

HPHS Health Curriculum Map

Unit	SHAPE America: National Health Education Standards	Illinois State Learning Standards	CASEL Competencies	National Sex Education Standards	Student Learning Targets: (Students will be able to...)
Unit 1: Intro to Health & Wellness	1.12.1-9 2.12.1-3 2.12.8-9 5.12.1-2 5.12.7 6.12.1-2 7.12.1-3	22.A.4b 22.D.4a 23.B.4a 23.B.5a 24.B.4a 24.B.5a	Self-Awareness Decision Making Social Awareness	Identity <i>ID.12.ADV1</i>	Define Health/Wellness & components. Identify factors that influence their physical, mental, emotional, and social health and wellness. Explain how behaviors and choices made affect one's health. Identify and apply the steps in the decision making model. Describe how risk factors can affect one's health. Identify leading killers and life expectancy rates. Identify resources in our school for help in areas of health and wellness. Define and differentiate the 3 aspects of the health triangle and how they are related.
Unit 2: Mental/Emotional Health	1.12.2 1.12.7 2.12.1-10 3.12.1-5 4.12.4 5.12.1-7	22.B.4a 22.B.5a 23.B.4a 22.D.4a 23.B.3a 23.C.4a	Self-Awareness Self-Management Social Awareness	Puberty & Adolescent Development <i>PD.12.CC.1</i> <i>PD.12.INF.1</i> <i>PD.12.DM.1</i> Identity <i>ID.12.ADV.1</i>	Identify the physical, mental/emotional and social effects of stress. Define healthy coping skills of stress. (i.e. self-care, exercise and its effects on the brain, etc.) Analyze the effects of technology, media, and societal trends that have an effect on mental/emotional health. Define, identify the symptoms and forms of treatment for a variety of mental disorders.

	6.12.1-2 7.12.1-3 8.12.1-4	23.D.4a			<p>Determine various causes of depression and identify warning signs of suicide.</p> <p>Identify various types of loss and the Stages of Grieving.</p> <p>Define and practice using the decision-making model.</p> <p>Identify resources within their school and their community to receive support.</p>
Unit 3: Substances	1.12.1 1.12.5 1.12.8-9 2.12.3 2.12.7-9 3.12.4 4.12.1-4 5.12.1-7 7.12.1-3 8.12.1-2	22.D.4a 23.B.4a 23.B.5a 24.B.3a 24.B.4a 24.B.5a 24.C.3a 24.C.4a	Self-Awareness Self-Management Social Awareness Decision Making		<p>Define drug addiction and drug abuse.</p> <p>Understands the addiction process for drugs and alcohol.</p> <p>Explain the effects of alcohol, tobacco, vaping and other drugs on the body. (i.e. cancer, disease, premature death, etc.)</p> <p>Identify resources for support to stop tobacco, vaping, alcohol and other drug use, addiction or abuse.</p> <p>Identify the signs of alcoholism and consequences.</p> <p>Apply effective refusal skills in social situations.</p> <p>Identify the categories of drugs and their effects.</p> <p>Recognize the damaging effects of these substances on various body systems.</p>
Unit 4: Nutrition	1.12.1-9 2.12.5-10 3.12.1-5 5.12.1-7 6.12.1-2	22.A.4b 22.B.4a 22.B.5a 23.A.4a 23.A.5a	Self-Awareness Self-Management Decision Making		<p>Identify the various influences on their nutrition and the benefits of nutrition on the three aspects of the health triangle. (Physical, Mental, Social Health)</p> <p>Define and provide multiple examples of the essential nutrients.</p> <p>Analyze and calculate calorie intake on various food labels.</p>

	7.12.1 8.12.4	23.B.4a 23.B.5a 23.C.4a			<p>Analyze general daily intake and analyze nutritional data.</p> <p>Identify the various aspects of metabolic rate and recognize effective and non-effective weight maintenance strategies. (i.e. effects of exercise and nutrition on the body)</p> <p>Identify the nutritional flaws in fad diets.</p> <p>Explain the relationship between high cholesterol, hypertension, and obesity to various diseases such as heart attack and diabetes.</p> <p>Differentiate between the various eating disorders and their effects on overall health.</p>
Unit 5: Relationships	2.12.3-9 4.12.1-4 5.12.1-3 6.12.1 7.12.1-3 8.12.1-3	22.D.4a 22.D.5a 24.A.4a 24.A.4b 24.A.5a	Self-Awareness Self-Management Social Awareness Relationship Skills Decision Making	<p>Identity <i>ID.12.SM.1</i></p> <p>Healthy Relationships <i>HR.12.CC.1</i> <i>HR.12.INF.1</i> <i>HR.12.IC.1</i> <i>HR.12.CC.2</i> <i>HR.12.CC.3</i> <i>HR.12.INF.2</i> <i>HR.12.IC.2</i> <i>HR.12.SM.1</i></p> <p>Personal Safety <i>PS.12.CC.1</i> <i>PS.12.INF.1</i> <i>PS.12.AI.1</i> <i>PS.12.IC.1</i> <i>PS.12.ADV.1</i> <i>PS.12.AI.2</i> <i>PS.12.IC.2</i></p>	<p>List traits of healthy and unhealthy relationships.</p> <p>Understand the methods of developing healthy relationships. (i.e. conflict resolution skills, communication skills, self-advocacy skills, etc.)</p> <p>Effectively communicate personal boundaries.</p> <p>Define consent.</p> <p>Define different types/signs of abuse, dating violence.</p> <p>Describe the cycle of abuse.</p> <p>Identify resources within the school and community for receiving support when abuse is present in a relationship.</p>

				<i>PS.12.CC.3</i>	
Unit 5:	1.12.1	23.B.4a	Self-Awareness	Anatomy & Physiology <i>AP12.CC.1</i>	Describe the structure and function of the male and female reproductive system and roles of hormones.
Life Cycles	1.12.5	23.B.5a	Social Awareness		Describe fertilization and the process of fetal development.
	1.12.7-9	23.C.4a	Decision Making	Puberty & Adolescent Development <i>PD.12.DM.1</i>	Identify the signs and symptoms of various genetic and chromosomal disorders.
	2.12.1-10	24.B.4a	Self-Management		List contraceptive methods, with an emphasis on abstinence as the only 100% method for unwanted pregnancy and STI transmission.
	3.12.1-3	24.B.5a	Relationship Skills		Defierentiate between biological sex, sexual orientation, gender identity and gender expression.
	5.12.1-7			Pregnancy & Reproduction <i>PR.12.CC.1</i> <i>PR.12.INF.1</i> <i>PR.12.IC.1</i> <i>PR.12.DM.1</i>	List signs, symptoms and consequences of a variety of STI's.
	6.12.1				Differentiate various harmful sexual behaviors (ie: sexting, rape, date rape, sexual assault).
	7.12.1-3			Sexually Transmitted Diseases & HIV <i>SH.12.CC.1</i> <i>SH.12.IC.1</i> <i>SH.12.DM.1</i> <i>SH.12.SM.1</i> <i>SH.12.CC.2</i> <i>SH.12.INF.1</i> <i>SH.12.AI.2</i>	Identify short and long term consequences of sharing sexually explicit content.
	8.12.1-2			Healthy Relationships <i>HR.12.IC.2</i> <i>HR.12.SM.1</i> <i>HR.12.CC.3</i> <i>HR.12.INF.2</i> <i>HR.12.CC.4</i> <i>HR.12.SM.2</i>	Describe the Abandoned Newborn Infant Protection Act.

				Personal Safety <i>PS.12.CC.1</i> <i>PS.12.AI.1</i> <i>PS.12.IC.1</i> <i>PS.12.ADV.1</i> <i>PS.12.IC.2</i> <i>PS.12.CC.3</i>	
Unit 6: CPR	1.12.5-9 2.12.10 3.12.1-4 4.12.1 4.12.4 7.12.3 8.12.3-4	22.A.4.c 22.A.5c	Decision Making Social Awareness		Recognize signs of a heart attack and be able to perform CPR/first aid. Identify priorities in responding to emergencies. Demonstrate proficiency in first aid steps, including CPR and Heimlich maneuvers. Understands the difference between hand only CPR and rescue breaths. Understands how to properly function and apply an AED to a victim. Recognize lifestyle factors that can contribute to cardiovascular disease, cancer, and diabetes. Explain types, warning signs and treatments of cancer. Identify the signs and treatments for diabetic emergencies. List the types of pathogens, the methods of transmission and the role of the body's immune system.