

Spanish Fork High School 2014-15

Unit Topics and I Can Statements

Health

Mental Health Unit #1

- ❖ I can identify several influences on my personality
- ❖ I can identify strengths and weaknesses of different personalities including my own.
- ❖ I can understand that through true expression of my own personality I will be happier and healthier.
- ❖ I can list three characteristics of someone with high *and* low self-esteem.
- ❖ I can determine the level of my own self-esteem and identify three ways to improve it.
- ❖ I can identify some potential consequences that could occur to people with low self-esteem.
- ❖ I can identify characteristics of someone who is optimistic and someone who is pessimistic.
- ❖ I can explain how my own attitude can affect my perspective.
- ❖ I can identify three possible sources of eustress and distress in my own life.
- ❖ I can list three positive ways to manage and relieve stress in my life.
- ❖ I can list three ways that my emotional health affects my physical health.
- ❖ I can tell you the difference between healthy ways to express my emotions and unhealthy ways.
- ❖ I can tell you the stages of the grieving process
- ❖ I can identify three warning signs of someone contemplating suicide.
- ❖ I can explain three ways that I can help someone contemplating suicide, including possible mental health resources.
- ❖ I can explain how my negative behaviors or actions towards others can affect or influence their life.
- ❖ I can identify and explain the characteristics of several mental disorders.
- ❖ I can identify and choose to avoid the derogatory terms associated with people who have a mental illness.
- ❖ I can list ways & identify resources that someone with mental illness can get help.
- ❖ I can explain the relationship between the stages on Maslow's Hierarchy.
- ❖ I can identify where I stand within the pyramid of Maslow's Hierarchy.
- ❖ I can identify the top three causes of death for all ages in the United States.

Social Health Unit #2

- ❖ I can identify my role in my family, the functions and purposes of families in society, and how changes in the family structure influence society.
- ❖ I can list the four tools of effective communication and explain how each tool enhances communication.
- ❖ I can identify and demonstrate ways to implement conflict management skills.
- ❖ I can describe components of a healthy friendship.

- ❖ I can describe what a gender role is and how they are important to match up in a marriage relationship
- ❖ I can utilize decision making skills in my dating relationships to establish physical boundaries and set limits for myself.
- ❖ I can describe 3 ways that sexual abstinence before marriage and fidelity after marriage can contribute to overall wellness.
- ❖ I can explain why sexual abstinence is the ONLY sure prevention against unintended pregnancy and STD's.

Reproductive Health Unit #3

- ❖ I can identify and label a diagram of the anatomy of the male reproduction system.
- ❖ I can explain the basic physiological purposes of the male reproductive system.
- ❖ I can list and describe 5 secondary sex characteristics that occur during puberty in males.
- ❖ I can identify and explain the symptoms of 2 male reproductive disorders why it is important to perform monthly exams for early detection & treatment of disorders.
- ❖ I can identify and label a diagram of the anatomy of the female reproduction system.
- ❖ I can explain the basic physiological of the female reproductive system.
- ❖ I can list and describe 5 secondary sex characteristics that occur during puberty.
- ❖ I can identify and explain the symptoms of 2 female reproductive disorders & why it is important to perform monthly exams for early detection & treatment of disorders.
- ❖ I can generally summarize the menstrual cycle
- ❖ I can describe the concepts of fertilization and implantation.
- ❖ I can summarize a general overview of fetal development that occurs during each of the three trimesters.
- ❖ I can identify 3 changes or conditions that a pregnant woman may experience & the reason or purpose for the changes/conditions.
- ❖ I can list and describe the stages of labor and the birthing process.
- ❖ I can explain the main differences between a viral and bacterial STD.
- ❖ I can identify general signs and symptoms for the 6 most common STD's.
- ❖ I can explain how contracting an STD could impact my life
- ❖ I can identify general modes of transmission for HIV/AIDS.

Nutrition Health #4

- ❖ I can label and understand how the digestive system works
- ❖ I can tell you the 6 basic nutrients
- ❖ I can explain the food guide pyramid
- ❖ I can tell you which food groups Americans eat too much of and which groups they eat too little of.
- ❖ I can connect how healthy eating leads to disease and lowered life expectancy.
- ❖ I can explain what BMI is and tell you what mine is and what health range it is in.
- ❖ I can define obesity and body composition and explain how they influence health.
- ❖ I can analyze a food label and identify a food as healthy or not.
- ❖ I can identify the healthiest way to attain and maintain an appropriate body weight

- ❖ I can explain how caloric intake and energy expenditure affect body weight.
- ❖ I can explain how society, media, and culture can influence someone's body image
- ❖ I can identify 3 warning signs of eating disorders.
- ❖ I can identify 3 physical health risks associated with eating disorders.

Substance Abuse Unit #5

- ❖ I can list and demonstrate 3 ways that I can refuse alcohol.
- ❖ I can identify 5 advertising techniques and explain why they are effective.
- ❖ I can explain why it's important to practice and utilize media literacy skills.
- ❖ I can explain the downward path to addiction and the addiction cycle.
- ❖ I can explain why and how drugs are classified.
- ❖ I can list 2 short term and 2 long term effects of alcohol.
- ❖ I can define BAC and understand how it influences the body.
- ❖ I can explain how alcohol influences families.
- ❖ I can explain the side effects of stimulants (uppers) and tell you 3 examples.
- ❖ I can explain the side effects of depressants (downers) and tell you 3 examples.
- ❖ I can explain the side effects of hallucinogens (all-arounders) and tell you 3 examples.

CPR Unit #6

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