

## **Grade 12 Health Education Curriculum**

*Note: Twelfth graders do not have a formal health education program. Students are pulled from their physical education classes for 5-7 days to receive substance use prevention information.*

### **Substance Use Prevention- Lifestyle Decisions**

#### **How do I make good decisions? Is this a healthy decision?**

- Analyzes experiences and applies refusal skills and decision-making strategies to resist the pressure to use/abuse alcohol and other drugs.
- Identifies and examines strategies used to manage emotions and cope with stress, with a focus on transition to college/work.
- Locates helping resources (school/community/state). Resource-Guidance Department
- Develops personal goals that promote a healthy lifestyle regarding ATOD use.