

Beaverton School District

Health 2 Curriculum Learning Targets

Alcohol, Tobacco, & Other Drugs

- **Explain the different signs and symptoms of addictive behaviors. (CC,*)**
- **Identify how to communicate to a friend or relative you think is an addict and should get support/help. (IC,*)**
- **Explain the short-term and long-term psychological and social effects, including social, legal, economic and cosmetic consequences, of alcohol, tobacco, and other drugs. (CC,*)**
- Identify the dangers and legal issues related to using performance-enhancing drugs. (CC)
- Describe the impact of alcohol and other drug use on sexual decision-making. (CC)
- Interpret school policies and community laws related to alcohol, tobacco and illegal drug abuse, possession, and sales. (CC)
- Access the appropriate resources for addiction services. (AI)

Prevention & Control of Disease

- **Identify screenings, including melanoma, breast and testicular self-examinations; and medical examinations, including PAP smear, HPV, STD, HIV and Hepatitis B and C testing necessary to maintain reproductive health. (CC,*)**
- Describe the strategies for preventing communicable diseases and early detection of non-communicable diseases. (CC)
- Set a goal to practice strategies for preventing communicable and non-communicable diseases. (GS)
- Differentiate between pro-social and anti-social words and actions in the media. (IC)

Environmental Health

- **Analyze influences that encourage young people to abstain from protecting oneself from the sun and influences that encourage the use of tanning beds. (INF,*)**
- **Identify ways to reduce exposure to the sun, including tanning beds. (CC,*)**
- **Communicate with others about the importance of preventing exposure to UV rays and other harmful substances. (IC,*)**
- Advocate for reducing one's risk to air and water pollution. (AV)

Healthy Eating

- **Describe dietary guidelines, food groups, nutrients, and serving size for healthy eating habits. (CC,*)**
- Explain the importance of variety and moderation in food selection and consumption. (CC)
- Describe the impact nutrition has on chronic disease. (CC)
- Determine the benefits of healthy weight control and identify unhealthy weight control practices. (CC)
- **Critique the adequacy of own diet for key nutrients and identify foods that supply the identified nutrients. (SM,*)**
- **Set a personal health goal based on a dietary analysis to enhance health. (GS,*)**
- Analyze the impact various influences, including the environment, have on eating habits and attributes towards weight management. (INF)
- Set personal goals related to a variety and moderation in food selection and consumption. (GS)

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continued....

- Make a decision to eat foods that optimize health and well-being. (DM)
- Advocate for healthy food choices within the community. (AV)
- *Differentiate between pro-social and anti-social words and actions in the media. (INF)*

Mental, Social & Emotional Health

- *Practice strategies for managing and reducing stress, anger and conflict. (SM)*
- *Set a goal to reduce/cope with life stressors in a health-enhancing way. (GS)*

Physical Activity

- **Explain the physical, academic, mental and social benefits of physical activity, and the relationship of a sedentary lifestyle to chronic disease. (CC,*)**
- Describe the role of lifelong fitness in maintaining personal fitness, weight and percentage of body fat. (CC)
- **Access information about recommended amount and types of physical activity for adolescents. (AI,*)**

Sexual Health

- ***Explain why abstinence is the safest, most effective method of protection from HPV, STD/HIV, Hepatitis B and C, and pregnancy. (CC,*)***
- *Identify the possible short- and long-term consequences of sexual activity, including increased risk with multiple partners. (CC)*
- *Describe contraceptive methods, disease reduction measures, proper use, and their effectiveness. (CC)*
- Compare the effectiveness for a variety of contraceptives, including abstinence and disease prevention. (AI)
- Demonstrate the ability to access community resources that provide assistance around sexual health and pregnancy. (AI)
- **Advocate to others the importance of screenings and medical examinations to maintain reproductive health. (AV,*)**
- ***Use the decision making process to make healthy choices around sexual health. (DM,*)***
- Demonstrate effective communication skills within healthy dating relationships. (IC)
- Explore the effects of gender differences and roles in healthy relationships. (INF)

Unintentional Injury Prevention

- N/A

Violence Prevention

- Identify public and private violence prevention resources. (AI)
- *Demonstrate the ability to take on the perspective of others in a conflict situation. (SM)*
- **Advocate for the promotion of respect and empathy for individual differences. (AV,*)**
- *Recognize diversity in relationships including disability, gender, race, sexuality and body size. (CC)*
- *Differentiate between pro-social and anti-social words and actions in the media. (INF)*