

## MSAD #54 Curriculum

Content Area: Health education

Grade:9-12

Unit: Mental Health

MLR Span: 9- Diploma

### MLR Content Standard:

- A. Health Concepts: Students comprehend concepts related to health promotion and disease prevention to enhance health.
- C. Health Promotion and Risk Reduction: Students demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
- D. Influences on Health: Students analyze the ability of family, peers, culture, media, technology, and other factors to enhance health.
- F. Decision-Making and Goal-Setting Skills: Students demonstrate the ability to make decisions and set goals to enhance health.

### Performance Indicator:

- A1 Healthy Behaviors and Personal Health**
- A2 Dimensions of Health**
- A4 Environment and Personal Health**
- A6 Basic Health Concepts**
- C2 Avoiding/Reducing Health Risks**
- C3 Self-Management**
- D1 Influences on Health Practices/Behaviors**
- F1 Decision-Making**
- F2 Goal-Setting**

Performance Descriptor(s)	MSAD #54 Objectives	Instructional Resources/ Activities/Assessments
<p>Students</p> <p><b>A1 Healthy Behaviors and Personal Health</b></p> <p><b>Students predict how behaviors can impact health status.</b></p> <ul style="list-style-type: none"> <li>a. Analyze individual responsibility for enhancing health.</li> <li>b. Predict how healthy behaviors can positively impact health status.</li> <li>c. Describe barriers to practicing healthy behaviors.</li> </ul> <p><b>A2 Dimensions of Health</b></p> <p>Students analyze the</p>	<p>Students will:</p> <ol style="list-style-type: none"> <li>1. Analyze how Mental health is an important part of an individual's total health. How can you explain your mental health level and the impact it has on the remaining dimensions of your total health?</li> <li>2. Explain how good mental health means much more than not being mentally ill,</li> <li>3. Discuss the varying levels of mental health.</li> </ol>	<p><b>Lesson 1</b></p> <p>What is mental health?</p> <p>Activity 1</p> <p>Understanding mental health activity including mental health roadblocks.</p> <p>Essential Question Essay 1</p> <p>Mental health is an important part of an individual's total health. How can you explain your mental health level and the impact it has on the remaining dimensions of your total health?</p> <p>Physical, Mental, Social, and Emotional</p>

<p>interrelationship of <i>physical, mental/intellectual, emotional,</i> and <i>social health.</i></p> <p><b>A4 Environment and Personal Health</b>  <b>Students determine the interrelationship between the <i>environment</i> and other factors and personal health.</b></p> <p>a. Analyze how environment and personal health are interrelated.  b. Describe how <i>genetics</i> and <i>family history</i> can impact personal health.  c. Analyze the relationship between access to health care and health status.</p> <p><b>A6 Basic Health Concepts</b>  Students analyze complex health concepts related to family life; nutrition; personal health; safety and injury prevention; and tobacco, alcohol, and other drug use prevention.</p> <p><b>C2 Avoiding/Reducing Health Risks</b>  <b>Students demonstrate a variety of behaviors to avoid or reduce health risks to self and others.</b></p> <p>a. Develop ways to recognize, avoid, or change situations that threaten the safety of self and others.</p> <p><b>C3 Self-Management</b>  <b>Students design, implement, and evaluate a plan for stress management.</b></p> <p><b>D1 Influences on Health Practices/Behaviors</b>  <b>Students analyze and evaluate</b></p>	<p>4. Describe how self esteem is directly related to an individual's general level of wellness.</p> <p>5. Evaluate roadblocks to one's mental health.</p> <p>6. Discuss constructive feedback and the impact it has on mental health.</p> <p>7. Recognize that all human beings have basic needs and how these needs relate to mental health.</p> <p>8. Describe Maslow's hierarchy of needs pyramid and evaluate personal impacts that these have on our mental health.</p> <p>9. State three main factors that influence the development of one's personality.</p> <p>10. Evaluate self esteem and the impact it has on mental health.</p> <p>11. Determine High and low self esteem traits and examine how to improve self esteem.</p> <p>12. Explain how mental and emotional health relates to suicide? What could you do to help someone with the warning signs of suicide?</p> <p>13. Evaluate suicide warning signs and role-play avenues that will provide help for these warning signs.</p> <p>14. Determine factors that produce stress (Eustress, Distress) in human beings life.</p>	<p><b>Lesson 2</b></p> <p>Activity 2  People who investigate our mental health.</p> <p>Activity 3  Maslow's Hierarchy of Needs</p> <p>Activity 4 Understanding Personality characteristics and the role they have in mental health.</p> <p>Essential Question Essay 3  Evaluate your personality traits that impact or create roadblocks to your mental health and solutions to the impact.</p> <p><b>Lesson 3</b>  Self esteem</p> <p>Activity 5 "The Front Page" Project</p> <p>Activity 6 "Figure it out!!" Self esteem awareness activity that makes it personal.</p> <p>Activity 7 Positive thinking</p> <p>Activity 8. High vs. Low Self esteem</p> <p><b>Lesson 4</b>  Suicide Prevention</p> <p>Activity 9 Essential question  How does mental and emotional health relate to suicide? What could you do to help someone with the warning signs of suicide?</p> <p>Activity 10 Warning signs of suicide</p> <p>Activity 11 Prevention of suicide</p>
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<p><b>influences on health and health behaviors.</b></p> <ul style="list-style-type: none"> <li>a. Analyze how family, school and community influence the health of individuals.</li> <li>b. Analyze how peers influence healthy and unhealthy behaviors.</li> <li>c. Evaluate the effect of the media on personal and family health.</li> <li>d. Analyze how the perceptions of norms influence healthy and unhealthy behaviors.</li> <li>e. Analyze how <i>culture</i> and personal values and beliefs influence individual health behaviors.</li> </ul> <p><b>F1 Decision-Making</b></p> <p>Students apply a <i>decision-making</i> process to enhance health.</p> <ul style="list-style-type: none"> <li>a. Compare the value of thoughtful <i>decision-making</i> to quick <i>decision-making</i> in a health-related situation.</li> </ul> <p><b>F2 Goal-Setting</b></p> <p>Students develop and analyze a plan to attain a personal health goal.</p> <ul style="list-style-type: none"> <li>C. Implement strategies and analyze progress in achieving a personal health goal.</li> </ul>	<p>15. Examine possible strategies that will reduce stress personally.</p>	<p>Activity 12 Role play conversations that may arise with friends. “story about CARRIE”</p> <p>Lesson 5 Stress Management</p> <p>Activity 13 Stress management Project</p> <p>UNIT TEST 1</p>
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