

# Health

Health Education courses in Anne Arundel County Public Schools are focused on building health-literate individuals. All middle school students receive health instruction for a minimum of 22 days (one quarter) as part of the state-mandated comprehensive Skills-Based Health Education program. Course outcomes are developmentally appropriate and are based on health skills and concepts in the following areas:

- Mental and Emotional Health
- Substance Abuse
- Personal and Consumer Health
- Family Life and Human Sexuality
- Safety and Injury Prevention
- Healthy Eating
- Disease Prevention and Control

Skills-Based Health Education supports and promotes health-enhancing behaviors for all students. The health skills embedded in the units include analyzing influences, accessing information, interpersonal communication, decision making, goal setting, self-management, and advocacy.

Note: The family life and human sexuality unit, and HIV/AIDS prevention education were developed in accordance with the standards and procedures established in *Maryland State Regulation 13A.04.18.01*. Students may be excused from these units of the program upon written request from their parent or guardian. Appropriate alternate instruction will be provided.

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## L26 | Health 6

In sixth grade, students are introduced to a variety of health topics that include an introduction to health and wellness, tobacco & nicotine products, medicine, consent & communication, sexual abuse & assault, safety & emergency preparedness, puberty & adolescence, reproduction, ovulation, menstruation & fertilization, HIV/AIDS, and skin cancer. Content is based on grade appropriate standards.

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## L27 | Health 7

In seventh grade, students build upon their foundational knowledge and skills of health concepts to explore new topics which include goal setting for personal wellness, conflict & conflict resolutions, effects of alcohol on the body & community, the effects of marijuana, cardiovascular disease, how to communicate consent, sexual abuse & assault, and building interpersonal communication skills during adolescence. Content is based on grade appropriate standards.

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## L28 | Health 8

In eighth grade, students advance their health knowledge and skills by building upon previous topics. Topics in eighth grade include applying strategies to increase one's wellness, depression & suicide, prescription & over the counter medicines, consent, sexual abuse & sexual assault, healthy vs. unhealthy relationships, contraceptives & abstinence, teen pregnancy, HIV/AIDS, and STIs. Content is based on grade appropriate standards.