



## Curriculum Overview

### Health Standards/Correlations for Middle School Students

Topic/ Correlation to Health Curriculum Strand and Standard(s)	Standard	Lesson Description
Lesson 1: Making Healthy Choices Strand: Health and Wellness Standards 9, 11: Personal Health and Safety, Healthy Life Skills and Relationships	HW.9.5.1 HW.9.6.1 HW.11.5.3 HW.11.6.3 HW.11.7.3 HW.11.8.3	This lesson focuses on helping students understand the importance of making healthy choices. The video segment addresses some of the risk-taking behaviors of many teens, and reviews the problems associated with negative peer pressure. It also talks about the need to “choose your friends wisely.” While they will hear about the choices that confront today’s teens, they will also learn responsible ways to deal with the peer pressure to take those risks – risks that could lead to injury or death.
Lesson 2: Managing Stress Strand: Health and Wellness Standard 11: Personal Health and Safety	HW.11.5.2 HW.11.6.2 HW.11.7.2 HW.11.8.2	This lesson provides insight into the “stress-filled world of teens.” Students will learn about the health risks associated with chronic levels of stress, that boys and girls tend to handle and manage stress differently, and that stress is something we need to learn to deal with in a positive manner.
Lesson 3: Depression and Anxiety Strand: Health and Wellness Standard 11: Personal Health and Safety	HW.11.5.2 HW.11.5.4 HW.11.6.2 HW.11.6.4 HW.11.7.2 HW.11.8.2	Teens agree that their lives are filled with moments of stress, living up to expectations, pressure and competition. These expectations, personal and parental, can prove to be somewhat overwhelming at times. This lesson focuses on helping students understand the importance of and strategies for recognizing and managing depression and anxiety.
Lesson 4: OTC and Prescription Drugs Strand: Health and Wellness Standard 10: Alcohol, Tobacco and Other Drugs	HW.10.5.1 HW.10.5.7 HW.10.5.8 HW.10.6.1 HW.10.6.8 HW.10.6.9 HW.10.7.1 HW.10.7.8 HW.10.7.9 HW.10.8.1 HW.10.8.8	Emergency rooms across the country are admitting more and more youth overdosing on non-prescription cough and cold medicines. Students will discuss the availability and sharing of prescription and OTC drugs, the realities of addiction, and refusal strategies.
Lesson 5: Underage Drinking Strand: Health and Wellness Standard 10: Alcohol, Tobacco and Other Drugs	HW.10.5.6 HW.10.6.5 HW.10.7.6	This lesson will focus on the need for teens to closely examine the “trap” of thinking that using alcohol is only about having a good time without any serious consequences.

<p>Lesson 6: Tobacco  Strand: Health and Wellness  Standards 10, 11: Alcohol, Tobacco and Other Drugs/Personal Health and Safety</p>	<p>HW.10.5.3  HW.10.5.4  HW.10.6.2  HW.10.6.3  HW.10.6.4  HW.10.7.3  HW.10.7.4  HW.10.8.2  HW.11.5.7  HW.11.6.7  HW.11.7.7  HW.11.8.7</p>	<p>Thousands of teens start smoking each day, and many of them may not have all the facts. Movies, media and music often make smoking look cool and glamorous, and that often persuades teens to smoke in spite of the health hazards. Ninety percent of current adult smokers started before the age of 19. While teens start smoking for a wide variety of reasons, there is another “truth” why they continue to smoke – they’re addicted.</p>
<p>Lesson 7: Cyberbullying  Strand: Health and Wellness  Standards: Interpersonal Communications/Personal Health and Safety</p>	<p>HW.9.5.2  HW.9.5.3  HW.9.6.2  HW.9.8.2  HW.9.8.3  HW.11.5.12  HW.11.6.11  HW.11.7.11  HW.11.8.11  HW.11.6.12  HW.11.7.12  HW.11.8.12</p>	<p>Cyberbullying is a new dimension to the age-old bullying issue complicated by access to Internet communication by all ages. Experts agree, the methods of cyberbullying are limited only by the child’s imagination and access to technology. And the cyberbully one moment may become the victim the next. Experts also acknowledge that cyberbullying can take place off-campus and outside of school hours, often limiting school involvement, which makes education, awareness and self-responsibility particularly important.</p>
<p>Lesson 8: Managing Technology  Strand: Health and Wellness  Standards 9, : Healthy Life Skills and Relationships</p>	<p>HW.9.5.2  HW.9.5.3  HW.9.6.2  HW.9.8.2  HW.9.8.3</p>	<p>FaceBook, YouTube. Text Messaging. Social networking sites have become the de facto way for many kids to connect with each other. According to research data from the 2010 Pew Internet and American Life Project, 73% of wired American teens now use social networking websites, a significant increase from previous surveys. Just over half of online teens (55%) used social networking sites in November 2006 and 65% did so in February 2008. It is especially to address self-control and sensitivity, as the Internet can foster antisocial behavior, including the viewing of online pornography, at a time when kids are just beginning to learn socially accepted mores.</p>
<p>Lesson 9: Infectious Diseases and Body Piercing  Strands: Health and Wellness  Standards: 7,11: Disease Prevention, Personal Health and Safety</p>	<p>HW.7.7.1  HW.7.7.2  HW.11.5.5  HW.11.6.5  HW.11.8.5</p>	<p>This lesson provides general information about infectious diseases, particularly complications relating to body piercing and tattoos, along with simple prevention strategies.</p>
<p>Lesson 10: Growing Up  Strand: Health and Wellness  Standard 6: Human Growth and Development</p>	<p>HW.6.5.2  HW.6.6.2  HW.6.7.2  HW.6.8.2</p>	<p>This lesson offers students information to help them understand the physical, emotional and cognitive (intellectual) changes that occur during the adolescent years and, more specifically, understand and become more aware of the changes that occur during puberty.</p>

<p>Lesson 11: Nutrition  Strand: Health and Wellness  Standard 7, 12: Disease Prevention, Nutrition</p>	<p>HW.7.7.1  HW.7.7.1  HW.7.7.2  HW.12.5.1  HW.12.6.1  HW.12.7.1  HW.12.8.1  HW.12.5.2  HW.12.6.2  HW.12.7.2  HW.12.8.2</p>	<p>Next to families, schools are the primary place where kids learn about nutrition and health. Explore strategies to develop healthy eating habits, the origins of our nation's current obesity crisis, and examines why teens overeat. Help students learn how small changes in diet and physical activity levels can make a dramatic impact in lowering a person's risk of cardiovascular disease, including heart attack and stroke.</p>
<p>Lesson 12: Fitness  Strands: Physical Education and Leisure/Health and Wellness  Standards 3,4,7: Health-Related Fitness/Lifetime Activities and Recreation/Disease Prevention</p>	<p>PEL.3.5.3  PEL.3.8.3  PEL.4.5.1  PEL.4.7.1  PEL.4.8.1  HW.7.7.1  HW.7.7.2</p>	<p>Recently, leading medical experts issued a special report stating that the number of deaths in the United States due to lack of physical activity would soon surpass those attributed to tobacco use. Learn facts about how fitness increases life expectancy, the benefits of and ways to increase even moderate exercise, and strategies to gradually make fitness a part of daily life.</p>