

**New Paltz Central School District  
Health  
Health Issues**

<b>Content/Essential Questions</b>	<b>Skills</b>	<b>Assessments</b>
<p><b><u>UNIT 1: Destructive Decisions</u></b></p> <ul style="list-style-type: none"> <li>• What are destructive decisions?</li> <li>• How can I tell the difference between constructive decisions and destructive decisions?</li> <li>• How can I prevent destructive decisions?</li> </ul> <hr style="border-top: 1px dashed black;"/> <ul style="list-style-type: none"> <li>• Smoking cigarettes (effects)</li> <li>• Marijuana</li> <li>• Alcohol</li> <li>• Cocaine</li> <li>• Designer drugs</li> </ul>	<ul style="list-style-type: none"> <li>• Recognize destructive behaviors</li> <li>• Avoid destructive activity</li> <li>• Make constructive decisions</li> <li>• Know where and when to make the right decision – “peer pressure”</li> </ul>	<ul style="list-style-type: none"> <li>• Classroom discussion/participation</li> <li>• Book/article summary</li> <li>• Notebook</li> <li>• Movie review</li> </ul>
<p><b><u>UNIT 2: Health and Wellness</u></b></p> <ul style="list-style-type: none"> <li>• What is a healthy life style?</li> <li>• Why is a healthy life style important?</li> <li>• How close am I to a healthy life style?</li> </ul> <hr style="border-top: 1px dashed black;"/> <ul style="list-style-type: none"> <li>• Diet – balanced diet</li> <li>• Sex – sexual ethics and moral responsibilities</li> <li>• Death – dying, suicide</li> </ul>	<ul style="list-style-type: none"> <li>• Understand the components of a healthy life style</li> <li>• Understand the ramifications of an unhealthy life style</li> <li>• Know how to follow a healthy life style</li> <li>• Understand how an individual’s life style affects his/her family, friends, and co-workers</li> <li>• Practice healthy choices</li> </ul>	<ul style="list-style-type: none"> <li>• Classroom discussion/participation</li> <li>• Notebook</li> <li>• Movie review</li> <li>• Book/article summary</li> </ul>

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<p><b><u>UNIT 3: Family Life/Stress Management – Violence/Divorce, etc.</u></b></p> <ul style="list-style-type: none"> <li>• Is there such a thing as “normal” family life?</li> <li>• What types of stress do families have?</li> <li>• How can we best deal with stress?</li> </ul> <hr style="border-top: 1px dashed black;"/> <ul style="list-style-type: none"> <li>• Family relationships</li> <li>• Suicide</li> <li>• School stress</li> <li>• Peers and stress</li> <li>• Substance abuse</li> <li>• Domestic abuse</li> <li>• How to manage stress</li> </ul>	<ul style="list-style-type: none"> <li>• Recognize the various causes of stress</li> <li>• Know how to deal with stress</li> <li>• Know where to go for help in stressful situations</li> </ul>	<ul style="list-style-type: none"> <li>• Classroom discussion</li> <li>• Notebook</li> <li>• Movie review</li> <li>• Book/article summary</li> </ul>
<p><b><u>UNIT 4: Interpersonal Relationships</u></b></p> <ul style="list-style-type: none"> <li>• What do I need to know to work in cooperative learning groups?</li> <li>• How do I make myself a good listener?</li> <li>• Did New Paltz High School prepare me for the real world? Did New Paltz Middle School prepare me for High School?</li> </ul> <hr style="border-top: 1px dashed black;"/> <ul style="list-style-type: none"> <li>• School services</li> <li>• Peer pressure</li> </ul>	<ul style="list-style-type: none"> <li>• Work cooperatively in large and small groups</li> <li>• Communicate effectively</li> </ul>	<ul style="list-style-type: none"> <li>• Video review</li> <li>• Notebook</li> <li>• Classroom discussion</li> <li>• Cooperative worksheets</li> </ul>

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<p><b><u>UNIT 5: Multiculturalism and Diversity</u></b></p> <ul style="list-style-type: none"> <li>• How do I become more aware about diversity?</li> <li>• What can I do when I witness racism or any “ism”?</li> <li>• How can I become more humanistic?</li> </ul> <hr style="border-top: 1px dashed black;"/> <ul style="list-style-type: none"> <li>• Multiculturalism</li> <li>• Dealing with racism and other “isms”</li> </ul>	<ul style="list-style-type: none"> <li>• Discuss controversial issues</li> <li>• Respect self and others</li> </ul>	<ul style="list-style-type: none"> <li>• Classroom participation</li> <li>• Note book entries</li> <li>• Movie review</li> <li>• Workshop attendance</li> </ul>