

## Grand Island Public Schools **FAMILY HEALTH**

**Course Length:** 9 weeks

**Grade Level:** 7

**Course Description:**

Students learn about physical, mental and social health. Emphasis is on decision making, maintaining a healthy lifestyle and prevention of disease. Units include: What is health, Mental Health, Nutrition, Diseases, Human Reproduction and Tobacco, Alcohol and other Drugs.

### Family Health Course Standards

**As a result of participation in this course, students will:**

- Identify three aspects of health and use it for a self assessment.
- Develop coping skills for stress.
- Recognize healthy diets and develop ways to improve own diet.
- Recognize symptoms of common diseases and preventative measures.
- Analyze consequences of decisions associated with sexual behavior and how they relate to future goals.
- Distinguish myth from fact regarding human reproduction.
- Analyze consequences of decisions associated without the use of drugs/alcohol and how they relate to future goals.