

## NJDOE MODEL CURRICULUM

<b>CONTENT AREA: Health Education</b>	<b>GRADE:9-12</b>	<b>UNIT #: IV</b>	<b>UNIT NAME: Community Health Skills</b>
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#	STUDENT LEARNING OBJECTIVES	CORRESPONDING NJCCCS
<b>1</b>	Compare and contrast the impact that competition may have on personal character development and how it may affect one's overall personal wellness. 9	( 2.2.12.C.1)
<b>2</b>	Research and develop a stress management plan that would help improve and maintain overall personal wellness. 10	(2.1.12.E.4)
<b>3</b>	Research and analyze the impact technology has on interpersonal communication in regards to supporting overall personal wellness. 11	(2.2.12.A.3)
<b>4</b>	Judge how adherence or a lack of adherence to core ethical values impact behaviors that influence the health and safety of people everywhere. 12	(2.2.12.C.2)
<b>5</b>	Analyze the emotional and social impact of mental illnesses on society and how advances in medical technology for their diagnosis and treatment can improve one's quality of life. 9	(2.1.12.C.3, 2.1.12.C.4)
<b>6</b>	Identify and employ communication skills that may be used with family, peers, and people from other backgrounds and cultures that may impact the overall wellness of oneself or others.10	(2.2.12.A.1)
<b>7</b>	Identify and analyze current issues facing individuals with disabilities and make recommendations to address those issues. 11	(2.2.12.C.3)
<b>8</b>	Differentiate between healthy and unhealthy relationships (abuse and assault), what to do if assaulted, and how to protect oneself using available resources. 9	(2.1.12.D.2)
<b>9</b>	Interpret consequences and develop strategies for unresolved conflicts and analyze how technology impacts conflict. 11	(2.1.12.E.1, 2.1.12.E.2, 2.2.12.A.2)
<b>10</b>	Investigate issues of crisis or change within the family structure and develop ways to maintain family balance and function. 12	(2.1.12.E.3)
<b>11</b>	Analyze the importance of complying with motor vehicle laws and avoiding driving distractors, including drug and alcohol use, and develop preventative strategies to decrease both intentional and unintentional injuries. 10	(2.1.12.D.1, 2.1.12.D.4, 2.1.12.D.5)

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<b>12</b>	Develop a strategy that advocates for action on a health issue (including but not limited to organ/tissue donation) on a state, national, or global level. 10	(2.2.12.D.1)
<b>13</b>	Identify new technologies that improve emergency response and demonstrate first aid procedures (basic life support skills, AED, head trauma, heat/cold injuries, etc). 11	(2.1.12.D.6, 2.1.12.E.2)
<b>14</b>	Analyze a variety of solutions to health issues based on cost, availability, accessibility, benefits, or accreditation and determine the effect of accessibility and affordability of healthcare on family, community, and global health. 12	(2.2.12.E.1, 2.2.12.E.2)

Code #	NJCCCS
2.1 Wellness	
C. Diseases and Health Conditions	12 Personal health is impacted by family, community, national, and international efforts to prevent and control diseases and health conditions.
	2.1.12.C.3 Determine the emotional, social, and financial impact of mental illness on the family, community, and state. 2.1.12.C.4 Relate advances in medicine and technology to the diagnosis and treatment of mental illness.
D. Safety	12 Evaluating the potential for injury prior to engaging in unhealthy/risky behaviors impacts choices.
	2.1.12.D.1 Determine the causes and outcomes of intentional and unintentional injuries in adolescents and young adults and propose prevention strategies.
	2.1.12.D.2 Explain ways to protect against abuse and all forms of assault and what to do if assaulted.
	2.1.12.D.3 Analyze the relationship between alcohol and drug use and the incidence of motor vehicle crashes.
	2.1.12.D.4 Develop a rationale to persuade peers to comply with traffic safety laws and avoid driving distractors
	2.1.12.D.5 Justify when individual or collaborative decision-making is appropriate.

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	12 Applying first-aid procedures can minimize injury and save lives.
	2.1.12.D.6 Demonstrate first-aid procedures, including Basic Life Support and automatic external defibrillation, caring for head trauma, bone and joint emergencies, caring for cold and heat injuries, and responding to medical emergencies.
E. Social and Emotional skills	12 Respect and acceptance for individuals regardless of gender, sexual orientation, disability, ethnicity, socioeconomic background, religion, and/or culture provide a foundation for the prevention and resolution of conflict.
	2.1.12.E.1 Predict the short- and long-term consequences of unresolved conflicts
	2.1.12.E.2 Analyze how new technologies may positively or negatively impact the incidence of conflict or crisis.
	12 Stress management skills impact an individual’s ability to cope with different types of emotional situations.
	2.1.12.E.3 Examine how a family might cope with crisis or change and suggest ways to restore family balance and function.
	2.1.12.E.4 Develop a personal stress management plan to improve/maintain wellness.
2.2- Integrated Skills	
A. Interpersonal communication	12 Effective interpersonal communication encompasses respect and acceptance for individuals regardless of gender, sexual orientation, disability, ethnicity, socioeconomic background, religion, and/or culture.
	2.2.12.A.1 Employ skills for communicating with family, peers, and people from other backgrounds and cultures that may impact the health of oneself and others.
	12 Effective communication is the basis for strengthening interpersonal interactions and relationships and resolving conflicts.
	2.2.12.A.2 Demonstrate strategies to prevent, manage, or resolve interpersonal conflicts.
	12 Technology increases the capacity of individuals to communicate in multiple and diverse ways.
	2.2.12.A.3 Analyze the impact of technology on interpersonal communication in supporting wellness and a healthy lifestyle.
C. Character Development	12 Individual and/or group pressure to be successful in competitive activities can result in a positive or negative impact.
	2.2.12.C.1 Analyze the impact of competition on personal character development.
	12 Core ethical values impact behaviors that influence the health and safety of people everywhere.
	2.2.12.C.2 Judge how individual or group adherence, or lack of adherence, to core ethical values impacts the local, state, national, and worldwide community.

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	2.2.12.C.3 Analyze current issues facing the disability community and make recommendations to address those issues.
D. Advocacy and Service	12 Effective advocacy for a health or social issue is based on communicating accurate and reliable research about the issue and developing and implementing strategies to motivate others to address the issue.
	2.2.12.D.1 Plan and implement an advocacy strategy to stimulate action on a state, national, or global health issue, including but not limited to, organ/tissue donation
E. Health Services and Information	12 Potential solutions to health issues are dependent on health literacy and available resources.
	2.2.12.E.1 Analyze a variety of health products and services based on cost, availability, accessibility, benefits, and accreditation.
	12 Affordability and accessibility of healthcare impacts the prevention, early detection, and treatment of health problems.
	2.2.12.E.2 Determine the effect of accessibility and affordability of healthcare on family, community, and global health.