

COURSE: Health
GRADE LEVEL: 6

MAIN/GENERAL TOPIC:	SUB-TOPIC:	ESSENTIAL QUESTIONS:	WHAT THE STUDENTS WILL KNOW OR BE ABLE TO DO:	SKILLS:	WHEN STUDENT DOES IT:	ASSESSMENTS:
HEALTHY PLANNING	Health Triangle	•	<ul style="list-style-type: none"> Identify the physical, mental and social aspects of health and wellness 	•	Introduction topic	•
	Self Concept	•	<ul style="list-style-type: none"> List characteristics of a positive self-concept and examine personal strengths and weaknesses 	•	On going	•
	Decision Making	•	<ul style="list-style-type: none"> Describe the steps that should be followed to make healthy decisions 	•	On going 6 & 7	•
	Goal Setting	•	<ul style="list-style-type: none"> Explain how to set and meet goals 	•	On going	•
CARING FOR YOURSELF	Sources of Health Care	•	<ul style="list-style-type: none"> Develop a list of health professionals in the community and know how they function Compare community voluntary health organizations and understand how they are utilized 	•	On going	•
GROWING AND CHANGING	From Cell to System	•	<ul style="list-style-type: none"> Identify and describe stages of adolescent growth and development List general and personal inherited characteristics 	•	Introductory topic Lead in to seventh grade	•
BODY SYSTEMS	Body Systems	•	<ul style="list-style-type: none"> Describe what a body system is and how different systems work together Explain the function and structure of the following systems: nervous, circulatory, respiratory, muscular, skeletal digestive and excretory 	•	Core unit	•

COMMUNICABLE DISEASES	Body Defenses	•	<ul style="list-style-type: none"> • Explain the distinctions between communicable and noncommunicable diseases • Know causes of communicable disease. Viruses, bacteria, protozoa and fungi • Explain the immune response, natural immunity, vaccines and prevention 	•	Core unit	•
	AIDS	•	<ul style="list-style-type: none"> • HIV and the immune system. Modes of transmission and prevention 	•	Core topic	•
NON-COMMUNICABLE DISEASES	Non-communicable	•	<ul style="list-style-type: none"> • List causes of noncommunicable diseases • Understand how health decisions and behavior lead to prevention of noncommunicable diseases 	•	Core unit	•
NUTRITION AND FITNESS	Nutrients	•	<ul style="list-style-type: none"> • Identify the six main categories of nutrients • Compare information about serving size and nutritional facts through the use of food labels 	•	Core unit	•
	Fitness	•	<ul style="list-style-type: none"> • Explain the concept of physical fitness and list the components of health and skills fitness • Describe ways to achieve and maintain strength, endurance and flexibility 	•	Core unit	•
CURRENT HEALTH	News Articles	•	<ul style="list-style-type: none"> • To be able to identify new information on health related topics • List the important facts from a newspaper, magazine or a reliable web site • Present information researched to the class orally 	•	On going	•

COURSE: Health
GRADE LEVEL: 7

MAIN/GENERAL TOPIC	SUB-TOPIC:	ESSENTIAL QUESTIONS:	WHAT THE STUDENTS WILL KNOW OR BE ABLE TO DO:	SKILLS:	WHEN STUDENT DOES IT:	ASSESSMENTS:
INTRO TO HEALTH	Health triangle Self concept Decision making Recognizing health and wellness	<ul style="list-style-type: none"> • How do I know if I am healthy? • What do we mean by well being? • What do I need to be healthy? • What is health? • What is total health? 	<ul style="list-style-type: none"> • Identify the physical, mental and social aspects of health and wellness. • List characteristics of positive self-esteem. • Define health according to the WHO • Describe the DECIDE theory of decision making. • Explore factors that influence total health. 	<ul style="list-style-type: none"> • Poster • Notebook • Test • Oral reports • Group work 	<ul style="list-style-type: none"> • 5-7 days 	<ul style="list-style-type: none"> • Quiz
FIRST AID AND SAFETY	CPR/Choking	<ul style="list-style-type: none"> • What do I do for someone who needs first aid? • Would you know what to do in an emergency? 	<ul style="list-style-type: none"> • Explore the process in one man CPR rescue • Demonstrate one man CPR • Demonstrate the Heimlich Maneuver for choking • Investigate basic first aid procedures for bleeding • Analyze the importance of protective equipment • Perform home safety inspection 	<ul style="list-style-type: none"> • Practice the skills • Reports on the heimlich CPR, bandaging 	<ul style="list-style-type: none"> • 5-7 days 	<ul style="list-style-type: none"> • Practicum
NUTRITION	Personal Health	<ul style="list-style-type: none"> • What is nutrition? • What is a nutrient? • How can I plan a healthy diet? • What are the four food groups? • Can you read a food label? 	<ul style="list-style-type: none"> • Examine the effects of nutrients on the body system • Analyze personal diet and nutritional choices • Investigate good diet vs. dieting • Identify poor eating habits and eating disorders • Explain how nutrition and exercise are important links to overall good health • Identify nutrition resources 	<ul style="list-style-type: none"> • Food log • Read labels • Tests • Data interpret • Report on eating disorders 	<ul style="list-style-type: none"> • 5-7 days 	<ul style="list-style-type: none"> • 3 day log • Nutrient identification • Reports

DRUGS AND ALCHOL	Culture/ Society environment, athletics, media	<ul style="list-style-type: none"> • What are drugs? • Why do people smoke today? • When do people use alcohol in our society? • What is addiction? • What are the harmful effects of Drugs? 	<ul style="list-style-type: none"> • Discuss reasons for drugs and alcohol in our society today • Describe the difference between OTC drugs and prescription drugs • Investigate the negative impact tobacco has on the body • Discuss how alcohol is part of our society today (positive and negative) • Explain the harmful effects of alcohol on physical, mental, and social aspects of health • Explain use, abuse, and misuse • Identify school and outside resources to address substance abuse situations 	<ul style="list-style-type: none"> • Tests • Quiz • Poster • Role play • Paper on consumerism • Speaker 	<ul style="list-style-type: none"> • 5-7 days 	<ul style="list-style-type: none"> • Oral reports • Role play
PHYSICAL FITNESS	Five components of fitness.	<ul style="list-style-type: none"> • What is physical fitness? • What are the components of physical fitness? • What is some ways exercise can help me? 	<ul style="list-style-type: none"> • Describe benefits of daily exercise • Identify the components of fitness • Recognize the interaction on the body systems, i.e. Cardio vascular, muscular • Develop a personal fitness plan • Discuss the importance of safety and prevention of injuries while exercising 	<ul style="list-style-type: none"> • Test • Log • Lab 	<ul style="list-style-type: none"> • 5-7 days 	<ul style="list-style-type: none"> • Fitness • Practicum • Test • Notebook
DISEASE	Communicable/ Noncommunicable	<ul style="list-style-type: none"> • Do you know the difference between communicable, noncommunicable disease? • What are germs? • How do we prevent disease? 	<ul style="list-style-type: none"> • Explain the differences between communicable and noncommunicable • Know the causes of communicable disease. Virus, bacteria protozoa and fungi. • List causes of noncommunicable disease. • Understand how health decisions and behavior lead to prevention of disease. 	<ul style="list-style-type: none"> • Reports • Games • Posters • Test/vocab • Computer worksheet 	<ul style="list-style-type: none"> • 5-7 days 	<ul style="list-style-type: none"> • Computer worksheet • Lab • Test
GROWTH AND CHANGE	Identify and describe stages of adolescence growth and development.	<ul style="list-style-type: none"> • What is sexuality? • What is puberty? • How does growth and development take place? 	<ul style="list-style-type: none"> • Describe stages of pubescent growth and development. • Understand the differences and similarities between the male and female anatomy. • Describe the process of ovulation, fertilization, implantation and 	<ul style="list-style-type: none"> • Oral presentations • Reports 	<ul style="list-style-type: none"> • 5-7 days 	<ul style="list-style-type: none"> • Test

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COURSE: Health
GRADE LEVEL: 8

MAIN/GENERAL TOPIC	SUB-TOPIC:	ESSENTIAL QUESTIONS:	WHAT THE STUDENTS WILL KNOW OR BE ABLE TO DO:	SKILLS:	WHEN STUDENT DOES IT:	ASSESSMENTS:
HEALTH PLANNING	Care and Prevention	<ul style="list-style-type: none"> • What is health? • Why set goals? • Do you consider yourself a healthy person? • Do you feel that you are a good judge of character? 	<ul style="list-style-type: none"> • Identify physical, mental and social aspects of health and wellness • Discuss health goal setting both long term and short term goals • Develop a personal health plan 	<ul style="list-style-type: none"> • Increase listening skills • Improved note taking • Self-growth 	Early semester	<ul style="list-style-type: none"> • Inventory • Goal setting sheet
DRUGS AND ALCOHOL	Personal Health	<ul style="list-style-type: none"> • How do drugs effect an individual? • How do drugs effect our society? • Why do people abuse drugs • What is addiction? 	<ul style="list-style-type: none"> • Discuss harmful effects of alcohol and drugs on the body and mind • Identify <u>NEW</u> designer drugs and club drugs • Investigate the rise in use in heroin and methamphetamines • Discuss the dangers of anabolic steroids • Identify school resources equipped to deal with drug or alcohol problems • List outside resources and services for substance abuse situations 	<ul style="list-style-type: none"> • Resource management • Increase of the use of refusal skills • overall increase in wellness 	Middle semester	<ul style="list-style-type: none"> • Test • Notebook • Role playing
COMMUNICATION SKILLS	Oral skills	<ul style="list-style-type: none"> • How well do you communicate? • How do you express your emotions? • What is your stress level? • What are stereotypes? • Have you ever been bullied? 	<ul style="list-style-type: none"> • Describe ways to express emotions, problems and personal situations appropriately (Anger Management) • Identify ways to be a better listener and communicator • Explore different types of communications • Investigate ways to communicate better with parents, friends and teachers • Explore ways to reduce conflict and resolve important issues • Identify stress in our lives • List individual stressors 	<ul style="list-style-type: none"> • Parent child communication • Active listening • Negotiation • I message 	Early semester	<ul style="list-style-type: none"> • Test • Notebook

HUMAN SEXUALITY	STD's	<ul style="list-style-type: none"> • Why do people engage in risky behaviors? • What does abstinence mean? 	<ul style="list-style-type: none"> • Review pregnancy and childbirth • Discuss effects of drugs on relationships (date rape) • Discuss sexually transmitted diseases • What are the limits to teenage sexuality • Investigate sexual harassment in school and workplace 	<ul style="list-style-type: none"> • Decision making 	Late semester	<ul style="list-style-type: none"> • Test • Notebook
HEALTH ISSUES	Current Health	<ul style="list-style-type: none"> • Can you name a health issue today? • What is anthrax? • What is bioterrorism? 	<ul style="list-style-type: none"> • Introduction to mental health problems (depression, suicide) • Discuss medical conditions , i.e. cancer, Parkinson's, Alzheimer's • Explore effects of diet and exercise • Identify prevention strategies and apply to health and wellness • Explore school and outside health agencies 	<ul style="list-style-type: none"> • Resource • Media • Increase writing 	Ongoing	<ul style="list-style-type: none"> • Group work • Article review • Oral reports

COURSE: Health
GRADE LEVEL: 9-12

MAIN/GENERAL TOPIC:	SUB-TOPIC:	ESSENTIAL QUESTIONS:	WHAT THE STUDENTS WILL KNOW OR BE ABLE TO DO:	SKILLS:	WHEN STUDENT DOES IT:	ASSESSMENTS:
INTRODUCTION TO HEALTH & WELLNESS	Health & Wellness	<ul style="list-style-type: none"> • What does “Health” mean? “Wellness”? • How could my Health Triangle be improved? • Where do I fall on the Wellness Scale? 	<ul style="list-style-type: none"> • Description of health and wellness, including the Health Triangle and the Wellness Scale 	<ul style="list-style-type: none"> • Self Management 	Week 1	<ul style="list-style-type: none"> • Creation of personalized Health Triangle and Wellness Scale
	Factors Affecting Health Status	<ul style="list-style-type: none"> • What or who endangers my ability to be healthy? • What or who helps me to become healthy? 	<ul style="list-style-type: none"> • Description of health status, various factors and people affecting health status 	<ul style="list-style-type: none"> • Self Management 	Week 1	<ul style="list-style-type: none"> • Discussion of various factors • Quiz
	Understanding Health Concepts	<ul style="list-style-type: none"> • What is a “Health Concept”? How does it relate to real life? • Where can you go to access health information, products, or services? 	<ul style="list-style-type: none"> • Definition of health concept • How to use the health concept model to make decisions • How to access health information products and services • How to determine if a product or service is credible/reliable • How to be a wise consumer 	<ul style="list-style-type: none"> • Personal Management • Decision making 	Week 1 Week 2	<ul style="list-style-type: none"> • Glens Falls health information, products and services • Health ads credibility scale • Health Quackery presentation
INTRODUCTION TO HEALTH & WELLNESS	Health Behaviors	<ul style="list-style-type: none"> • What’s the difference between a behavior and a habit? • What are the top 6 risky behaviors for teens? • How are your 	<ul style="list-style-type: none"> • Determine the difference between a behavior and a habit • Learn the CDC’s 6 categories of risk behavior in teens • Evaluate health through inventory 	<ul style="list-style-type: none"> • Self Management • Decision making • Planning & goal setting 	Week 2	<ul style="list-style-type: none"> • Health & Wellness behavior inventory • Goals contract • Journal entries

		behaviors and habits affecting your health?				
MENTAL & EMOTIONAL HEALTH	The Brain	<ul style="list-style-type: none"> • How do I learn? Remember? • What's in my brain? 	<ul style="list-style-type: none"> • Fetal development of brain • Anatomy of the brain 	<ul style="list-style-type: none"> • Self Management 	Week 3	<ul style="list-style-type: none"> • Memory and learning activities • Multi-Intelligence assessment
	Self-Esteem	<ul style="list-style-type: none"> • What's positive self-esteem? Negative self-esteem? • How does my self-esteem affect my life? 	<ul style="list-style-type: none"> • Positive self-esteem vs. negative self-esteem • Methods for improving self-esteem 	<ul style="list-style-type: none"> • Self Management • Planning & goal setting 	Week 3	<ul style="list-style-type: none"> • <input type="checkbox"/> self-esteem evaluation • Coat of Arms • Support System
	Building Supportive Relationships	<ul style="list-style-type: none"> • What are listening blocks? • Who are you comfortable sharing personal information with? Why? 	<ul style="list-style-type: none"> • The listening blocks • Ways to build supportive relationships 	<ul style="list-style-type: none"> • Communication • Relationship Management 	Week 3	<ul style="list-style-type: none"> • Listening block scenarios • Support
	Conflict	<ul style="list-style-type: none"> • How do you respond to conflict? • How can conflict affect your overall health? 	<ul style="list-style-type: none"> • Sources of conflict • Conflict patterns • Conflict resolution 	<ul style="list-style-type: none"> • Self Management • Relationship management 	Week 3 Week 4	<ul style="list-style-type: none"> • How I act in conflicts evaluation • Sources of conflict • Conflict scenarios
	Stress-Relaxation Techniques	<ul style="list-style-type: none"> • What is stress? • How can stress affect my health? 	<ul style="list-style-type: none"> • Various forms of positive and negatives stress • Effects of stress on the body • Effective time management • Relaxation techniques 	<ul style="list-style-type: none"> • Self Management • Time Management • Planning & goal setting 	Week 4	<ul style="list-style-type: none"> • Time Management plan • Adolescent Life Change Event Scale • Relaxation techniques • Class presentations
	Mental Health	<ul style="list-style-type: none"> • What is good mental health? • How do disabilities affect my mental health? 	<ul style="list-style-type: none"> • Causes of mental disorders • Treatment of mental disorders • Disabilities awareness 	<ul style="list-style-type: none"> • Self Management • Communication • Decision Making 	Week 4	<ul style="list-style-type: none"> • Class discussions • Guest speakers

	Disordered Eating Media's Influence on eating	<ul style="list-style-type: none"> • What is disordered eating? 	<ul style="list-style-type: none"> • Various forms of disordered eating • Media's influence on weight loss • Fad Diets 	<ul style="list-style-type: none"> • Self Management • Communication 	Week 4	<ul style="list-style-type: none"> • Quiz • Fad Diet Presentation
	End of Life Issues	<ul style="list-style-type: none"> • How can I help when someone dies 	<ul style="list-style-type: none"> • Expected and unexpected death 	<ul style="list-style-type: none"> • Communication 	Week 5	<ul style="list-style-type: none"> • Condolence letter • Obituary
	Depression/ Suicide	<ul style="list-style-type: none"> • How can I tell if I'm depressed? • Where can I go for help? 	<ul style="list-style-type: none"> • Forms of depression • Where to get help • Suicide warning signs 	<ul style="list-style-type: none"> • Self Management • Relationship Management 	Week 5	<ul style="list-style-type: none"> • Class discussion • Exam • Journal Entries
NUTRITION	Digestive System	<ul style="list-style-type: none"> • How does digestion occur? 	<ul style="list-style-type: none"> • Anatomy & physiology of the digestive system • Discussion of digestive disorders 	<ul style="list-style-type: none"> • Self Management 	Week 6	<ul style="list-style-type: none"> • Identify parts of the digestive system and their functions
	Dietary Guidelines, Revised Food Pyramid	<ul style="list-style-type: none"> • What should I be eating? • Why should I be eating that? 	<ul style="list-style-type: none"> • Dietary Guidelines • Revised 2005 Food Pyramid • Typical American Diet • Goals of an improved diet 	<ul style="list-style-type: none"> • Self Management • Decision Making • Planning & Goal setting 	Week 6	<ul style="list-style-type: none"> • Personal Diet Inventory
	What's in My Food?	<ul style="list-style-type: none"> • What are the 6 classes of nutrients? • How do nutrients affect my body & mind? • How should I read a food label? 	<ul style="list-style-type: none"> • 6 nutrients – examples & functions of each • Antioxidants • Food additives • % calorie calculations 	<ul style="list-style-type: none"> • Self Management • Decision Making 	Week 7 Week 8	<ul style="list-style-type: none"> • Nutrient puzzle • Food label activities – comparison and calculations
CHRONIC ILLNESS	Controllable & Uncontrollable risk factors	<ul style="list-style-type: none"> • What are controllable risk factors? • Uncontrollable risk factors? 	<ul style="list-style-type: none"> • Controllable and uncontrollable risk factors for various chronic illnesses 	<ul style="list-style-type: none"> • Self Management • Decision Making • Planning & Goal Setting 	Week 8	<ul style="list-style-type: none"> • Health Genogram
	Chronic Illness Projects	<ul style="list-style-type: none"> • How can I decrease my risk for a chronic illness? 	<ul style="list-style-type: none"> • Controllable and uncontrollable risk factors for a specific illness, symptoms, treatment options 	<ul style="list-style-type: none"> • Communication • Advocacy 	Week 9	<ul style="list-style-type: none"> • Chronic illness project
ALCOHOL, TOBACCO & OTHER DRUGS	Responsible Decision Making Model	<ul style="list-style-type: none"> • How can I make responsible decisions? 	<ul style="list-style-type: none"> • Steps of the responsible decision making model • Various decision making styles 	<ul style="list-style-type: none"> • Decision making • Communication • Self Management 	Week 10	<ul style="list-style-type: none"> • Drug related scenarios • Rate the drug related behaviors

	Drug Classifications	<ul style="list-style-type: none"> • What are the different drug classifications? • How can each drug affect the mind & body? 	<ul style="list-style-type: none"> • 6 Major drug classifications 	<ul style="list-style-type: none"> • Self Management • Decision Making 	Week 11	<ul style="list-style-type: none"> • Drug information stations
	Tobacco Products	<ul style="list-style-type: none"> • How does tobacco harm the body? • How does the media portray tobacco use? 	<ul style="list-style-type: none"> • Effects of cigarette & cigar smoking and smokeless tobacco • Tobacco advertising 	<ul style="list-style-type: none"> • Self Management • Decision making • Planning & Goal setting 	Week 11	<ul style="list-style-type: none"> • Tobacco Advertisement analysis • Tobacco “Badvertisements”
	Alcohol	<ul style="list-style-type: none"> • How do teens view alcohol? • What can be done to decrease drinking and driving? • What is binge drinking? 	<ul style="list-style-type: none"> • Effects of alcohol on the mind & body • Emotional aspect of alcohol use • Drinking and driving • Fetal alcohol syndrome 	<ul style="list-style-type: none"> • Self Management • Decision making • Planning & Goal setting 	Week 12	<ul style="list-style-type: none"> • Respect activity (& how alcohol can affect behavior) • Law revisions for drinking and driving • What if situations
	Marijuana	<ul style="list-style-type: none"> • How can marijuana affect the mind & body? • What is reverse tolerance? 	<ul style="list-style-type: none"> • Effects of marijuana on the mind & body • Reverse tolerance reaction 	<ul style="list-style-type: none"> • Self Management • Decision Making • Communication 	Week 12	<ul style="list-style-type: none"> • Mock letter to a friend addicted to Marijuana • Quiz
	Club Drugs	<ul style="list-style-type: none"> • What are club drugs? 	<ul style="list-style-type: none"> • Various club drugs and the subsequent dangers including sexual violence 	<ul style="list-style-type: none"> • Self Management • Decision Making 	Week 13	<ul style="list-style-type: none"> • Club drug scenarios addressing various risks of use • Quiz
	Neurotransmitters	<ul style="list-style-type: none"> • How can drugs affect a person long-term? • Can drugs affect how a person learns? 	<ul style="list-style-type: none"> • Various neurotransmitters and their functions • How drugs affect them • Addiction 	<ul style="list-style-type: none"> • Self Management • Decision Making 	Week 13	<ul style="list-style-type: none"> • Plot internal reactions from the Use of Various Drugs
	Gambling Addiction	<ul style="list-style-type: none"> • What is gambling addiction? • How can I tell if I’m addicted to gambling? 	<ul style="list-style-type: none"> • Elements of gambling addiction • Where to go for help • How to help a friend 	<ul style="list-style-type: none"> • Self Management • Decision Making • Communication • Advocacy 	Week 14	<ul style="list-style-type: none"> • Gambling Scenarios

	Refusal Skills	<ul style="list-style-type: none"> • What are refusal skills? • How can I use refusal skills in a comfortable way? 	<ul style="list-style-type: none"> • Various refusal methods • Aspects of communication 	<ul style="list-style-type: none"> • Decision Making • Communication • Relationship Management 	Week 14	<ul style="list-style-type: none"> • Anti-drug presentations
REPRODUCTIVE HEALTH	Reproductive Anatomy & Physiology	<ul style="list-style-type: none"> • What is a menstrual cycle? • What hormones do males and females have? • What is conception? 	<ul style="list-style-type: none"> • Male reproductive system including testicular self-exams • Female reproductive system including breast self-exams, menstrual cycle • Conception, pregnancy & delivery 	<ul style="list-style-type: none"> • Self Management 	Week 14	<ul style="list-style-type: none"> • Discussion • Labeled Diagrams • Quiz
	Human Sexuality	<ul style="list-style-type: none"> • What are the five circles of sexuality? • How do others influence our values? 	<ul style="list-style-type: none"> • 5 Circles of Sexuality including Sensuality (body image), Intimacy (feelings), Sexual Identity, Sexual Health & Reproduction, and Sexualization • Values System ad how it is influenced by others • Media portrayal of sexuality 	<ul style="list-style-type: none"> • Self Management • Relationship Management • Communication • Decision Making 	Week 14	<ul style="list-style-type: none"> • Discussion, Friends, Family, Media Value Activity • The Rive (activity depicting the many influences on a teen's life)
	Sexually Transmitted Diseases	<ul style="list-style-type: none"> • What are the different types of STD's • How can they be transmitted? • How can STD's be prevented? 	<ul style="list-style-type: none"> • STD's - bacterial, viral (including HIV/AIDS) and parasitic • Methods of transmission • Prevention methods 	<ul style="list-style-type: none"> • Self Management • Relationship Management • Communication • Decision Making 	Week 15	<ul style="list-style-type: none"> • Discussion • Quiz
	Abstinence Education	<ul style="list-style-type: none"> • What is abstinence? • Why is it recommended? 	<ul style="list-style-type: none"> • Description of abstinence & its advantages for physical, emotional and social health 	<ul style="list-style-type: none"> • Self Management • Relationship Management • Communication • Decision Making 	Week 16	<ul style="list-style-type: none"> • Abstinence Activity (includes discussion of abstinence and why many young people choose it)
	Gender Roles/ Relationships	<ul style="list-style-type: none"> • What is a gender role? • What is a gender bias? • How can gender roles and biases affect relationships? 	<ul style="list-style-type: none"> • Discussion of identity – gender role, gender bias, gender identity 	<ul style="list-style-type: none"> • Relationship Management • Communication 	Week 16	<ul style="list-style-type: none"> • Gender scenarios (addressing bias, behaviors & communication) • Unit Exam • Journal Entries

RESPONDING TO EMERGENCIES	Emergency Situations	<ul style="list-style-type: none"> • What qualifies as an emergency? • How can I keep myself safe and healthy? 	<ul style="list-style-type: none"> • Various emergency situations • Most common emergencies for adults, children & infants 	<ul style="list-style-type: none"> • Self Management 	Week 17	<ul style="list-style-type: none"> • Home Safety Plan
	Adult, Child & Infant CPR	<ul style="list-style-type: none"> • How is CPR performed? • Abdominal thrusts? • How is an AED used? 	<ul style="list-style-type: none"> • CPR for adults, children & infants • Relieving choking • Using an Aed 	<ul style="list-style-type: none"> • Self Management • Communication • Advocacy 	Week 17 Week 18	<ul style="list-style-type: none"> • Skills Test • Written Exam