

## **Greenwich High School**

### **10th Grade Health & Safety Education Objectives**

#### **Theme: My Behavior Affects Self and Others**

##### **Objectives:**

##### **Anger Management Concepts:**

1. Describe how emotions affect the mind-body connection.
2. Identify anger triggers and describe the physiological response to anger.
3. Identify positive and negative ways to deal with anger.

##### **Anger Management Skills:**

1. Personalize anger triggers and positive strategies to deal with their anger.
2. Role Play anger scenarios and non-violent ways to deal and cope.

##### **Media Literacy Concepts:**

1. Discuss body image and the media can affect one's risk of developing an eating disorder.
2. Identify and discuss causes, symptoms, associated health problems, treatment and prevention for disordered eating.

3. Describe the strategies that companies use in advertising to sell a product.

### **Media Literacy Skills:**

1. Personally reflect on the importance of physical (external) beauty vs. internal beauty.
2. Formulate tips on how to develop a more positive body image.
3. Access school and community resources that deal with disordered eating.
4. Evaluate an advertisement and change to a 'The Truth' advertisement.

### **Substance Abuse Prevention Concepts:**

1. Compare the relationship between alcohol and risk taking behaviors.
2. Discuss the harmful effects of using prescription and over-the-counter drugs, including addiction and overdose.
3. Describe the laws and penalties that regulate purchase, use and possession of controlled substances.
4. Describe the short and long term effects associated with anabolic steroid use.
5. Discuss various energy supplements that affect one's physical health and performance, e.g.: caffeine, whey protein, creatine, etc.
6. Identify healthier and less costly alternatives to energy supplements.
7. Review the signs of an allergic reaction.

### **Substance Abuse Prevention Skills:**

1. Demonstrate a variety of behaviors to avoid or reduce health risks to self and others

### **Nutrition Concepts:**

1. List and describe the dietary guidelines that promote health and reduce the risk of developing disease.
2. Discuss ways to maintain a healthy weight.
3. Review signs and symptoms of an allergic reaction.
4. Review FALCPA (Food Allergen Label and Consumer Protection Act 2004).
5. Introduce Food Recalls- What are they? How to find out about them?

### **Nutrition Skills:**

1. Formulate a personal nutrition plan based on health benefits and dietary guidelines.

### **Disease Prevention Concepts:**

1. Discuss the causes, transmission, symptoms, effects, treatment and prevention of sexually transmitted diseases, including HIV/AIDS.
2. Identify and discuss school and community resources for help; prevention, testing and treatment of STI's and HIV/AIDS.

### **Disease Prevention Skills:**

1. Evaluate personal behaviors when dealing with sexual activity, substance use, and other risky behaviors.
2. Access accurate information from school and community resources for preventing, testing and/ or treating a STI, including HIV.