Health – High School – 11-15 Weeks Last Updated: 2/1/2024

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| NYS Performance | | Indicators Objectives | | Text Resources | Resources (Suggested Activities) | Cross-Curriculum Connections | Assessment Items |
|  | [SHE.HE.2.2](https://www.nysed.gov/sites/default/files/programs/curriculum-instruction/healthpefacslearningstandards.pdf) |  | **Social Health and Relationships**  **Healthy Relationships**  Analyze the impact of relationships on social health.  Identify characteristics of a healthy relationship.  Explain what signs point to an unhealthy relationship | Goodheart-Willcox 2023  Chapter 14  Lesson 14.1 | Health and Wellness IQ (pg. 468) |  | Health in Media: Media Relationships – Health or Unhealthy? |
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|  | [SHE.HE.2.2](https://www.nysed.gov/sites/default/files/programs/curriculum-instruction/healthpefacslearningstandards.pdf)  [RM.HE.3.1](https://www.nysed.gov/sites/default/files/programs/curriculum-instruction/healthpefacslearningstandards.pdf) |  | **Family and Community Relationships**  Analyze the function of family  Utilize strategies to promote healthy relationships with parents/guardians, siblings, and grandparents.  Explain ways to cope with family issues  Demonstrate skills to develop and maintain community relationships | Goodheart-Willcox 2023  Chapter 14  Lesson 14.2 | Domestic Violence Speakers Community Support Speakers |
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|  | [SHE.HE.2.1](https://www.nysed.gov/sites/default/files/programs/curriculum-instruction/healthpefacslearningstandards.pdf)  [SHE.HE.2.3](https://www.nysed.gov/sites/default/files/programs/curriculum-instruction/healthpefacslearningstandards.pdf) |  | **Peer Relationships**  Utilize strategies to promote healthy relationships and recognize signs of unhealthy dating relationships.  Assess the value of friendships.  Evaluate the impact of common issues in friendships and relationships. | Goodheart-Willcox 2023  Chapter 14  Lesson 14.3 and Lesson 14.4 | Inquiry-Based Project: Is it good to have a lot of friends or not many friends? | **Project** |

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|  | [RM.HE.3.2](http://RM.HE.3.2)  [RM.HE.3.3](http://RM.HE.3.2)  [SHE.HE.2.1](http://RM.HE.3.2) |  | **Violence Prevention**  **Bullying and Cyberbullying**  Define violent behavior.  Analyze factors that contribute to violent behavior.  Describe ways to respond to bullying.  Assess strategies to prevent bullying and cyberbullying. | Goodheart-Willcox 2023  Chapter 15  Lesson 15.1 | Role Play – Being an Upstander and Ally (pg. 523) |  | Role Play Activity |
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|  | [SHE.HE.2.2](http://RM.HE.3.2)  [RM.HE.3.2](http://RM.HE.3.2) |  | **Sexual Harassment and Assault**  Explain the meaning of consent.  Describe types of sexual harassment.  Identify ways to prevent and respond to sexual assault. | Goodheart-Willcox 2023  Chapter 15  Lesson 15.2 | Guest Speakers  Sexual Assault Survivors | Hazards of Rape Culture – Collage Project (Trends in Social Media, Music, and More) |
|  |  |  |  |  | Parenting Project |  | Parenting Project |
|  | [SHE.HE.2.3](https://www.nysed.gov/sites/default/files/programs/curriculum-instruction/healthpefacslearningstandards.pdf)  [RM.HE.3.3](https://www.nysed.gov/sites/default/files/programs/curriculum-instruction/healthpefacslearningstandards.pdf) |  | **Abuse and Neglect**  Analyze patterns of power and control in abuse.  Identify forms of abuse.  Describe domestic violence.  Assess the consequences of child abuse and neglect.  Identify the steps to prevent and respond to abuse. | Goodheart-Willcox 2023  Chapter 15  Lesson 15.3 |  |  |
|  |  |  |  | Goodheart-Willcox 2023 | Parenting interview |  |  |
|  | [SHE.HE.2.3](https://www.nysed.gov/sites/default/files/programs/curriculum-instruction/healthpefacslearningstandards.pdf)  [RM.HE.3.3](https://www.nysed.gov/sites/default/files/programs/curriculum-instruction/healthpefacslearningstandards.pdf) |  | **Violence in the Community/Human Trafficking**  Analyze ways to prevent school violence.  Assess the consequences of gang involvement.  Describe human trafficking and ways to prevent it.  Discuss the lasting consequences of homicides and hate crimes. | Chapter 15  Lesson 15.4 |  |

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|  |  |  | **Substance Abuse** | Goodheart-Willcox 2023 | Interview (Student body) |  | Survey |
|  | [HPF.HE.1.1](https://www.nysed.gov/sites/default/files/programs/curriculum-instruction/healthpefacslearningstandards.pdf)  [HPF.HE.1.2](https://www.nysed.gov/sites/default/files/programs/curriculum-instruction/healthpefacslearningstandards.pdf) |  | **Vaping and Tobacco**  Analyze the effect of vaping on the body.  Distinguish the myths and facts about vaping.  Assess the hazardous effects of nicotine.  Describe the harmful substance in cigarettes and vapes. | Chapter 11  Lesson 11.1 |  |  |
|  |  |  |  | Goodheart-Willcox 2023 | Your dreams and goals activity |  | Test |
|  | [RM.HE.3.1](https://www.nysed.gov/sites/default/files/programs/curriculum-instruction/healthpefacslearningstandards.pdf)  [RM.HE.3.2](https://www.nysed.gov/sites/default/files/programs/curriculum-instruction/healthpefacslearningstandards.pdf) |  | Analyze the influence that affects whether or not a person uses tobacco or vapes.  Assess the difficulty in resisting the use of tobacco or vapes.  Summarize strategies to fight off nicotine addiction. | Chapter 11  Lesson 11.2 | (pg.651) |  |
|  |  |  | **Alcohol** | Goodheart-Willcox 2023 | Guest Speaker: Drunk Driver survivor, Alcohol Poisoning survivor, etc. |  |  |
|  | [HPF.HE.1.1](https://www.nysed.gov/sites/default/files/programs/curriculum-instruction/healthpefacslearningstandards.pdf)  [HPF.HE.1.2](https://www.nysed.gov/sites/default/files/programs/curriculum-instruction/healthpefacslearningstandards.pdf) |  | Explain the characteristics of alcohol.  Describe the concept of blood alcohol concentration (BAC).  Assess how alcohol affects the brain.  Analyze alcohol addiction.  Describe hangover, alcohol poisoning, and chronic health conditions associated with alcohol use. | Chapter 12  Lesson 12.1 |
|  |  |  |  | Goodheart-Willcox 2023 | Guest Speaker  Alcohol Breakdown |  | Debate Project (Alcohol vs. Drugs) |
|  | [HPF.HE.1.1](https://www.nysed.gov/sites/default/files/programs/curriculum-instruction/healthpefacslearningstandards.pdf)  [HPF.HE.1.2](https://www.nysed.gov/sites/default/files/programs/curriculum-instruction/healthpefacslearningstandards.pdf) |  | **Prevention and Treating Alcohol Abuse**  Analyze influences on alcohol use; including genetic makeup, mental health, and environment.  Describe strategies for preventing alcohol use and refusing offers of alcohol.  Explain treatment options for people with alcohol use disorder (AUD). | Chapter 12  Lesson 12.2 |  |  |

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|  |  |  | **Medications and Drugs** | Goodheart-Willcox 2023 | Health and Wellness IQ (pg. |  | Lesson Review |
|  | [HPF.HE.1.1](https://www.nysed.gov/sites/default/files/programs/curriculum-instruction/healthpefacslearningstandards.pdf)  [HPF.HE.1.2](https://www.nysed.gov/sites/default/files/programs/curriculum-instruction/healthpefacslearningstandards.pdf) |  | Identify the main reasons people use medications.  Differentiate between over the counter and prescription medications.  Summarize common health risks associated with taking medications. | Chapter 13  Lesson 13.1 | 285) |  |
|  |  |  |  | Goodheart-Willcox 2023 | Guest speaker |  | Role play situations |
|  | [RM.HE.3.3](https://www.nysed.gov/sites/default/files/programs/curriculum-instruction/healthpefacslearningstandards.pdf) |  | **Medication Misuse and Abuse**  Give examples of medication misuse and abuse.  Describe how misuse and abuse impacts the brain.  Analyze mental, social, and legal consequences of medication misuse and abuse.  Identify the life-threatening effects of opioid abuse.  Summarize why performance-enhancing drugs (PEDs) are dangerous. | Chapter 13  Lesson 13.2 |  |  |
|  |  |  | **Drug Abuse** | Goodheart-Willcox 2023 | Alcohol's Affects  Drunk Goggles (Hands On) |  | Project |
|  | [SHE.HE.2.1](https://www.nysed.gov/sites/default/files/programs/curriculum-instruction/healthpefacslearningstandards.pdf)  [SHE.HE.2.3](https://www.nysed.gov/sites/default/files/programs/curriculum-instruction/healthpefacslearningstandards.pdf) |  | Analyze the role of physical and psychological addiction in drug abuse.  Describe the impact of drugs on the brain and other body systems.  Summarize how drug abuse impacts families, friends, and society  Identify the different types of drugs. | Chapter 13  Lesson 13.3 |  |  |
|  |  |  | **Preventing and Treating Drug Use and Abuse** | Goodheart-Willcox 2023 | Personal Profile  Police Presentation | Psychology | Lesson Quiz |
|  | [RM.HE.3.1](https://www.nysed.gov/sites/default/files/programs/curriculum-instruction/healthpefacslearningstandards.pdf)  [RM.HE.3.2](https://www.nysed.gov/sites/default/files/programs/curriculum-instruction/healthpefacslearningstandards.pdf)  [RM.HE.3.3](https://www.nysed.gov/sites/default/files/programs/curriculum-instruction/healthpefacslearningstandards.pdf) |  | Describe risk factors for medication and drug misuse, abuse, and addiction.  Assess methods of preventing medication and drug misuse.  Identify treatments for drug misuse, abuse, and addiction.  Recognize alcoholism as a disease. | Chapter 13  Lesson 14.4 |  |  |  |