

# POB Middle Level Health Curriculum

Back to School Night  
September 14, 2023



# New York State Standards

## Standard 1 - Personal Health and Fitness

Students will have the necessary knowledge and skills to establish and maintain physical fitness, participate in physical activity, and maintain personal health.

## Standard 2 - A Safe and Healthy Environment

Students will acquire the knowledge and ability necessary to create and maintain a safe and healthy environment.

## Standard 3 - Resource Management

Students will understand and be able to manage their personal and community resources.

# New York State Health Education Skills

**Self-Management**

**Relationship Management**

**Stress Management**

**Communication**

**Decision Making Skills**

**Planning and Goal Setting**

**Advocacy**

# Grade 5

## MENTAL HEALTH

- Introduction to health
  - Social, emotional, physical & mental health
  - Wellness - Facts that influence health
  - Decision Making - Factors affecting decision making
  - Self- Esteem - Improving self-esteem
- Stress
  - Distress and Eustress
  - Body response to stress
  - Stress management techniques

## SOCIAL HEALTH

- Bullying and Friendship
  - Peer Pressure
  - Bully Prevention
  - Internet Safety and Cyberbullying
- Respect and Tolerance
  - Stereotyping, Physical Challenges, Compassion
- Safety
  - Home alone safety
  - Internet safety
  - Basic First Aid

# Grade 5

## PHYSICAL HEALTH

- Puberty
  - Growth and development
  - Menstruation
  - Personal Hygiene
- HIV/AIDS
  - Transmission
  - Prevention
  - Difference between HIV and AIDS
  - Compassion
- Drugs
  - Use, Misuse and Abuse
  - Define Gateway Drugs
  - Refusal skills
  - Peer pressure

# Grade 7

## MENTAL HEALTH

- Introduction to health
  - Social, emotional, physical, mental health
- Wellness
  - Health behavior plan
- Decision Making
  - Consequences of decision making
  - Alternate styles of decision making
- Self- Esteem
  - How it affects total health
- Stress
  - Personalities and stress
  - Stress prevention
  - Illnesses associated with stress
  - Intervention

## SOCIAL HEALTH

- Bullying and Friendship
  - Bullying and Harassment
  - Preventing and coping with abuse
  - Nature of conflict
  - Conflict Resolution
- Internet safety and Cyberbullying
- Respect and Tolerance
  - Prejudice, Discrimination, Stereotyping, Acceptance, Compassion
- Mental Illness
  - Depression
  - Suicide
  - Body dysmorphia
  - Body image

# Grade 7

## PHYSICAL HEALTH

- Choking CPR
- Drugs
  - Use and Abuse
  - Classifications of drugs
    - Narcotics
    - Alcohol
    - Stimulants/ Depressants
    - Hallucinogens
    - Prescription
  - Addiction
  - Teen resources
  - Refusal skills
  - Personal and health consequences
  - Laws and consequences
- Human Sexuality
  - Male and Female Reproductive Systems
  - Menstruation
  - Fertilization and conception
  - Teen pregnancy
  - Sexually transmitted diseases
  - Abstinence
  - Contraception
  - Dating Relationships
  - Sexism