



**Schaumburg High School – 211
Health Education Curriculum Outline
Ms. Carleton**

UNIT I: CLS-1,4	Introduction to Health, Wellness & Healthcare 5 types of Health, Wellness, Promotion Health Literacy, Education, Risks, lifestyle factors Goal Setting, Problem Solving, Decision Making, Community and Public Health Care Systems/Organizations Projects: Personal Health Assessment and Goal Setting-(ongoing) and current events article; Rate That Ap	Ch. 1, 2, 28-1, (5 days)
UNIT II: CLS-3,5, 8	Mental and Emotional Health Self-Esteem, Hierarchy of Needs, Self-Awareness Emotions & Defense Mechanisms Stress, Stress Management, Stages of Grief Mental Disorders, Suicide, Treatment, Bullying/Hazing/Cyber bullying Child Abuse, Neglect, and Abandonment, Internet safety Project: If You Really Knew Me Paper	Ch. 3-1, 3-3, 4, 5, 6-2, 7-3, 8-1 (15 days)
UNIT III CLS 5,8,10	Sexual Health/Development/Relationships Human Reproduction Conception, Pregnancy, and Child Birth Abstinence and Sexual Responsibility Birth Control and Contraception Methods Healthy/unhealthy traits, communication skills, Date Rape Drugs, and Sexual Assault Prevention Refusal skills, conflicts and violence Project: How much does a baby cost; Abusive relationships PSA; Guest Speaker: ICASA	Ch. 17, 18, 6-3, 8-2 8-3, 9-3, 9-4, 24 (18 days)
UNIT IV: CLS 9	Drug and Medicine Education Effects of Alcohol, Drugs, Medicines, and Steroids Legal Intoxication, Zero Tolerance, DUI Laws Alcoholism, Drug Addiction, and Recovery Programs Project: Natural High & Drugonyms	Ch. 19,20,21,22 (15 days)
UNIT V: CLS 2,6	Safety & Disease Prevention American Heart Association CPR Training Heartsaver AED Procedures Circulatory System Project: CPR Certification	Ch., 15-1, 27 (8 days)
UNIT VI: CLS 6	Communicable/Non-Communicable Disease Infectious Disease Process AIDS and Sexually Transmitted Diseases Cancer and Cancer Treatments Cardiovascular Diseases Project: Cancer Ribbons; Facing AIDS poster	Ch. 23, 25-1, 25-2 (5 days)
UNIT VII: CLS 3, 7	Nutrition – Fitness—Eating Disorders USDA MyPlate - 2010 Eating Guidelines Lifestyle Fitness and Exercise Programs Malnutrition, Diabetes, Fad Diets, and Eating Disorders Project: My Plate Packet	Ch. 10, 11, 12, 25-3 (7 days)