

# **9th Grade American Online School**

## **HEALTH EDUCATION CURRICULUM**

### **Empowering Youth to Understand, Care for, and Take Responsibility for Their Health and Well-being**

Version Apr/2025

## **1. Introduction**

### **The Role of Art Education in 9th Grade**

The 9th Grade Health Education curriculum equips students with the knowledge, skills, and attitudes to make informed decisions about their physical, emotional, and social well-being. Through a comprehensive exploration of mental health, identity, human development, and safety, students develop resilience and self-awareness while learning to advocate for themselves and others. The curriculum emphasizes real-life application, empathy, and critical reflection, fostering lifelong habits of wellness and responsibility.

By the end of this course, students will:

- ✓ **Understand and apply strategies for mental and emotional well-being.**
- ✓ **Respect diverse identities and practice healthy relationship skills.**
- ✓ **Navigate digital environments safely and critically.**
- ✓ **Make informed decisions about nutrition, fitness, and health behaviors.**
- ✓ **Demonstrate knowledge of human development and personal safety.**

## 2. Core Competence Areas

### HE1 Mental Health and Emotional Strength

#### Learning Outcomes

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

- ✓ Identify and regulate emotions using healthy strategies.
- ✓ Build personal resilience through stress management techniques.
- ✓ Recognize signs of mental health challenges and understand how to seek support.
- ✓ Process grief and major life transitions with empathy and respect.

#### Competencies

##### HE.1.A.1 – Recognizing and Expressing Emotions

- Describe emotions accurately and apply vocabulary and techniques for regulation.

##### HE.1.A.2 – Building Personal Coping Strategies

- Use mindfulness, journaling, or physical activity to manage stress.

##### HE.1.A.3 – Understanding Mental Health Conditions

- Demonstrate perspective through vanishing points, scaling, and overlapping.

##### HE.1.A.4 – Navigating Grief and Loss

- Demonstrate understanding and empathy during times of personal or shared loss.

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### HE.2 Identity, Culture, and Human Relationships

#### Learning Outcomes

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

- ✓ Explore their own identity and respect others' differences.
- ✓ Examine the influence of media and culture on self-perception.
- ✓ Identify characteristics of healthy relationships and set personal boundaries.
- ✓ Recognize and respond to discrimination with empathy and advocacy.

## Competencies

### HE.2.A.1 – Exploring Diverse Identities.

- Reflect on personal identity and understand varying cultural, sexual, and gender perspectives.

### HE.2.A.2 – Analyzing Culture and Body Image.

- Evaluate how social norms and media shape identity and health perception.

### HE.2.A.3 – Developing Healthy Relationship Skills.

- Identify respectful communication, consent, and boundary-setting behaviors.

### HE.2.A.4 – Challenging Stereotypes and Discrimination.

- Recognize bias and support inclusion through critical dialogue and action.

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## HE.3 Media and Digital Health

### Learning Outcomes

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

- ✓ Evaluate how digital content impacts health and well-being.
- ✓ Manage online habits and screen time for balanced living.
- ✓ Recognize online risks and practice digital safety.
- ✓ Contribute to positive digital communities.

### Competencies

#### HE.3.A.1 – Analyzing Health-Related Media.

- Interpret advertising and influencer messaging critically.

#### HE.3.A.2 – Balancing Online and Offline Life.

- Implement sleep, screen, and social media boundaries.

#### HE.3.A.3 – Practicing Online Safety.

- Recognize cyberbullying and practice responsible digital behavior.

### **HE.3.A.4 – Building Digital Empathy.**

- Promote respectful interaction and inclusion online.
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## **HE.4 Physical Health, Fitness, and Nutrition**

### **Learning Outcomes**

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

- ✓ Understand principles of nutrition and create balanced meal plans.
- ✓ Recognize the health benefits of various types of physical activity.
- ✓ Evaluate personal wellness habits and set health goals.
- ✓ Understand the role of prevention and hygiene in overall health.

### **Competencies**

#### **HE.4.A.1 – Practicing Healthy Nutrition.**

- Read food labels and plan meals that support health goals.

#### **HE.4.A.2 – Understanding Physical Fitness Components.**

- Identify types of exercise and their impact on body systems.

#### **HE.4.A.3 – Evaluating Personal Wellness Habits.**

- Assess hydration, sleep, and physical routines for improvement.

#### **HE.4.A.4 – Practicing Preventive Health.**

- Explain hygiene practices, vaccinations, and health screenings.
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## **HE.5 Human Development and Reproductive Health**

### **Learning Outcomes**

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

- ✓ **Describe changes during puberty and adolescence.**
- ✓ **Understand reproductive systems and related biological functions.**
- ✓ **Make informed decisions about sexual health and responsibility.**
- ✓ **Define and respect the principles of consent.**

### **Competencies**

#### **HE.5.A.1 – Understanding Puberty and Development.**

- Describe the physical and emotional changes of adolescence.

#### **HE.5.A.2 – Exploring Reproductive Anatomy.**

- Identify key structures and processes such as menstruation and fertilization.

#### **HE.5.A.3 – Accessing Reliable Sexual Health Information.**

- Use accurate sources for contraception, STIs, and health decisions.

#### **HE.5.A.4 – Practicing Affirmative Consent.**

- Demonstrate respectful and clear communication in relationships.

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## **HE.6 Risk Prevention and Personal Safety**

### **Learning Outcomes**

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

- ✓ **Understand the risks associated with substance use.**
- ✓ **Demonstrate refusal skills and exit strategies.**
- ✓ **Apply basic first aid and emergency response procedures.**
- ✓ **Make informed health decisions using structured models.**

## Competencies

### HE.6.A.1 – Understanding Substance Risks.

- Describe the short- and long-term effects of drugs, alcohol, and tobacco.

### HE.6.A.2 – Resisting Peer Pressure.

- Use assertive communication to avoid risky behaviors.

### HE.6.A.3 – Responding to Emergencies.

- Demonstrate first aid basics and know when and how to seek help.

### HE.6.A.4 – Applying Decision-Making Models.

- Use frameworks like STOP or DECIDE to evaluate choices.
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## 3. Assessment and Evaluation

### Formative Assessments – Checking Progress Through Interactive Learning

- ✓ Journals, reflection logs, and media analysis exercises.
- ✓ Role-playing scenarios and self-evaluations.
- ✓ Group discussions and participation in structured dialogues.

### Summative Assessments – Final Projects and Exams

- ✓ Unit quizzes and presentations on health topics.
- ✓ Health behavior plans and goal-setting reflections.
- ✓ Reports on reproductive health, media literacy, and identity.

### Authentic Assessment – Real-World Applications

- ✓ First aid simulations and peer wellness coaching.
  - ✓ Health campaigns (e.g., digital well-being, mental health).
  - ✓ Community-based action plans and advocacy projects.
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## 4. Instructional Strategies for Online Learning

### Inquiry-Based and Problem-Based Learning

- ✓ Explore real-world scenarios and reflect on personal values.
- ✓ Facilitate Socratic seminars and empathy circles.

### Project-Based Learning (PBL)

- ✓ Create health advocacy campaigns or wellness trackers.
- ✓ Design multimedia projects promoting well-being and safety.

### Technology-Integrated Learning

- ✓ Leverage videos, health trackers, and digital journaling tools.
- ✓ Analyze real-world media using media literacy modules.

### Creating a Safe and Inclusive Environment

- ✓ Normalize open dialogue around sensitive topics.
- ✓ Use inclusive language and respect individual experiences.
- ✓ Ensure confidentiality and trust in group discussions.