

RSD Health Scope and Sequence: High School

[High School Health 1](#)

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Health 1

58 days	Unit 1	Unit 2	Unit 3	Unit 4	Unit 5	Unit 6	Unit 7
Unit Topic	Mental Health (13 Days)	Lifetime Fitness (8 Days)	Nutrition (12 Days)	Personal Health & Wellness (2 Days)	Drug Education (9 Days)	Suicide Awareness & Prevention (4 Days)	Family, Life & Sexual Health (7 Days) Copy of Opt Out Form (will be sent & returned via Parent Square)
Skill Focus Oregon Health Standards Skill Focus (See page 33)	- Analyzing Influences - Decision Making Skills - Advocate	- Goal Setting - Accessing Valid & Reliable Information	- Accessing Valid & Reliable Information - Demonstrate Observable Health & Safety Practices	- Goal Setting Skills - Demonstrate Observable Health & Safety Practices	- Analyzing Influences - Decision Making - Accessing Valid & Reliable Information - Effective Interpersonal - Demonstrate Observable Health & Safety Practices (Refusal Skills)	- Analyzing Influences - Advocate - Accessing Valid & Reliable Information	- Analyzing Influences - Accessing Valid & Reliable Resources - Effective Interpersonal Communication Skills - Decision Making Skills
Instructional Materials and Lesson Order	<u>Goodheart-Wilcox Textbook</u> <u>Chapter 2: Building Mental &</u>	<u>Goodheart-Wilcox Textbook</u> <u>Chapter 4: Food, Nutrition &</u>	<u>Goodheart-Wilcox Textbook</u> <u>Chapter 4: Food, Nutrition &</u>	<u>Goodheart-Wilcox Textbook</u> <u>Chapter 7: Personal Health &</u>	<u>Goodheart-Wilcox Textbook</u> <u>Chapter 5: Tobacco, Alcohol &</u>	Erika's Lighthouse - Signs & Symptoms	<u>King County</u> Family, Life & Sexual Health

	<u>Emotional Health</u> - 2.1 Mental & Emotional Health & Well Being - 2.2 Embracing Your Identity - 2.3 Building Your Self Esteem - 2.4 Improving Your Body Image - 2.5 Expressing Your Emotions - 2.6 Establishing a Positive Mindset - 2.7 Developing Empathy & Resilience <u>Chapter 3: Stress, Mental Health Conditions & Coping Strategies</u> - 3.1 Understanding Stress & Other Adverse Events - 3.2 Coping Strategies for Stress & Other Events -3.3 What are Mental Illnesses -3.4 Disordered Eating and Eating Illnesses <u>Chapter 9: Violence</u> - 9.1 Bullying & Cyberbullying	<u>Physical Activity</u> - 4.4 Understanding Physical Activity & Fitness - 4.5 Getting Enough Physical Activity	<u>Physical Activity</u> - 4.1 What is Nutrition - 4.2 Have a Healthy Eating Pattern - 4.2 Choosing and Preparing Nutritious Foods	<u>Wellness</u> - 7.1 Personal Hygiene - 7.2 Getting Enough Sleep	<u>Other Drugs</u> - Lesson 5.1: Safe Medication Use - Lesson 5.2 Medication Misuse and Abuse - Lesson 5.3 Health Effects of Vaping and Tobacco - Lesson 5.4 Health Effects of Alcohol - Lesson 5.5 Other Drug Misuse <u>Stanford's Safety First</u> <i>Parts of these will be used to supplement what the textbook cannot offer.</i> - Intro to Safety First Drug Education - Keeping You Safe; Reducing Your Harm - Drugs and The YOU-Th Brain - Stimulants - E-Cigarettes / Vaping - Cannabis - Alcohol & Other Depressants - Fentanyl & Opioid Prevention - Hallucinogens - Media Literacy: Understanding Portrayal of Drugs - Zero-Tolerance: Understanding School Drug Policy - Looking Back, Looking Forward <u>ODE Synthetic Opioid Prevention Lesson</u>	- Self-Care - Getting Help - Skills Check	- Lesson 1: Climate Setting - Lesson 2: Reproductive System - Lesson 3: Pregnancy - Lesson 4: Sexual Orientation and Gender Identity - Lesson 7: Coercion and Consent - Lesson 9: Abstinence - Lesson 10: Birth Control Methods - Lesson 12: Condoms to Prevent Pregnancy - Lesson 14: Communication and Decision Making - Lesson 15: Improving School Health
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Health 2

58 days	Unit 1	Unit 2	Unit 3	Unit 4	Unit 5	Unit 6
Unit Topic	Chronic Disease/Infectious Disease (14 days)	Environmental Health (2 days)	Alcohol and Drug Prevention (21 days)	First Aid, CPR and Safety (5-7 days)	Suicide Prevention (3 days)	Family, Life & Sexual Health (10 days) <i>Copy of Opt Out Form (will be sent & returned via Parent Square)</i>
Skill Focus	- Analyze influences - Accessing valid and reliable health information - Decision-making skills	Accessing valid and reliable health information	- Analyze influences - Decision-making skills - Demonstrate observable health and safety practices - Advocate for behaviors	- Decision-making skills - Demonstrate observable health and safety practices	- Analyzing Influences - Advocate for behaviors - Accessing Valid & Reliable Information	- Analyzing Influences - Accessing Valid & Reliable Resources - Effective Interpersonal Communication Skills - Decision Making Skills
Instructional Materials and Lesson Order	<u>Goodheart-Wilcox Textbook</u> <u>Chapter 7: Personal Health and Wellness</u> 7.3 What Causes Diseases? 7.4 Recognizing Communicable Diseases 7.5 Preventing and Treating Communicable Diseases 7.6 Cardiovascular Diseases 7.7 Cancer 7.8 Other Noncommunicable Diseases	<u>Goodheart-Wilcox Textbook</u> <u>Chapter 6: Safety</u> 6.5 Understanding the Environment 6.6 Protecting Your Environment	Class Action Curriculum - Supplemental <u>Supporting Information from Goodheart-Wilcox Textbook</u> <u>Chapter 7: Tobacco, Alcohol and Other Drugs</u>	Medic CPR and First Aid Program - Chest Compressions - Rescue Breaths - CPR - AED Training - Recovery Position - Personal Safety/Barriers - Abdominal Thrusts (Choking) - First Aid Skills - First Aid and Emergency Preparedness	SOS Curriculum Supplemental: Guest Speaker from Lines for Life	<u>King County Family, Life & Sexual Health</u> - Lesson 1: Climate Setting - Lesson 2: Reproductive System (Review) - Lesson 3: Pregnancy (Review) - Lesson 5: Undoing Gender Stereotypes - Lesson 6: Healthy Relationships - Lesson 7: Coercion and Consent (Review) - Lesson 8: Online Safety & Sexual Violence Prevention - Lesson 9: Abstinence (Review) - Lesson 10: Birth Control Methods (Review) - Lesson 11: Preventing HIV & Other STIs - Lesson 12: Condoms to Prevent Pregnancy

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