

Brunswick School Department  
Health Education  
Curriculum Alignment

Community Health	Grade 7	Grade 8	Grade 10
A. Health Concepts Students will understand health promotion and disease prevention concepts.			

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B. Health Information, Services and Products Students will know how to acquire valid information about health issues, services, and products.			
	<u>Human Growth</u> Essential Knowledge: <ul style="list-style-type: none"> <li>▪ Valid and invalid resources for information about sexuality exist.</li> <li>▪ Parenthood requires resources.</li> </ul> Essential Skills: <ul style="list-style-type: none"> <li>▪ Identify valid sexuality resources.</li> </ul>		<u>Community and Consumer Health</u> Essential Knowledge: <ul style="list-style-type: none"> <li>▪ There are differences between valid and invalid health information.</li> <li>▪ The “Consumer Bill of Rights” exists to help when consumer rights are violated.</li> <li>▪ There are some questions that should be asked when accessing the reliability of health information.</li> <li>▪ There are differences between types of health care providers, health services, and health insurances.</li> </ul> Essential Skills: <ul style="list-style-type: none"> <li>▪ Evaluate the validity of health information and services.</li> <li>▪ Recognize consumer rights and appropriate actions if consumer rights are violated.</li> <li>▪ Demonstrate the ability to access reliable information about self-care services.</li> </ul>

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C. Health Promotion and Risk Reduction Students will understand how to reduce their health risks through the practice of healthy behaviors.			

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D. Influences on Health Students will understand how media techniques, cultural perspectives, technology, peers, and family influence behaviors that affect health.			
	<u>Health Choices</u> Essential Knowledge: <ul style="list-style-type: none"> <li>▪ Family members, peers and culture, including eating fads and the availability of convenience foods, influence food choices.</li> <li>▪ The overuse of technology related activities can contribute to reduced physical activity.</li> </ul> Essential Skills: <ul style="list-style-type: none"> <li>▪ Describe how family members, peers and culture influence food choices.</li> <li>▪ Explain how the use of technology can positively and negatively affect health.</li> </ul>		<u>Community and Consumer Health</u> Essential Knowledge: <ul style="list-style-type: none"> <li>▪ There are several different types of advertising techniques and appeals that work differently to persuade people to purchase a product or service.</li> <li>▪ Evaluate advertisements.</li> </ul>

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E. Communication Skills Students will understand that skillful communication can contribute to better health for themselves and the community.			
			<u>Community and Consumer Health</u> Essential Knowledge: <ul style="list-style-type: none"> <li>▪ There are several different types of advertising techniques and appeals that work differently to persuade people to purchase a product or service.</li> <li>▪ Evaluate advertisements.</li> </ul>

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F. Decision-Making and Goal Setting Students will learn how to set personal goals and make decisions that lead to better health.			
		<u>Substance Abuse Prevention</u> Essential Knowledge: <ul style="list-style-type: none"> <li>▪ Alcohol and other substance use has short-term and long-term physical, mental, emotional, and social effects on health.</li> <li>▪ Decisions regarding substance use have consequences.</li> <li>▪ Many resources such as guidance counselors, teachers, parents, substance abuse hotlines, Alateen, and other community resources are available to help individuals with substance abuse problems.</li> </ul> Essential Skills: <ul style="list-style-type: none"> <li>▪ Identify some short-term and long-term effects of substance use.</li> <li>▪ Describe some possible consequences of substance use.</li> <li>▪ Identify how to access resources that assist individuals with substance abuse problems.</li> </ul>	