

# **Grade 10 Health Education Curriculum**

## **Stress and Stress Management / Suicide Prevention**

### **What can I do to manage my stress? What would I do if a friend or family member were depressed or suicidal?**

- Analyzes stress in their own lives and practices stress reduction strategies (time management, attitude, perspective, exercise, meditation) to help manage stress
- Recognizes the signs of depression and warning signs of suicide
- Discusses the impact of loss, including death, in real life situations
- Understands the stages of grieving and ways in which people cope with loss
- Accesses school and community resources for dealing with stress, loss, depression, and suicide prevention
- Demonstrates the ability to use strategies to manage a situation that is potentially suicidal by using the safety steps of ACT. ACT is an acronym for a three-step action response to help with mental health issues, such as depression or suicide. ACKNOWLEDGE the signs of depression or suicide in a friend and take them seriously. Let your friend know you CARE about him or her. TELL a responsible adult.

## **Harassment and Sexual Harassment**

### **What do I do if I am harassed or a friend is harassed?**

- Knows behaviors associated with harassment and sexual harassment
- Discusses school rules and laws as they pertain to harassment
- Uses communication strategies for dealing with harassment
- Locates professional resources to help victims of harassment
- Applies proper steps to deal with ongoing harassment

## **Human Growth and Development-Relationships and Sexuality**

### **What skills do I need to maintain safe and healthy relationships? How can I find valid, current information and resources?**

- Discusses the physical, sexual, mental, emotional, and social changes that occur at different life stages, with an emphasis on adolescence.
- Reviews anatomy and physiology of the male and female reproductive systems, labor, and birth.
- Knows the pathogens, symptoms, and methods of transmission of STDs/HIV.
- Accesses wellness resources within the home, school, and community.
- Understands the purpose of the media and discriminates their use of propaganda, exploitation, and subliminal messages.
- Identifies abstinence as the only 100% effective method to prevent pregnancy and STDs
- Identifies the various methods of contraception and their effectiveness.
- Makes healthy decisions around issues of sexuality, including developing and maintaining positive relationships.
- Examines and discusses the dynamics of interpersonal relationships including dating, long-term relationships, marriage, homosexuality, healthy relationships, abusive relationships.
- Practices interpersonal communication skills, including refusal skills for potentially uncomfortable or dangerous situations.

## **Substance Abuse Prevention-Alcohol**

### **Is this a healthy decision? How do my decisions impact others and myself?**

- Identifies the physiological, behavioral, and societal effects of alcohol consumption
- Knows school rules, as well as state and federal laws, concerning underage drinking and DUI laws, including BAC levels
- Accesses helping resources (school/community/state) for self, friends, and family members

- Analyzes the reasons why individuals drink, including messages from peers, parents, and the media
- Practices making healthy decisions involving alcohol consumption.
- Effectively demonstrates refusal skills and other communication skills in situations, which are potentially harmful or dangerous
- Analyzes the effects of alcohol consumption on personal life, family, and community

## Nutrition

### **What does it mean to be a healthy eater? What can influence my eating habits?**

- Discusses the importance of eating breakfast and the effect of skipping meals on overall health.
- Explains the relationship between healthy eating, weight control, and portion size
- Accesses nutritional information using a variety of text resources, including the Internet
- Evaluates the validity of the Internet sources
- Analyzes the consumption of beverages (including soda) on one's health.
- Analyzes the influences that can affect eating habits and food choices
- Advocates for healthy eating choices during the school day
- Recognizes the impact of diet in relation to specific diseases and health conditions (obesity, anorexia, bulimia).