

# 10<sup>th</sup> Grade Health Education

August 2016

## 2<sup>nd</sup> Nine Weeks

### SOL 10.1

- Understanding of health concepts, behaviors, and skills
- Impact of poor dietary choices
- Effects of sedentary lifestyles
- Effects of tobacco, alcohol, inhalants, and other drugs
- Behaviors that result in intentional and unintentional injury

### SOL 10.2

- Power of assertiveness
- Involvement in school and community activities
- Exercising self-control
- Goal setting
- Personal decision-making
- Individual's environment
- Family health habits
- Positive role models
- Stress management

### SOL 10.3

- Reduce and prevent violence
- Resolution of conflicts
- Emergency care
- Tendencies toward self-harm
- Life-threatening situations
- Crisis-management strategies
- Gang-related activity

4-5 days spent on each unit

### SOL 10.4

- Techniques to promote health
- Analyze health products and services
- Agencies in health –related issues
- Impact of technology
- Employment opportunities

### SOL 10.5

- Volunteerism
- Outcome of drinking and driving
- Acts of violence
- Address community health goals
- Promote the health goals
- Positive role models
- Teenage drug use