

# PARENT INFORMATION

## HEALTH EDUCATION

MR. WILPER  
wilper.john@westada.org

### COURSE DESCRIPTION

Health is a semester course required for all 8th grade students. It is designed to help students make independent, informed decisions concerning their physical, mental, and social well-being. It encourages students to discover their capabilities and responsibilities for developing attitudes and patterns of behavior that promote a full and satisfying life.

### COURSE CONTENT

#### **Alcohol, Tobacco & Other Drugs**

The use of alcohol, tobacco, and other drugs, has major implications in the lifelong health of individuals. Instruction includes the effects, influences, environmental exposure, prevention, and treatment of the use of alcohol, tobacco products, and other types of drugs on the body.

#### **Nutrition & Physical Activity**

To be ready to learn and achieve their fullest potential, adolescence need to be well nourished and physically active. In order to enhance physical, mental, emotional, and social wellness, students will acquire the knowledge and skills to make healthy food choices and to engage in lifelong physical activity. The benefits include enhanced energy level, academic performance, self-image, and ability to prevent disease.

#### **Injury Prevention & Safety**

Unintentional and intentional injuries rank among the greatest threats to the health of adolescents and adults. Instruction includes prevention through safe living skills and choices, violence prevention, and emergency response and preparedness. Understanding of the consequences of one's decisions will help to prevent many injuries. Adolescents need to be aware they are responsible for their own safety and the safety of others.

#### **Mental, Emotional & Social Health**

Mental, emotional and social health are foundation for building wellness. Instruction includes a positive sense of self-image and self-esteem, recognizing emotions, and socially appropriate responses of self and others. Knowledge and skills include emotional intelligence, stress management, mental illness, suicide prevention, healthy relationships, acceptance of self and others, communication skills, and conflict resolution.

#### **Prevention & Control of Disease**

Individuals have a considerable measure of control over their own health and the risk of contracting most illnesses. Health-related choices and decisions regarding prevention of communicable and non-communicable diseases can include recognizing risk factors, identifying methods of contraction and transmission, and using universal precautions. Information and discussion of sexually transmitted diseases and HIV are important components of this content area. Information should be factual, medically accurate, and objective.

#### **Consumer & Community Health**

Adolescents need to understand how health care services are provided as well as how individuals can take an active role in determining the use of health related services and products. Community health may include recognizing and accessing valid and appropriate health information, education, services, and products.

#### **Growth, Development & Family Life**

A healthy family is vital to the well-being and successful development of adolescence. Instruction includes the stages of life, changes that occur during puberty, changes in relationships with others that accompany social development, acceptance of self and other, healthy relationships and sexuality, consequences of sexual activity, encouragement of abstinence from sexual activity, sexually transmitted diseases, and methods of disease and pregnancy prevention. and the aging process. Family living includes healthy relationships and sexuality, consequences of sexual activity, encouragement of abstinence from sexual activity, sexually transmitted diseases including HIV, pregnancy prevention, and methods of prevention. Information should be factual, medically accurate, and objective.

*\*Reference to Idaho Education Code Title 33, Chapter 16: Sections 1608-1611*

#### **Environmental Health**

Students need to be aware of the impact of environmental issues and hazards on personal health and the impact humans have on the environment. Instruction includes precautions and behaviors to safeguard personal health and practices that reverse or slow down environmental pollution and related problems.