

High School Comprehensive Health Education

MONTGOMERY COUNTY PUBLIC SCHOOLS COURSE OUTCOMES

Grades 9-12

Course Title: Comprehensive Health Education

Course Code: 7835

Course Description: This semester course meets the state one-half credit health education graduation requirement for students graduating in June 1997 and thereafter. Students will address issues in seven topics that include: mental health; tobacco, alcohol, and other drugs; personal and consumer health; nutrition and fitness; safety, first aid, and injury prevention; family life and human sexuality; and disease prevention and control.

Although this course is required for graduation, it contains two units, family life and human sexuality and AIDS prevention that require parental permission for students under age 18.

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FAMILY LIFE AND HUMAN SEXUALITY

Note: The section of this unit that addresses human sexuality is optional. Students under age 18 must have parental permission prior to receiving instruction. Only those outcomes noted with an (o) require parental permission. The remaining outcomes are required for all students.

Instructional Outcomes

By the end of this course students should be able to:

- * Define the term family and describe a variety of differing family structures that exist in society
- * Cite ways in which culture and other forces affect family values and practices
- * Describe how the family meets the needs of its members throughout the life cycle
- * Discuss effects of hormonal changes on behavior throughout the life cycle
- * Investigate factors that contribute to sexual identity
- * Identify issues that may enhance or threaten relationships, marriage, and families
- * Identify and describe the anatomy and physiology of the human reproductive systems (o)
- * Describe physiological dysfunctions, STD's, and psychological factors that affect human reproduction (o)
- * Describe fertilization, fetal development and child bearing (o)

- * Identify the most prevalent congenital and hereditary conditions that affect the fetus (o)
- * Examine how culture, value systems, and the family influence attitudes toward sexual behavior (o)
- * Analyze how the media and social trends influence relationships, sexual behavior, marriage, and family (o)
- * Analyze risks and consequences of sexual activity (o)
- * Recognize how laws relate to relationships, marriage, and sexual behavior (o)
- * Demonstrate resistance skills and assertive behaviors which contribute to healthy sexuality (o)
- * Analyze the responsibilities and psychological impact of marriage, and parenthood (o)
- * Examine moral, religious views, health and economic considerations that influence family planning decisions (o)
- * Identify abstinence from sexual intercourse as the most effective means of preventing pregnancy (o)
- * Evaluate methods of family planning and the effectiveness of methods of contraception (o)

Content Outline

I. Family - The Basic Unit of Society

A. Structures

1. Nuclear
2. Single-parent family
3. Married couple without children
4. Blended family (remarriage with children)
5. Extended family (includes additional relatives and/or friends)
6. Others (i.e., foster families, adopting families)

B. Values

1. Examples (i.e., loyalty, honesty, etc.)
2. How family imparts values to members
3. How culture and other influences affect family values

C. Roles and Responsibilities In Meeting Needs Throughout The Life Cycle

1. Family needs (physical, emotional, financial)
2. Changing roles and needs of family members

D. Impact of Family-Related Issues On Society

1. Violence (against family members and/or society)
2. Socio-economic factors
3. Health care
4. Education

5. Neglect/Abuse
6. "Latch-key generation"
7. Illness/death
8. Drug involvement
9. Geriatric care
10. Others

II. Interactions Between Physical and Psychological Development

A. Overview of Growth and Development Process

1. Changes of adolescence/puberty
2. Effects of hormones on behavior throughout adolescence and life

B. Factors Contributing to Sexual Identity as Part of Total Personality

1. Physical (genetic, anatomical)
2. Psychological
3. Environmental
4. Other

III. Development of Relationships

A. Definition of Relationship

B. Types of Relationships

1. Family
2. Friends/Peers
3. Platonic
4. Dating
5. Marriage
6. Professional
7. Others

C. Factors to Consider in Forming a Healthy Relationship

1. Mutual respect
2. Trust
3. Friendship
4. Open communication

D. Responsibilities in Relationships

E. Issues Which Enhance or Threaten Relationships

1. Communication
2. Trust/Respect
3. Compatibility
4. Honesty
5. Abuse
6. Children

- 7. Financial
- 8. Other

F. Laws Relating to Relationships/Marriage

G. Importance of Monogamy in Building Trust in a Relationship/Marriage

IV. Factors Influencing Sexual Attitudes and Behavior

A. Family (culture, religion, etc.)

B. Peer Pressure

C. Media/Social Trends

D. Biological (hormonal)

E. Misunderstandings

- 1. Reproductive systems and functions
- 2. Stereotypes regarding "typical" male and female behaviors and attitudes

F. Effective Communication (verbal/non-verbal)

- 1. Assertive behaviors
- 2. Resistance skills
- 3. Other

G. Laws Relating to Sexual Behavior

- 1. Date/acquaintance rape
- 2. Statutory rape
- 3. Sexual harrassment
- 4. Sexual assault
- 5. Other

H. Possible Consequences of Sexual Activity

- 1. Emotional
- 2. Legal
- 3. Financial
- 4. Health-related
- 5. Relational
- 6. Other

I. Advantages of Sexual Abstinence

- 1. No fear of pregnancy
- 2. Lower risk of disease transmission
- 3. Permits relationship to develop without sexual pressures

4. Other

V. Human Reproduction

A. Reproductive Systems and Processes

1. Male and female anatomy and physiology
2. Fertilization and fetal development
3. Pregnancy and childbirth

B. Factors Affecting the Reproductive Process

1. Physiological dysfunctions
 - a. Examples (i.e., blockage of tubes, low sperm count, miscarriage)
 - b. Technology for addressing dysfunctions (i.e., test-tube babies, amniocentesis, artificial insemination)
2. Diseases
 - a. STD's
 - b. Others (i.e., diabetes, cardio-respiratory)
3. Psychological problems

C. Conditions Affecting the Fetus and Newborn

1. Hereditary
 - a. Down Syndrome
 - b. Cystic fibrosis
 - c. Tay-Sachs
 - d. Sickle-cell anemia
 - e. RH factor
 - f. PKU (Phenyl Ketonuria)
 - g. Others
2. Non-hereditary
 - a. Pre-natal care
 - b. Effects of chemicals (tobacco, alcohol, drugs)
 - c. Nutrition
 - d. Maternal diseases during pregnancy (STD's, rubella, etc.)
 - e. Other

VI. Issues of Pregnancy and Parenthood

A. Reasons For Becoming A Parent (positive and negative)

B. Changes in Lifestyle - (male and female) caused by pregnancy and parenthood (unplanned and planned, including adoption)

1. Universal Factors
 - a. Responsibilities
 - b. Psychological impact
 - c. Physical conditions (body changes, lack of sleep)

- d. Financial
 - e. Problems related to lack of parenting skills
 - f. Other
2. Teenage Pregnancy and Parenting
 - a. Impact of decisions to keep baby, give up baby for adoption/guardianship, etc.
 - b. Lifestyle changes caused by parenting

VII. Family Planning and Pregnancy Prevention

A. Decision-Making

1. Influence of ethical, moral, and religious views
2. Health factors
3. Financial
4. Other

B. Pregnancy Prevention

1. Abstinence - Only 100% effective method
 - a. Commitment to chastity
 - b. Life style choice
 - c. Safety from pregnancy and disease
 - d. Assertive behaviors
2. Considering contraceptive methods and devices
 - a. What they are
 - b. How they work
 - c. Convenience and effectiveness
 - d. Availability and cost
3. Contraceptive Methods
 - a. Abstinence
 - b. Periodic abstinence
 - 1) calendar
 - 2) basal body temperature
 - 3) mucus billings method
 - c. Barrier methods
 - 1) spermicidal preparations
 - 2) condom
 - 3) diaphragm
 - 4) intrauterine devices (IUD)
 - d. Oral contraceptives
 - e. Norplant
 - f. Injectable hormones (DES)
 - g. Withdrawal
 - h. Surgical sterilization

C. Resources for Information and Assistance

1. Services
 - a. School nurse

- b. Clinics
- c. Organizations
- d. Other
- 2. Confidentiality laws
- 3. Minor consent law

Content Resources:

Discover Decisions for Health, Educational Assessment Publishing Co., 1993.
Education for Sexuality and HIV/AIDS, Meeks Heit Publishing Co., 1993.
Glencoe Health, MacMillan/McGraw Hill, 1994.
Sexuality, Health Facts Series, ETR Associates, 1994.
Perspectives on Health, D. C. Heath and Company, 1994.
Education in Sexuality, Glencoe Health, MacMillan/McGraw Hill, 1994.

Activity Resources:

Personal and Social Skills, ETR Associates, 1992.
Comprehensive School Health Education, Second Edition, Meeks Heit Publishing Co., 1996.
Education for Sexuality and HIV/AIDS, Meeks Heit Publishing Co., 1993.
Reducing the Risk: Building Skills to Prevent Pregnancy, STD, and HIV, ETR Associates, 1993.
Sexuality and Relationships, Choosing Health Series, ETR Associates, 1997.
Abstinence, Choosing Health Series, ETR Associates, 1997.

Videos:

"Journey to Birth," V1481
"Preview of a Birth," V3780
"Fetal Development: A Nine Month Journey," V5119
"Alcohol and Pregnancy: Fetal Alcohol Syndrome and Fetal Alcohol Effects," V5039
"Real People: Teens Who Choose Abstinence," V4870
"Teenage Sex: Resisting the Pressure," V4975
"Sex, Lies and the Truth," V3925
"It Only Takes Once," V2559
"Saying No: A Few Words to Young Adults About Sex," V3431
"Sexual Responsibility: A Two-Way Street," V3782
"Hope is Not a Method," V4044
"Considering Condoms," V4240
"Soapbox With Tom Cottle: Daddy is 17," (teenage fatherhood) V2805
"How Can I Tell If I'm In Love?," V2555
"Family In Crisis," V2911
"Living With Trouble - Crisis In The Family," V1529
"Great Chastity Experiment," (abstinence) V1730
"Campaign For Our Children," (public service TV spots) V3998

"Teenage Birth Control: Why Doesn't It Work," V2696
"Miracle of Life," V5358
"Who Do You Listen To? Choosing Sexual Abstinence," V5544
"Love in the Dark Ages," V5693
"You Can Marry For Keeps," V5591
"This Ain't No Dress Rehearsal: Abstinence and Teens," V6063
"Real People Relationships: When They Help, When They Hurt," V5895
"Choices and Chances," copy sent to each high school August 1998.

Additional Resources:

Contraceptive Display Kit - sent to all high schools in 1993.
Abstinence Makes the Heart Grow Fonder (posters). Sent to all high schools in 1994.

Guest Speakers:

School Nurse
Karen Enns, Planned Parenthood - (301) 699-5375

DISEASE PREVENTION AND CONTROL

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Instructional Outcomes

By the end of this course students should be able to:

- * Appraise the impact of communicable and noncommunicable diseases on the individual, family, and society
- * Compare and contrast environmental, economic and lifestyle risk factors which influence susceptibility to disease and identify desirable changes
- * Examine the impact of medical technology on the incidence and prevalence of disease
- * Analyze past and present health practices and identify behaviors which may decrease the probability of developing disease or disability
- * Select reliable resources for information, assessment, and treatment of disease or disability
- * Develop an appreciation for the impact of disease on the individual, family, community, and society
- * Describe roles and responsibilities for disease prevention and control of health-related agencies at local, state, and federal levels

Content Outline

I. The Impact of Communicable and Noncommunicable Diseases on the Individual, Family and Society

A. Review Epidemiology

1. General causes of communicable diseases/infections
 - a. Bacteria/toxins
 - b. Viruses
 - c. Parasites
 - d. Fungi
 - e. Rickettsiae
 - f. Protozoans
2. General Causes of Non-Communicable Diseases
 - a. Life style - behaviors
 - b. Environment
 - c. Heredity
 - d. Unidentified causes
3. Methods of Transmission of Communicable Disease
 - a. Direct contact
 - 1) Droplet spray from infected person
 - 2) Direct exposure to microorganisms
 - 3) Contact with infected animal
 - 4) Direct, personal contact
 - b. Indirect contact
 - 1) Contaminated materials or objects
 - 2) Contaminated food, water, milk
 - 3) Contaminated biological products
 - 4) Vectors - something that carries disease
 - a) Deer ticks - Lyme Disease
 - b) Rats - Bubonic Plague
4. Methods of Developing Resistance to Disease or Infection
 - a. Natural immunity
 - 1) Active - previous exposure to pathogen
 - 2) Passive - passed from mother to baby
 - b. Acquired immunity
 - 1) Active - immunization with "live" vaccine
 - 2) Passive - general immunization - short term
5. Risk Factors For Disease
 - a. Inadequate personal hygiene
 - b. Inadequate nutrition/diet
 - c. Lack of physical fitness
 - d. Exposure to pathogens
 - e. Unsafe sexual practices

B. Expanded Understanding of Chronic Diseases and Disabling Conditions

1. Differentiate Between Controllable and Uncontrollable Risk Factors
 - a. Controllable
 - 1) Personal hygiene
 - 2) Lack of medical/dental/vision care (i.e., regular check-up)
 - 3) Diet
 - 4) Fitness

- 5) Smoking
- 6) Alcohol abuse
- 7) Drug abuse
- 8) Risky sexual behaviors
- b. Uncontrollable Risks
 - 1) Gender
 - 2) Age
 - 3) Heredity
 - 4) Environment
- 2. Specific Diseases and Their Impact On the Individual, Family, and Society (briefly review specific diseases, signs and symptoms, method of transmission, prevention, and treatment)
 - a. Cardiovascular diseases
 - 1) Atherosclerosis
 - 2) Arteriosclerosis
 - 3) Stroke
 - b. Cancers
 - 1) Skin
 - 2) Lung
 - 3) Breast
 - 4) Colo-rectal
 - 5) Prostate
 - 6) Testicular
 - c. Sexually transmitted diseases
 - 1) HIV/AIDS
 - 2) Gonorrhea
 - 3) Chlamydia
 - d. Other diseases
 - 1) Common childhood illnesses
 - 2) Asthma
 - 3) Diabetes
 - 4) Contemporary illnesses or outbreaks
 - a) Lyme disease
 - b) Hanta Virus
 - c) Ebola

II. Promoting a Healthy Lifestyle and Reducing Risk of Disease

A. Lifestyle Factors (emphasize the value of building the body's natural defenses against disease by a lifestyle devoted to wellness)

1. Healthful Lifestyles and Optimal Well-Being and Their Value in Reducing the Risk of Disease

- a. The value of living a healthful lifestyle
- b. The components of wellness
 - 1) Emotional: feelings; how one reacts to events
 - 2) Physical: exercise, diet, rest
 - 3) Intellectual: ability to learn and utilize knowledge
 - 4) Social: interaction with others

- 5) Spiritual: need for meaning and purpose in life
- c. Formulation of a personal plan for wellness
 - 1) Review of individual health habits related to risk of developing disease
 - 2) Interview of family to determine genetic risks
 - 3) Evaluation of eating, sleeping, exercise patterns
 - 4) Ways to avoid risky behaviors and situations
 - 5) Practice using resistance skills

B. Impact of Medical Technology on the Incidence and Prevalence of Disease

1. Methods of detection and treatment
 - a. Self-examination
 - b. Genetic evaluation
 - c. Screening tests (i.e., MRI, Cat Scans)
 - d. Radiation
 - e. Dietary changes
 - f. Physical therapy
 - g. Psychotherapy
 - h. Surgery/Transplants
 - i. Chemotherapy
 - j. Biotechnology
 - k. Medication

C. Advantages and Disadvantages of Treatment Choices

1. Accessibility
2. Cost
3. Availability
4. Experimental procedures

III. Roles and Responsibilities of Health-Related Agencies at Local, State, and Federal Levels

A. Analyze Responsibilities of Public and Private Health-Related Agencies

1. Impact of community and environmental factors on total health and living standards
2. Major laws dealing with disease control and disability
 - a. Americans with Disabilities Act
 - b. Immunization of school-aged children
 - c. Others
3. Career opportunities in health-related agencies

B. Resources for Information, Assessment, and Treatment of Disease or Disability

1. U. S. Department of Health and Human Services
2. Centers for Disease Control and Prevention
3. National Institutes of Health
4. Health Education Resource Organization (HERO)
5. Health/wellness letters
6. Information services

7. School personnel who can be helpful in accessing community services
 - a. nurse
 - b. counselor
 - c. teacher
 - d. administrator
8. Others

C. Resources For Information, Assessment, Equipment, and/or Treatment of Disease or Disability

1. Protective Services
2. Sexual Assault Center
3. Crisis Center
4. Health Department
5. American Cancer Society
6. Whitman-Walker Clinic
7. Planned Parenthood
8. Christine Foundation
9. Lions Club
10. Easter Seal Foundation
11. Hospice
12. Shriners
13. American Heart Association
14. American Lung Association
15. Others

Content Resources:

Discover Decisions for Health, Educational Assessment Publishing Co., 1993.
Disease Prevention, Health Facts Series, ETR Associates, 1994.
Glencoe Health, MacMillan/McGraw-Hill, 1994.
HIV Prevention, Health Facts Series, ETR Associates, 1994.
Perspectives on Health, D. C. Heath and Company, 1994.
STD Prevention, Health Facts Series, ETR Associates, 1994.
Straight Talk (student booklet - Obtain from physical education resource teacher)
Understanding HIV Infection and AIDS (student booklet - obtain from physical education resource teacher)
AIDS and Society, Glencoe Health, MacMillan/McGraw-Hill, 1994.

Activity Resources:

Comprehensive School Health Education, Second Edition, Meeks Heit Publishing Co., 1996.
Education for Sexuality and HIV/AIDS, Meeks Heit Publishing Co., 1993.
Reducing the Risk-Building Skills to Prevent Pregnancy, STD, and HIV, ETR Associates, 1993.
STD and HIV, Choosing Health Series, ETR Associates, 1997.

Videos:

- "BSE For Teens," available from American Cancer Society
- "STDs: More Bugs, More Problems," V3791
- "It Won't Happen to Me," (AIDS) in each high school media center
- "AIDS: What Everyone Needs to Know," V2219
- "AIDS Movie," V2044
- "No Second Chance," (AIDS) V4004
- "Sexually Transmitted Diseases: What You Should Know," V2695
- "Testicular Self-Examination," V1677
- "A Special Touch," (breast self-examination), V5121
- "AIDS: A Decision for Life," V4868
- "Face To Face With AIDS," V2839
- "Don't Get It: Teenagers and AIDS," V2793
- "AIDS: Suddenly Sex Has Become Very Dangerous," V2697
- "Just Like Us: AIDS Prevention," V5689
- "Suntan Now, Skin Cancer Later," V5477
- "AIDS: What Everyone Needs To Know - 3rd Edition," V2219
- "HIV and Teens: Remembering Krista Blake," V6163
- "Preventing A Heart Attack," 19 min., V5737
- "Infectious Disease," V6382
- "Hepatitis," V6385
- "Heart Disease," V6380
- "Cancer," V6378

Guest Speakers:

National Kidney Foundation (202) 244-7900
American Lung Association (301) 483-3164

FAMILY LIFE AND HUMAN SEXUALITY AND HIV/AIDS PREVENTION

SAMPLE PERMISSION FORM

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Student Name Daytime Phone Number of Parent/Guardian

Please check YES or NO for each of the two questions below.

I give permission for my student to receive instruction on human sexuality. YES _____
NO _____

I give permission for my student to receive instruction on sexually transmitted diseases, including HIV/AIDS. YES _____ NO _____

If you did not give permission for either of the above units, please circle the title of one of the alternative units of instruction listed below that you would like your student to be assigned as independent study.

1. Abstinence only. Student assigned this unit will receive information about sexual abstinence and no information about methods of contraception.
2. Self-esteem, personal and family relationships, and environmental health. Students assigned this unit will receive no information about human sexuality.
3. Independent study project. Students assigned this project will be required to select and complete an independent study project on a health-related topic.

Signature of Parent/Guardian Date

(Please complete and return this form to school by _____.)