**Niagara Falls High School Health Curriculum**

**Scope and Sequence**

**2024**

**Weeks 1-5**

**What Is Health and Wellness?**

* **Define health and wellness**
* **Physical, mental, emotional, and social dimensions of health are interrelated.**
* **Factors Affecting Health and Wellness**
* **Environmental Factors Affecting Health and Wellness**
* **Understand the importance of Health Literacy**
* **Making Decisions and Setting Goals**
* **Accessing Health Services**

**Social Health/Communication**

* **Resolving Conflicts**
* **Resisting Pressure**

**Mental/Emotional Health**

* **Recognize the characteristics of mental and emotional health**
* **Embracing your Identity**
* **Building Self- Esteem**
* **Expressing Emotions**
* **Developing Empathy and Resilience**
* **Stress – Good vs. Bad**
* **Mental Illnesses**

**Weeks 6-10**

**Nutrition**

* **Identify and understand the six types of nutrients**
* **Dietary Guidelines for healthy eating**
* **Discover “My Plate” food guidance system**
* **Read and understand nutrition information on food labels**
* **Summarize factors that determine a healthy body weight**
* **Strategies for determining healthy weight**
* **Recognize health consequences associated with unhealthy weight status**
* **Recognize unhealthy and healthy weight loss strategies**
* **Recognize strategies for healthy weight gain**
* **Identify factors that can influence a person’s body imag**e

**Physical Fitness**

* **Define the term physical fitness**
* **Discuss some of the benefits of physical activity**
* **Describe the components of physical fitness**
* **Determine and monitor desired target heart rates**
* **Develop a personal fitness plan**
* **Apply guidelines to prevent injuries from physical activity**

**Weeks 11-15**

**Social Health and Relationships**

* **Healthy Relationships**
* **Family and Community Relationships**
* **Peer Relationships**
* **Romantic Relationships**

**Violence Prevention**

* **Bullying and Cyberbullying**
* **Sexual Harassment and Assault**
* **Abuse and Neglect**
* **Violence in the Community/Human Trafficking**

**Substance Abuse**

* **Vaping and Tobacco**
* **Alcohol**
* **Prescription and Recreational Drugs**
* **Addiction and Treatment**

**Weeks 16-20**

**Communicable Diseases**

* **Identifying and Analyzing Communicable Diseases**
* **Recognizing Communicable Diseases**
* **Prevention and Treatment**

**Noncommunicable Diseases**

* **Identifying and Analyzing Noncommunicable Diseases**
* **Cardiovascular Disease**
* **Cancer**
* **Other Noncommunicable Diseases**

**Sexually Transmitted Diseases**

* **Common STIs**
* **Prevention and Treatment**
* **HIV/AIDS**

**Pregnancy**

* **Contraception**
* **Barrier Methods**
* **Hormonal Methods**
* **Natural Methods and Sterilization**

**Human Development & Sexuality**

* **Male and Female Reproductive System**

**Preventing Injuries and First Aid**

* **Hands only CPR**
* **AED Training**
* **Chain of Survival**
* **Cardiac Emergencies**
* **Emergency Situations**