

12th 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 Dating/Dating Violence</p> <p>4R Plus Session 7: Early Warning Signs of Dating Violence</p> <ol style="list-style-type: none"> 1. Clap Slap activity (5 minutes) – p. 73 2. Review Dating Violence Facts & Statistics (Handout) Page (10 minutes) – pg. 77 3. Video https://www.youtube.com/watch?v=WLSPeiOzSaw (5 minutes) 4. What is Your Relationship Like? (10 minutes) discussion - p. 78 <p>Resource List Available: Coming soon....</p>	<p>Topic: Stress Management</p> <p>4R Plus Session 13: Emotional Health and Well Being</p> <ol style="list-style-type: none"> 1. Watch: www.mytoolkit.ca Mental Health A-Z (15 minutes) – p. 157 <ol style="list-style-type: none"> a. The Good & Bad of Stress b. Identifying Stress c. How to Cope <p>Choose from activities 1-7 (15 minutes)</p>	<p>Topic: Motivation Digital Footprint</p> <p>Common Sense Media College Bound</p> <ol style="list-style-type: none"> 1. Unit 3 – Lesson 5 (45 minutes): College Bound w/Video <p>Supplemental: include any lessons under Unit 3</p>	<p>Topic: Self-Advocacy/Communication Skills</p> <p>4R Plus Session 9: Communication Skills</p> <ol style="list-style-type: none"> 1. Warm Up (5 minutes) – p. 95 2. Game – Recognizing Communication Styles(15 minutes) – p. 96 3. Activity (10 minutes) - Practicing Assertive Communication: Verbal Response – p. 98 4. Group Sharing (5-10 minutes) – p. 99