

Health!

Trillium Charter School - 2014-15

Instructor: Ken Gadbow

Email: Ken@TrilliumCharterSchool.org

Course Overview and Content

Through guest lecture, film, and readings this two semester class will investigate the area of health and wellness, centering around the core question of "What does it mean to be healthy?" Speaker list includes doctors, social workers, therapists, and other healthcare experts who will present on topics relevant to young people, including anxiety, depression, nutrition, drug and alcohol use/abuse, addiction, gender identity, sexual activity, balance, and healing. Students will prepare for the guest speaker by participating in discussions, watching films, or sharing readings relevant to the week's topic. Students are to be active participants in the presentations and outings, posing questions, and respectfully challenging ideas.

Course Objectives

Students will be able to demonstrate increased knowledge about: nutrition, environmental contaminants, addictive behavior, physical activity, physical and emotional impact of drugs and alcohol, reproductive health and anatomy, and methods of contraception.

Code of Conduct

Tell the truth.

Be kind.

Attendance and Tardiness Policy

This course requires participation in order to be successful for the student, the group, and the presenters. Come. Be alert. Be on time: being late disrupts the class and is disrespectful of the learning environment.

Assessment

This class is assessed using a proficiency model. There will be routine opportunities to demonstrate proficiency in addition to more comprehensive projects or essays due at the end of each unit. The units and proficiency topics are listed below:

Unit 1: Promotion of Healthy Eating	Describe dietary guidelines, food groups, nutrients and serving size for healthy eating habits.
Unit 2: Prevention And Control Of Disease, Promotion of Sexual Health	Identify screenings, including melanoma, breast and testicular self-examinations, and medical examinations, including pap smear, HPV, STD, HIV and Hepatitis B and C testing necessary to maintain reproductive health. Explain why abstinence is the safest, most effective method of protection from HPV, STD/HIV, Hepatitis B and C and pregnancy.
Unit 3: Mental, Social, And Emotional Health	Explain different signs and symptoms of addictive behaviors.
Unit 4: Promotion Of Physical Activity	Explain physical, academic, mental, and social benefits of physical activity and the relationship of a sedentary lifestyle to chronic disease.
Unit 5: Alcohol, Tobacco And Other Drug Use Prevention; Unintentional Injury Prevention	Explain the relationship between alcohol and other drug use on vehicle crashes, injuries, violence, suicide, and sexual risk behavior. Examine the impact of alcohol, tobacco and other drug use on unintentional injury.
Unit 6: Promotion Of Environmental Health	Identify ways to prevent exposure to environmental health risks, including respiratory toxins and activities that increase the risk for cancer.
Unit 7: Violence And Suicide Prevention	Describe the consequences of prejudice, discrimination, racism, sexism, and hate crimes.
Unit 8: Healthy Communities	Explain how diverse communities, marginalized and mainstream, can interact to create a healthy, productive society.

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Trillium Charter School - Semester 2 - 2014/15

Instructor: Ken Gadbow

Email: Ken@TrilliumCharterSchool.org

Course Overview and Content

Through guest lecture, film, and readings this two semester class will investigate the area of health and wellness, centering around the core question of "What does it mean to be healthy?" Speaker list includes doctors, social workers, therapists, and other healthcare experts who will present on topics relevant to young people, including anxiety, depression, nutrition, drug and alcohol use/abuse, addiction, gender identity, sexual activity, balance, and healing. Students will prepare for the guest speaker by participating in discussions, watching films, or sharing readings relevant to the week's topic. Students are to be active participants in the presentations and outings, posing questions, and respectfully challenging ideas.

Course Objectives

Students will be able to demonstrate increased knowledge about: addictive behavior, anxiety, depression, body image and gender roles, and the impact of drugs and alcohol.

Code of Conduct

Tell the truth.

Be kind.

Attendance and Tardiness Policy

This course requires participation in order to be successful for the student, the group, and the presenters. Come. Be alert. Be on time: being late disrupts the class and is disrespectful of the learning environment.

Assessment

This class is assessed using a proficiency model. There will be routine opportunities to demonstrate proficiency in addition to more comprehensive projects or essays due at the end of each unit. The units and topics are listed below:

Unit: Mental, Social, And Emotional Health	Explain different signs and symptoms of addictive behaviors.
Unit: Alcohol, Tobacco And Other Drug Use Prevention; Unintentional Injury Prevention	Explain the relationship between alcohol and other drug use on vehicle crashes, injuries, violence, suicide, and sexual risk behavior. Examine the impact of alcohol, tobacco and other drug use on unintentional injury.
Unit: Body Image and Gender Roles	Explain how mass media portrays gender and sexuality. Explain which genders are represented in which ways, and how this influences our ideas of how people are supposed to look and act.
Unit: Depression and Anxiety	Explain what depression and anxiety are, and describe useful strategies for dealing with them.
Unit: Addiction and Recovery	Explain what addiction is. Describe causes, consequences of, and strategies for managing, drug and alcohol use.