

## 2012-2013 School Year



Dear Parents/Guardians,

Health Education is a requirement for all 6<sup>th</sup>, 7<sup>th</sup>, and 8<sup>th</sup> grade students. Each year students will complete a 9-week course.

Our curriculum is progressive through the grade levels and designed to give our students the knowledge they need to make choices that promote superior health. All levels of the 9-week course align with state and national standards for Health Education. We know that individuals, who are healthy, are individuals that are successful. It is our hope that the students will take the knowledge from our class, and use it as a tool to guide them toward complete wellness.

### Curriculum Overview

- **Total Health- (6<sup>th</sup> – 7<sup>th</sup> – 8<sup>th</sup>)**
  - *Introduction and study of what health and wellness means to the individual, Safety Precautions, Goal Setting, Decision Making*
- **Healthy Relationships- (6<sup>th</sup> – 7<sup>th</sup> – 8<sup>th</sup>)**
  - *Types of Relationships, Communication, Peer Pressure, Bullying, Conflict Resolution, Violence, Hate and Abuse*
- **Emotional Empowerment- (7<sup>th</sup> – 8<sup>th</sup>)**
  - *Stress, Anger, Self-Esteem, Body Image, Eating Disorders, Depression, Suicide, Treatment and Resources for seeking help*
- **Alcohol, Tobacco, and Other Drugs- (6<sup>th</sup> – 7<sup>th</sup> – 8<sup>th</sup>)**
  - *Drug Classification, Drug Use, Misuse and Abuse, Medicines, Street Drugs, Gateway Drugs, Consequences, and Resistance Skills*
- **Disease- (6<sup>th</sup>)**
  - *Communicable Disease, Pathogens, Immune System, HIV*
- **Reproductive Wellness- (6<sup>th</sup> – 7<sup>th</sup> – 8<sup>th</sup>)**
  - *Adolescence, Puberty, Reproductive Systems, Unwanted Pregnancy (7<sup>th</sup>), STIs (8<sup>th</sup>), Abstinence*
- **Healthy Eating- (6<sup>th</sup> – 7<sup>th</sup>)**
  - *Nutrients, Food Labels, Food Intake Analysis, ChooseMyPlate.gov, Non-communicable disease*

Parents/Guardians have the ability to request their student's attendance be waived from a unit of instruction at any time. The waiver request form is found in Policy 625.07-E1.

Please contact one of the health teachers at your school if you have any questions or concerns regarding the curriculum.

Sincerely,

Health Education Teachers for District #204