

Elective Course Description

Course Name	Health Education 2 - Social and Emotional Health
Course Number	TBD after Board approval
Length of Course	One Semester
Grade Level	7-8, 9-12
Credit Type	0.5 Elective Per Semester (for students in grades 9-12)
Grading Scale	A-F
Course Prerequisite	None, pairs with "Health Education 1" for a full-year course
Course Summary	The focus of the course is to deepen each student's understanding of how to obtain, interpret and understand basic health information and services, and to acquire the knowledge and skills necessary to promote the lifelong goals of health and wellness.
Primary Materials	Textbook, First Aid Manual, various digital and printed media
Standards	Skills for a Healthy Life: A.2 Understand how the human body is affected... A.4 Recognize patterns of abuse... A.6 Use knowledge and skills related to physical fitness... B.1 Demonstrate an ability to make responsible decisions... C.1 Resolve conflicts... D.2 Take responsible actions to create safe and healthy environments.
Assessment	Unit tests (30%), quizzes (30%), skill demonstrations (20%), projects (20%)

Activities

Week 1	Health overview, health risks (Chapter 1)
Week 2	Personality and Self-esteem (Chapter 2)
Week 3	Emotions, coping strategies (Chapter 2)
Week 4	Managing and coping with stress (Chapter 3)
Week 5	Mental disorders (Chapter 5)
Week 6	Depression and suicide continued (Chapter 5)
Week 7	Family relationships (Chapter 6)
Week 8	Keeping the family healthy, building healthy relationships (Chapter 6)
Week 9	Friendships and intimacy (Chapter 6)
Week 10	Preventing violence (Chapter 7)
Week 11	Food and nutrition (Chapter 8)
Week 12	Making healthy food choices (Chapter 9)
Week 13	Exercise and lifelong fitness (Chapter 13)
Week 14	Alcohol and tobacco (Chapter 15 and 16)
Week 15	Drugs and drug abuse (Chapter 17)
Week 16	Childhood, adolescence and adulthood (Chapter 19-20)