

COMPONENT	OBJECTIVES	COMPETENCY
<p>I Positive Emotional Development</p>	<ol style="list-style-type: none"> <li>1. Recognize how self-acceptance and self-improvement build positive self-esteem. (H.E.B.3.4.3)</li> <li>2. Identify basic physical and emotional needs as they relate to responsible behavior in our society. (H.E.A.1.4.1)</li> <li>3. Explain various mental, physical, social and environmental factors affecting a positive self-concept. (H.E.A.1.4.3)</li> <li>4. Describe individual strengths and weaknesses as they relate to self-esteem. (H.E.B.3.4.3)</li> </ol>	<ol style="list-style-type: none"> <li>A. Practice skills for self-awareness, self-acceptance and self-improvement that build positive emotional development. (H.E.A.1.4.3)</li> <li>B. Rate individual self-esteem using a self-assessment chart. (H.E.C.2.4.3)</li> </ol>
<p>II Communication, Coping and Interpersonal Skills</p>	<ol style="list-style-type: none"> <li>1. Identify verbal and nonverbal techniques for facilitating interpersonal communication. (H.E.B.3.4.1)</li> <li>2. Recognize behaviors that impede effective communication. (H.E.B.3.4.5)</li> <li>3. Identify positive attitudes and behaviors for maintaining interpersonal relationships. (H.E.B.3.4.4)</li> <li>4. Demonstrate strategies for dealing with interpersonal conflicts, peer pressure and abusive behaviors. (H.E.B.3.4.5)(H.E.B.3.4.6)</li> <li>5. Recognize appropriate and inappropriate methods of dealing with negative emotions. (H.E.B.3.4.5)(H.E.B.3.4.7)(H.E.B.3.4.8)</li> <li>6. List common stressors for adolescents. (H.E.B.1.4.3)</li> </ol>	<ol style="list-style-type: none"> <li>A. Demonstrate skills for communicating effectively with family, peers and others. (H.E.B.3.4.4)</li> <li>B. Practice ways to communicate care, consideration and respect of self and others. (H.E.B.3.4.2)</li> <li>C. Evaluate strategies to manage stress and time. (H.E.B.1.4.3)</li> <li>D. Through role playing demonstrate an understanding of intervention actions for a potential suicide. (H.E.A.1.4.6)</li> </ol>

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<p>III Responsible Decision Making and Planning</p>	<p>7. Explain techniques for effective time management. (H.E.C.1.4.4)</p> <p>8. Identify intervention actions in a potential suicide. (H.E.B.3.4.7)</p> <p>1. Identify the steps involved in a decision-making model. (H.E.C.1.4.6)</p> <p>2. Describe the importance of setting realistic personal goals. (H.E.C.1.4.4)</p> <p>3. List individual short and long range goals. (H.E.C.1.4.3)</p>	<p>A. Demonstrate the steps involved in responsible decision-making by solving a real or simulated problem. (H.E.C.1.4.6)</p>
<p>IV Nutrition and Weight Management</p>	<p>1. Identify nutrient quality of given foods and the factors that affect nutritional content. (H.E.A.1.4.9)</p> <p>2. List eating patterns that promote good health and proper weight management. (H.E.A.1.4.9)</p> <p>3. Identify common eating disorders. (H.E.A.1.4.1)</p> <p>4. Analyze the relationship of food intake and physical activity as it relates to weight control, appearance and growth. (H.E.A.1.4.9)</p> <p>5. Explain the nutritional information contained on food labels. (H.E.A.2.4.1)</p> <p>6. Explain possible health hazards which may affect foods. (H.E.A.2.4.3)</p>	<p>A. Demonstrate principles of good nutrition that promote health and weight management throughout life. (H.E.C.1.4.5)</p> <p>B. Prepare a written list of nutrients contained in various cultural foods and develop an appropriate menu. (H.E.A.1.4.9)</p>

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<p>V Substance Use, Misuse and Abuse</p>	<ol style="list-style-type: none"> <li>7. Discuss healthy food choices available at popular eating establishments. (H.E.C.1.4.6)</li> <li>8. Understand the influence of cultural diversity on food choices. (H.E.B.2.4.4)</li> <li>1. Distinguish between an over-the-counter drug, a prescription drug and an illicit drug. (H.E.A.2.4.3)</li> <li>2. Recognize the possible hazardous effects of taking two or more chemical substances together. (H.E.C.1.4.5)</li> <li>3. Identify the harmful effects of drugs, alcohol and tobacco on the body and personality. (H.E.C.1.4.5)</li> <li>4. Describe family and societal problems related to the use, misuse and abuse of drugs, alcohol and tobacco. (H.E.B.2.4.3)(H.E.B.1.4.4)</li> <li>5. Reinforce legal penalties associated with drug trafficking. (H.E.A.1.4.7)</li> <li>6. Explain sources, cost and treatment for substance abuse. (H.E.A.2.4.5)</li> <li>7. Discuss social pressures and media messages which promote experimentation and/or abuse of drugs, alcohol and tobacco. (H.E.A.1.4.5)</li> <li>8. Identify healthful alternatives to using drugs, alcohol and tobacco. (H.E.C.2.4.4)(H.E.B.1.4.2)</li> <li>9. List the hazards of passive smoking. (H.E.A.1.4.4)</li> </ol>	<ol style="list-style-type: none"> <li>A. Understand the physical, mental, emotional, social, economic and legal consequences of use, misuse and abuse of drugs, alcohol and tobacco on the individual, family and community. (H.E.C.1.4.5)</li> <li>B. Select and identify the harmful effects of substance abuse by constructing a poster or collage. (H.E.A.1.4.2)</li> <li>C. Prepare a report on substance abuse rehabilitation. (H.E.C.1.4.5)</li> </ol>

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<p>VI Consumer Knowledge and Community Resources</p>	<p>10. Demonstrate an understanding of how alcohol, tobacco and other drugs can affect the mother and fetus before, during and after birth. (H.E.A.1.4.1)(H.E.C.1.4.3)</p> <p>1. Enhance awareness of agencies/organizations/clinics that provide assistance with mental, physical, emotional and social related problems. (H.E.C.2.4.6)</p> <p>2. Identify agencies/organizations that provide assistance with personal economic problems and career opportunities. (H.E.C.2.4.5)</p> <p>3. Recognize the rights and responsibilities of the consumer. (H.E.A.2.4.6)(H.E.B.2.4.2)</p>	<p>A. Demonstrate the ability to access school and community health services for self and others. (H.E.A.2.4.2)</p> <p>B. Evaluate the validity of consumer advertisements as they relate to health information, products and services. (H.E.A.2.4.1)</p>
<p>VII Personal Money Management</p>	<p>1. Explain the importance of developing and maintaining a personal budget. (H.E.A.1.4.2)(H.E.C.1.4.1)</p> <p>2. List the advantages and disadvantages of various sources of credit. (H.E.B.1.4.1)</p>	<p>A. Develop a weekly/monthly personal budget. (H.E.A.1.4.2)</p>
<p>VIII One-Rescuer CPR</p>	<p>1. Discuss the conditions and situations in which CPR should be administered. (H.E.A.1.4.2)(H.E.B.1.4.5)</p> <p>2. Know the sequential steps necessary to perform one-rescuer CPR. (H.E.B.1.4.5)</p> <p>3. Demonstrate one-rescuer CPR on a manikin, according to the standards of the American Red Cross or the American Heart Association. (H.E.B.2.4.1)</p>	<p>A. Perform one-rescuer CPR. (H.E.B.1.4.5)</p>

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IX First Aid	<p>4. Demonstrate proper rescue breathing technique. (H.E.B.2.4.1)</p> <p>1. Identify and list symptoms of an obstructed airway (choking). (H.E.B.1.4.5)</p> <p>2. Simulate the performance of the obstructed airway techniques for a conscious and unconscious victim. (H.E.B.1.4.5)</p> <p>3. Explain basic first aid for common injuries and illnesses. (H.E.B.1.4.5)</p> <p>4. Discuss common unintentional injuries/accidents (automobile, bicycle, weapons, etc.) and how each might be prevented. (H.E.B.1.4.5)</p>	<p>A. Perform first aid for obstructed airway. (H.E.B.1.4.5)</p> <p>B. Demonstrate basic first aid knowledge for common injuries and illnesses. (H.E.B.1.4.5)</p>
X Sexually Transmitted Diseases and HIV/AIDS	<p>1. List and explain the most common STD's including HIV/AIDS and the agents responsible for infection. (H.E.B.1.4.1)</p> <p>2. Recognize the methods of transmission of STD's including HIV/AIDS and develop personal coping strategies for reducing at risk behaviors. (H.E.A.1.4.2)(H.E.B.1.4.1)</p> <p>3. Describe the methods of preventing STD's and HIV/AIDS (abstinence, condoms, etc.) and obtain data on the effectiveness of each. (H.E.B.1.4.2)</p> <p>4. Describe personal safety precautions for handling body fluids with regards to HIV/AIDS and other STD's (H.E.B.1.4.2)</p> <p>5. Acknowledge AIDS as a local, national and international concern. (H.E.C.2.4.6)</p>	<p>A. Outline the effects of sexually transmitted diseases, Human Immunodeficiency Virus, Acquired Immune Deficiency Syndrome and other communicable diseases on individuals and societies. (H.E.B.1.4.1)</p>

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<p>XI Human Sexuality</p>	<p>6. Identify agencies and referral procedures for information and testing. (H.E.A.2.4.4)</p> <p>7. Describe the potential health risk factors associated with STD's. (H.E.A.1.4.2)</p> <p>1. Explain the structure and function of the male and female reproductive systems. (H.E.A.1.4.1)(H.E.A.1.4.3)</p> <p>2. Understand abstinence and other methods to avoid a pregnancy. (H.E.B.3.4.2)(H.E.C.1.4.3)</p> <p>3. Identify the responsibilities and consequences involved in relationships ( i.e. friendships, dating ). (H.E.B.3.4.2)</p> <p>4. Distinguish between sexual desire and love. (H.E.B.3.4.3)</p> <p>5. List signs, symptoms and testing procedures for pregnancy. (H.E.A.2.4.2)</p> <p>6. Describe fetal development, the birth process and pre/postnatal care. (H.E.A.1.4.3)</p> <p>7. Recognize the responsibilities and hardships involved with pregnancy, childbirth and parenting. (H.E.B.1.4.4)(H.E.C.1.4.6)</p> <p>8. Discuss the current available contraceptives in terms of cost, effectiveness and accessibility. (H.E.A.2.4.5)</p> <p>9. Define abortion and discuss alternative choices for a pregnancy. (H.E.C.1.4.3)</p>	<p>A. Identify the physical, mental, emotional, social, economic and legal aspects of human sexuality. (H.E.A.1.4.1)</p> <p>B. Construct a chart listing the responsibilities and consequences inherent in sexual relationships. (H.E.B.3.4.2)</p> <p>C. Research methods to reduce teenage pregnancies. (H.E.A.2.4.2)</p> <p>D. Perform role-playing activities to enhance awareness of communication and commitment in love, marriage and parenthood. (H.E.B.3.4.2)</p>

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<p>XII Wellness Promotion</p>	<ol style="list-style-type: none"> <li>10. Explain facts and myths related to masturbation. (H.E.C.2.4.3)</li> <li>11. Discuss date rape in terms of causes, prevention and treatment. (H.E.B.3.4.4) (H.E.B.3.4.7)</li> <li>12. Describe alternative sexual lifestyles. (H.E.C.2.4.2)</li> <li>13. Understand the importance of communication and commitment for a successful marriage. (H.E.B.3.4.4) (H.E.B.3.4.5)</li> <li>14. List possible factors that may lead to separation and divorce. (H.E.B.3.4.5)</li> <li>15. Recognize dysfunctional sexual behaviors that impact the family and society ( i.e. incest, sexual harassment, rape). (H.E.B.3.4.7)</li> <li>16. Explain the proper procedure for breast and testicular examination. (H.E.A.1.4.1)(H.E.A.1.4.6)</li> </ol> <ol style="list-style-type: none"> <li>1. Review the importance of personal hygiene. (H.E.A.1.4.1)(H.E.B.1.4.2)</li> <li>2. Identify infectious and non-infectious diseases and disorders. (H.E.A.1.4.8)</li> <li>3. Analyze how behavior can impact health maintenance and disease prevention. (H.E.B.1.4.3)(H.E.A.1.4.2)(H.E.A.1.4.6)</li> <li>4. Explain the importance of exercise as it relates to physical fitness. (H.E.C.1.4.5)(H.E.B.1.4.2)</li> </ol>	<p>A. Implement a program for personal health promotion and wellness based on an individual health behavior assessment. (H.E.C.1.4.4)</p>