

Grade 11 Health

Content Standards:

Students will:

- Know how to establish and maintain physical, social, and mental/emotional health
- Know how to prevent injury and disease
- Understand basic principles of human growth and development
- Know how to establish and maintain substance-free lifestyles

Major resources:

Health, Skills for Wellness (Prentice Hall 1994)

Benchmark	Topic
<ol style="list-style-type: none"> 1. Understand the process of addiction and its relationship to brain chemistry. 2. Know the addictive process is progressive and how to get help. 3. Understand how the addictive process gets started. 4. Describe the cues signaling addiction. 5. Understand how addicts structure their lives. 6. Know important elements needed for recovery. 	<p style="text-align: center;">Addiction</p> <p style="text-align: center;">Videos—"The Addicted Brain" "Are You Addicted?"</p>

Benchmark	Topic
<ol style="list-style-type: none"> 1. List the names and functions of the major endocrine glands and describe how they regulate many bodily functions. 2. Explain how the male reproduction functions. 3. Explain how the female reproduction functions. 4. Describe how to perform breast and testicular examinations. 5. Identify common disorders of the female and male reproductive system. 	<p style="text-align: center;">Reproduction (Chapter 8)</p>

Benchmark	Topic
<ol style="list-style-type: none"> 1. List the reasons that parents decide to have children. 2. Explain the series of events that lead to pregnancy. 3. Discuss the development of the embryo and fetus. 4. Discuss the components of good prenatal care. 5. Model some of the responsibilities of parenthood. 6. Describe the three stages of birth. 7. Describe some of the complications that can arrive during pregnancy and birth. 	<p>Pregnancy and Birth</p> <p>Chapter 9</p>

Benchmark	Topic
<ol style="list-style-type: none"> 1. Explain how the spread of STD's can be prevented. 2. Discuss symptoms and treatments of common STD's/ 3. Describe the symptoms, common mode of transmission, testing and treatment of HIV and AIDS. 4. Identify behaviors that put a person at risk for contracting HIV. 	<p>AIDS & STD's</p> <p>(Chapter 23)</p>

Benchmark	Topic
<ol style="list-style-type: none"> 1. Understand that date rape is forced, unwanted sex committed by someone the victim knows and may even trust. 2. Appreciate how cultural conditioning contributes to date rape and sexual exploitation. 3. Know how alcohol and drug use greatly increase the risk of date rape and sexual exploitation. 4. Know the importance defining sexual limits and clear communication about sexual issues and values. 5. Develop strategies to avoid exploitation in dating relationships. 	<p>Date Rape, Gender Differences, Body</p> <p>Images</p>

Benchmark	Topic
<ol style="list-style-type: none"> 1. Respect others based on their worth not pre-existing stereotypes. 2. Appreciate the uniqueness of individuals. 3. Understand that prejudice and discrimination are learned responses and behaviors. 4. Define sex role stereotyping and sexism. 5. Distinguish between sex roles that are biologically and culturally determined. 6. Explore reasons why various populations experience discrimination in society and why some individuals perpetrate discrimination and prejudice. 	<p>Discrimination / Prejudice</p>

<p>7. Develop a personal strategy related to combating discrimination and prejudice.</p> <p>8. Interpret the role media plays in perpetuating /combating prejudice and discrimination.</p>	
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