Middle School Health Curriculum Plan
*Bree's Law document 6-8 progression document
*Erin's Law document 6-8 progression document

6th grade (taught in 6th grade "Intro to Middle School")				
Unit/Topic	**Standard**	**Activities**	**Assessments**	**Community Resources**
-Healthy Friendships -Body Changes -Bullying		-Second Step lessons on healthy relationships and anti-bullying	n/a	Petersburg Medical Center-Ashley Kawashima, LPSW (Mental Wellness talk) Petersburg Medical Center/School Nurse-Laura Holder, RN
7th grade (taught through read block times)				
Unit/Topic	**Standard**	**Activities**	**Assessments**	**Community Resources**
-Healthy/Unhealthy Relationships -Bullying	A1, A4 B1 C4, C5	-AK Safe Children's Act (Erin's & Bree's Law) lessons taught with state curriculum	n/a	Petersburg Medical Center-Ashley Kawashima, LPSW (modified Signs of Suicide) Petersburg Medical Center/School Nurse-Laura Holder, RN
8th grade (taught in required health class)				
Topic and Outcome	**Standard**	**Activities**	**Assessments**	**Community Resources**

Topic: Mental Health **Outcome:** 1. Understand the qualities of a teenage brain, the function of each lobe, the role of the amygdala and hippocampus. 2. Understand what makes their brain different than an adults; 3. Supporting students in identifying threats to mental health early, and taking measures to increase factors that protect mental health. 4. Introducing students to the experiences of others in order to develop awareness and empathy, reduce stigma, and provide facts on the prevalence and symptoms of mental health conditions. 5. Fostering a mental health mindset and introducing mental wellness activities to help students develop feelings of self-efficacy and skills that promote and model advocacy for self and others.	A1	-Who am I? -Mental Health Basics -Understanding Mental Health Challenges -Mental Health Coping Strategies -Seeking/Offering Support -Teen Brain	Teen Brain Choice Board Mental Health Ad to Teens (Flipgrid)	Petersburg Medical Center-Ashley Kawashima, LPSW (modified Signs of Suicide) Petersburg Medical Center/School Nurse-Laura Holder, RN
Topic: Sleep **Outcome:** 1. Understand the importance of sleep for teenagers brain and development and how their sleep patterns are different from adults 2. Understand how the human	A2	-Sleep discussion & research	Research Project: Should Schools Change Sleep Time OR Sleep Disorder Research Project	

body is affected by behaviors related to eating habits, physical fitness, personal hygiene, harmful substances, safety, and environmental conditions;				
Topic: Nutrition **Outcome:** 1. Describe how public policy affects the well-being of families and communities; 2. Grow food (or understand the process) to grow food locally in the community garden	D3	-Food deserts -Community garden	Grow food & cook a meal with it	School/Community Garden
Topic: Relationships **Outcome:** (see standards) 1. Understand the physical and behavioral characteristics of human sexual development and maturity (A1) 2. Demonstrate a variety of communication skills that contribute to well-being (B2) 3. Resolve conflicts responsibly; 4. Communicate effectively within relationships (C1) 5. Evaluate how similarities and differences among individuals contribute to relationships (C2) 6. Understand how respect for the rights of self and others contributes to relationships (C3) 7. Understand how attitude and behavior affect the well-being of self and others (C4) 8. Assess the effects of culture, heritage, and traditions on well-being (C5)	A7, B2 C1-5 D4	-Healthy Relationships (SecondStep) -The Fourth R -Consent (Drinking tea video) -Who's Who -Male/Female Reproductive Anatomy Slides + Notes -STI's/STD's and contraceptives (worksheet) -Unhealthy relationships -AK Safe Children's Act	Healthy vs Unhealthy relationship infographic	Safer, Smarter Teens-Working Against Violence for Everyone (WAVE) -Lesson 2 -Lesson 4 In Their Shoes-WAVE Public Health Nurse-Erin Michael, RN

9. identify and evaluate the roles and influences of public and private organizations that contribute to the well-being of communities (D4)				
Topic: Alcohol, Tobacco and Other Drugs **Alcohol and Other Drugs Outcome:** 1. demonstrate an ability to make responsible decisions by discriminating among risks and by identifying consequences (B1) 2. make responsible decisions as a member of a family or community (D1) 3. take responsible actions to create safe and healthy environments (D2) **Vaping Outcomes** 4. Understand that e-cigarettes can deliver as much or more nicotine than cigarettes and that regardless of delivery mechanism, nicotine is addictive. 5. State the health risks associated with using e-cigarettes due to their chemical ingredients and delivery mechanism. 6. Describe the strategies used by e-cigarette manufacturers to appeal to their current and prospective users. 7. Understand that you are empowered to make healthy	B1 D1, D2,	-Vaping: everfi online modules & discussion -Alcohol: what is it, what does it do to your body (video), refusal skills, peer pressure, alcohol research (laws, BAC, binge drinking, how to care for a drunk person, effects on the body, FAS), -Drugs: opioid epidemic, drug research project	Anti-Vaping School Campaign	

and informed choices, to help others make those choices. 8. Demonstrate how to seek out, recommend, and utilize the support services and resources that are available in school, local community, or nationally, to help you or someone else quit using.				

Resources Used:
Second Step, School Connect, Safer, Smarter, Teens, TedEd: Sleep is Your Superpower (video), Who's Who (worksheet), Male/Female Reproductive Anatomy Slides + Notes, In Their Shoes, AK Safe Childrens, Tea Consent (clean video), Friends Can Help Stop Sexual Health (video), Don't Let Pressure End Up As Sexual Abuse (video), Saying No To Prevent Sexual Abuse (video), Sexual Health (iknowmine.org), Love is Respect, Vaping: Know the Truth (Everfi), Song for Charlie

Documents Home:
Syllabus
Sex Ed Letter
AK Safe Children's Letter
Mental Health Presentation Letter
Crisis Line Resource Card
Local/National Resource Sheet

High School Health Curriculum Plan

9th and 10th Grade Health

Unit/Topic	Standard	Skills/Activities	Assessments	Community Resources
Social Emotional	A1, A4, A5, A8 B2, B4, B5, B6 C1, C2, C3, C4, C5, C6	- Maslow's pyramid - Self-esteem - Healthy communication - Stressed @ PHS project - Advocacy	Class Discussion, Journal responses, Unit project, Assignments, Unit test	Petersburg Medical Center- Ashley Kawashima, LPSW (Signs of Suicide)

	D1, D2, D4, D5, D6	- Anti bullying		
Nutrition	A2, A3, A5, A6, A8 B3, B4, B5 C6 D1, D2, D6	- Nutrients - Food groups - Eating disorders - Weight of the nation - Obesity - Global nutrition	Class Discussion, Journal responses, Assignments Unit test	School Nurse-Laura Holder, RN
Alcohol Tobacco Other Drugs	A2, A3, A5 B1, B2 D1, D2, D3, D4, D6	- Alcoholism - Drug addictions - Refusal skills - Decision making model	Class Discussion, Journal responses,Unit project, Assignments, Unit test	Petersburg Police Department-Eric Wolf
Healthy Relationships	A1, A4, A5, A7, A8 B1, B2, B3, B4, B6 C1, C2, C3, C4, C5, C6 D1, D2, D3, D4, D6	- What is a healthy relationship/abusive relationship - Concent - Reproductive parts + function - Conception + pregnancy - STD's - Birth control	Class Discussion, Teacher observation, Journal responses, Assignments, Unit test	Public Health Nurse-Erin Michael, RN School Nurse-Laura Holder, RN
Grades 10-12				
AK Safe Children's Act		-Erin's Law & Bree's Law -DEED Curriculum	-Discussions within curriculum	
Suicide Prevention		-FACTS & ACT model of suicide prevention -Signs of Suicide -Erika's Lighthouse	-Discussion	Petersburg Medical Center- Ashley Kawashima, LPSW (Signs of Suicide)
Resources: Dating Relationships & Sex Ed ppt				

Birth Control
STD Powerpoint
Suicide Prevention Slides

Documents:
High School Health Syllabus
Health contract
Letter to Parents
AK Safe Children's Act Lesson Notification 9-12
Signs of Suicide Notification Letter
Crisis Line Resource Card
Local/National Resource Sheet