1. **Overall Objectives**
   a. The providing of health information in such a way that it influences people to take positive action about their health.
   b. To improve students total physical, mental, and social well being.

2. **Topics – Content**
   a. *Communicable Disease:* (2 weeks)
      - Differentiate among the disease-causing microorganisms
      - Describe the body’s defense against disease
      - Explain the infectious disease process
      - Identify symptoms and treatment of common infectious diseases
      - Describe preventive measures of common infectious diseases
   
   b. *Sexually Transmitted Disease (STD’S):* (2 weeks)
      - Define the term STD
      - Identify and describe the symptoms and treatments for the most serious STD’s
      - Identify the serious complications of each STD, if not treated
      - Discuss the importance of seeking medical attention
      - Identify how the spread of STD’s can be prevented
      - View STD’s as a serious threat to one’s total health
      - Facts about pregnancy
      - Discuss the social consequences of teen pregnancy
   
   c. *Non-communicable Diseases and Disorders:* (3 weeks)
      - Describe how one’s life-style relates to chronic and degenerative diseases
      - Describe hypertension as a silent, mysterious killer
      - Define and describe atherosclerosis
      - Explain what happens when a person has a heart attack
      - Explain how cancer develops
      - Describe cancer symptoms and treatments
      - Define diabetes
      - Describe arthritis
   
   d. *Wellness and Mental Health:* (1 week)
      - Describe the characteristics of good mental health
      - Explain how self-concept develops
      - Explain how an expression of emotions affects one’s mental and physical health
      - Describe a basic method for solving problems
e. Managing Stress in Your Life (1 week)
   Distinguish between stress and distress
   Identify stresses in daily life
   Explain the relationship of changed to stress
   Relate excess stress to disease
   List skills in managing time

f. Mental Disorders and Mental Health (1 week)
   Define organic and functional mental disorders
   Describe signs of suicidal behavior and ways to help prevent suicide
   Explain what alienation and its effect mean
   List various therapies that mental health professionals can practice

g. The Circulatory and Respiratory Systems (3 weeks)
   Describe the anatomy and the function of the heart
   Explain what blood pressure is and how it is measured
   Names some illnesses of the circulatory system
   Explain the process of respiration
   Explain the anatomy and the functions of the respiratory system
   Name some illnesses of the respiratory system

h. Tobacco – Pick Your Poison (1 week)
   Identify the health risks related to smoking
   Describe the effects of smoking on the body
   Describe the effects of cigarette smoke on a nonsmoker
   Explain the health problems associated with smokeless tobacco

i. Alcohol – A Risk to your Well-being (2 weeks)
   Explain the effects of alcohol on the body
   Describe what happens to alcohol when one takes a drink
   Explain what is meant by fetal alcohol syndrome – FAS
   List reasons why young people drink and do not drink
   Describe the stages of alcoholism
   Explain what kind of help is available

j. Drug Abuse and Illegal Drugs (2 weeks)
   Differentiate between drug use, misuse, and abuse
   Explain the effects of stimulants and depressants
   Describe the effects of narcotics and hallucinogens on the body
   Identify the health risks of marijuana
   Explain the problem of inhalants, look-alike and designer drugs
   List alternatives to drug abuse

k. Parenting Education (2 weeks)
   Students will understand roles and responsibilities of parenting
   Identify the major events of the family cycle
   Students will be able to identify traits of a healthy family and use
   Support systems and services when necessary
   Identify reasons why teenage marriages have difficulty
OUTSIDE HEALTH AGENCIES

Wayne County Public Health Service – Lyons, NY
Wayne County STOP/DWI Program – Lyons, NY
East Hill Family Medical – Wayne County
Crisis Pregnancy Center – Palmyra, NY
Newark Developmental Center – Newark, NY
Lyons Police Department
New York State Troopers
Even Start – Teen Pregnancy – Wayne County
Finger lakes Donor Recovery Network – Rochester, NY
American Cancer Society
Red Cross
AIDS Rochester
Alliance for the Mentally Ill of New York State
School Nurse, School Psychologist, Student Counseling and Guidance Office

MAGAZINES

Current Health 2-Weekly Reader Corporation
Human Sexuality Supplement to Current Health

PROGRAMS AND VIDEOS

Changing Channels
What’s Wrong with Inhalants?
Dangerous Relationships
Hurting with Words
Relationships: Good/Bad
Too Smart To Start
...And Down Will Come Baby
Update: STD’s
Teenage Father
No Means No
Using Abstinence
Kids Having Kids
Date Rape
Miracle of Life
Sprains and Strains
Mystery Lights of Navajo Mesa
Fears, Phobias, Obsessions
First Aid
Cancer/Hope

Talks Tobacco
You Would If You Loved Me/Parts 1 & 2
Slam!
Anger/Emotions
Child Abuse
Sexual Harassment
Facing AIDS
Dealing With It
Vaginal Yeast Infections
Considering Condoms
The Blame Game
Dangerous Game
Systems of the Human Body