

Course Overview: This 9-week skills-based course focuses on providing students with essential information to support their mental, social, and physical health. Our goal is to equip you with the knowledge to make informed choices for a healthier and happier life.

Note to Parents: Curiosity is one of the great qualities of students. If your child has questions that go beyond the content of this course, I encourage them to seek answers from a trusted adult at home. I will also reach out to you to support these important family discussions.

Daily Supplies:

- Health Class section in binder with lined paper
- Pencil or blue/black pen
- Colored pencils
- Highlighter
- A Growth Mindset :-)

Behavioral and Academic Expectations:

1. **Punctuality:**
Arrive at your learning station promptly and be prepared to start class when the bell rings.
2. **Preparedness:**
Come to class with all required materials, including your binder, writing tools, and any assignments due.
3. **Responsibility:**
Follow all directions given by the teacher promptly and respectfully. Wait for the teacher to dismiss the class before leaving.
4. **Respect:**
Treat everyone in the classroom—both people and property—with kindness and consideration. This includes using respectful language and actions.
5. **Engagement:**
Actively participate in all class activities and discussions, showing a commitment to your learning and the learning environment.
6. **Drills:**
Remain quiet and listen for instructions.

Academic Dishonesty:

Cheating or plagiarism of any kind is unacceptable. Follows the school policy for consequences.

Cell Phone Policy

All cell phones and electronic devices should be in lockers from bell to bell. Follows the school policy for consequences.

Course Outline

Unit #1: Introduction to Health

In this unit, students will be introduced to the foundations of health education. They will explore the dimensions of wellness (physical, mental/emotional, and social health), learn how lifestyle choices affect overall well-being, and set personal goals for healthy living. Students will also discuss decision-making and refusal skills that support positive health outcomes.

Unit #2: Substance Use, Misuse, and Abuse

This unit focuses on the impact of tobacco, alcohol, medications, and other drugs on the human body and brain. Students will examine the short- and long-term effects of substance use, the risks of misuse and abuse, and the warning signs of addiction. They will also evaluate how media, peers, and culture influence choices about substances. The unit will conclude with a prevention-focused project designed to encourage healthy decision-making. The unit will end with a guest speaker from the ROC Recovery Center.

Unit #3: Healthy Relationships

Students will analyze the qualities of healthy and unhealthy relationships, including respect, communication, boundaries, and trust. They will explore the roles of family, peers, culture, media, and technology in shaping relationship behaviors. This unit encourages reflection and practice of skills that promote positive relationships and conflict resolution.

Unit #4: Sexual Health

This abstinence-based unit provides students with knowledge and skills to protect their sexual health. Topics include the male and female reproductive systems, puberty and adolescent changes, contraception, abstinence, and the prevention of unplanned pregnancies, HIV, and other STIs. Students will also learn about personal responsibility, values, and informed decision-making related to their sexual health.

Guest Speakers:

- **Scenic Middle School Counselor Jen Canfield:** Discuss social-emotional health, mental health, and self-care. Signs of suicide.
- **ROC Recovery Center Doug Gould:** Discuss drugs, alcohol, addiction, and their effects on the human body.

To help me meet the needs of your child and ensure their success, please complete the following questions using the provided Google Form link.

*This takes the place of you signing this syllabus and counts as the students first 5 points of health class.

[Health Class Questionnaire](#)

[National Health Standards](#)

[State of Oregon Health Standards](#)
