

# STRATFORD PUBLIC SCHOOLS

## Health Department – Health 2

### Curriculum Scope and Sequence

Grade	Concept/Units	Application - Students will:
12	Fitness and Nutrition	<ul style="list-style-type: none"><li>• Examine eating behaviors.</li><li>• Examine the impact of culture on nutrition.</li><li>• Cultural influences on eating.</li><li>• Identify strategies for healthy snacking.</li><li>• Determine how to identify organic food choices.</li></ul>
	Holistic Health and Wellness	<ul style="list-style-type: none"><li>• Differentiate between health and wellness.</li><li>• Compare and contrast the major causes of death over the last century.</li><li>• Examine the relationship between physical, mental/emotional, and social health.</li><li>• Assess personal level of wellness.</li><li>• Analyze the role of individual responsibility for health.</li></ul>
	Human Sexuality and Disease Prevention	<ul style="list-style-type: none"><li>• Describe the functions of the parts of the male and female reproductive system.</li><li>• Explain the importance of understanding one's own reproductive health.</li><li>• Distinguish between gender identity and sexuality.</li><li>• Explain the negative consequences of contracting a sexually transmitted infection.</li><li>• Explain STI's / STD's and how they affect reproductive health and the health of the newborn.</li><li>• Identify possible consequences of engaging in risky sexual activity.</li><li>• Identify effective methods of contraception.</li><li>• Practice resistance skills and the ability to communicate on the topic of sexuality.</li><li>• Optional family homework.</li></ul>
	Substance Use and Abuse Prevention	<ul style="list-style-type: none"><li>• Identify the short term and long term effects of tobacco, alcohol, marijuana and club drugs.</li><li>• Explore the effects of alcohol abuse on the teenage brain.</li><li>• Reflect on the mental/emotional and social impact of teenage alcohol abuse.</li><li>• Explore the dangers of prescription drug and opioid addiction.</li><li>• Analyze the impact of prescription drugs, marijuana and alcohol on driving.</li><li>• Explain the mechanisms of death by alcohol poisoning.</li><li>• Consider the consequences of drunk driving.</li><li>• Discuss why illegal club drugs are highly unpredictable in composition and impact on the body.</li><li>• Identify strategies and life skills to maintain a substance free life as a young adult after high school.</li></ul>