

The Bryan Allen Stevenson School of Excellence
Section 3 - Attachment 4.5 - Health Scope and Sequence

<p>Course Title: Health Grade(s): 6th-8th</p>	
<p>Course Content: This course will help students meet the Delaware Health Education Standards and to prepare them to make healthy decisions as adults. This comprehensive K-12 health education program focuses on the essential concepts and skills students need to know and practice to adopt healthy behaviors.*</p> <p>6th graders will receive 35 hours and 7th and 8th graders will receive 38 hours (respectively) of instruction in the appropriate areas.</p>	
<p>Unit 1: Emotional and Mental Health</p>	<p>Unit Content:</p> <p>This unit covers the following topics:</p> <ul style="list-style-type: none"> ● Dimensions of Health ● Exploring Emotional Health ● Optimism & Positive Self-Talk ● Understanding Stress ● Stress-Management Techniques ● Expressing Emotions in Healthy Ways ● Skills for Effective Communication ● Building Healthy Relationships ● Ending Relationships ● Coping with Loss & Grief ● Social Media & Emotional Health ● Managing Anger ● Skills for Conflict Resolution ● Goal Setting for Emotional Health, Understanding Mental Health Disorders ● Preventing Suicide ● Getting Help for Mental Health Issues

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<p align="center">Unit 2: Drug and Alcohol Education and Prevention</p>	<p>Unit Content:</p> <p>This covers the following topics:</p> <ul style="list-style-type: none"> ● Teens & Drugs: What's the Truth?; ● Alcohol: What's the Truth?; ● Vaping & Other Tobacco Products: What's the Truth?; ● Marijuana: What's the Truth?; Medicines: What's the Truth?; ● Experimentation & Addiction: What's the Truth?; ● Opioids: What's the Truth? ● Consequences of Drug Use: How Bad Could It Be? ● Influences on My Choices About Drugs ● Self-Talk for Being Drug-Free ● My Peers & Their Feelings About Drugs ● Family, School & Community Rules About Drugs ● Tobacco Companies: Are They Targeting Youth? ● Counter-Advertisements ● Peer Pressure: Ways to Say NO ● Roleplay Practice: Resisting Drug Pressure ● Drug-Free Pledges: Support for Myself & Others
<p align="center">Unit 3: Abstinence, Puberty & Personal Health</p>	<p>Unit Content:</p> <p>This unit covers the following topics:</p> <ul style="list-style-type: none"> ● Staying Healthy for a Lifetime ● Keeping My Body Healthy ● Protecting My Body from Disease ● Talking About Sexuality ● The Reproductive System: A Body with a Vagina ● The Reproductive System: A Body with a Penis; Puberty

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	<ul style="list-style-type: none"> ● The Menstrual Cycle & Pregnancy ● Taking Care of Sexual Health ● Feelings & Relationships ● Benefits of Abstinence ● Influences on Abstinence ● Peer Power for Abstinence ● Resisting Sexual Pressure ● Roleplay Practice: Saying NO to Sexual Pressure ● Protecting My Future
<p>Unit 3: HIV, STI, & Decision Making</p>	<p>Unit Content:</p> <p>This unit covers the following topics:</p> <ul style="list-style-type: none"> ● Understanding Sexual Health ● Sexual Identity & Sexual Stereotyping ● What Is Affirmative Consent? ● Healthy Romantic Relationships ● Reproduction & Teen Pregnancy ● STI Facts ● HIV Facts ● STI & Responsible Actions ● Making Sexual Health Decisions
<p>Unit 4: Nutrition & Physical Activity</p>	<p>Unit Content:</p> <p>This unit covers the following topics:</p> <ul style="list-style-type: none"> ● What are Nutrients? ● What Should I Eat & How Much? ● Assessing My Eating Habits

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	<ul style="list-style-type: none"> ● Reading a Food Label ● Eating Breakfast Every Day ● Healthy Snacking ● Eating Healthy at Fast-Food Restaurants ● Keeping Food Safe to Eat ● What Influences My Food Choices? ● Resisting Pressure to Eat Less-Healthy Foods ● Body Image Basics ● Dieting Dangers & Healthy Ways to Manage Weight ● Eating Disorders ● Assessing My Physical Activity ● Staying Safe While Getting Fit ● My Healthy Eating & Physical Activity Goal ● Tracking My Progress
<p style="text-align: center;">Unit 5: Interpersonal Violence Prevention</p>	<p>Unit Content:</p> <p>This unit covers the following topics:</p> <ul style="list-style-type: none"> ● Understanding Risks & Unintentional Injury ● Avoiding Motor Vehicle Injuries ● Safety Rules to Prevent Common Injuries ● Safety Gear & Me ● Resisting Dares ● Making Safe Decisions ● Preparing for School Emergencies ● Understanding Violence ● Understanding Bullying ● Taking a Stand Against Bullying ● Hazing: A Different Kind of Bullying ● Our Code of Conduct

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	<ul style="list-style-type: none"> ● Feelings & Fights ● Skills to Resolve Conflict ● Conflict Resolution Roleplays
<p>Unit 6: Fire Safety Education</p>	<p>Unit Content:</p> <p>This unit covers the following topics:</p> <p>Understand and respond appropriately to home fire dangers by correctly describing and/or behaviorally responding to fire safety messages.</p> <p>Students will understand:</p> <ul style="list-style-type: none"> ● Fire prevention ● Burn/injury prevention ● Fire escape planning

<p>Course Title: Health Grade(s): 9th-12th</p>
<p>Course Content: This course will help students meet the Delaware Health Education Standards and to prepare them to make healthy decisions as adults. This comprehensive K-12 health education program focuses on the essential concepts and skills students need to know and practice to adopt healthy behaviors.**</p>

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<p>Unit 1: Personal & Sexual Health</p>	<p>Unit Content:</p> <p>This unit covers the following topics:</p> <ul style="list-style-type: none">- Living a Healthy Life Preventing Infectious Disease- Preventing Chronic Disease Getting Appropriate Health Care- Researching Health Habits- Setting a Goal to Improve My Personal Health- Understanding Sexuality- Review of the Reproductive Systems- Taking Care of Your Sexual Health- Abstinence: What's in It for Me?- Influences on Sexual Choices- Countering Media Pressure- Setting Limits to Support Abstinence- Making Decisions to Support Abstinence- Resisting Sexual Pressure- Saying NO to Sexual Activity. <p>Days in Unit: 16</p>
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Section 3.4.5-6

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<p>Unit 2: Emotional & Mental Health</p>	<p>Unit Content:</p> <p>This unit covers the following topics:</p> <ul style="list-style-type: none">- Dimensions of Health- Exploring Emotional Health- Optimism & Positive Self-Talk- Understanding Stress- Stress-Management Techniques- Expressing Emotions in Healthy Ways- Skills for Effective Communication- Building Healthy Relationships- Ending Relationships- Coping with Loss & Grief; Social Media & Emotional Health- Managing Anger- Skills for Conflict Resolution- Goal Setting for Emotional Health, Understanding Mental Health Disorders- Preventing Suicide- Getting Help for Mental Health Issues <p>Days in Unit: 17</p>
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<p>Unit 3: HIV, STI & Pregnancy</p>	<p>Unit Content:</p> <p>This covers the following topics:</p> <ul style="list-style-type: none">- What Do You Know About Sexuality?- Respecting Sexual Differences- Understanding Sexual Risks & Responsibilities- Understanding Affirmative Consent- Avoiding Pregnancy- STIs: The Facts- HIV: The Facts- Influences on Sexual Choices- Assessing & Avoiding STI Risks- Getting Tested for HIV, Other STIs & Pregnancy- Using Condoms- Saying NO to Unsafe Sex- My Commitment to Protect Myself- Advocating to Keep Friends Safe & Healthy. <p>Days in Unit: 15</p>
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Section 3.4.5-8

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<p>Unit 4: Nutrition & Physical Activity</p>	<p>Unit Content:</p> <p>This unit covers the following topics:</p> <ul style="list-style-type: none">- Nutrition & Health- Guidelines for Healthy Eating- What's on MyPlate?- Reading Food Labels- Eating Healthy at Fast-Food Restaurants- Guidelines for Physical Activity- Physical Activity & Health- Staying Safe During Physical Activity- Finding Accurate Information- Setting Healthy Eating & Physical Activity Goals- Tracking My Progress- Analyzing Influences on Eating & Physical Activity- Influences on Body Image- Managing Weight in Healthy Ways- Disordered Eating & Compulsive Exercising- Food Safety at Home & Work. <p>Days in Unit: 16</p>
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Section 3.4.5-9

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<p>Unit 5: Tobacco, Alcohol & Other Drug Prevention</p>	<p>Unit Content:</p> <p>This unit covers the following topics:</p> <ul style="list-style-type: none">- Teens & Drug Use- Drug Addiction- Prescription & Over-the-Counter Drugs: Get the Facts- Opioids: Get the Facts- Vaping and Other Tobacco Products: Get the Facts- The Benefits of Quitting Tobacco Use- Alcohol: Get the Facts- Marijuana: Get the Facts- Drugs & the Law- Getting Help for Drug Problems- Analyzing Influences on Tobacco, Alcohol & Other Drug Use- Countering Media Influences- Making Decisions About Drugs- Saying NO to Drugs- Resisting Drug Pressures- Advocating for Being Drug Free <p>Days in Unit: 16</p>
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<p>Unit 6: Violence & Injury Prevention</p>	<p>Unit Content:</p> <p>This unit covers the following topics:</p> <ul style="list-style-type: none">- Understanding Injury & Risk- Preventing Motor Vehicle Injuries- Preventing Common Injuries- Responding to Emergencies- Making Decisions to Reduce Risk- Assessing Safety Hazards- Advocating for Safety- The Consequences of Violence- Factors That Contribute to Violence- Understanding Bullying and Cyberbullying- Preventing Bullying; Preventing Hazing- Preventing Hate Violence- Preventing Sexual Harassment- Preventing Dating Violence- Preventing Suicide- Understanding Sexual Exploitation- Understanding Sexual Abuse- Protecting Yourself <p>Days in Unit: 19</p>
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