

## MHS Curriculum Overview

### Health

Last Updated Summer 2024

#### Health

##### Gradebook standards

- **Standard 1 - Analyzing Influences and Factors**
  - Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
- **Standard 2 - Personal Wellness**
  - Students will demonstrate the ability to use decision-making skills, goal-setting skills, communications skills, and self-management skills to enhance healthy behaviors and avoid or reduce health risks.
- **Standard 3 - Advocacy**
  - Students will demonstrate the ability to advocate for personal, family, and community health including the ability to access valid information and products and services to enhance health.

##### Topics of Study

- Mental and Emotional Health
- Nutrition
- Human Growth and Development
- Alcohol and other drug abuse
- Effects of Technology on Health
- Book Choice Project