

Course:	Health	Grade:	Grade 9		
State Standard:	10.1.9 Concepts of Health	Time Frame:	12-14 Lessons		
Standard Statement	Content Words	Essential Questions	Knowledge and/or Skill	Topic	Assessment
<p>A. Analyze factors that impact growth and development between adolescence and adulthood.</p> <ul style="list-style-type: none"> Relationships (e.g., dating, friendships, peer pressure) Interpersonal communication Risk factors (e.g., physical inactivity, substance abuse, intentional/unintentional injuries, dietary patterns) Abstinence STD and HIV prevention Community 	<ul style="list-style-type: none"> gender biological gender gender expression gender identity <ul style="list-style-type: none"> relationship interpersonal communication 	<ul style="list-style-type: none"> How would you explain gender identification continuum? What is the difference between gender identity and gender expression? <ul style="list-style-type: none"> What strategies help maintain a healthy relationship? What is the difference between a healthy and 	<p>Understanding sexuality gender identification continuum</p> <ul style="list-style-type: none"> Gender terminology Biological gender (sex) includes physical attributes such as external genitalia, sex chromosomes, gonads, sex hormones and internal reproductive structures. At birth, it is used to assign sex, that is, to identify individuals as male or female Gender identity-one's internal sense of self as male, female, both or neither (gender identity) as well as one's outward presentations and behaviors (lesbian, gay bisexual, transgender (LGBT) Gender expression - related to that perception, including their gender role <p>Strategies for maintaining a healthy relationship are:</p> <ul style="list-style-type: none"> Avoidance Refusal Negotiation Empathy Collaboration <i>Healthy relationship:</i> 	<ul style="list-style-type: none"> Growth and development <p>Benchmark</p>	<p>Quizzes, tests, observation checklist, various assessments of projects (individual, group, partner)</p> <p>Rubrics</p> <p>Performance tasks</p> <p>Teacher designed assessments</p> <p>Teacher Observation</p>

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B. Evaluate factors that impact the body systems and apply protective	<ul style="list-style-type: none"> stress anxiety depression 	<p>unhealthy relationship?</p> <ul style="list-style-type: none"> What are some possible negative behaviors in relationships? <p>How does stress impact the body systems, specifically the</p>	<p>caring, respect, honest, communication, loving and assertive</p> <ul style="list-style-type: none"> <i>Unhealthy relationship:</i> degrading, abusive (physical, mental, emotional), aggressive, violent, controlling, bullying, manipulative <i>Sexual harassment:</i> involves unwanted verbal or physical sexual advances and requests for sexual favors <i>Seduction:</i> occurs when someone is manipulated into <u>agreeing</u> to have sex <i>Rape:</i> oral, anal or vaginal penetration that occurs without consent through force, intimidation, coercion or deception <i>Acquaintance rape:</i> often occurs when seduction fails and the person goes ahead and has sex with the person anyway without their agreement <p>Stress/Anxiety/Mood Disorders</p> <ul style="list-style-type: none"> Overview of depression and treatment 	<ul style="list-style-type: none"> Mental, emotional and social health 	

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<p>and preventative strategies.</p> <ul style="list-style-type: none"> • Fitness level • Environment (e.g., pollutants, available health care) • Health status (e.g., physical, mental, social) • Nutrition <p>D. Analyze prevention and intervention strategies in relation to adolescent and adult drug use.</p> <ul style="list-style-type: none"> • Decision making and refusal skills • Situation avoidance • Goal setting • Professional assistance (e.g., medical, counseling, 	<ul style="list-style-type: none"> • depression • suicide <ul style="list-style-type: none"> • personal injury • personal consequences • loss of personal freedom 	<p>immune system, and how can it be prevented?</p> <ul style="list-style-type: none"> • What are some healthy alternatives to stress reduction? • What preventative strategy would be most effective for you? <ul style="list-style-type: none"> • What is depression? • How can someone get assistance if they are feeling depressed? <ul style="list-style-type: none"> • What are date rape drugs? 	<ul style="list-style-type: none"> • Mental health disorders • Eating disorders • Personality disorders • Anxiety disorders • Addiction and impulse control disorders • Psychotic disorders • Mood disorders <p>Depression/suicide</p> <ul style="list-style-type: none"> • Warning signs of mental illness • Getting help and taking action • Chemical receptors (serotonin, adrenaline, dopamine) <p>Date Rape Drugs</p> <ul style="list-style-type: none"> • Rohypnol (roofies) "the date rape drug" - tasteless and odorless and dissolves easily in carbonated beverages • Methylenedioxymethamphetamine (MDMA/Ecstasy) - heightens sexual desire • Gamma-hydroxybutyrate (GHB) - causes impaired judgment, intoxication 		

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support groups) <ul style="list-style-type: none"> • Parent involvement 	<ul style="list-style-type: none"> • abstinence • risk factors • STD/HIV prevention • birth control 	<ul style="list-style-type: none"> • What is birth control? • What is conception? • What is abstinence • What types of considerations should be taken prior to using a method of birth control? 	and may enhance sexual feelings <ul style="list-style-type: none"> • Ketamine (Special K) - victims suffer from amnesia and hallucinations that make recollections impossible • Methamphetamine (speed, ice, crack) - heightens sexual desire • Alcohol affects decision making • Abstaining from alcohol and drug use and not participating in blood sharing activities • Other drugs that may influence decision making: Opioids Fentanyl <p>Birth Control:</p> <ul style="list-style-type: none"> • Birth control is designed to alter the conditions necessary for conception and/or pregnancy to occur • Contraception interferes with successful fertilization of an ovum by chemical or physical means 		

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		<ul style="list-style-type: none"> • What are methods of birth control? • What are the most effective STD/HIV prevention strategies? 	<p>Considerations for choosing birth control:</p> <ul style="list-style-type: none"> • Pregnancy can occur without penetration • Abstinence is a normal/acceptable choice • Any method is better than none • The method should be mutually acceptable • Any method that will best avoid user failure must be used prior to the act of intercourse • Half of all of the pregnancies in the U.S. are unintended, resulting in 1.4 million abortions and 1.1 million births <p>Methods of birth control</p> <ul style="list-style-type: none"> • Abstinence: is choosing not to have sexual intercourse • Outercourse: is the expression of sexual intimacy without genital contact, i.e., kissing, petting and fondling • Oral contraceptives: the combination pill: introduced in the 60's is the most widely used. It contains both synthetic estrogen and 		

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	<ul style="list-style-type: none"> pregnancy trimesters gestation childbirth 	<ul style="list-style-type: none"> What are the stages of pregnancy? How do physical 	<p>progestin, which together prevent ovulation. It is 99% to 100% effective.</p> <ul style="list-style-type: none"> Progestin (mini pill) pill contains synthetic progesterone that affects the lining of the uterus making implantation difficult. It also causes thick cervical mucus that blocks sperm from the uterus. Injectable contraceptives (progestin) Subdermal implants (Norplant) Barrier methods Intrauterine devices (IUC) Invasive tubal ligation vasectomy Natural family planning Withdrawal Miscellaneous emergency contraception two types: Plan B and prevent <p>Pregnancy Prevention/ Abstinence (See birth control)</p> <ul style="list-style-type: none"> Fetal development 		

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		<p>and emotional changes impact a female during pregnancy?</p> <ul style="list-style-type: none"> • What occurs during childbirth? 	<ul style="list-style-type: none"> • Stages of gestation • The embryo • The fetus • The placenta and other structures • Physical and emotional changes during pregnancy • Childbirth 		

ENRICHMENT:	Journal writing, related reading activities, peer assisted activities, independent projects, research using the library, internet based research, web-quests, etc.
REMIEDIATION:	Small groups, peer assistance, graphic organizers, additional individualized assistance, variation of activities/assignments, re-test, re-teach, modifications and accommodations.
RESOURCES:	www.cdc.org , www.comprehiveschoolhealtheducation/meeksheit , http://kidshealth.org/teen/ , variety of internet sources and reference books, PA Standards Aligned System, National & State Health Education Standards and Skills, Pocono Mountain School District Curriculum.

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State Standard:	10.2.9 Healthful Living	Time Frame:	12-14 Lessons		
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C. Analyze media health and safety messages and describe their impact on personal health and safety.	<ul style="list-style-type: none"> • advertising techniques • safety message • technology/social media • media strategies • social media • sexting 	<ul style="list-style-type: none"> • What techniques are used by media to impact health and safety messages? • How can you determine the validity of health information? 	<ul style="list-style-type: none"> • Advertising techniques: <ul style="list-style-type: none"> ○ Bandwagon ○ Testimonials ○ Snob appeal ○ Fund and friends ○ Just plain folds ○ Humor ○ Emotion ○ Statistics ○ Romance ○ Sex appeal ○ Cultural group pride ○ Fear appeal ○ Exaggeration ○ Problem solvers and repetition • Criteria for evaluating information about health and safety services: <ul style="list-style-type: none"> ○ Who developed the information? ○ Who owns the information? ○ Who produces the information? ○ How current is the information? • What are the negative consequences of sending sexually explicit pictures/ messages via social media? • What is social media 	<ul style="list-style-type: none"> • Growth and development • Drugs, tobacco and alcohol Benchmark • Mental emotional and social health • Personal and consumer health Benchmark 	<p>Quizzes, tests, observation checklist, various assessments of projects (individual, group, partner)</p> <p>Rubrics</p> <p>Performance tasks</p> <p>Teacher designed assessments</p> <p>Teacher Observation</p>

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D. Analyze and apply the decision making process to adolescent health and safety issues.	<ul style="list-style-type: none"> goal setting decision making long-term/short term goals sexting negative consequences 	<ul style="list-style-type: none"> Why is goal setting especially important for older teens? Why is goal setting important for mental health? What is the relationship between decision making and goal setting? What are the steps in the goal setting process? What is the difference between a major and minor decision? 	etiquette? (discuss appropriate use of social media) <ul style="list-style-type: none"> Discuss social media and sexuality as is related to negative consequences of sending sexually explicit pictures and messages (chat groups, email, texting (sexting), websites, or other social media outlets). Apply goal setting model to support practice of responsible sexual behavior Research public health policies Analyze individual choices Identify personal wellness goal and formulate a plan for improvement Evaluate how anxiety affects decision making 		
ENRICHMENT:	Journal writing, related reading activities, peer assisted activities, independent projects, research using the library, internet based research, web-quest, etc.				
REMEDIATION:	Small groups, peer assistance, graphic organizers, additional individualized assistance, variation of activities/assignments, re-test, re-teach, modifications and accommodations.				
RESOURCES:	www.cdc.org , www.comprehensiveschoolhealtheducation/meeksheit , http://kidshealth.org/teen/ , variety of internet sources and reference books, PA Standards Aligned System, National & State Health Education Standards and Skills, Pocono Mountain School District Curriculum.				

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State Standard:	10.3.9 Safety and Injury Prevention	Time Frame:	12-14 Lessons

Standard Statement	Content Words	Essential Questions	Knowledge and/or Skill	Topic	Assessment
<p>A. Analyze the role of individual responsibility and safe practices and injury prevention in the home, school, community.</p> <ul style="list-style-type: none"> • Modes of transportation • Violence prevention in school • Self-protection in the home • Self-protection in public places 	<ul style="list-style-type: none"> • personal injury • personal consequences • loss of personal freedom 	<ul style="list-style-type: none"> • What are some personal consequences of unsafe practices in the home, school or community? • What kinds of personal injuries are possible from unsafe practices in the home, school or community? • What are some legal consequences of unsafe practices in the home, school, or community? • How will assertive behavior and negotiation manage conflict and avoid violence? • What are the steps in conflict negotiation? • What are the keys to conflict resolution? 	<ul style="list-style-type: none"> • Review depression and suicide information from previous grade levels. • Describe the different types and causes of suicide and explain how they are linked to depression. 	<ul style="list-style-type: none"> • Injury prevention and safety • Alcohol, tobacco and other drugs • Personal and community health <p>Benchmark</p>	<p>Quizzes, tests, observation checklist, various assessments of projects (individual, group, partner)</p> <p>Rubrics</p> <p>Performance tasks</p> <p>Teacher designed assessments</p> <p>Teacher Observation</p>

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<p>C. Analyze and apply strategies to avoid or manage conflict and violence during adolescence.</p> <ul style="list-style-type: none"> • Effective negotiation • Assertive behavior 	<ul style="list-style-type: none"> • negotiation • assertive behavior <ul style="list-style-type: none"> • bullying • cyber bullying • bystander/ upstander 	<ul style="list-style-type: none"> • How do you know if you or someone else is being bullied? • What role does bullying/cyber-bullying play in sexuality? 	<ul style="list-style-type: none"> • Access consequences of laws against unsafe practices • Behavior that is self-confident and assertive shows others that you are in control of yourself • Using negotiation steps helps settle a disagreement in a responsible way • Listen to the other person's side of the story and work for a win-win solution • Know and apply the steps of conflict resolution <p>Examples used are relevant to bullying, abusive relationships.</p> <ul style="list-style-type: none"> • Define bullying and cyber-bullying • Analyze the effects that bullying/cyber-bullying has on teens <p>Identify why it is wrong to tease, harass or bully others based on aspects of their sexuality (such as sexual activity, abstinence, gender)</p>	<ul style="list-style-type: none"> • Mental, emotional, social health • Decision making <p>Benchmark</p>	

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Standard Statement	Content Words	Essential Questions	Knowledge and/or Skill	Topic	Assessment
			identity, gender expression or sexual orientation)		
ENRICHMENT:	Journal writing, related reading activities, peer assisted activities, independent projects, research using the library, internet based research, web-quests, etc.				
REMIEDIATION:	Small groups, peer assistance, graphic organizers, additional individualized assistance, variation of activities/assignments, re-test, re-teach, modifications and accommodations.				
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