

## Grade 9 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"> <li>1. Interpret the school Mission Statement and Code of Conduct.</li> <li>2. Understand the need to feel respected and to respect others.</li> <li>3. Recognize behaviors that represent harassment and bullying.</li> <li>4. Practice appropriate strategies for handling harassment/bullying situations.</li> </ol>	<p style="text-align: center;">Preventing Harassment and Bullying By Respecting Self and Others</p>

Benchmark	Topic
<ol style="list-style-type: none"> <li>1. Practice effective communication, assertiveness, and conflict resolution skills.</li> <li>2. Discriminate between behaviors that are most likely to impact healthy and unhealthy lifestyles.</li> <li>3. Practice decision-making skills.</li> <li>4. Explain the relationship between current decisions and future wellness.</li> </ol>	<p style="text-align: center;">Making healthy choices  (Chapter 1)</p>

Benchmark	Topic
<ol style="list-style-type: none"> <li>1. Recognize behavior of concern that may be related to depression and suicide.</li> <li>2. Describe strategies for preventing suicide.</li> </ol>	<p style="text-align: center;">Suicide Prevention</p>

3. Identify ways to intervene to help a depressed friend.

Benchmark	Topic
<ol style="list-style-type: none"> <li>1. Distinguish between drug use, misuse and abuse of prescription and over-the-counter drugs.</li> <li>2. Identify factors that contribute to drug abuse among teenagers and adults.</li> <li>3. Describe how drugs work, their side effects and how they are commonly abused.</li> <li>4. Explain treatment programs available for rehabilitation.</li> <li>5. Identify resources and develop strategies to intervene to help a drug dependent friend.</li> </ol>	<p style="text-align: center;">Preventing Drug Abuse (Chapter 21)</p>

Benchmark	Topic
<ol style="list-style-type: none"> <li>1. Discuss the causes of infectious diseases and the ways in which diseases are spread.</li> <li>2. Explain the body's defenses against infectious diseases.</li> <li>3. Identify the stages of infectious disease.</li> <li>4. Describe how to use medicine safely and effectively.</li> <li>5. Identify the behaviors that put a person at risk for developing HIV.</li> </ol>	<p style="text-align: center;">Infectious Diseases (Chapter 22)</p>