

Health and Safety

9th Grade

SCI 310 Health & Safety

1/2 credit

2 days per week; 1 year

Taught in English

This is a **required class for all 9th grade students in the Mexican and/or U.S. diploma program.** This course provides the knowledge and skills teens need to take charge of their health for a lifetime. Topics will include mental-emotional health, social health, physical health, community and environmental health, nutrition, drugs, communicable and non-communicable diseases, and first aid practices in real life situations. Students will learn to choose responsible behaviors, develop an awareness of bodily functions, identify sex roles and promote healthy lifestyles, establish good nutritional habits, and participate in healthy activities that foster self-satisfaction.

Textbook: Bronson, Mary H. Health. Glencoe/McGraw/Hill (2011 Edition)

Prerequisite: NONE

Benchmark Code – Subject: Health = HTH

Strand 1: Life Science

Strand 2: Chemistry

Strand 3: Earth Science

Strand 4: Physics

Code: Subject.Grade.Strand Number.Standard#.Benchmark#

Example: HTH.9.1.3.13 – Health, Grade 9, Strand 1, Standard 3, Benchmark 13

Strand 1: Life Science

Standard 1: The student identifies the physical and psychological effects of stress.

Benchmark Code	Benchmark
HTH.9.1.1.1	The student will analyze how behavior can impact health maintenance and disease prevention.
HTH.9.1.1.2	The student will describe the interrelationships of mental, emotional, social, and physical health throughout adulthood.
HTH.9.1.1.3	The student will evaluate potentially stressful situations to determine the degree of control an individual has over one's own behaviors.
HTH.9.1.1.4	The student will create a situation in which a person chooses to ignore one's own values and describe potential behavioral and emotional consequences.
HTH.9.1.1.5	The student will identify and describe the progression of thought and feelings that accompany losses.

Standard 2: The student researches and analyzes techniques to deal properly with stress.

Benchmark Code	Benchmark
HTH.9.1.2.1	The student will evaluate strategies to manage stress.

HTH.9.1.2.2	The student will convert a series of negative self-messages to positive ones.
Standard 3: The student understands the difference between anxiety and depression. The student identifies their causes and what actions can be taken.	
Benchmark Code	Benchmark
HTH.9.1.3.1	The student will analyze situations requiring professional health services.
HTH.9.1.3.2	The student will analyze how the family, peers, and community influence the health of individuals.
HTH.9.1.3.3	The student will demonstrate ways to communicate care, consideration, and respect of self and others.
Standard 4: The student recognizes risky behaviors and situations, and acquires the necessary skills to make responsible decisions.	
Benchmark Code	Benchmark
HTH.9.1.4.1	The student will identify the most important factors to consider when making a decision involving risk.
HTH.9.1.4.2	The student will identify common sources of influence on health risks.
HTH.9.1.4.3	The student will identify the major health risk behaviors for one's age group and develop strategies for reducing those risks.
Standard 5: The student understands the importance of keeping relationships healthy and acquires the necessary skills to communicate and solve conflicts. (Focus will be in Olweus)	
Benchmark Code	Benchmark
HTH.9.1.5.1	The student will name and describe health-related problems that stem from relationships between people and explain their consequences.
HTH.9.1.5.2	The student will identify the traits that are present in a healthy relationship.
HTH.9.1.5.3	The student will demonstrate conflict resolution skills.
HTH.9.1.5.4	The student will describe barriers to effective communication.
HTH.9.1.5.5	The student will explain the role of constructive criticism.
HTH.9.1.5.6	The student will identify resources that can provide appropriate help in dealing with serious relationships.
Standard 6: The student acquires the necessary skills to respond to peer pressure assertively and prevent dating violence.	
Benchmark Code	Benchmark
HTH.9.1.6.1	The student will formulate caring and fair principles to guide one's own dating relationships.
HTH.9.1.6.2	The student will describe ways to respond to negative peer pressure.
HTH.9.1.6.3	The student will identify the three-step process of assertive refusal.

Standard 7: The student describes the relationship between nutrition and the operation of organs and body systems.	
Benchmark Code	Benchmark
HTH.9.1.7.1	The student will explain the transformation process of food during digestion.
HTH.9.1.7.2	The student will identify the factors that influence food choices.
HTH.9.1.7.3	The student will identify the different types of food as source of nutrients that human beings use to obtain matter and energy.
HTH.9.1.7.4	The student will recognize the participation of energy obtained from food transformation on the body's performance.
Standard 8: The student discusses the importance of proper eating in health: a balanced, complete, and hygienic diet.	
Benchmark Code	Benchmark
HTH.9.1.8.1	The student will recognize the main nutrients provided by the basic food groups.
HTH.9.1.8.2	The student will identify different options to combine food in balanced, complete, hygienic diets.
HTH.9.1.8.3	The student will show a responsible attitude in situations that involve decision making related with food intake to keep a healthy life.
HTH.9.1.8.4	The student will relate the connection between an unhealthy diet and certain diseases.
Standard 9: The student analyzes the personal and social risks of tobacco use and identifies the physical consequences of using tobacco.	
Benchmark Code	Benchmark
HTH.9.1.9.1	The student will interpret charts and graphs with information about the implications that tobacco use has on economic, social, and health aspects.
HTH.9.1.9.2	The student will explain how tobacco use is directly linked to respiratory and circulatory diseases, as well as variety of other health-related problems, especially emphysema and cancer.
HTH.9.1.9.3	The student will present arguments about why it is necessary to develop actions to avoid tobacco use.
Standard 10: The student understands the long-term and short-term consequences of alcohol abuse.	
Benchmark Code	Benchmark
HTH.9.1.10.1	The student will explain the short-term and long-term effects of alcohol on the body.
HTH.9.1.10.2	The student will describe problems that occur when alcohol is mixed with other drugs or used during pregnancy.
HTH.9.1.10.3	The student will describe how alcohol and other drug use contribute to feelings of depression.

Standard 11: The student identifies the different kinds of illegal drugs, according to their effects on the body, and the consequences of abusing them.

Benchmark Code	Benchmark
HTH.9.1.11.1	The student will identify and classify different drugs according to their short-term effects.
HTH.9.1.11.2	The student will identify how some illegal drugs look and their street names.
HTH.9.1.11.3	The student will identify community substance abuse agencies and resources, and describe the services they provide.
HTH.9.1.11.4	The student will utilize sources to determine how adolescent substance abuse contributes to adolescent accidents, crimes and suicides.
HTH.9.1.11.5	The student will describe at least two behavior change strategies for the treatment of substance abuse problems.

Standard 12: The student identifies the most common noninfectious diseases, and learns how to prevent them.

Benchmark Code	Benchmark
HTH.9.1.12.1	The student will identify known carcinogens and the warning signs of cancer.

Standard 13: The student identifies different kinds of infectious diseases and learns how to prevent them.

Benchmark Code	Benchmark
HTH.9.1.13.1	The student will describe how viruses differ from other pathogens.
HTH.9.1.13.1	The student will identify the major routes for the spread of infectious diseases.
HTH.9.1.13.2	The student will describe the cause, means of transmission, symptoms, and treatment for common infectious diseases.
HTH.9.1.13.3	The student will cite specific ways to avoid contracting or spreading pathogens.

Standard 14: The student analyzes the four potentialities of human sexuality and the way they relate to their sexual health.

Benchmark Code	Benchmark
HTH.9.1.14.1	The student will describe human sexuality based on its four potentialities: gender, affective bonds, eroticism and reproduction.
HTH.9.1.14.2	The student will analyze the affective bonds and eroticism potentialities, considering personal aspects, family, friends, and the partner.

Standard 15: The student recognizes the importance of making informed decisions for a responsible, safe, fulfilling sexuality. The student will identify actions to prevent sexually transmitted diseases to maintain his/her sexual health.

Benchmark Code	Benchmark
HTH.9.1.15.1	The student will analyze the personal and social implications on sexuality's practice.
HTH.9.1.15.2	The student will describe the most common sexually transmitted diseases, especially the human papilloma and HIV-AIDS, considering what causes them, main symptoms and preventive actions.
HTH.9.1.15.3	The student will recognize the importance of avoiding risky behaviors related with the spread of sexually transmitted diseases.
HTH.9.1.15.4	The student will analyze world statistics of sexually transmitted diseases and explain the causes of the situation regarding the spread of STP.