

NORTH BRANFORD PUBLIC SCHOOLS

Essential Curriculum

Health Education

High School (Grades 9-12)

Alcohol and Other Drugs

By the end of Grade 12 students will know:

- differences between dependence and addiction
- importance of taking medicines as described (dosage, duration, need for food)
- necessity of using caution in taking multiple medicines
- differences between dependence and addiction
- physical, social and emotional effects of AOD use
- effects and consequences of:
 - binge drinking
 - inhalant use
 - marijuana use
 - use of other illicit drugs
 - steroid use
 - interaction of alcohol with medicine and other drugs
- the relationship between AOD use and:
 - transportation injuries
 - violence and other injuries
 - sexual risk behavior
 - mental health
 - fetal development/fetal alcohol syndrome
- benefits of not using AOD (physical, social, emotional, legal, financial, vocational)
- influences: internal, family, peer, cultural and media
- laws and school policies
- how to accept personal responsibility for choices about alcohol and other non-medicinal drug use
- strategies to support personal commitment not to use
- healthy alternatives to AOD use
- ways to refuse AOD use
- ways to:
 - deal with pressure to use
 - encourage others not to use
 - refuse to ride with someone who has been using AOD
- how to get help for self and others

Tobacco Use

By the end of Grade 12 students will know:

- addictive effects of nicotine
- short-term and long-term effects of tobacco use
- harmful substances in tobacco
- risks of exposure to secondhand smoke
- risks of different types of tobacco products

- effects of tobacco use on the fetus
- tobacco is a “gateway” drug
- influences: internal, family, peer, role models, media
- laws and school policies
- most people don’t use tobacco
- strategies to:
 - resist pressure to use
 - communicate personal attitudes about tobacco use
 - advocate for a tobacco-free environment
 - support others to be tobacco-free
- alternatives to tobacco use
- how to make a personal commitment not to use
- long-term and short-term health benefits
- social and financial benefits
- barriers to quitting
- skills needed for quitting
- resources for getting help

Injury Prevention

By the end of Grade 12 students will know:

- the benefits of learning how to swim
- precautions when entering or being around water
- strategies to help self and others
- the importance of avoiding alcohol and drugs
- standard precautions (infection control procedures)
- steps for:
 - CPR
 - Heimlich maneuver
 - first aid for severe injuries, e.g., bleeding, broken bones
- resources for getting help
- how to use protective equipment for transportation safety
- consequences of driving under influence of alcohol or other drugs
- strategies for not riding with an impaired driver
- biking and cycling safety
- road emergency safety practices
- causes of conflict
- conflict resolution techniques
- ways to:
 - avoid threatening situations
 - avoid fighting/bullying
 - prevent dating violence
 - prevent sexual assault
- influence of AOD in conflict situations
- nonviolent ways to calm charged situations
- ways to avoid and report weapons
- gun safety, including safe storage of guns at home
- signs of depression and mental illness
- influence of alcohol and other drug use on depression
- how to get help for self and others

Family Life and Human Sexuality

By the end of Grade 12 students will know:

- how to be a responsible family member
- qualities/components of a healthy relationship
- ways to communicate respect for self and others, e.g., mental and physical disabilities, culture, race/ethnicity, sexual orientation, and age
- influences of violence, e.g., date rape and other abuse
- about sexual development
- benefits of healthy sexual decision making
- how to make a personal commitment to abstain from sexual intercourse
- most students are not engaging in sexual intercourse
- benefits of setting sexual limits, e.g., staying in school, reputation, achieving future goals
- strategies for:
 - refusing unwanted or unprotected sex
 - respecting sexual limits of others
 - dealing with pressures to cross sexual limits, including pressures from older men/women
 - understanding the concept of “consent”
- effects of alcohol and other drug use on sexual behavior
- risks of unintended pregnancy and disease with unprotected sex
- influences on sexual behavior, e.g., family, peers, religion, media, culture, internal
- risks of multiple partners
- situations that may lead to sex
- how to make a personal commitment to avoid pregnancy, HIV and other STIs
- common signs and symptoms of HIV and other STIs
- common routes of transmission of HIV and other STIs
- treatment options
- resources for counseling and testing
- that HIV and other STIs can be asymptomatic
- risks of HIV and other STIs
- relative risks of specific behaviors
- effective prevention strategies, e.g., abstinence is the most effective, condoms reduce risk
- importance of having compassion for people living with HIV/AIDS
- valid sources of information and help
- abstinence is most effective method
- relative effectiveness of contraceptive methods
- importance of consistent use of contraceptives
- effective prevention strategies
- valid sources to get help

Nutrition

By the end of Grade 12 students will know:

- benefits of healthful eating
- how to develop a dietary plan consistent with Food Guide Pyramid

- benefits of:
 - consuming more water, fruits, vegetables, grains and calcium-rich foods
 - decreasing fat intake
 - moderating sugar intake
- personal nutritional needs, preferences and practices
- strategies for overcoming barriers to healthful eating
- how to prepare healthful meals for self and others
- how to use the Food Guide Pyramid
- how to analyze food nutrition labels
- Dietary Guidelines
- validity of claims of nutritional supplements and weight loss products
- how to analyze personal likes and dislikes
- influences: family, peer, cultural and media
- how marketing, packaging and advertising influence food choices
- how mood and emotions affect food choices
- influences of body image on food choices
- healthful weight management practices
- symptoms, consequences and sources of support for eating disorders
- safe food preparation, serving and storage

Physical Activity

By the end of Grade 12 students will know:

- benefits and risks of physical activity
- benefits of exercise: frequency, intensity, duration and type
- types of exercise: cardio-respiratory, muscular strength and endurance, and flexibility
- physiological responses to physical activity (energy expenditure, heart rate, respiratory rate, resting heart rate)
- personal physical activity levels
- influences: internal, family, peer, media, environmental
- availability of facilities and equipment
- benefits of using protective equipment, proper warm-up and cool down
- techniques to prevent the spread of blood-borne pathogens
- the importance of sports and exercise rules in preventing injury
- effects of tobacco, alcohol and other drugs on performance
- how to evaluate claims of performance-enhancing drugs and nutritional supplements

Emotional/Mental Health

By the end of Grade 12 students will know:

- personal assets and strengths
- characteristics of positive role models
- influences and actions that demonstrate:
 - sense of belonging
 - sense of empowerment
 - positive body image
 - positive sense of self
- how to accept personal responsibility for behavior

- strategies for expressing needs, wants and feelings appropriately
- positive ways to handle emotions, e.g., mood swings, loneliness, hurt feelings, sadness
- strategies for managing and reducing anger and conflict
- ways of dealing with frustration
- strategies to prepare for adulthood
- how to build and maintain relationships, including appropriate ways to end relationships
- ways to show respect for diversity, e.g., mental and physical disabilities, culture, race/ethnicity, sexual orientation and age
- skills for effective:
 - speaking, e.g., I-statements, eye contact, assertiveness
 - listening, e.g., reflective listening
 - non-verbal communication
- skills to:
 - resist peer pressure
 - negotiate and compromise
 - advocate for needs and rights of others
 - advocate for healthy social environment
- types of stressors, e.g., death, ending relationships, changing schools, rejection
- coping strategies to reduce stress, including exercise
- ways to avoid stress
- behaviors and symptoms of depression and other mental illness, e.g., obsessive compulsive disorder, impulse control disorders
- the impact of AOD use on mental illness
- symptoms of eating disorder
- signs and symptoms of gambling problems and addiction
- valid sources of information and help

Personal Care/Consumer Health

By the end of Grade 12 students will know:

- benefits of regular medical and dental check-ups, including BSE, TSE, Pap smear
- importance of:
 - immunizations
 - using sunscreen, protective clothing
- role of genetics in the family history of disease
- how fads affect health, e.g., body piercing, tattooing, artificial fingernails, hair dyes
- similarities and differences among a variety of health care products and services
- options for health care and services for self and others
- the validity of claims made by promoters of health care products and services
- how to communicate with health care providers about personal health

Community/Environmental Health

By the end of Grade 12 students will know:

- how to access environment, school and community health services
- how to participate in public service activities
- how to advocate for health services in the community

- threats to community health, e.g., tobacco advertising, availability of alcohol and other drugs, unsafe bicycle paths
- disaster preparedness plans
- community health problems related to the environment
- that individual behavior affects the environment and the community, e.g., recycling
- ways to accept social responsibility for the use of natural resources