

Health 2 Course Indicators/Objectives

Unit - Managing Personal Wellness

- Evaluate the interrelationship of physical, mental, emotional, social, environmental, and spiritual health.
- Evaluate a variety of strategies to improve personal wellness.
- Assess personal health practices and overall health status.
- Develop a plan to attain a personal health goal that addresses strengths, needs, and risks.
- Implement strategies and monitor progress in achieving a personal health goal.
- Formulate an effective long-term personal health plan.
- Analyze the role of individual responsibility in enhancing health.
- Assess personal health practices and overall health status.
- Describe how reflecting on personal interests, qualities, strengths, and beliefs can increase self-awareness, satisfaction, and empathy.
- Develop strategies to promote personal growth, increased self-awareness, and persistence through challenges.
- Examine the potential causes for sleep disparities.
- Evaluate important health screenings and assessments, immunizations, checkups, and examinations to maintain good health.
- Explain why it is important to know the STI/HIV status of oneself and of a potential sexual partner.
- Demonstrate a variety of behaviors that avoid or reduce health risks to self and others.
- Develop a plan to attain a personal health goal that addresses strengths, needs, and risks.
- Implement strategies and monitor progress in achieving a personal health goal.
- Develop strategies to promote personal growth, increased self-awareness, and persistence through challenges.
- Evaluate the roles of the individual and society in disease prevention.
- Summarize the potential health and social consequences of popular fads or trends such as tanning beds, body piercing, and tattooing.
- Demonstrate a variety of behaviors that avoid or reduce health risks to self and others.

Unit - Analyzing Social, Cultural & Political Factors On Health

- Analyze how some health risk behaviors can influence the likelihood of engaging in unhealthy behaviors.
- Analyze the role of individual responsibility in enhancing health.
- Evaluate the impact of technology on personal, family and community health.
- Analyze the impact of social media on the dimensions of wellness.
- Evaluate the effect of media on personal and family health.
- Analyze the impact of media influences on discrimination, implicit bias, racism, intimidating behaviors, and violence.
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- Analyze the impact of media influences on discrimination, implicit bias, racism, intimidating behaviors, and violence.
- Evaluate internal stressors at home, in school, and with friends.
- Evaluate external stressors at home, in school, and with friends including poverty, violence, and racism.
- Analyze the consequences of prejudice, discrimination, racism, sexism, and hate crimes.
- Evaluate the impact of racism, power and control, and social inequities on emotions and relationships.
- Analyze the consequences of prejudice, discrimination, racism, sexism, and hate crimes.
- Examine the ways in which emergency response varies based on sociocultural and sociopolitical factors such as race, income, ethnicity, gender, community type (rural, urban & suburban).
- Investigate the relationship between health-seeking behaviors and mistrust in communities.
- Analyze the consequences of prejudice, discrimination, racism, sexism, and hate crimes.
- Examine society's historical impact on investigating the prevalence and treatment of disease in communities based on race, sexual orientation, and culture.

Unit - Evaluating Risks of Substance Use & Abuse

- Evaluate situations that could lead to the use of alcohol, opioids, nicotine products, marijuana products, performance-enhancing substances, and other trending drugs or substances.
- Analyze how the family influences the health of individuals.
- Analyze how peers influence healthy and unhealthy behaviors.
- Analyze how the perceptions of norms influence healthy and unhealthy behaviors.
- Analyze the influence of personal values and beliefs on individual health practices and behaviors.

- Analyze how public health policies and government regulations can influence health promotion and disease prevention.
- Evaluate situations that could lead to the use of alcohol, opioids, nicotine products, marijuana products, performance-enhancing substances, and other trending drugs or substances.
- Analyze the dangers of using drugs or substances in combination.
- Analyze the risks associated with and dangers of driving while under the influence of alcohol, opioids, marijuana products, performance-enhancing substances, and other trending drugs or substances.
- Analyze the dangers of using drugs or substances in combination.
- Analyze the harmful short- and long-term physical, psychological, and social effects of using alcohol, nicotine products, marijuana products, performance enhancing substances, opioids (including the lethal effects of fentanyl), and other trending drugs or substances.
- Explain the effects of using alcohol, opioids, nicotine products, marijuana products, performance-enhancing substances, and other drugs and substances during pregnancy.
- Analyze the relationship between using alcohol, opioids, nicotine products, marijuana products, performance-enhancing substances, and other drugs and substances with other health risks, such as unintentional injuries, violence, suicide, and sexual risk behaviors.
- Describe the legal issues related to using drugs and substances including the disproportionate rates of incarceration of specific racial and ethnic groups
- Examine historical practices that increase the likelihood of substance use within communities.

Unit - Accessing Resources for Mental Health Support

- Determine the accessibility of products and services that enhance health.
- Determine when professional health services may be required.
- Evaluate the effects of addiction on self, community, and others.
- Evaluate sources of support for people who suffer from addiction.
- Compare and contrast community resources for substance use/abuse to meet the needs of individuals and families affected by addiction.
- Evaluate community services for addiction treatment.
- Analyze the causes, symptoms, and effects of anxiety.
- Evaluate effective strategies for dealing with stress, anxiety, and anger.
- Summarize stages of grief and loss and explore coping strategies for self and others.
- Explore the impact of empathy on mental and emotional health.
- Evaluate causes, symptoms, and effects of depression.
- Summarize the signs and symptoms of people who are in danger of hurting themselves or others and demonstrate how to tell a trusted adult.
- Identify local and community resources and services to help someone who is self-harming.
- Summarize local and community facilities and services for assistance with mental and emotional health challenges.
- Access valid and reliable health products and services.

Unit - Communicating To Support Healthy Outcomes

- Utilize skills for communicating effectively with family, peers, and others to enhance health.
- Demonstrate how to ask for and offer assistance to enhance the health of self and others.
- Determine when professional health services may be required.
- Identify strategies for supporting another person in seeking professional guidance or help from a trusted adult.
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- Investigate the relationship between health-seeking behaviors and mistrust in communities.
- Differentiate between a positive and negative body image.
- Explain the effects of eating disorders on health.
- Evaluate the potential mental and physical consequences of disordered eating and why it is important to seek

professional help.

- Evaluate impulsive behaviors and strategies for managing them.
- Analyze how involvement in gangs and hate crimes contribute to violence.
- Demonstrate strategies to prevent, manage, or resolve interpersonal conflicts without harming self or others.

Unit - Advocating For Interpersonal Safety

- Summarize local and community facilities and services for assistance with mental and emotional health challenges.
- Access valid and reliable health products and services.
- Analyze laws, policies, and consequences related to sexual mistreatment, grooming, harassment, abuse, assault, exploitation, child sexual abuse images (child porn), and human sex trafficking that are designed to protect young people.
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- Examine multiple ways to report sexual mistreatment, grooming, harassment, abuse, assault, exploitation, and human sex trafficking.
- Investigate community resources for victims of sexual violence.
- Analyze the consequences of prejudice, discrimination, racism, sexism, and hate crimes.
- Advocate for safe environments that encourage dignified, respectful and appropriate behavior
- Advocate for the innocence of a person who has been sexually mistreated, groomed, harassed, abused, assaulted, or exploited
- Investigate the impact that group norms and the shared understandings related to bystander intervention have on health outcomes

Unit - Sexual Health

- Analyze how peers, media, family, society, culture and a person's intersecting identities can influence self-concept, body image, & self-esteem.
- Describe effective ways to communicate consent, personal boundaries, and preferences as they relate to sexual behavior.
- Analyze factors that can influence the ability to give and receive sexual consent.
- Analyze the federal and state laws that impact young people's sexual health rights, ability to give and receive sexual consent, and engagement with sexually explicit media. 1
- Evaluate the potentially positive and negative roles of technology and social media in relationships
- Evaluate the impact sexually explicit media can have on one's perceptions of, and expectations for a healthy relationship.
- Differentiate between sexual orientation, sexual behavior, and sexual identity.
- Examine the impact of gender expression and gender identity on members of marginalized communities and analyze the intersectionality of race, culture and gender for members of those communities.
- Analyze how school and community programs and policies can promote dignity and respect for people of all sexual orientations and gender identities and expressions.
- Summarize human reproductive systems including medically accurate names for internal and external genitalia and their functions.
- Identify the efficacy of biomedical approaches to prevent STIs, including HIV, (eg. Hepatitis B vaccine, HPV vaccine, and PrEP, PEP)
- Demonstrate the steps to using barrier methods correctly (e.g. external and internal condoms and dental dams).
- Summarize community services and resources related to sexual and reproductive health
- Explain the laws related to reproductive and sexual health care services (e.g. contraception, pregnancy options, safe surrender policies, prenatal care)
- Analyze ways systemic oppression and intersectionality impact the sexual agency of communities of color and other marginalized groups.
- Summarize common symptoms, or lack thereof, and treatments for STIs, including HIV
- Explain why it is important to know the STI/HIV status of oneself and of a potential sexual partner.

Unit - Decision Making To Support Health

- Determine the value of applying a thoughtful decision-making process in health-related situations.

- Justify when individual or collaborative decision-making is appropriate.
- Examine barriers that can hinder healthy decision-making.
- Analyze the disproportionate health impact of human-induced environmental change in communities.
- Analyze how food choices impact the environment.
- Investigate the safe disposal and negative environmental impact of medicines, nicotine products, and other drugs.
- Determine the value of applying a thoughtful decision-making process in health-related situations.
- Generate alternatives to health-related issues or problems.
- Predict the potential short and long-term impact of each alternative on self and others.
- Defend the healthy choice when making decisions.
- Evaluate the effectiveness of health-related decisions.

Unit - Advocacy for Enhanced Nutrition, Food Systems, & Health Outcomes

- Demonstrate how to influence and support others to make positive health choices.
- Utilize accurate peer and societal norms to formulate a health enhancing message.
- Utilize the U.S. Dietary Guidelines for Americans to plan a balanced eating routine.
- Evaluate similar food choices using nutrition facts labels.
- Utilize accurate peer and societal norms to formulate a health enhancing message.
- Work cooperatively as an advocate for improving personal, family, and community health.
- Describe the impact of food production and preparation methods on food nutrient value.
- Summarize the importance of balanced eating and physical activity in optimizing personal health.
- Explain how to incorporate eating a variety of nutrient-dense foods to meet daily nutrient requirements.
- Evaluate the role of community food access and determine community-level support or action.
- Adapt health messages and communication techniques to a specific target audience.
- Explain the impact of food access and targeted marketing on different communities including the psychological, personal, and economic effects.