



PJH 7th GRADE HEALTH CURRICULUM

Topics Class – Taking Care of Me (T.C.O.M.) - covered during the year

Unit 1

When you are Mad! Mad! Mad! How to deal w/anger
Working it out: Conflict Resolution
Teen/Parent Conflict – making things better

Unit 2

I like being me
Being your best self

Unit 3

C.H.O.W. – Health & nutrition
Nutrition and exercise – teen wellness
Understanding the dangers of performance enhancing substances (steroids)*

Unit 4

The Truths about smoking – **Guest speaker** - One Health World Educator

Unit 5

Teen Dating Violence - **Guest speaker** - South Suburban Family Shelter

Unit 6

Abstinence Only Sex Education Program – **Guest speaker** – Impact
Abstinence Education - 2 days (P.E. Classes)

1. Value clarification
2. Developing good communication skills
3. Developing decision making skills
4. Role playing strategies

Unit 7

Officer Friendly Program – **Guest speaker** - Alsip police department – 3 days

1. Suicide prevention
2. Internet safety
3. Kids killing kids

*Steroid abuse also covered in Expert 21 Workshop 2: Sports Report



PJH 8th GRADE HEALTH CURRICULUM

T.C.O.M. – 45 minutes during P.E. classes throughout the year

Unit 1

Abstinence Only Sex Education Program – **Guest speaker** - Impact
Abstinence Education - 2 days

1. Methods and strategies to resist sexual advances and to deal with peer pressure.
2. Increase self-awareness.
3. Understand media influences.
4. Develop good communication skills
5. Develop good decision making skills.

Unit 2

Officer Friendly Program – **Guest speaker** - Alsip police department – 3 days

1. Domestic Violence
2. Internet safety
3. Trouble with gangs

Unit 3

Deciding About Alcohol – **Guest speaker** - One Health World Educator
Understanding the dangers of performance enhancing substances (steroids)

Unit 4

Your reputation: make it or change it. What's cool? The popularity game

Unit 5

Teen Dating Violence - **Guest speaker** - South Suburban Family Shelter

Unit 6

It's OK to say no (follow up to the abstinence program)
Dating, sex, and trouble (deals with date rape)