

Grade 9-12 Health
Informed Choices/Risk Reduction

	Semester Course usually in grades 9 or 10		
	Health Knowledge	Influences on Health	Health Skills
Strands	Health Concepts A Health Information B	Influences on Health D Health Promotion and Risk Reduction C	Communication Skills E Decision-making and Goal setting F
	http://www.state.me.us/education/lres/hpe.htm		
Activities	Nutrition discussion Weekly food log Research and reporting on risky behaviors Speakers Drunk driving goggles Videos Menu Log Smoking demonstration model Youth Risk Behavior data analysis Role playing Directed research on health information Vocabulary challenge	Lens activity Directed research Gender equity analysis Media evaluation Current events analysis Discussion: response to “What if?” scenarios Role play peer pressure situations Sexual harassment video Stress management plans Meditation/relaxation activity	Role playing Group collaboration activity Student presentations Compare and contrast health information Adapt health message for a target audience Smoking brochure Create a bulletin board Individual decision-making activity Group decision-making activity Discussion of low, medium, and high risk activities Writing prompt: Teen Pregnancy Research personal fitness Weight training
Assessments	Smoking Prevention Brochure A:3 Choking and Breathing performance activity Ankle wrap rubric Sprains and Strains quiz: B:4	Reflection Paper on Advertisements D: 1,2 Personal health Stress Management Plan C:3	Effective Communication Skills E: 1,2 Personal Fitness Plan F: 4,5

Vocabulary	Physical, mental, social, spiritual, and vocational health Life stages Body systems Diseases Microorganisms Disease prevention Environmental health	Risky behaviors Propaganda Gender equity Harassment Sexual harassment Stress Meditation Relaxation techniques Eating disorders Substance abuse Validity	Effective listening I-messages Fitness terms
Resources	<p>http://www.ceismc.gatech.edu/busyt/eng.shtml This site allows you to search by grade spans and a list of lessons will come up.</p> <p>http://www.pecentral.org/lessonideas/health/healthlp.asp Gives you lots of different options into how you want to search.</p> <p>Speakers Videos Internet and library resources Community Resources United Video Streaming Health Maine Partnership School Health Coordinator School Nurse</p>		