

Health

20236. **Safe Environment/Injury Prevention: Injuries**

Students understand the causes and prevention of injuries.

20237. **Safe Environment/Injury Prevention: First Aid Procedures**

Students develop knowledge and application of first aid procedures.

20238. **Substances Use and Abuse**

Students understand the effects of substance use and abuse on individuals, the family system, and society. To empower alternative choices of substance abuse (Just Say No!).

20239. **Nutrition**

Students understand the importance of proper eating habits, balanced diet, and how nutrients affect the growth/maintenance of the healthy body.

20240. **Growth and Development**

Students understand the physical and emotional growth throughout the human life cycle.

20241. **Human Sexuality: Physical/Emotional Changes**

Students develop a knowledge of physical and emotional changes and differences regarding human sexuality throughout the life cycle.

20242. **Human Sexuality: Preventive Measures/STDs-Pregnancy**

Students develop a knowledge of preventive measures for STDs and pregnancy (abstinence based), for ourselves and in relation to others.

20243. **Consumer and Community Health**

Students develop knowledge of legitimate health services, products, and individuals available to consumers.

20244. **Disease Prevention and Control**

Students understand methods of controlling and/or preventing the effects of diseases.

20245. **Personal Health and Hygiene**

Students recognize that individual personal health and fitness is a lifelong responsibility.

20246. **Family Health**

Students understand the different types of family units, changing family roles, and their impact on physical and emotional health throughout life.

20247. **Mental and Emotional Health**

Students understand that each person is unique, growing and changing both mentally and emotionally, and who is capable of directing that growth.