

PERSONAL HEALTH AND WELLNESS

Grades 9-12

Essential Learning 1	
<i>Students will understand the importance of good decision-making and goal setting to personal health and wellness.</i>	
Knowledge Expectation	Skill Expectation
<ul style="list-style-type: none"> Understand how family, culture, media, peers and personal beliefs affect decision making. Understand risk factors and their impact on the health and wellness. Understand effective decision-making skills related to personal health and wellness. Understand how the decision-making process can be utilized in health-related situations. Understand the relationship between personal needs, peer pressure and behaviors. 	<ul style="list-style-type: none"> Create personal short- and long-term goals to promote social, emotional, and mental health. Identify and practice daily activities that promote personal health and wellness. Implement strategies, including self-monitoring, to achieve a personal goal to improve healthy eating and physical activity. Collaborate with others to make decisions. Examine barriers that can hinder healthy decision making. Defend the healthy choice when making decisions.
Example activities or lesson topics: -	

Essential Learning 2	
<i>Students will understand the impact of social media and other forms of media on health and wellness.</i>	
Knowledge Expectation	Skill Expectation
<ul style="list-style-type: none"> Understand the positive and negative impact social media has on overall health and wellness. 	<ul style="list-style-type: none"> Define strategies to remain safe in a variety of social situations, including on the internet. Use skills for communicating appropriately with family, peers, and others in social media. Analyze the impact social media plays on health and wellness. Analyze the validity of health information found on social media.
Example activities or lesson topics: - Smart Social	

Essential Learning 3	
<i>Students will discuss preventative health care, practices, and resources.</i>	
Knowledge Expectation	Skill Expectation
<ul style="list-style-type: none"> Understand the role vaccinations play in individual and community health. Understand the positive impact of preventative health care on long term health outcomes. 	<ul style="list-style-type: none"> Discuss preventative health resources available in the community, state, and society. Access health services in school or in the community for preventative health care.
Example activities or lesson topics: - Blood sugar screening, other health screening - Public health speaker	

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Essential Learning 4	
<i>Students will understand how intentional physical activity affects overall health.</i>	
Knowledge Expectation	Skill Expectation
<ul style="list-style-type: none">• Understand negative impacts of inactivity on overall health.• Understand how to be active in a variety of ways.• Learn about the relationship between activity and heart rate.	<ul style="list-style-type: none">• Analyze how an inactive lifestyle contributes to chronic disease.• Analyze ways to increase physical activity and decrease inactivity.• Summarize how a person can incorporate physical activity into daily life.• Access personal activity practices and fitness behaviors.
Example activities or lesson topics: <ul style="list-style-type: none">- Target heart rate, max heart rate, heart rate recovery index-	

Essential Learning 5	
<i>Students will recognize and understand the importance of effective communication.</i>	
Knowledge Expectation	Skill Expectation
<ul style="list-style-type: none">• Understand effective communication skills that enhance health and prevent interpersonal conflict.	<ul style="list-style-type: none">• Demonstrate, develop and practice effective communication.• Identify the importance of respecting difference and treating others with dignity and empathy.• Demonstrate collaboration skills to avoid engaging in unhealthy behaviors.• Practice communication skills (e.g., refusal, delay, negotiation, collaboration, and consent) to build healthy relationships and reduce the risk of conflict and violence with family, peers, and partners.• Practice how to ask for and give consent.
Example activities or lesson topics: <ul style="list-style-type: none">-	

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Essential Learning 6*	
<i>*Students will understand self-identity. *</i>	
Knowledge Expectation	Skill Expectation
<ul style="list-style-type: none">• Understand the importance of respecting and advocating for individual differences in sexuality, including being an ally.• Understand the factors that shape people to form self-identity: perceptions, attitudes, values, and beliefs.• Understand the difference between gender identity, gender expression, and sexual orientation.• Understand sex assigned at birth, gender identity, gender expression, and sexual orientation.• Understand the beliefs that shape people to form self-identity: perceptions, attitudes, values, and beliefs.	<ul style="list-style-type: none">• Describe self-identity.• Evaluate the identity they form about themselves, affected by various factors, such as self-esteem, one's social identity, and the roles which one plays in their society.• Practice affirming and inclusive conversations.• Promote dignity and respect for all.• Evaluate the influence of family, peers, school, community, culture, media, marketing and technology on personal beliefs, identity, and sexual behaviors.
Example activities or lesson topics:	

**There was not unanimous consensus on this item. KIBSD Board of Education will have ultimate decision-making authority on the inclusion/exclusion of this item in the final curriculum document. See "Curriculum Process" document for more information about the consensus-building process utilized by the committee.*