

## Health Education Course 1 Essential Curriculum – High School

HE.901.11 Analyzing Influences: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

901.11.01 Analyze the impact of media influences on harassing and intimidating behaviors.

901.11.02 Examine the influence of peer groups as they relate to harassing and intimidating behaviors

901.11.03 Identify the influence of power and cultural differences on interpersonal relationships.

901.11.04 Analyze how family influences the health of individuals.

901.11.05 Analyze how peers influence healthy and unhealthy behaviors.

HE.901.12 Accessing Information: Students will demonstrate the ability to access valid information and products and services to enhance health.

901.12.01 Evaluate the validity of health information, products, and services.

901.12.02 Use resources from home, school, and community that provide valid health information.

901.12.03 Determine the accessibility of products and services that enhance health.

HE.901.13 Interpersonal Communication: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

901.13.01 Practice effective communication to request that bullying, sexual harassment, and racism stop.

901.13.02 Analyze the effectiveness of communicating and respecting clear expectations, boundaries, personal safety strategies, clear limits, and affirmative consent on sexual behaviors.

901.13.03 Utilize skills for communicating effectively with family, peers, and others to enhance health.

901.13.04 Demonstrate refusal, negotiation, and collaboration skills to enhance health and avoid or reduce health risks.

HE.901.14 Decision Making: Students will demonstrate the ability to use decision-making skills to enhance health.

901.14.01 Examine barriers that can hinder healthy decision-making.

901.14.02 Determine the value of applying a thoughtful decision-making process in health-related situations.

901.14.03 Justify when individual or collaborative decision-making is appropriate

HE.901.15 Goal Setting: Students will demonstrate the ability to use goal-setting skills to enhance health.

901.15.01 Implement strategies, including self-monitoring, to achieve a personal mental and emotional health goal.

901.15.02 Identify strategies which lead to personal growth and persistence through challenges.

901.15.03 Assess personal practices and behaviors related to alcohol and other drug use.

901.15.04 Design a realistic goal to remain alcohol- and other drug-free, to quit using alcohol or other drugs, or to not ride in or on a motor vehicle with a driver who is under the influence

901.15.05 Assess the barriers to achieving a personal goal to improve healthy eating behaviors.

HE.901.16 Self-Management: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

901.16.01 Evaluate personal mental and emotional health practices that reduce or prevent health risks.

901.16.02 Analyze the role of individual responsibility for being alcohol- and other drug-free.

901.16.03 Demonstrate a variety of healthy practices and behaviors that will maintain or improve the health of self and others

HE.901.17 Advocacy: Students will demonstrate the ability to advocate for personal, family, and community health.

901.17.01 Persuade community leaders about the importance of ensuring there are safe, accessible, equitable and affordable opportunities, products and mental health services to improve the health of oneself and others.

901.17.02 Consider positive peer and societal norms, based on accurate health information, to formulate mental and emotional health-enhancing messages.

901.17.03 Compose a message to inform students about utilizing Acknowledge, Care, and Tell related to suicide.

901.17.04 Integrate peer and societal norms, based on accurate health information, to formulate a message that promotes being alcohol- and other drug-free.

901.17.05 Collaborate with others to advocate for preventing personal, family and community violence.

901.17.06 Persuade and support others to make positive and healthy choices about relationships.

901.17.07 Advocate abstinence from sexual intercourse as the most effective and healthy means for preventing pregnancy and STIs.

901.17.08 Persuade school and community environments to promote the health of others, without regard to aspects of their sexuality (such as sexual activity, sexual abstinence, sexual orientation, gender expression, or gender identity).

HE.901.21 Mental and Emotional Health: Students will demonstrate the ability to use mental and emotional health knowledge, skills, and strategies to enhance wellness.

901.21.01 Demonstrate respect for others who have different views and beliefs.

901.21.02 Identify how reflecting on personal interests, qualities, strengths, and beliefs can increase self-awareness, satisfaction and empathy.

901.21.03 Analyze impulsive behaviors and strategies for managing them.

901.21.04 Summarize the importance of a positive body image and its implications on mental and physical wellness.

901.21.05 Analyze the role of individual responsibility in enhancing personal mental and emotional health.

901.21.06 Investigate stigma associated with mental health problems.

901.21.07 Analyze personal stressors at home, in school, and with friends.

901.21.08 Determine effective strategies for dealing with stress, anxiety, and anger.

901.21.09 Summarize the negative impact of stigma on health-seeking behaviors.

901.21.10 Investigate local resources that support the prevention of suicide and self- injury.

901.21.11 Recognize the indicators of self-harm and identify triggers that may lead to self-harm.

901.21.12 Analyze positive and negative effects of social media.

901.21.13 Identify trusted adults and resources specific to a variety of needs.

- 901.21.14 Determine when to seek help for mental and emotional health challenges.
- 901.21.15 Defend the importance of telling an adult if there are people who are in danger of hurting themselves or others.
- 901.21.16 Identify the effects of addiction on self and others.
- 901.21.17 Identify sources of support for people who suffer from addiction.
- 901.21.18 Identify community services for addiction treatment.

HE.901.22 Substance Use Prevention: Students will demonstrate the ability to use drug knowledge, decision-making skills, and health enhancing strategies to address the non-use, use and abuse of medications, alcohol, tobacco and other drugs.

- 901.22.01 Differentiate between proper use and abuse of over-the-counter and prescription medicines
- 901.22.02 Summarize the harmful short- and long-term physical, psychological, and social effects of using alcohol, nicotine products, marijuana products, performance-enhancing substances, opioids (including the lethal effects of fentanyl), and other trending drugs or substances.
- 901.22.03 Describe the dangers of using drugs or substances in combination.
- 901.22.04 Recognize the dangers of riding with a driver who has been using alcohol, opioids, nicotine products, marijuana products, performance-enhancing substances, and other trending drugs or substances.
- 901.22.05 Identify community resources for substance use/abuse and how to help a person who is addicted.
- 901.22.06 Investigate the contents of e-cigarettes and other vapor-based smoking devices.
- 901.22.07 Identify the myths and misconceptions related to e-cigarettes and other vapor-based smoking devices.
- 901.22.08 Identify Maryland's Good Samaritan Law and the impact on contacting emergency services.

HE.901.23 Family Life and Human Sexuality: Students will demonstrate the ability to use human development knowledge, social skills, and health enhancing strategies to promote positive relationships and healthy growth and development throughout the life cycle.

- 901.23.01 Summarize the importance of talking with parents and other trusted adults about issues related to relationships, growth and development, sexual decision-making, and sexual health.
- 901.23.02 Justify the benefits of respecting individual differences in aspects of sexuality, growth and development, and physical appearance.
- 901.23.03 Describe what constitutes sexual consent, its importance, and legal consequences of sexual behavior without consent.
- 901.23.04 Differentiate between sex assigned at birth, gender identity, and gender expression.
- 901.23.05 Summarize the relationship between the menstrual cycle and conception.
- 901.23.06 Identify how systemic oppression and intersectionality impacts the sexual health of communities of color and other marginalized groups.
- 901.23.07 Explain how sexual behaviors and practices including abstinence, use of condoms, sexual activity, and multiple partners influence contraction of HIV/AIDS and STIs.

901.23.08 Explain how other behaviors and practices, such as drug use, sharing needles (piercing, drugs, tattoos), mother to child, and occupational exposure influence contraction of HIV/AIDS, STIs, and Hepatitis.

901.23.09 Describe common symptoms, or lack thereof, of and treatments for STIs, including HIV.

901.23.10 Explain the steps to using barrier methods correctly (e.g. external and internal condoms and dental dams).

901.23.11 Identify the laws related to reproductive and sexual health care services (e.g. contraception, pregnancy options, safe surrender policies, prenatal care).

901.23.12 Explain the importance of STI and HIV testing and counseling if one is sexually active.

901.23.13 Explain the impact sexually explicit media can have on one's perceptions of, and expectations for, a healthy relationship.

901.23.14 Examine resources to maintain or promote reproductive health.

901.23.15 Investigate factors that may contribute to a healthy relationship.

HE.901.24 Safety and Violence Prevention: Students will demonstrate the ability to apply prevention and intervention knowledge, skills, and processes to promote safe living in the home, school, and community.

901.24.01 Explain accepted procedures for basic first aid and emergency care.

901.24.02 Demonstrate skills related to cardiopulmonary resuscitation (CPR) and external defibrillators (AED).

901.24.03 Identify multiple ways to report bullying, sexual harassment, and other violent behaviors.

901.24.04 Distinguish between healthy and unhealthy verbal and/or non-verbal interactions.

901.24.05 Differentiate between healthy and unhealthy use of technology including social media, messaging and telephone/cell phones as it relates to harassment and intimidating behaviors.

901.24.06 Describe strategies to use social media and technology safely and respectfully.

901.24.07 Describe examples of harassment and other intimidating behaviors in media.

901.24.08 Assess ways to deter bullying and sexual harassment.

901.24.09 Demonstrate ways in which a positive bystander could respond to a situation when they or someone else is being sexually mistreated, groomed, harassed, abused, assaulted and/or exploited.

901.24.10 Analyze how physical, social, cultural, and emotional environments may contribute to sexual violence.

901.24.11 Investigate community resources for victims of sexual violence.

901.24.12 Explain why a person who has been sexually mistreated, groomed, harassed, abused, assaulted, or exploited is not at fault.

901.24.13 Identify multiple ways to report sexual mistreatment, grooming, harassment, abuse, assault, exploitation, and human trafficking.

901.24.14 Analyze laws, policies, and consequences related to sexual mistreatment, grooming, harassment, abuse, assault, exploitation, child sexual abuse images (child pornography), and human trafficking that are designed to protect young people.

HE.901.25 Healthy Eating: Students will demonstrate the ability to use nutrition and fitness knowledge, skills, and strategies to promote a healthy lifestyle.

- 901.25.01 Assess personal eating practices and behaviors.
- 901.25.02 Distinguish between foods and beverages that provide key nutrients versus those that contain few essential nutrients.
- 901.25.03 Describe the benefits of limiting the consumption of sugar-sweetened beverages.
- 901.25.04 Analyze the role of individual responsibility in enhancing healthy eating behaviors.
- 901.25.05 Evaluate personal healthy eating practices and behaviors that reduce or prevent health risks.
- 901.25.06 Develop a plan to attain a personal goal to improve healthy eating behaviors.
- 901.25.07 Summarize how to make balanced food selections when dining out.
- 901.25.08 Evaluate the role of community food access and determine community-level support or action.
- 901.25.09 Investigate the complexity of eating disorders and how they affect oral health
- 901.25.10 Examine the harmful effects of using certain weight-loss measures.

HE.901.26 Disease Prevention and Control: Students will demonstrate the ability to apply prevention and treatment knowledge, skills and strategies to reduce susceptibility and manage disease.

- 901.26.01 Summarize the symptoms and prevention of skin cancer.
- 901.26.02 Analyze the personal physical, emotional, mental, social, educational, and vocational performance benefits of rest and sleep
- 901.26.03 Analyze the factors that contribute to the major chronic diseases such as heart disease, cancer, diabetes, hypertension, osteoporosis, and skin cancer.
- 901.26.04 Summarize personal strategies for reducing diseases that affect the health of adolescents.
- 901.26.05 Examine the impact of human-induced environmental change on health and wellbeing.