
**Coal City Unit District #1
High School
Health Curriculum**

HE.HS:1 Students will define the terminology of alcohol, tobacco and their diseases; and be able to apply appropriate refusal skills. (IL 23B, 24B, 24A)

- HE.HS:1-1 Define the terminology associated with alcohol and tobacco.
- HE.HS:1-2 Recognize the effects of alcohol and tobacco on family life, personal life and in the body.
- HE.HS:1-3 Develop refusal skills when approached with alcohol and tobacco.
- HE.HS:1-4 Recognize diseases associated with alcohol and tobacco.

HE.HS:2 Students will recognize the warning signs and stages of grief associated with mental health. (IL 23B, 24A)

- HE.HS:2-1 Recognize warning signs of clinical depression and suicide.
- HE.HS:2-2 Guide others in need of help by using proper steps.
- HE.HS:2-3 Describe and understand the stages of grief associated with the D.A.B.D.A. process.

HE.HS:3 Students will recognize terminology associated with stress as well as how to manage stress and how it affects the body. (IL 22A, 23B, 23A)

- HE.HS:3-1 Identify the big four identified with stress: stress, diet, exercise and sleep.
- HE.HS:3-2 Recognize the difference between acute and chronic stress.
- HE.HS:3-3 Identify different stressors.
- HE.HS:3-4 Identify how stress affects the body.
- HE.HS:3-5 Manage personal stress by getting eight (8) hours of sleep, exercising, and eating a proper diet.

HE.HS:4 Students will identify the terminology associated with pregnancy and male/female reproductive system. (IL 23C, 23B, 23A)

- HE.HS:4-1 Identify signs of pregnancy.
- HE.HS:4-2 Identify what one should avoid during pregnancy.
- HE.HS:4-3 Understand the difference between trimesters.
- HE.HS:4-4 Identify the physical changes with mom and baby.
- HE.HS:4-5 Identify the different steps of having a baby.
- HE.HS:4-6 Recognize the complications of pregnancy.
- HE.HS:4-7 Label and understand the functions of the female and male reproductive system.
- HE.HS:4-8 Understand the hormonal changes that occur during puberty within the female and male body.
- HE.HS:4-9 Identify reproductive disorders associated with male and female reproductive system.

HE.HS:5 Students will develop an understanding of mental health and wellness. (IL 24A, 24B)

- HE.HS:5-1 Identify components of a healthy relationship.
- HE.HS:5-2 Understand steps for conflict resolution.
- HE.HS:5-3 Identify characteristics of a sound self-esteem.
- HE.HS:5-4 Identify bullying characteristics and different ways to seek help.
- HE.HS:5-5 Identify and recognize the B.I.S.E.P.S. associated with health triangle.

HE.HS:6 Students will demonstrate an understanding of nutrition and nutritional habits. (IL 23A, 23B, 22A, 24C, 24B)

- HE.HS:6-1 Read and understand food label.
- HE.HS:6-2 Calculate percent (%) of calories from fat, proteins, and carbohydrates in food.
- HE.HS:6-3 Understand which nutrients come from different foods.
- HE.HS:6-4 Understand the role of nutrients in the body.
- HE.HS:6-5 Recognize and label all parts of My Plate.
- HE.HS:6-6 Calculate a healthy caloric intake.
- HE.HS:6-7 Implement goals for weight management.
- HE.HS:6-8 Recognize diseases associated with poor nutrition.
- HE.HS:6-9 Recognize terminology associated with nutrition.

HE.HS:7 Students will develop an understanding of AIDS/HIV, STD's and contraceptives. (IL 24B)

- HE.HS:7-1 Distinguish the difference between AIDS and HIV.
- HE.HS:7-2 Identify criteria for diagnosing full blown AIDS.
- HE.HS:7-3 Understand how the disease is transmitted.
- HE.HS:7-4 Understand how to reduce the risks of getting the disease.
- HE.HS:7-5 Know how sexually transmitted diseases are passed.
- HE.HS:7-6 Identify curable and non-curable diseases.
- HE.HS:7-7 Distinguish the difference between the different types of diseases.
- HE.HS:7-8 Identify the different types of contraceptives.

HE.HS:8 Students will develop an understanding of drugs. (IL 23B, 24A, 24B)

- HE.HS:8-1 Define terminology associated with drugs.
- HE.HS:8-2 Recognize the effects of alcohol and tobacco on family life, personal life and in the body.
- HE.HS:8-3 Develop refusal skills when approached with drugs.
- HE.HS:8-4 Recognize diseases associated with drugs.

HE.HS:9 Students will develop an understanding of mental disorders and diseases. (IL 23B, 24A)

- HE.HS:9-1 Identify mental disorders and diseases.
- HE.HS:9-2 Identify signs and symptoms of mental disorders.
- HE.HS:9-3 Describe how having a mental disorder affects the daily routines in life.