

# Middle School Health Curriculum Update

## [Spanish Version](#)

The School Board will vote to approve a change to our Middle School Health curriculum resource for grades 7 and 8 on December 16th. The proposed new text for Middle School Health is entitled ***Essential Health Skills, Human Development and Relationships for Middle School***.

If you would like to provide feedback on our proposed new curriculum, you may preview the presentations, examine evidence-based resources, and alignment to National Health Standards. Feel free to [provide feedback via this survey](#). Parents/guardians may request to preview the student textbooks at any time by emailing the Health teacher.

- [Presentation links for each unit](#)
- [Statement of Evidence Base and Resources](#)
- [National Health Standards correlation](#)

Parents/guardians may claim exemption for their child from participation in the sexual health topics of class by completing the opt-out form. If parents/guardians choose to opt their child out of these topics, alternate educational activities will be planned for the child. Please return opt out forms to the student's Health teacher.

- [Parent/Guardian Opt Out form](#)

## **Health Curriculum Units of Instruction**

### Module 1: Foundations for Health and Wellness

- Lesson 1.1: Learning About Health and Wellness
- Lesson 1.2: Recognizing Factors That Affect Health and Wellness
- Lesson 1.3: Building Skills for Health and Wellness
- Lesson 1.4: Knowing How Your Body Works

### Module 2: Personal Health and Wellness

- Lesson 2.1: Caring for Your Skin, Hair, and Nails
- Lesson 2.2: Keeping Your Mouth, Eyes, and Ears Healthy
- Lesson 2.3: Getting Enough Sleep
- Lesson 2.4: Infectious Diseases
- Lesson 2.5: Noninfectious Diseases

### Module 3: Food, Nutrition, and Physical Activity

- Lesson 3.1: Getting Enough Nutrients
- Lesson 3.2: Following a Healthy Eating Pattern
- Lesson 3.3: Understanding Physical Activity and Fitness
- Lesson 3.5: Getting Enough Physical Activity
- Lesson 3.6: Staying Safe During Physical Activity

### Module 4: Building Mental and Emotional Health

- Lesson 4.1: Building Mental and Emotional Health
- Lesson 4.2: Making Sense of Your Emotions
- Lesson 4.3: Managing Stress
- Lesson 4.4: Recognizing Mental Illnesses
- Lesson 4.5: Getting Help for Mental Illnesses
- Lesson 4.6: Body Image, Disordered Eating, and Eating Disorders

- Lesson 4.7: Preventing Suicide

#### Module 5: Tobacco, Alcohol, and Other Drugs

- Lesson 5.1: Understanding Substance Use Disorders
- Lesson 5.2: Medicine and Your Health
- Lesson 5.3: Tobacco and Vaping and Your Health
- Lesson 5.4: Alcohol and Your Health
- Lesson 5.5: Other Drugs and Your Health
- Lesson 5.6: Preventing and Treating Substance Use, Misuse, and Abuse

#### Module 6: Safety

- Lesson 6.1: Promoting Personal Safety
- Lesson 6.2: Promoting Safety in the Community and Online
- Lesson 6.3: Knowing Basic First Aid
- Lesson 6.4: Protecting Environmental Health

#### Module 7: Social Health

- Lesson 7.1: What Is a Healthy Relationship?
- Lesson 7.2: Family Relationships
- Lesson 7.3: Peer Relationships

#### Module 8: Human Development and Sexuality

- Lesson 8.1: Human Development
- Lesson 8.2: Changes During Puberty
- Lesson 8.3: Human Reproduction
- Lesson 8.4: Dating Relationships and Abstinence

#### Module 9: Violence

- Lesson 9.1: Bullying and Cyberbullying
- Lesson 9.2: Unwanted Sexual Activity
- Lesson 9.3: Abuse and Neglect
- Lesson 9.4: Violence in the Community

#### Module 10: Pregnancy and STIs

- Lesson 10.1: Teen Pregnancy and Parenthood
- Lesson 10.2: Sexually Transmitted Infections (STIs)
- Lesson 10.3: HIV/AIDS