CONTENT

1. HEALTH & WELLNESS
   a. COMPONENTS OF HEALTH
   b. RISK FACTORS
   c. VALUES
   d. LIFE SKILLS
   e. DECISION MAKING SKILLS
   f. GOAL SETTING
   g. REFUSAL SKILLS
2. MENTAL HEALTH
   a. SELF ESTEEM & EMOTIONS
   b. STRESS MANAGEMENT
   c. MENTAL HEALTH DISORDERS
3. SOCIAL HEALTH
   a. COMMUNICATION SKILLS
   b. HEALTHY RELATIONSHIPS
   c. VIOLENCE & ABUSE
4. REPRODUCTIVE HEALTH
   a. REPRODUCTIVE SYSTEMS
   b. PREGNANCY & CHILDBIRTH
   c. ABSTINENCE & CONTRACEPTION
   d. SEXUALLY TRANSMITTED DISEASES
5. ALCOHOL, TOBACCO, OTHER DRUGS
   a. SUBSTANCE ABUSE
   b. TREATMENT
6. NUTRITION & FITNESS

HEALTH EDUCATION INSTILLS IN STUDENTS THE KNOWLEDGE AND SKILLS NEEDED TO EXAMINE OPTIONS FOR MAKING RESPONSIBLE HEALTH-RELATED DECISIONS.

HEALTH EDUCATION IS REQUIRED FOR NEW YORK STATE HIGH SCHOOL GRADUATION

Grading
Assignments/Projects- 20%
Classwork & Behavior- 40%
Tests & Quizzes- 40%

Final grade
Quarter 1 (40%)
Quarter 2 (40%)
Final Exam (20%)

GOAL
MY GOAL IS TO HAVE STUDENTS APPLY THE KNOWLEDGE THEY HAVE LEARNED TOWARD LIVING A HEALTHY LIFESTYLE, AND TO ENABLE THEM TO USE THE SKILLS TO MAKE HEALTHY DECISIONS.