

Guidelines

- All State Board of Education and Arizona Administrative code guidelines will be followed.
- Parents will be informed of the program in advance of presentation in the health course; preview material will be available for review.
- The unit will be incorporated into the 9th grade PE/Health class.

Program Goals and Objectives

The purpose of teaching growth and development education in the health curriculum is to provide students with accurate, age appropriate information, to promote educated decision-making, teach refusal skills, to emphasize that abstinence is the only 100% effective method to prevent pregnancy, provide current information about laws, address relationships during teen years and sexually transmitted diseases.

Day 1 -Sexually Transmitted Infections Chapter 13

1. How people contract STI's
2. STIs cause serious health problems
3. STI's can be treated
4. Abstinence
5. Other methods- latex condoms and birth control methods
6. Common STI's
7. Resources and Treatment

Standards covered: Strand 2 Concept 2 PO 5 Choose healthy alternatives over unhealthy alternatives when making a decision.

Strand 1 Concept 6 PO 3 Examine the potential seriousness of injury or illness if engaging in unhealthy behaviors.

Resources Used:

Day 2- Unwanted Sexual Activity Chapter 19.4

1. What is sexual violence
2. Consequences of sexual violence
3. Rape
4. Sexual Harassment

Standards covered: Strand 4: Use of interpersonal communication skills to enhance health.
Concept 2; PO1

Resources used:

Day 3- Chapter 20 Reproduction and Pregnancy

1. Human Sexual Reproduction
2. Female Reproductive System
3. Male Reproductive System
4. Pregnancy

Standards covered: Strand 3: Access to health Information, products and services to enhance health. PO1, PO3

Resources used:

FHHS Freshmen Health lesson outline 2021-22

- 19 weeks during 2nd and 3rd quarter. Health lessons

Monday October 18th - Chapter 1 Understanding your health and wellness

Monday October 25th - Chapter 2 Risk Factors: Behavior, Genes and Environment

Monday November 1st - Chapter 3 Nutrition

Monday November 8th Chapter 4 Body Weight and Composition

Monday November 15th Chapter 5 Body Image

Monday November 22nd Chapter 6 Physical Fitness

Monday November 29th Chapter 7 Sleep

Monday December 6th Chapter 8 Personal Hygiene and Basic Healthcare

Monday December 13th Chapter 9 Tobacco

Monday January 3rd Chapter 10 Alcohol

Monday January 10th Chapter 11 Medications and Drugs

Tuesday January 18th Chapter 12 Infectious Diseases

Monday January 24th Chapter 13 STI's

Monday January 31st Chapter 15 Mental and Emotional Health

Monday February 7th Chapter 16 Stress

Monday February 14th Chapter 17 Mental Illness and disorders

Tuesday February 22nd Chapter 19 Dealing with Conflict

Monday February 28th Chapter 20 Reproduction and Pregnancy

Monday March 7th Chapter 21 Pregnancy Prevention

Monday March 28th & April 4th - Safety First Aid and CPR all pe classes