

HEALTH AND WELLNESS

Course Guide - Huron & Pioneer

COURSE #	COURSE	TERM	GRADE LEVEL	PREREQUISITE
10195	Health & Wellness	Semester	10 11 12	none

Health and Wellness builds on the principles learned in the middle school health course. A health credit is required for graduation at both Huron and Pioneer. There are four main units of study in the course. The units will explore topics including, but not limited to:

Emotional Development /Mental Health - Personality and emotional development; stress and stress management; anger and anger management; development and influences on a healthy self concept; theories of emotional development; discrimination; mental health & mental illness

Substance Use - Experimentation; social use; abuse; addiction; media's influence; families of chemicals; physical, psychological and emotional effects on the individual, family and social structure; legal issues; relations to mental and physical illness; advertisement

Contemporary Risks & Behavior - Social, domestic, child, sexual and dating violence; social influences; media's influences; family influences; chemical influences; discrimination and objectification

Human Sexuality - Anatomy; physiology; emotional aspects; social aspects; contraception; STI's; sexual violence; sexual risk taking; substance abuse and sexual health; media; sexual discrimination; characteristics of healthy relationships; family structures and dynamics; dating

Consistent with the State Board of Education, parents have the right to review all materials used in the reproductive health unit. Parents should contact the teacher to do so. Parents also have the right to remove their child from this portion of the class without penalty to the student. The student will be given an alternative, individual assignment during this section of the course. Parents should contact the principal and teacher in writing to do so.

CREDIT(S) .50 unit per semester

Required

SCHOOL(S) Huron & Pioneer