

Wellness 5

Course Overview

The purpose of the Little Chute Area School District health curricula is to prepare students who are well equipped with the knowledge and skills they will need to make responsible decisions that lead to healthy behaviors. Health knowledge is the first step in becoming health literate, however facts alone will not provide our students with the skills. Students need to practice healthy behaviors and change unhealthy behavior to healthy ones. During this class students are given opportunities to practice the health skills they will use in their everyday lives in order to become proficient in making decisions that result in developing healthy habits for a lifetime.

Course Essential Standards: Standards for this course are based on the [National Health Education Standards](#).

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| 1. I can implement a plan and monitor progress in achieving a personal health goal. | 6.5.1 |
| 2. I can develop decision-making skills to make healthful choices. | 5.5 |
| 3. I can describe the relationship between healthy behaviors and personal health. | 1.5.1 |

Course Resources

- ❖ [HealthSmart ETR.org online curriculum](#)
- ❖ [Stanford Medicine Tobacco Prevention Toolkit](#)

Scope and Sequence

Lessons	Instructional Topics	Standards
Being Emotionally Healthy	<ol style="list-style-type: none"> 1. Identify characteristics of a mentally and emotionally healthy person. 2. Explain what it means to be mentally or emotionally healthy. 3. Identify role models who demonstrate positive emotional health. 	<p><i>1.5.1:</i> Describe the relationship between healthy behaviors and personal health.</p> <p><i>1.5.2:</i> Identify examples of emotional, intellectual, physical, and social health.</p>
Building Healthy Relationships	<ol style="list-style-type: none"> 1. Identify characteristics of healthy relationships. 2. Describe the benefits of healthy family relationships. 3. Describe the benefits of healthy peer relationships. 4. Describe the importance of being aware of one's own feelings and of being sensitive to the feelings of others. 	<p><i>1.5.1:</i> Describe the relationship between healthy behaviors and personal health.</p> <p><i>2.5.1:</i> Describe how family influences personal health practices and behaviors.</p> <p><i>2.5.3:</i> Identify how peers can influence healthy and unhealthy behaviors.</p>
Respectful Communication	<ol style="list-style-type: none"> 1. Identify elements of respectful communication. 2. Demonstrate effective verbal and nonverbal communication skills. 	<p><i>4.5.1:</i> Demonstrate effective verbal and nonverbal communication skills to enhance health.</p>
Understanding Chronic Disease	<ol style="list-style-type: none"> 1. Explain the difference between infectious diseases and 	<p><i>1.5.1:</i> Describe the relationship between healthy behaviors and</p>

	<p>non-infectious diseases.</p> <ol style="list-style-type: none"> 2. Access sources of accurate information about common chronic diseases. 3. Optional: Identify health problems associated with common childhood chronic diseases or conditions such as asthma, allergies, diabetes, and epilepsy. 	personal health.
Protecting My Health Now and in the Future	<ol style="list-style-type: none"> 1. Identify lifestyle choices that can help prevent infectious and chronic disease. 2. Describe values that promote healthy behaviors. 3. Assess personal health and wellness-related practices. 	1.5.1: Describe the relationship between healthy behaviors and personal health.
Understanding Bullying & Cyberbullying	<ol style="list-style-type: none"> 1. Describe the difference between bullying and teasing. 2. Identify reasons people bully others. 3. Explain why it's wrong to tease or bully others based on personal characteristics. 	<p>1.5.1: Describe the relationship between healthy behaviors and personal health.</p> <p>2.5.3: Identify how peers can influence healthy and unhealthy behaviors.</p> <p>2.5.6: Describe ways that technology can influence personal health.</p>
Bullying: Feelings & Consequences	<ol style="list-style-type: none"> 1. Identify consequences of bullying to perpetrators, victims and bystanders. 	<p>1.5.1: Describe the relationship between healthy behaviors and personal health.</p> <p>2.5.6: Describe ways that technology can influence personal health.</p>
Preventing & Reporting Bullying	<ol style="list-style-type: none"> 1. Describe what to do if oneself or someone else is being bullied. 2. Describe practices and behaviors that reduce or prevent bullying violence. 3. Advocate for actions to reduce or prevent bullying. 	<p>2.5.4: Describe how the school and community can support personal health practices and behaviors.</p> <p>7.5.3: Demonstrate a variety of behaviors to avoid or reduce health risks.</p> <p>8.5.2: Encourage others to make positive health choices.</p>
Understanding Fights	<ol style="list-style-type: none"> 1. Identify situations that might lead to fighting. 2. Identify reasons for not fighting. 3. Describe how participation in gangs can lead to fighting. 	1.5.4: Describe ways to prevent common childhood injuries and health problems.
Fights: Feelings & Consequences	<ol style="list-style-type: none"> 1. Identify consequences of fighting. 2. Recognize ways peers might manipulate or encourage someone to fight. 	<p>1.5.1: Describe the relationship between healthy behaviors and personal health.</p> <p>2.5.3: Identify how peers can influence healthy and unhealthy behaviors.</p>

Preventing & Avoiding Fights	<ol style="list-style-type: none"> 1. Identify strategies to avoid physical fighting. 2. Describe practices and behaviors that reduce or prevent violence. 3. Determine the difference between simple conflict and serious trouble. 	<p>5.5.1: Identify health-related situations that might require a thoughtful decision.</p> <p>5.5.2: Analyze when assistance is needed in making a health-related decision.</p>
When Friends Need Help	<ol style="list-style-type: none"> 1. Explain the importance of telling an adult if someone is in danger of hurting themselves or others. 	<p>1.5.1: Describe the relationship between healthy behaviors and personal health.</p>
Taking a Stand Against Violence	<ol style="list-style-type: none"> 1. Use advocacy skills to take a stand against violence. 	<p>8.5.2: Encourage others to make positive health choices.</p>
Using the HealthSmart Guidelines for Healthy Eating	<ol style="list-style-type: none"> 1. Name the food groups and a variety of nutritious food choices for each food group. 2. Describe the benefits of eating plenty of fruits and vegetables. 3. Explain the importance of eating a variety of foods from all the food groups. 	<p>1.5.1: Describe the relationship between healthy behaviors and personal health.</p>
Understanding Food Amounts	<ol style="list-style-type: none"> 1. Use self-assessment skills to analyze their current eating habits. 2. Identify the amount of food from each group that a child needs daily. 	<p>1.5.1: Describe the relationship between healthy behaviors and personal health.</p>
Challenges to Healthy Eating: Junk Food	<ol style="list-style-type: none"> 1. Identify foods that are high in fat. 2. Identify foods that are high in added sugars. 3. Identify foods that are high in sodium. 4. Describe the benefits of limiting the consumption of solid fat, added sugar and sodium. 	<p>1.5.1: Describe the relationship between healthy behaviors and personal health.</p>
Challenges to Healthy Eating: Fast Foods & Celebrations	<ol style="list-style-type: none"> 1. Describe how relevant influences of family and culture affect personal food choices. 2. Describe how relevant influences of peers affect food choices and other eating practices and behaviors. 3. Identify nutritious and non-nutritious beverages. 4. Describe ways to limit the consumption of solid fat, added sugar and sodium. 5. Demonstrate ways to make healthier food choices at fast-food restaurants. 	<p>1.5.1: Describe the relationship between healthy behaviors and personal health.</p> <p>2.5.1: Describe how family influences personal health practices and behaviors.</p> <p>2.5.3: Identify how peers can influence healthy and unhealthy behaviors.</p>

Using the HealthSmart Guidelines for Physical Activity	<ol style="list-style-type: none"> 1. Describe the recommended amount of physical activity for children. 2. Identify different types of physical activity. 3. Identify benefits of physical activity. 4. Identify warm-up and cool-down activities to help prevent injury during physical activity. 	1.5.1: Describe the relationship between healthy behaviors and personal health.
Physical Activity: What's in It for Me?	<ol style="list-style-type: none"> 1. Describe the importance of choosing a variety of ways to be physically active. 2. Explain positive outcomes from being physically active. 3. Identify barriers to being physically active. 4. Identify ways to increase physical activity. 	1.5.1: Describe the relationship between healthy behaviors and personal health.
Healthy Eating & Activity: Setting a Goal	<ol style="list-style-type: none"> 1. Set a realistic personal goal related to improving healthy eating or physical activity behaviors. 2. Identify resources that can help achieve a personal goal to improve healthy eating or physical activity behaviors. 	6.5.1: Set a personal health goal and track progress toward its achievement.
Tracking My Progress	<ol style="list-style-type: none"> 1. Track progress toward achieving a personal goal to improve healthy eating or physical activity behaviors. 	<p>6.5.1: Set a personal health goal and track progress toward its achievement.</p> <p>7.5.2: Demonstrate a variety of healthy practices and behaviors to maintain or improve personal health.</p>
Consequences of Alcohol Use	<ol style="list-style-type: none"> 1. Identify short- and long term effects of alcohol use. 2. Identify family and school rules about alcohol use. 	1.5.1: Describe the relationship between healthy behaviors and personal health.
Alcohol & Feelings	<ol style="list-style-type: none"> 1. Identify negative consequences of alcohol use. 2. Explain the relationship between feelings and alcohol use. 3. Describe positive ways to deal with strong feelings without drinking alcohol. 	7.5.1: Identify responsible personal health behaviors.
Alcohol & Peers	<ol style="list-style-type: none"> 1. Describe relevant influences of peers on alcohol use. 	7.5.1: Identify responsible personal health behaviors.
Alcohol & the Media	<ol style="list-style-type: none"> 1. Describe how relevant influences of media affect alcohol use. 2. Demonstrate how to persuade others to be alcohol free. 	<p>1.5.1: Describe the relationship between healthy behaviors and personal health.</p> <p>2.5.5: Explain how media influences thoughts, feelings, and health</p>

		behaviors.
Saying NO to Alcohol	<ol style="list-style-type: none"> 1. Demonstrate effective verbal and nonverbal communication to avoid alcohol use. 	<p>4.5.2: Demonstrate refusal skills that avoid or reduce health risks.</p> <p>7.5.3: Demonstrate a variety of behaviors to avoid or reduce health risks.</p>
<p>Where did E-Cigs and Vape Pens come from</p> <p>Lessons from Stanford Medicine Tobacco Prevention Toolkit</p>	<ol style="list-style-type: none"> 1. Learn about the history of tobacco messaging and marketing tactics. 2. Explore how the e-cigarettes/vape pen industry follows in these footsteps. 3. Identify predatory marketing strategies employed by tobacco and e-cigarettes/vape pen industry. 	2.5.5: Explain how media influences thoughts, feelings, and health behaviors
What's really in these Vape -Pens and E-Cigarettes	<ol style="list-style-type: none"> 1. Obtain accurate knowledge about how e-cigarettes/vape pens are made to work. 2. Understand the mechanisms by which the products of e-cigarettes/vape pens enter (or are absorbed) into the body. 3. Obtain knowledge about the health consequences of using e-cigarettes/vape pens. 4. Learn that the aerosol produced by e-cigarettes/vape pens is not just harmless water vapor through a visual demonstration. 	<p>7.5.1: Identify responsible personal health behaviors.</p> <p>7.5.3: Demonstrate a variety of behaviors to avoid or reduce health risks.</p>
What's So Bad About E-Cigarettes and Vape Pens	<ol style="list-style-type: none"> 1. To learn about the negative health effects caused by e-cigarette and vape pen use 2. To learn about the effects of nicotine on the body 3. To learn about the harmful effects of e-juice flavors 	<p>4.5.2: Demonstrate refusal skills that avoid or reduce health risks.</p> <p>7.5.1: Identify responsible personal health behaviors.</p>
Gender Roles & Expression	<ol style="list-style-type: none"> 1. Describe the importance of respecting self and others. 2. Explain why a range of gender roles and expressions is acceptable. 3. Summarize why it is wrong to tease or bully others based on personal characteristics (such as gender, appearance, mannerisms, and the way one dresses or acts). 	8.5.2: Encourage others to make positive health choices.