incest, rape, date rape).

**45**  
**Topic:** Safety: Resources  
**Standard:** Identifies local support system concerning personal safety (e.g., family, teacher, religious advisor, friend, and counselor).