

# Grade 9 Health Course Overview

Content Area: **Health**  
Course(s): **HEALTH 9**  
Time Period:  
Length: **Half Year**  
Status: **Published**

## Cover

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### **EAST BRUNSWICK PUBLIC SCHOOLS**

**East Brunswick New Jersey**

#### **Superintendent of Schools**

Dr. Victor P. Valeski

**Health**

**Grade-9**

Course Number: 2722

#### **BOARD OF EDUCATION**

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Course Adoption: 4/21/86

Curriculum Adoption: 9/2/2004

## **Course Overview**

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Ninth grade health is a comprehensive program of interrelated components that stress the choices and skills necessary for wellness. The curriculum is designed to begin the lifelong process of choosing and enjoying a healthy lifestyle and assisting students in becoming responsible, sexually healthy adults. Topics to be covered include the functioning and structures of the endocrine system and reproductive system along with changes during adolescence as they relate to childbirth and pregnancy including, teen pregnancy and teen pregnancy options. Various methods of contraception (stressing abstinence), information about sexually transmitted infections; along with dating violence, sexual assault, gender issues and sexual orientation will be discussed and examined as well. Students will acquire accurate and current health information that will assist in the development of healthful attitudes and behaviors using materials geared toward adolescent students not only reaching physical maturity but also assuming responsibility for behavior patterns that affect them throughout a lifetime. This course teaches and reinforces the skills necessary to weigh options and to make responsible and healthy choices. Students are encouraged to assess their attitude and behavior patterns and to understand the impact their lifestyle choices have on their well being and the well being of others.

Any student whose parent or guardian presents to the school a signed statement that any part of instruction in health, family life education or sex education is in conflict with his or her conscience or sincerely held moral or religious beliefs shall be excused from that portion of the course. The student will be given an alternative health project to complete the requirements of the course. More information about this can be found on the district website under Health curriculum.

## **Textbooks and Other Resources**

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### **COURSE RESOURCES**

*Holt Health*, Holt, Jerald Greenburg and Robert Gold, 1999 U.S.A

[www.sexetc.org](http://www.sexetc.org)

[www.who.org](http://www.who.org)

[www.kidshealth.org](http://www.kidshealth.org)

[www.sexedlibrary.org](http://www.sexedlibrary.org)

[www.cdc.gov](http://www.cdc.gov)

[www.breakthecycle.org](http://www.breakthecycle.org)

“Reviving Ophelia” DVD

“Juno” DVD

“Girl Positive” DVD

[www.siecus.org](http://www.siecus.org)

[www.teenpregnancy.org](http://www.teenpregnancy.org)

[Answer-Sex Ed, Honestly \(youtube.com\)](http://www.youtube.com)

Unequal Partners 4th Edition-Teaching about Power, Consent and Healthy Relationships

The Ryan White Story

## Standards

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HPE.2.1.12.A.1	Analyze the role of personal responsibility in maintaining and enhancing personal, family, community, and global wellness.
HPE.2.1.12.B.1	Determine the relationship of nutrition and physical activity to weight loss, weight gain, and weight maintenance.
HPE.2.1.12.C	Diseases and Health Conditions
HPE.2.1.12.C.1	Determine diseases and health conditions that may occur during one's lifespan and identify prevention and treatment strategies.
HPE.2.1.12.C.2	Develop strategies that will impact local, state, national, and international public health efforts to prevent and control diseases and health conditions.
HPE.2.1.12.C.CS1	Personal health is impacted by family, community, national, and international efforts to prevent and control diseases and health conditions.
HPE.2.1.12.E.1	Predict the short- and long-term consequences of unresolved conflicts.
HPE.2.1.12.E.2	Analyze how new technologies (i.e. social media) may positively or negatively impact the incidence of conflict or crisis.
HPE.2.2.12.A.1	Employ skills for communicating with family, peers, and people from other backgrounds and cultures that may impact the health of oneself and others.
HPE.2.2.12.A.2	Demonstrate strategies to prevent, manage, or resolve interpersonal conflicts.
HPE.2.2.12.A.3	Analyze the impact of technology on interpersonal communication in supporting wellness and a healthy lifestyle.
HPE.2.2.12.A.CS2	Effective communication is the basis for strengthening interpersonal interactions and relationships and resolving conflicts.
HPE.2.2.12.B.1	Predict the short- and long-term consequences of good and poor decision-making on oneself, friends, family, and others.
HPE.2.2.12.B.2	Evaluate the impact of individual and family needs on the development of a personal wellness plan and address identified barriers.
HPE.2.2.12.C.1	Analyze the impact of competition on personal character development.
HPE.2.2.12.C.2	Judge how individual or group adherence, or lack of adherence, to core ethical values impacts the local, state, national, and worldwide community.
HPE.2.2.12.C.3	Analyze current issues facing the disability community and make recommendations to address those issues.
HPE.2.2.12.C.CS2	Core ethical values impact behaviors that influence the health and safety of people everywhere.
HPE.2.2.12.E	Health Services and Information
HPE.2.2.12.E.1	Analyze a variety of health products and services based on cost, availability, accessibility, benefits, and accreditation.
HPE.2.2.12.E.2	Determine the effect of accessibility and affordability of healthcare on family, community, and global health.
HPE.2.2.12.E.CS1	Potential solutions to health issues are dependent on health literacy and available resources.
HPE.2.2.12.E.CS2	Affordability and accessibility of healthcare impacts the prevention, early detection, and

	treatment of health problems.
HPE.2.3.12.A.1	Determine the potential risks and benefits of the use of new or experimental medicines and herbal and medicinal supplements.
HPE.2.3.12.A.2	Summarize the criteria for evaluating the effectiveness of a medicine.
HPE.2.3.12.B.1	Compare and contrast the incidence and impact of commonly abused substances (such as tobacco, alcohol, marijuana, inhalants, anabolic steroids, and other drugs) on individuals and communities in the United States and other countries.
HPE.2.3.12.B.2	Debate the various legal and financial consequences of the use, sale, and possession of illegal substances.
HPE.2.3.12.B.3	Correlate increased alcohol use with challenges that may occur at various life stages.
HPE.2.3.12.B.4	Correlate the use of alcohol and other drugs with incidences of date rape, sexual assault, STIs, and unintended pregnancy.
HPE.2.3.12.B.5	Relate injected drug use to the incidence of diseases such as HIV/AIDS and hepatitis.
HPE.2.4.12.A	Relationships
HPE.2.4.12.A.1	Compare and contrast how family structures, values, rituals, and traditions meet basic human needs worldwide.
HPE.2.4.12.A.2	Compare and contrast the current and historical role of life commitments, such as marriage.
HPE.2.4.12.A.3	Analyze how personal independence, past experience, and social responsibility influence the choice of friends in high school and young adulthood.
HPE.2.4.12.A.4	Predict how relationships may evolve over time, focusing on changes in friendships, family, dating relationships, and lifetime commitments such as marriage.
HPE.2.4.12.A.6	Analyze how various technologies impact the development and maintenance of local and global interpersonal relationships.
HPE.2.4.12.B.1	Predict the possible long-term effects of adolescent sex on future education, on career plans, and on the various dimensions of wellness.
HPE.2.4.12.B.5	Relate preventative healthcare strategies of male/female reproductive systems to the prevention and treatment of disease (e.g., breast/testicular exams, Pap smear, regular STI testing, and HPV vaccine).
HPE.2.4.12.C	Pregnancy and Parenting
HPE.2.4.12.C.4	Determine the impact of physical, social, emotional, cultural, religious, ethical, and legal issues on elective pregnancy termination.
HPE.2.4.12.C.6	Compare the legal rights and responsibilities of adolescents with those of adults regarding pregnancy, abortion, and parenting.
HPE.2.4.12.C.7	Analyze factors that affect the decision to become a parent.

## Scope and Sequence

### COURSE SCOPE AND SEQUENCE

Sequential Unit Description:	Associated CPI's to be Achieved	Other Pacing Guide Referenc es	Proficiency (Summative/Formative Assessments)

<p><b>UNIT I: <u>Endocrine and Puberty</u></b></p> <p><u>Essential THEME:</u> Puberty is a challenging process that enables humans to reproduce and reach full maturity, occurring during adolescence.</p> <p><u>Essential Question:</u> What is the endocrine system? What are its functions? What are the differences between males and females? What are the social, emotional, and physical changes that occur? What are the</p>	<p>2.1.12.C.1 (I) 2.4.12.B.5 (I)</p>	<p>5-6 Days</p>	<p>UNIT I – Endocrine and Puberty Test</p>
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<p>primary sex characteristics? What are the secondary sex characteristics? What are the purposes of these changes?</p>			
<p><b>UNIT II: <u>Male &amp; Female Reproductive Systems</u></b></p> <p><u>Essential THEME:</u> The structures of the male and female reproductive systems work together to create a new human being.</p> <p><u>Essential Question:</u> What are the structures of the male/female reproductive systems? What are the</p>	<p>2.1.12.C.1 (I) 2.2.12.E.2 (I) 2.4.12.B.5 (I) 8.1.12.E.1</p>	<p>10-12 days</p>	<p>UNIT II – Male and Female Reproductive System Test</p> <p>Google Slides Path Project</p>

function s of the male/fe male reprodu ctive systems ? How does the male and female reprodu ctive systems work together to reprodu ce? What is the purpose of the menstru al cycle? What may happen during a typical menstru al cycle? What are the compon ents of semen? What affects sperm producti on? What are some possible			
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	complications associated with each reproduction system?			
<b>UNIT III: <u>Pregnancy &amp; Childbirth</u></b> <u>Essential THEME:</u>	<p>Pregnancy is a physical, emotional, and social process that may occur at some point in a human's life cycle. It is important and beneficial to take proper care of oneself during this time. Awareness of the changes during this life process is</p>	2.1.12.B.1 (I) 2.2.12.B.1 (I) 2.4.12.C.1 (I) 2.4.12.C.2 (I) 2.4.12.C.3 (I) 2.4.12.C.4 (I) 5.3.12.D.1 (I) 8.1.12.E.1	12-14 days	UNIT III – Pregnancy and Childbirth Test  Pregnancy Interview



	important to one's well being.		
<u>Essential Question:</u>	<p>What are the signs and symptoms of pregnancy?</p> <p>What are some ways to determine whether or not one is pregnant? How does pregnancy occur?</p> <p>What are the stages of development for the embryo/fetus during gestation?</p> <p>What are the emotional and physical changes that women</p>		

<p>experience during the prenatal and postpartum periods ? What are the risks to the mother and embryo/ fetus during gestation? What are the stages of labor? What are the different delivery methods for childbirth? What is involved in maintaining a safe pregnancy? What are the different types of multiple births?</p>			
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<p><b>UNIT IV: <u>Gender Roles, Sexual Harassment, Rape and Dating Violence</u></b></p> <p><u>Essential theme:</u> Although the genders have many similarities, culture, religion, family and society socializes us to view males and females differently. Such perceptions may attribute to stereotyping, harassment and violence between genders. Awareness and education is the best vehicle for overcoming gender bias. This</p>	<p>2.1.12.A.1 (I) 2.1.12.D.1 (I) 2.1.12.D.2 (I) 2.1.12.E.2 (I)</p> <p>2.2.12.A.1 (I) 2.2.12.A.2 (I) 2.2.12.A.3 (I) 2.2.12.B.2 (I) 2.2.12.C.2 (I)</p> <p>2.3.12.B.3(I) 2.3.12.B.4 (I) 2.4.12.A.3 (I) 2.4.12.A.4 (I) 2.4.12.A.5 (I) 2.4.12.A.6 (I) 2.4.12.B.4 (I)</p> <p>8.1.12.E.1</p>	<p>15-20 Days</p>	<p>UNIT V – Gender Roles, Sexual Harassment, Rape and Dating Violence Test</p> <p>Gender Vocab Quiz</p>
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	unit address es prevent ative and remedia l measure s in regards to these issues.			
<u>Essential Question:</u>	What is gender? What are gender roles and stereoty pes? What are their influenc es? How are males and females socializ ed to be differen t? What is sexual orientati on and how does it affect one's role in society? What are some			

issues that non- heterose xuals face in our society? What is sexual harassm ent? What are the steps to take when dealing with sexual harassm ent? What are the ramifica tions of sexual harassm ent? How do gender roles and stereoty pes influenc e harassm ent? What is rape? How can date- rape be prevent ed? What should			
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<p>one do if he/she has been a victim of rape? What are characte ristics of a potentia l victim and a potentia l abuser? What are some red flags in an abusive relation ship? What is the cycle of abuse? What are some preventi on strategi es for dating violenc e? What are some resourc es for people in these relation</p>			
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ships?			
<p><b>UNIT V: <u>Contraception</u></b></p> <p><u>Essential THEME:</u> Methods of contraception are designed to prevent pregnancy. There are many different types of contraception available to people today and some are more effective than others. There are many contributing variables that go into the decision to use contraception and which methods are best.</p>	<p>2.1.12.A.2 (I)  2.1.12.C.1 (I)  2.2.12.A.1 (I)  2.2.12.B.1 (I)  2.2.12.B.2 (I)  2.2.12.E.1 (I)  2.3.12.B.4 (I)  2.4.12.B.1 (I)  2.4.12.B.2 (I)  2.4.12.B.3 (I)</p>	<p>9-12 days</p>	<p>UNIT IV – Contraception Test</p> <p>Contraception Project: could be a brochure, a poster, a commercial or an Acrostic</p>

<p><u>Essential Question:</u></p>	<p>What is Abstinence? Why is abstinence the recommended method of contraception for teens? What are the methods of contraception available over the counter? Which methods are available by prescription? What methods are considered chemical methods? Which methods are barrier or natural? How do the</p>			
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<p>various methods of contraception work? Why don't teens use birth control? What factors should be considered when deciding on a method of contraception? How do values play in a role in sexual activity?</p>			
<p><b>UNIT VI: <u>STI's and HIV</u></b></p> <p><u>Essential THEME:</u> Sexually transmitted infections and HIV/AIDS is a possible consequence of unprotected sexual</p>	<p>2.1.12.A.1 (I) 2.1.12.A.2 (I) 2.1.12.C.1 (I) 2.1.12.C.2 (I) 2.2.12.B.1 (I) 2.2.12.B.2 (I) 2.3.12.B.5 (I)</p>	<p>7-10 days</p>	<p>UNIT VI - STI's and HIV Test</p> <p>STI Project: Song Parody</p>

contact. Teens are more likely to contract an STI due to their poor decision making and poor choices. Sympto ms, transmi ssion, and treatme nt options will be covered . The preventi on of STI's and HIV will include, abstinen ce, use of latex condom s, proper hygiene , limiting sexual contact, and avoidin g high risk situatio			
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	ns that can place students at greater risk of infectio n			
<u>Essential Question:</u>	What is the differen ce between commu nicable and non- commu nicable? What is an STI? What are the most commo n STI's? What the sympto ms of STI's? How can they be treated? How are STI's diagnos ed? What are some long term effects			

<p>of STI's? How can people avoid spreadi ng or contract ing STI's? How does HIV differ from AIDS? What behavio rs might put a person at greater risk for contract ing HIV/AI DS? What are the lifestyle consequ ences of being diagnos ed with HIV?</p>			
<p><b>UNIT VII: <u>Teen Pregnancy and Options</u></b></p> <p><u>Essential THEME:</u> Teen pregnancy is a big concern in our country.</p>	<p>2.1.12.A.1 (I) 2.1.12.E.3 (I) 2.2.12.A.1 (I) 2.2.12.A.2 (I) 2.2.12.B.2 (I) 2.3.12.B.4 (I) 2.4.12.B.1 (I) 2.4.12.C.4 (I) 2.4.12.C.6 (I) 2.4.12.C.7 (I) 2.2.12.C.2 (I)</p>	<p>5-6 days</p>	<p>UNIT VII – Teen Pregnancy and Options</p>

Teen parents have unique struggl es that need to be address ed and babies born to teen parents are more likely to experie nce certain hardshi ps. As a society , we need to develo p prevent ion strategi es to help lessen these hardshi ps as well as show our support to those facing this concer n. The multipl			
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	<p>e legal pregna ncy options are also review ed and consid ered.</p>		
<p><u>Essential Question:</u></p>	<p>Why do teens get pregnan t?</p> <p>What are the health risks to a baby of a teen mother?</p> <p>What are the social consequ ences teen parents may experie nce?</p> <p>How can teen pregnan cy be prevent ed?</p> <p>What support systems are in place for teenage parents?</p> <p>What</p>		

<p>legal options do women have when faced with an unplanned pregnancy?</p> <p>What are the pros and cons of each option?</p> <p>What is the significance of Roe verses Wade?</p>			
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## **Grading and Evaluation Guidelines**

### **GRADING PROCEDURES**

In terms of proficiency level the East Brunswick grades equate to

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|---|-----------|--------------------------|
| A | Excellent | Advanced Proficient      |
| B | Good      | Above Average Proficient |
| C | Fair      | Proficient               |
| D | Poor      | Minimally proficient     |
| F | Failing   | Partially Proficient     |

#### Grading Procedures – Health Education

- The final quarter course proficiency grade will be calculated as follows:
  - Homework-10%
  - Classwork/Participation-30%
  - Quizzes/Notebook Checks-30%
  - Unit Tests/Projects-30%



## Other Details

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Topics covered within Health Education courses may vary widely, but typically include sexual health (reproductive systems, contraception/abstinence, STIs, HIV and additional family life content that include relationships, gender roles, pregnancy, childbirth) and consumer health issues. The courses may also include brief studies of environmental health, personal development, and/or community resources.

## CONTENT FOCUS AREA AND COURSE NAME

### Health 9

Course #	School #'s	Course Level	Grade(s)	Credits	Min. Per Week	Elective/Required	Initial Course Adopted
2722	050	A	9	1.25	210	R	04/21/86

## PRIMARY CONTENT AREA AND SECONDARY AREAS OF FOCUS

NJSLS Standard		NJSLS Standard		NJSLS Standard	
1. Visual and Performing Arts		5. Science	S	9. 21 <sup>st</sup> Century Life and Careers	S
2. Health and Physical Education	P	6. Social Studies			
3. Language Arts Literacy		7. World Languages			
4. Mathematics		8. Technology Literacy	S		