

The Hinsdale School District Health Curriculum is based on National and State Standards as well as information from the Centers for Disease Control, information on prevention of adolescent risk behaviors and best practices in health education content areas. All of the above are inter-related and reflected in the curriculum document.

# Grades 9-12

<b>Curriculum Guideline # 1</b>	Students will comprehend concepts related to health promotion and disease prevention.
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PERFORMANCE INDICATOR	OBJECTIVES	ASSESSMENT
Identifies concepts related to physical well being, nutrition, rest and recovery, and hygiene.	Students will engage in activities that ensure good health, i.e. wash hands; 60 minutes of physical activity; cover your sneeze; healthy food choices; etc.	Question and Answer Observation
Understands how to prevent injuries and illnesses such use of appropriate safety equipment; when to go to the Doctor; etc.	To avoid injury and illness	Following Safety Rules Observation Question and Answer Quizzes
Understands basic health terms and concepts	Students will know terms and applications to a healthy lifestyle.	Observation Question and Answer Quizzes
Understands the relationship between personal behaviors and individual well being.	To make healthy choices based on the cause and effect.	Observation Written Assignments Projects Group Discussions Question and Answer Quizzes and Tests
Understands the interrelationships of mental, emotional, social, and physical health.	Students will know that each aspect effects ones overall well being.	Observation Written Assignments Projects Group Discussions

		Question and Answer Quizzes and Tests
Understands how the functions of the body are affected by behaviors and choices ie: smoking, drinking, sedentary lifestyle, etc.	Students will make healthy choices regarding behaviors.	Observation Written Assignments Projects Group Discussions Question and Answer Quizzes and Tests

<b>Curriculum Guideline # 2</b>	Students will demonstrate the ability to access valid health information and health-promoting products and services.
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<b>PERFORMANCE INDICATOR</b>	<b>OBJECTIVES</b>	<b>ASSESSMENT</b>
Identifies and analyzes the validity of multiple resources that provide health information.	Students can make informed choices of where to find information about their health.	Observation Question and Answer Discussion Projects
Understands and analyzes the influence of media on health choices.	Students are aware of the power of media to influence their choices.	Observation Question and Answer Discussion Project
Understands the validity of basic signs, symbols, and warning labels.	Students will avoid dangerous products.	Observation Question and Answer Discussion Projects

Understands how to compare the costs and effectiveness of health products (i.e. brand vs. generic; homeopathic vs. standard).	Students can make informed decisions.	Observation Question and Answer Discussion Projects
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<b>Curriculum Guideline # 3</b>	Students will demonstrate the ability to practice health-enhancing behaviors and reduce health risks.
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<b>PERFORMANCE INDICATOR</b>	<b>OBJECTIVES</b>	<b>ASSESSMENT</b>
Identifies ways to avoid trouble and to seek help in threatening situations.	Students will know what to do in a harmful situation.	Role Play Discussion Question and Answer
Identifies good personal hygiene skills including but not limited to: teeth brushing, bathing, hand washing, hair washing and brushing, cleaning finger nails, wearing deodorant, changing clothes, etc.	Students will be able to utilize the personal hygiene skills needed to stay healthy.	Role Playing Discussion Question and Answer
Identifies the skills needed to avoid injury: safety equipment, road crossing, seat belts, etc.	Students will remain safe while engaged in activities.	Role Play Discussion Question and Answer
Understand that as they get older their bodies will go through changes.	Students will understand that their bodies will go through changes at various times during puberty, and that these changes are based on heredity factors.	Role Play Discussion Question and Answer

Identifies and develops strategies to improve or maintain personal and family health, see appendix	Students are able to make responsible choices that will enable them to reduce their health risks and enhance their personal health.	Written Assignments Quizzes Projects
Identifies stressors and strategies for reducing the stress.	Students will be able to successfully handle stress in their lives.	Written Assignments Quizzes Projects

Demonstrates the ability to analyze a personal health assessment to determine health strengths and risks.	Students are able to analyze their own health and health related risks to make changes for a healthier lifestyle.	Written Assignments Discussions Quizzes Projects
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<b>Curriculum Guideline # 4</b>	Students will analyze the influence of culture, media, technology and other factors on health.
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<b>PERFORMANCE INDICATOR</b>	<b>OBJECTIVES</b>	<b>ASSESSMENT</b>
Identifies how media, technology and cultural backgrounds influence their health.	Students understand that there are many factors that influence their decision making.	Question and Answer Observation Quizzes and Tests Projects Written Assignments

Identifies how family structure influences personal health behaviors.	Students understand that all aspects of the family structure influence their decision making and overall health; such as: physical activity, nutrition, leisure activities, and rest.	Question and Answer Observation Quizzes and Tests Written Assignments
Identifies how school and peer influence affects their health.	Students can make informed decisions regarding their personal health and safety.	Question and Answer Observation Quizzes and Tests Written Assignments Role Play

<b>Curriculum Guideline # 5</b>	Students will demonstrate the ability to use interpersonal communication skills to enhance health
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<b>PERFORMANCE INDICATOR</b>	<b>OBJECTIVES</b>	<b>ASSESSMENT</b>
Identifies effective communication skills.	Students will be able to understand verbal and nonverbal cues to respond appropriately to the situation.	Observation Question and Answer Written Assignments Quizzes Role Play
Identifies positive ways to resolve conflicts.	Students will learn techniques for conflict resolution and when to seek adult intervention.	Observation Question and Answer Written Assignments Quizzes

		Role Play
Identifies factors that influence effective communication.	Students will understand how communication can be enhanced or hindered by a variety of factors.	Observation Question and Answer Written Assignments Quizzes Role Play
Identifies ways to say “no” when appropriate	Students will understand when, where and how to use refusal skills.	Observation Question and Answer Written Assignments Role Play

<b>Curriculum Guideline # 6</b>	Students will demonstrate the ability to use goal-setting and decision-making skills to enhance health
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<b>PERFORMANCE INDICATOR</b>	<b>OBJECTIVES</b>	<b>ASSESSMENT</b>
Explains when and who to ask for assistance in making health related decisions and setting goals.	Students can identify resources that can help them make health related decisions.	Observation Question and Answer Role Play Written Assignments

Predicts how decisions regarding health behaviors have consequences for self and others.	Students understand that decisions will affect their health and the health of others.	Observation Question and Answer Role Play Thinking Map Written Assignments
Demonstrates the ability to apply a decision making process; identify the problem, review the choices, evaluate the consequences, assess the best choice, reflection.	Students understand that there are steps to a decision making process.	Observation Question and Answer Role Play Thinking Map Written Assignments
Demonstrates the ability to set short and long term personal health goals.	Students can make choices that work towards improving their health.  Students understand the benefit of setting a goal and working towards it.	Observation Question and Answer Role Play Thinking Map Written Assignments

<b>Curriculum Guideline # 7</b>	Students will demonstrate the ability to advocate for personal, family, and community health.
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PERFORMANCE INDICATOR	OBJECTIVES	ASSESSMENT
Demonstrate the ability to share and explain accurate health information based on peer and societal norms.	Students can differentiate between accurate and in-accurate information.	Observation Question and Answer Skits Posters Thinking Maps



Demonstrates the ability to analyze various communication methods to accurately express health information and ideas.	Students will be able to choose a means of communication that is appropriate to the audience and topic.	Projects Posters Written Work
Demonstrates the ability to identify barriers to effective communication.	Students will understand that there may be barriers and will be able to choose other forms of communication.	Projects Posters Written Work
Demonstrates the ability to work cooperatively.	Students can work with others to advocate for personal, family, and community health.	Observation Written Assignments Projects
Demonstrates the ability to influence and support others to make positive health choices.	Students will understand how to help others.	Observation Written Assignments Projects