

10th Grade NSHS

Personal Health (10)

Overall Unit Goal: *Students will understand that wellness is maintained through a healthy lifestyle which includes appropriate physical activity.*

P10-1-1	Analyze how behavior can impact health maintenance and disease prevention.
P10-1-2	Explain how to delay onset and reduce risks of potential life-long health problems relating to lifestyle.
P10-3-1	Evaluate personal health behaviors to determine strategies for health enhancement and risk reduction.
P10-6-1	Predict immediate and long-term impact of lifestyle decisions on the individual, family and community.

Nutrition (10)

Overall Unit Goal: *Students will understand the role of proper nutrition in the attainment and maintenance of health and relationship between nutrition and physical and mental performance.*

N10-1-1	Analyze how nutrition can impact health maintenance and disease prevention.
N10-1-2	Analyze the impact of personal nutrition on the functioning of body systems.
N10-2-1	Evaluate the validity of nutrition information, products and services.
N10-2-2	Evaluate media influences on nutrition information and food products.

Mental & Emotional Health (10)

Overall Unit Goals: *Students will understand that the level of one's mental health is manifested by responsible decision-making, the development of healthy relationships, the management of stress and the complex emotional states of adolescence, adaptation to change throughout life and knowing when to seek help.*

M10-1-1	Analyze how mental and emotional health can impact health maintenance and disease prevention. (E.g.- effect on judgement, anxiety and depression, susceptibility to disease)
M10-1-2	Describe the interrelationships of mental, emotional, social and physical throughout young adulthood. (E.g.- self-image, personal, social, ideal; personal qualities and characteristics, personal development over time, capacity and potential for personal growth and change, heredity and environment, eating disorders)
M10-1-3	Analyze the impact of emotional expression on the functioning of body systems. (E.g.- anxiety, eustress, effect on performance, concentration, depression as a common emotional response to distress, positive mental/emotional states and physical health)
M10-1-4	Evaluate personal stress management habits to determine strategies for enhancing health and reducing risk. (E.g.-sharing and facing a crisis with others and its effect on anxiety)
M10-2-1	Analyze resources from home, school and community that provide valid mental health information. (E.g.- different types of available assistance, elements and rationale of support systems)
M10-2-2	Research and evaluate strategies to manage stress in individuals.
M10-4-1	Evaluate the effect that family, community and media have on expressing emotions.
M10-5-1	Analyze mental health concerns that require individuals to work together. (E.g.- eating disorders, depression, suicide)
M10-5-2	Apply strategies to selected situations that facilitate effective communication among individuals or groups. (E.g.- suicide prevention)
M10-6-1	Analyze the ability to use different strategies when making decisions related to mental and emotional health needs. (E.g.- substance use, coping with stress, relationships, seeking help)
M10-7-1	Discuss accurate information about mental and emotional health issues, including suicide prevention and express opinions about them. (E.g.- effects of violence, self destructive behaviors, misdirected emotions on individual, family and society)

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Family Life & Sexuality (10)

Overall Unit Goals: *Students will understand the difference between healthy and unhealthy relationships.*

F10-1-1	List and explain characteristics of healthy and unhealthy relationships.
F10-1-2	Discuss red flags in abuse of a partner, signs a friend is being abused, and how to get help out of an abusive relationship.
F10-1-3	Match abusive scenarios to the cycle of violence.