

# DeRuyter Central School District

## Health

## Grades 10-12

### 30 Benchmarks

#### ►Standard 1: Knows the availability and effective use of health services, products and information

HE10-12.1.1 Knows how to access various resources from school and the community that present valid health information, products and services

HE10-12.1.2 Knows situations that require professional health services in the areas of prevention, treatment and rehabilitation

- persistent depression & other mental/emotional illnesses
- prenatal and perinatal care
- treatment or management of disease
- treatment of alcohol or drug related problems
- neglect and child abuse

#### ►Standard 2: Knows environmental and external factors that affect individual and community health

HE10-12.2.1 Understands how the prevention and control of health problems are influenced by research and medical advances

HE 10-12.2.2 Understands how peer relationships affect health.

HE 10-12.2.3 Knows how refusal skills and negotiation skills can enhance health

#### ►Standard 3: Understands the relationship of family health to individual health

HE10-12.3.1 Knows the effects of teenage pregnancy on teenagers, their children, their parents and society

HE10-12.3.2 Understands the responsibilities inherent in dating relationships, marriage and parenthood

#### ►Standard 4: Knows how to maintain mental and emotional health

HE10-12.4.1 Knows skills used to communicate effectively with family, friends, and others and the effects of open and honest communication

HE10-12.4.2 Knows strategies for coping with and overcoming feelings of rejection, social isolation and other forms of stress

HE10-12.4.3 Understands the role of denial and other defense mechanisms have a negative influence on mental and emotional health if overused

HE10-12.4.4 Knows strategies for prevention of stress and or stress related illnesses

- causes of stress
- eustress/distress

HE10-12.4.5 Understands how the body responds to stress and the relationship between stress and illness

- Fight or flight
- Common cold, influenza

HE10-12.4.6 Understands the relationship between personality and stress

HE 10-12.4.7 Able to recognize signs of various mental/emotional problems

- Bipolar
- Anxiety/Panic Disorders
- Depression
- Obsessive Compulsive Disorders
- Tourettes
- Phobias
- Self-Mutilation

HE 10-12.4.8 Able to demonstrate knowledge and understanding of empathy

**►Standard 5: Knows essential concepts and practices concerning injury prevention and safety**

HE10-12.5.1 Knows strategies to protect self or others.

- Child safety
- Anger management
- 1<sup>st</sup> aid/safety

**►Standard 6: Understands essential concepts about nutrition and diet**

HE10-12.6.1 Understands how nutrient and energy needs vary in relation to activity level and stage of life cycle

HE10-12.6.2 Understands the reliability and validity of various sources of food and nutrition information

- dietary supplements
- diet aids

- fad diets
- food labels

HE 10-12.6.3 Able to analyze the nutritional content of food and be able to make informed nutritional decisions.

- Vitamins/ Minerals
- Fats (Saturated, Unsaturated, Transfats, Omega 3)
- My Pyramid
- Food Allergies

**►Standard 7: Knows how to maintain and promote personal health**

HE10-12.7.1 Knows how personal behaviors relate to health and well-being and how these behaviors can be modified if necessary to promote achievement of health goals throughout life

- following a personal nutrition plan to reduce the risk of disease
- periodically self-assessing physical fitness

HE10-12.7.2 Understands the short- and long-term consequences of safe, risky and harmful behaviors

HE10-12.7.4 Understands the impact of personal health behaviors on the functioning of body systems

- Incorporate into all units

HE 10-12.7.5 Understands the aspects of various non-infectious diseases

- Cancer
- Heart Disease
- Diabetes
- Asthma
- Allergies

**►Standard 8: Knows essential concepts about the prevention and control of disease**

HE10-12.8.1 Understands how the immune system functions to prevent or combat disease

HE10-12.8.2 Understands the importance of regular examinations (including self-examination of the breasts or testicles) in detecting and treating diseases early

- Mammograms, Testicular self-exam, Breast self-exam
- Prostate Check
- Pap Test

HE10-12.8.3 Understands the importance of prenatal and perinatal care to both the mother and the child

► **Standard 9: Understands aspects of substance use and abuse**

HE10-12.9.1 Knows the short- and long-term effects associated with the use of alcohol, tobacco, and other drugs on reproduction, pregnancy and the health of children

HE10-12.9.2 Knows how the abuse of alcohol, tobacco, and other drugs often plays a role in dangerous behavior and can have adverse consequences on the community

- house fires
- motor vehicle crashes
- domestic violence
- date rape
- transmission of diseases through needle sharing or sexual activity

HE10-12.9.3 Understands that alcohol, tobacco and other drug dependencies are treatable diseases/conditions

\* Signs and Symptoms of dependency, abuse, tolerance, etc.

► **Standard 10: Understands the fundamental concepts of growth and development**

HE10-12.10.1 Knows sound health practices in the prenatal period that are important to the health of the fetus and young child

- diet
- refraining from cigarette smoking or use of alcohol or other drugs