

HEALTH GUIDE FOR SUCCESS

Think about this.....

- What can influence my eating habits?
- What does it mean to be a healthy eater?
- What should I do if I am/a friend is harassed?
- How can I find valid information and resources?
- What makes a valid source?
- What skills do I need to maintain safe and healthy relationships?
- How do I make good decisions?
- Is this a healthy decision?
- How do my decisions impact others and myself?

We look forward to sharing these topics with you:

1) INJURY AND DISEASE PREVENTION:

- ❖ *Analyze how stress affects us: physically, emotionally & behaviorally*
- ❖ Identify *teen stressors*
- ❖ Learn & practice stress reduction techniques
- ❖ Understand the impact of *the grieving process*
- ❖ Recognize the signs of *depression & suicide and how to A.C.T.*
- ❖ *Understand the concepts of harassment, sexual harassment & bullying*, and apply strategies
- ❖ Learn how to access school & community resources

2) HEALTHY ACTIVE LIFESTYLE

- ❖ Analyze our *nutrition and applying healthy guidelines*
- ❖ Discuss the impact of diet in relation to specific diseases and health conditions

3) HUMAN GROWTH & DEVELOPMENT

- ❖ Review *anatomy & physiology*
- ❖ Discuss the effects of *Teen pregnancy*
- ❖ Analyze the effectiveness of *abstinence and other forms of birth control*
- ❖ Identify the various STDs & HIV / AIDS, including pathogens, symptoms & transmission
- ❖ Discuss *interpersonal relationships*: dating, alternative lifestyles, etc.

4) SUBSTANCE ABUSE

- ❖ Review physiological and behavioral effects of alcohol consumption
- ❖ Identify school, state and federal laws concerning consumption

***** If you are uncomfortable with a topic, let me know and accommodations will be made. *****

GRADING RATIONALE FOR HEALTH

1. Unit Exams	30%	SEMESTER	
2. Class Assignments/Quizzes (performance task)	20%	Q 1	= 40%
3. Homework	20%	Q 2	= 40%
4. Community Service & Projects	30%	Final exam	= 20%

All health classes meet 3 times per week; a maximum of seven (7) absences are allowed. Health is a graduation requirement and is part of your GPA. Please see me as soon as you return from an absence to ensure missed work in made-up in a timely manner.

Hall High prepares all students to be educated, responsible citizens who contribute collaboratively, independently, and innovatively to a dynamic global community.