

9-12 Health Curriculum
Scope & Sequence

Gr. 9	Gr. 10	Gr. 11	Gr. 12
Term One	Term One	Term One	Term One
Bullying/Cyberbullying Decision Making/Anger Mgnt. Components of Fitness	Bullying/Cyberbullying Nutrition Food Pyramid & Facts Assessing Nutritional Value Diseases of Poor Nutrition: Cholesterol, HBP, Diabetes	Bullying/Cyberbullying Nutrition Eating Disorders/Steroid Use Healthy Weight Loss	Bullying/Cyberbullying Mental Health Stress Management Suicide Prevention
Term Two	Term Two	Term Two	Term Two
Substance Use/Abuse Alcohol, Tobacco Marijuana	Substance Use/Abuse Use/Misuse/Abuse Contemporary drug issues Prescription use/abuse Heroin, Oxycontin, Meth, etc..	Substance Use/Abuse Alcohol-All Drinking/Driving Law Disease Prevention Cancer Skin Cancer	Substance Use/Abuse Addiction: stages, risk factors, signs and intervention/assistance
Term Three	Term Three	Term Three	Term Three
Mental Health Depression~Suicide Prevention Health Behaviors; Reflecting/Changes Abuse Prevention	Interpersonal Relationships/Communication Relationships Healthy v Unhealthy Violence Prevention Tolerance/Understanding	Safety & Injury Prevention Seatbelts/Concussions Lyme Disease	Disease Prevention Cardiovascular Disease: High Cholesterol, Blood Pressure, Stroke
Term Four	Term Four	Term Four	Term Four
Growth & Development Reproductive systems/Puberty Pregnancy Prevention Sexual Activity/STI's	Growth & Development Pregnancy Prevention Sexual Activity/STI's Pregnancy/Parenting	Growth & Development Reproductive systems Pregnancy Prevention/STI's Relationships: Dating, Communication, Boundaries	Community & Public Health Safety & Injury Prevention American Red Cross CPR/AED Certification