

GBCS Curriculum Guide	Column1	Column2	GRADE:	Column3	SUBJECT:	Column4	Column5	Column6
Topic	Pacing	Unit	Standards	Enduring Understandings & Essential Questions	Learning Targets	Vocabulary/Concepts	Materials	Assessments
Introduction to Health	2 weeks	Mental Health	<p><u>Standard 4:</u> Students will analyze the influence of culture, media, technology, and other factors on health</p> <p><u>Standard 7:</u> Students will demonstrate the ability to advocate for personal, family, and community health.</p>	Our health is comprised of 3 main parts. Each part is equally important to maintain. It is important to evaluate our influences on our health and develop understanding for positive versus negative understandings.		Communication, Mental health, physical fitness, social health, psychotherapy, risk behavior, heredity, environment influence		
Mental Health	3 weeks	Mental Health	<p><u>Standard 6:</u> Students will demonstrate the ability to use goal-setting and decision-making skills to enhance health</p> <p><u>Standard 2:</u> Students will demonstrate the ability to access valid health information and health-promoting products and services.</p>	Being mentally healthy requires the ability to positively relieve stress, communicate, and have the ability to advocate for self and others by seeking help when mental illness issues develop. How does the health triangle affect our lives on a daily basis?		abuse, affirmation, anorexia, anxiety, apathy, assertive, compromise, depression, psychotherapy, cognitive therapy, suicide, tolerance, stress, body image, bulimia nervosa, autonomy, apathy,		
Sex Education	3-4 weeks	Sexual Health	<p><u>Standard 5:</u> Students will demonstrate the ability to use interpersonal communication skills to enhance health.</p> <p>Standard 3: Students will demonstrate the ability to practice health-enhancing behaviors and reduce health risks</p>	Abstinence until marriage is the only safe choice. If choosing to engage in pre-marital sex an individual should take precautions such as properly using contraceptives and being tested for STI's to reduce risks, What are some ways that pre-marital sex can cause problems for the individual or their relationship?		abstinence, asymptomatic, Embryo, Fallopian Tubes, Menstruation, Ovaries, Ovulation, Progressive Disease, Sterility, Testes, Urethra, Uterus, Vagina		
Alcohol, tobacco, and other drugs	3 weeks	Substance Abuse and awareness	<p><u>Standard 5:</u> Students will demonstrate the ability to use interpersonal communication skills to enhance health</p> <p><u>Standard 6:</u> Students will demonstrate the ability to use goal-setting and decision-making skills to enhance health.</p>	Decision making is an important part of becoming an adult and developing a healthy mindset is key to avoiding the pitfalls of addiction. How can recreational ATOD use lead to addiction and or death?		Addiction, Alcoholism, BAC, Cancer, Carcinogen, Cirrhosis, Depressant, Designer Drug, Drug Therapy, Drugs, Euphoria, Exposure, Emphysema, Ethanol, Nicotine, Psychoactive Drugs, Sobriety, stimulant		

