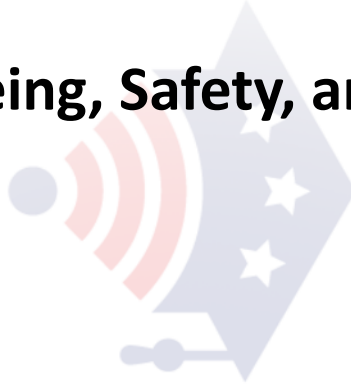


12th Grade American Online School

HEALTH EDUCATION CURRICULUM

Personal Well-being, Safety, and Preventative Health



Version Mar/2025

1. Introduction

The Role of Health Education in 12th Grade

In 12th grade, health education prepares students for independent living, personal health management, and emergency preparedness. This curriculum equips students with lifesaving skills, disease prevention strategies, and knowledge of health-related risks to help them make informed decisions for lifelong well-being.

By the end of this course, students will:

- ✓ Understand fire prevention, first aid, and CPR to respond effectively in emergencies.
- ✓ Learn about hygiene, disease control, and personal health maintenance.
- ✓ Explore the physiological and social effects of alcohol, tobacco, and drug use.
- ✓ Examine traffic and bike safety to reduce accidents and injuries.
- ✓ Develop health-conscious behaviors for lifelong physical and mental well-being.

2. Core Competence Areas

HE.1 Fire Prevention and Safety Education

Learning Outcomes

By the end of this unit, students will be able to:

- ✓ Identify fire hazards and practice fire prevention strategies.
- ✓ Understand the role of fire departments and emergency responders.
- ✓ Demonstrate safety procedures for handling fire-related emergencies.

Competencies

HE.1.A.1 – Understanding fire hazards and prevention techniques.

- Identify common fire hazards at home, school, and in public spaces.
- Learn how to use fire extinguishers and emergency escape routes.
- Understand smoke alarms, sprinkler systems, and fire evacuation plans.

HE.1.A.2 – Responding to fire emergencies.

- Practice "Stop, Drop, and Roll" and fire exit strategies.
- Learn basic first aid for burn injuries.
- Understand the importance of fire drills and emergency preparedness.

HE.2 First Aid and CPR

Learning Outcomes

By the end of this unit, students will be able to:

- ✓ Perform basic first aid techniques for common injuries.
- ✓ Understand when and how to administer CPR.
- ✓ Use Automated External Defibrillators (AEDs) in emergency situations.

Competencies

HE.2.A.1 – Understanding basic first aid procedures.

- Learn how to treat cuts, burns, sprains, and fractures.
- Understand the signs of choking and how to perform the Heimlich maneuver.
- Practice handling medical emergencies until professional help arrives.

HE.2.A.2 – Mastering CPR and AED usage.

- Learn how to perform CPR on adults, children, and infants.
- Understand the importance of early defibrillation and how to use an AED.
- Recognize signs of cardiac arrest and stroke.

HE.3 Disease Prevention and Hygiene

Learning Outcomes

By the end of this unit, students will be able to:

- ✓ Understand the importance of personal hygiene in disease prevention.
- ✓ Learn how infectious diseases spread and how to minimize risks.
- ✓ Explore vaccinations and public health measures.

Competencies

HE.3.A.1 – Practicing personal hygiene and sanitation.

- Learn proper handwashing techniques and hygiene routines.
- Understand how hygiene affects skin, dental, and overall health.
- Explore food safety practices to prevent contamination.

HE.3.A.2 – Understanding disease transmission and prevention.

- Study how bacteria and viruses spread through contact, air, and fluids.
- Learn about vaccinations, herd immunity, and disease outbreaks.
- Discuss the impact of public health initiatives.

HE.4 Effects of Alcohol, Tobacco, and Drugs

Learning Outcomes

By the end of this unit, students will be able to:

- ✓ **Analyze the short- and long-term effects of substance use on the body and mind.**
- ✓ **Understand the impact of substance abuse on families, society, and mental health.**
- ✓ **Explore prevention strategies and treatment options..**

Competencies

HE.4.A.1 – Understanding the effects of alcohol, tobacco, and drugs on health.

- Study how substances affect the brain, heart, lungs, and liver.
- Learn the dangers of vaping, binge drinking, and opioid misuse.
- Discuss mental health risks and addiction prevention.

HE.4.A.2 – Examining the social and legal consequences of substance abuse.

- Understand legal penalties for underage drinking and drug possession.
- Explore rehabilitation and support programs for addiction recovery.
- Discuss peer pressure and decision-making strategies.

HE.5 Traffic Safety

Learning Outcomes

By the end of this unit, students will be able to:

- ✓ **Understand road laws and safe driving habits.**
- ✓ **Recognize the importance of pedestrian and car/bike safety.**
- ✓ **Learn defensive driving techniques to prevent accidents.**

Competencies

HE.5.A.1 – Practicing responsible driving habits.

- Learn the importance of seat belts, speed limits, and defensive driving.
- Understand the dangers of distracted and impaired driving.
- Study road signs, traffic laws, and right-of-way rules.

HE.5.A.2 – Understanding pedestrian and cyclist safety.

- Learn the importance of bike helmets and reflective gear.
- Understand bike lane rules and hand signals for turning.
- Study crosswalk laws and pedestrian safety precautions.

3. Assessment and Evaluation

Formative Assessments – Checking Progress Through Interactive Learning

- ✓ Quizzes on health risks, emergency response, and safety procedures.
- ✓ Role-playing exercises on first aid, CPR, and fire response.
- ✓ Discussions on disease prevention and public health policies.

Summative Assessments – Final Projects and Exams

- ✓ First aid and CPR skills test.
- ✓ Research paper on a public health issue or addiction prevention.
- ✓ Written test on safety laws, fire prevention, and hygiene practices.

Authentic Assessment – Real-World Applications

- ✓ Students develop a personal health and safety plan.
 - ✓ Collaboration with local health professionals or firefighters for hands-on training.
 - ✓ Community outreach projects promoting wellness and safety awareness.
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4. Instructional Strategies for Online Learning

Inquiry-Based and Problem-Based Learning

- ✓ Case studies on real-world health emergencies and prevention strategies.
- ✓ Role-playing exercises for making healthy choices in peer-pressure situations.

Project-Based Learning (PBL)

- ✓ Students create health education videos for younger students.
- ✓ Community outreach projects on disease prevention or drug awareness.

Technology-Integrated Learning

- ✓ Virtual CPR and first aid training simulations.
- ✓ Interactive quizzes on disease control and prevention.
- ✓ Guest speakers from emergency services, hospitals, or rehabilitation centers.
- ✓ AI-powered learning modules on safety and substance abuse education.