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RESPECT

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EXCELLENCE

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DISCIPLINE

Guaranteed and Viable Curriculum (GVC) for: Health (Semester Class)

1st/3rd Quarter:

GVC #1:

Standard HII.HF.3: Apply decision-making strategies to a health-related choice and defend the decision. Discuss practicing self-control, such as delaying immediate gratification, resisting negative peer pressure, and avoiding risks of impulsive behavior.

GVC #2: Standard HII.MEH.3: Explore ways individuals, families, and communities can understand, accept, and reduce the stigma of individuals with mental health disorders.

2nd/4th Quarter:

GVC #3:

Standard HII.SAP.3: Discuss how substance use alters brain development and function and research the link between genetics and addiction.

GVC #4:

Standard HII.N.4: Develop lifelong strategies for maintaining nutrition and physical activity behaviors that improve mental, physical, and social health.