

11th Grade Year at a Glance

Course Description: These quarter lessons offers a sequentially developed health curriculum focusing on age appropriate and skills necessary to maintain and improve over-all health well-being.

Overall Goals:

- To promote health and well-being of one’s self and others through appreciation of positive personal and community health values and effective communication skills
- To enhance personal responsibility for reducing risky behaviors through the use of critical thinking skills
- To develop skills to inform use of health related information, products and services
- To build resiliency into the process of growth and development

Quarter 1	Quarter 2	Quarter 3	Quarter 4
<p>Topic: Healthy Relationships</p> <p>4R Plus Session 6: Healthy Relationships</p> <ol style="list-style-type: none"> 1. Video: https://www.youtube.com/watch?v=wPwckOEQkgs 2. Possible Reponses (10-15 minutes): Looks like, sounds like, feels like – Healthy vs. Unhealthy Relationships, p. 68 3. Active Listening Skills (10-15 minutes) – p. 70 4. Resource Page: Create resource page with links 	<p>Topic: Depression/Suicide</p> <p>4RPlus Session 14: Helping Our Friends</p> <ol style="list-style-type: none"> 1. Homer Rec Room Video 2. Cheat Sheet (10 minutes) – p. 176 3. Scenarios (20 minutes) – Think/pair/share - p. 175 - Scenarios #5 and #6 4. Resource sheet: *reference p. 163-64 for example; create AK version 5. Supplemental: Session 13 and 14 	<p>Topic: Sexting</p> <p>Common Sense Media.org: Unit 1 Turning Down the Dial</p> <p>Turning Down the Dial on Cyberbullying and Online Cruelty: (45 minutes) Video Unit 1: 9-12</p> <p>Video: Ricardo’s Story: 9-12-Unit 1</p> <p>Video: Stacey’s Story: 9-12-Unit 1</p>	<p>Topic: Cyberbullying</p> <p>Common Sense Media Taking Perspective on Cyberbullying</p> <p>Grades 9-12 (Unit 2, Teach 1, Teach 2 and Teach 3) (45 minutes)</p> <p>Supplemental: Entire Unit 2 (Rights, remixes, and respect, What’s the big deal about internet privacy?, Becoming a web celeb, college bound)</p>