

HEALTH PROMOTION AND PREVENTION OF ILLNESS

Health Promotion and Prevention of Illness

___ Describe healthy and unhealthy ways to deal with stress. *Health-01*

Factors that Influence Health

___ Identify social, emotional and economic effects of health problems on individuals and society (e.g. calculate the cost of an unexpected pregnancy, untreated chronic illnesses). *Health-02*

Environmental Factors

___ Describe potential solutions to address problems that affect a person's health (e.g. avoiding abuse, 2nd hand smoke, alcohol and drug parties). *Health-03*

HUMAN BODY

Structure and Function of Human Body

___ Describe the basics of the reproductive, cardiovascular and digestive systems and how they can be maintained in good health (e.g. nutrition and exercise). *Health-04*

Effects of Health Related Actions

___ Describe the effects of healthy living on individuals and their future generations and community resources available (e.g. depression/ suicide prevention; abstaining from alcohol, tobacco and other drugs; and proper nutrition). *Health-05*

Growth and Development

___ Describe the physical, mental and social health changes that occur during adolescence (e.g. hygiene, puberty changes). *Health-06*

COMMUNICATION AND CONFLICT RESOLUTION

Decision Making Skills

___ Apply a decision-making process to an individual health concern. *Health-07*

Enhancing Health and Avoiding Dangerous Situations

___ Apply refusal and negotiation skills to potentially harmful situations. *Health-08*