

*West Orange Public Schools*  
*West Orange, New Jersey*  
**Grades 9 and 11 Health**

1. *Developing and Maintaining Wellness*
  - *Personal Responsibility*
  - *Debate Social and Ethical Implications*
2. *Basic Nutritional and Fitness Concepts*
  - *Weight Maintenance*
  - *Dietary Trends*
  - *Nutrient Classification*
3. *Prevention and Controlling Disease and Health Conditions*
  - *Prevention of Disease and Treatment Strategies*
  - *Develop Strategies to Prevent Disease*
  - *Determine Effects of Mental Illness on Society*
  - *Advances in Medicine and Technology*
4. *Evaluate Injury Potential to Unhealthy/Risky Behaviors*
  - *Intentional and Unintentional Injuries*
  - *Abuse and Assault*
5. *Respect and Acceptance of Diversity*
  - *Unresolved Conflict*
  - *Technology Positive or Negative Impact on Conflict or Crisis*
6. *Stress Management*
  - *Coping with Family Crisis or Change*
  - *Developing a Personal Stress Management Plan*
7. *Effective Interpersonal Communication*
  - *Communication Skills*
  - *Interpersonal Conflicts*
  - *Impact of Technology on Interpersonal Communication*
8. *Development of a Personal Wellness Plan*
  - *Decision Making*
  - *Individual and Family Needs*
9. *Impact of Core Ethical Values on Behavior*
  - *Competition*
  - *Individual or Group Adherence to Core Ethical Values*
  - *Analyze Issues Facing the Disabled*
10. *Potential Solutions to Health Issues*
  - *Analyze Health Products and Services*
  - *Accessibility and Affordability of Healthcare*
11. *Prescription and Over the Counter Medicines*

- *Risks and Benefits of Experimental Medicines*
  - *Evaluate Effectiveness of a Medicine*
  - *Drug Abuse*
12. *Consequences of Risky Behavior with Substance Abuse*
- *Substance Abuse*
  - *Legal and Financial Consequences of Possession of Illegal Substances*
  - *Alcohol Abuse*
  - *Alcohol, Drugs with incidents of Date Rape, Sexual Assault, STI's and Unintended Pregnancy*
  - *HIV/AIDS and Hepatitis*
13. *Substance Abuse or Addiction, Interventions*
- *Drug Abuse, Injury, Illness, Death*
  - *Strategies to Stop Drug Abuse*
  - *Substance Abuse and Society*
14. *Healthy Relationships*
- *The Family Structure*
  - *Commitment*
  - *Choosing Friends*
  - *Evolution of Relationships*
  - *Prevention and Intervention of Dating Violence*
  - *Technology and Global Relationships*
15. *Responsible Actions Regarding Sexual Behavior*
- *Long Term Effects of Adolescent Sex*
  - *Abstinence*
  - *Contraception*
  - *Gender Equity*
  - *Prevention and Treatment of Disease*
16. *TEEN PEP (Grade 12 Elective)*
- *Sex Education, Peer Taught*
  - *Role Playing Exercises*
17. *Pregnancy, Childbirth and Parenthood*
- *Fetal Development, Infant Mortality*
  - *Lifestyle Choices during Pregnancy*
  - *Methods to Confirm Pregnancy*
  - *Elective Pregnancy Termination*
  - *Parenting Strategies*
  - *Legal Rights of Adolescents*
  - *When to Become a Parent*