

# Family Living: 12th grade OTP

Content Area: **Health**  
Course(s): **Family Living I, First Aid, OTP Health**  
Time Period: **Generic Time Period**  
Length: **year**  
Status: **Published**

## Unit Overview

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This unit focuses on being mentally and emotionally healthy, while identifying and learning to express your emotions in appropriate ways.

Students will be familiarized with purposes, traditions, and influences on dating practices. They will understand the differences between healthy relationships. Students will understand the legal ramifications of abusive relationships, date rape, and sexual harassment.

Students will further their understanding of the reproductive system. Students will be drawn to the conclusion that abstinence is the best decision to make at this point in their lives. Students will further their understanding on keeping the reproductive system healthy throughout their lives.

This unit focuses on the study of pregnancy from conception through childbirth. The students will further understand how pregnancy affects the physical, emotional, and social areas of health.

Students will further their understanding of sexually transmitted diseases. Students will be drawn to the conclusion that abstinence is the best decision to make at this point in their lives.

Students will further their understanding of contraception and how it prevents pregnancy. Students will be drawn to the conclusion that abstinence is the best decision to make at this point in their lives.

## Transfer

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Students will be able to independently use their learning to...

- express their emotions in appropriate ways throughout their lifespan
- handle situations in a positive mental manner that demonstrates good mental/emotional health.
- use valuable information that will promote a healthy and enjoyable relationships throughout their lives.

- practice healthy qualities that will lead into a long-term relationship in the future.
- choose the appropriate form of contraception that benefits their lifestyle choice

Students will be able to independently use their learning to...

- familiarize the changes of the body that occur during growth
- make thoughtful decisions to keep the body healthy to promote a higher quality of life
- understand the process of conception
- identify the stages of birth
- identify the signs of pregnancy
- acknowledge the importance of practicing abstinence to maintain a health lifestyle.
- identify appropriate medical steps to follow in case of being infected with a disease

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For more information, read the following article by Grant Wiggins.

[http://www.authenticeducation.org/ae\\_bigideas/article.lasso?artid=60](http://www.authenticeducation.org/ae_bigideas/article.lasso?artid=60)

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## **Meaning**

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### **Understandings**

Students will understand...

- there are many short and long term health benefits and risks associated with effective decision making.
- personality affects their physical, emotional, and social well-being.
- there is a way to cope with emotions in a positive manner.

- self-esteem is a valuable asset in maintaining a healthy lifestyle.
- developing effective interpersonal skills (communication, decision making) and recognizing societal pressures are essential in forming a healthy dating relationship.
- there are many short and long-term health benefits and risks associated with choosing when to become sexually active.
- the signs of pregnancy.
- the stages of birth.
- the complications of birth.
- affects of childbirth on adolescents.
- there are many short and long-term health benefits and risks associated with choosing when to become sexually active.
- there are a variety of contraception methods that prevent pregnancy.
- what method of contraception is most effective for the individual.
- there are risks of each contraception that may affect their lifestyle.
- the importance of choosing abstinence.

## **Essential Questions**

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Students will keep considering...

- the essential steps in making a good decision.
- how good decision making impacts behavior.
- the role personality has on our overall well-being.

Students will keep considering...

- what a healthy relationship is.
- what the qualities of a healthy relationship are.
- what the signs of an abusive relationship are.
- what the pressures and influences on dating behaviors in our society are.

- what the sexual risks in a relationship are.

Students will keep considering...

- the function of the human reproductive system.
- how does abstinence insure a healthy lifestyle?
- what are the signs of diseases that may affect the well-being of a person?
- what are the symptoms of these diseases?
- how do we prevent the diseases that affect our reproductive system?
- what are the signs of pregnancy?
- what are the stages of childbirth?
- what are the complications of childbirth and there affects on infant and mother?

Students will keep considering...

- how do sexually transmitted diseases spread and what is their impact on reproductive health?
- how does abstincence insure a healthy lifestyle?
- what are the appropriate steps to seek medical treatment in case of exposure of a sexually transmitted disease?
- how do contraceptive methods work in reducing pregnancy and disease?
- does each method of contraception need a doctors prescription?
- how does abstinence insure a healthy lifestyle?

## **Application of Knowledge and Skill**

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**Students will know...**

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Students will know...

- how personality contributes to good mental health.
- how personalities are formed.
- how to identify ways to improve self-esteem.
- different approaches involved in decision making.
- decision evaluation.
- effective and ineffective refusal.

Students will know...

- how to recognize and participate in a healthy relationship by its characteristics and through communication skills.
- dating pressures and influences.
- the signs of an abusive interpersonal relationship.
- the risks of a sexual relationship.

Students will know...

- fetal development from conception through pregnancy and birth.
- the harmful effects certain substances on the fetus, such as tobacco, alcohol, and other drugs.

Students will know...

- the vocabulary of the reproductive system.
- signs of puberty.
- the structure and function of the reproductive system.
- how to recognize diseases.
- symptoms and prevention of diseases.
- how to keep the reproductive system healthy.

Students will know...

- differences between viral and bacterial Sexually Transmitted Diseases, their cause and prevention.
- reasons for practicing abstinence.
- ways to contract the disease.
- ways to prevent the disease.
- different methods of contraception along with advantages and disadvantages.
- abstinence is the best method to ensure unintended pregnancy or disease.

### **Students will be skilled at...**

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Students will be skilled at...

- identifying and naming the five steps of the decision making process.
- evaluating decisions based upon provided criteria.
- identifying where personality is formed.
- identifying the importance of controlling emotions while making decisions.

Students will be skilled at...

- defining applicable vocabulary.
- comparing and contrasting healthy and unhealthy relationships.
- evaluating relationships based upon the characteristics of one that is healthy.
- recognizing abusive situations.
- examining influences on dating practices.
- explaining and applying components of effective communication.

Students will be skilled at...

- identifying the parts of the male and female reproductive system.
- explaining, comparing and contrasting the parts of the reproductive system in terms of function.
- explaining, comparing and contrasting the diseases of the reproductive system.

Students will be skilled at...

- identifying the different stages of childbirth.
- identifying the early signs of pregnancy.
- recognizing the importance of being healthy during pregnancy.

Students will be skilled at...

- identifying viral and bacterial Sexually Transmitted Diseases.
- understanding that abstinence is the best method of preventing unintended pregnancy and disease.
- contraception should be used to prevent unintended pregnancy and disease.

## **Academic Vocabulary**

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- \* Personality
- \* Optimist
- \* Pessimist
- \* Passive
- \* Assertive
- \* Aggressive
- \* Emotions
- \* Self-Esteem
- \* Relationships
- \* Communication
- \* Trust
- \* Bullying

- \* Awareness
- \* Balance
- \* Choices
- \* Body Language
- \* Jealousy
- \* Violence
  
- puberty
- scrotum
- testicles
- prostate gland
- urethra
- penis
- Sperm
- Testosterone
- Sterility
- Hernia
- Testicular Cancer
- Prostate Cancer
  
- \* Puberty
- \* Ova
- \* Ovaries
- \* Fallopian Tubes
- \* Uterus
- \* Cervix
- \* Vagina
- \* Menstrual Cycle
- \* Menopause



- \* Clitoris
- \* Mammogram
- \* Breast Cancer
- \* Ovarian Cancer
- \* Vaginal Cancer
- \* Fertilization
- \* Embryo
- \* Fetus
- \* Umbilical Cord
- \* Trimesters
- \* Labor
- \* Fetal Alcohol Syndrome
- \* Miscarriage
- \* Stillbirth
- \* Cesarean Birth
- \* Postpartum Depression

## Sexually Transmitted Disease

Gonorrhea

Syphilis

Genital Warts

Genital Herpes

Chlamydia

Pubic Lice

HIV/AIDS

Contraception

Abstinence

Female Condom

Male Condom

Sponge

Diaphragm

Birth Control Pill

Birth Control Patch

Birth Control Ring

I.U.D.

Natural Family Planning

Cervical Cap

Spermicides

Birth Control Shot

Vasectomy

Tubal Ligation

## **Learning Goal 1**

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- Students will be able to identify how personalities are formed and its impact on emotional health.

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.CS1	Effective interpersonal communication encompasses respect and acceptance for individuals regardless of gender, sexual orientation, disability, ethnicity, socioeconomic background, religion, and/or culture.
HPE.2.2.12.C.CS2	Core ethical values impact behaviors that influence the health and safety of people everywhere.

## **Target 1**

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- Students will be able to compare and contrast the descriptions of personality.

## **Target 2**

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- Students will be able to identify the influences on their personality.

## **Learning Goal 2**

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- Students will be able to identify how personality contributes to mental health.

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.A.2	Debate the social and ethical implications of the availability and use of technology and medical advances to support wellness.
HPE.2.1.12.A.CS1	Developing and maintaining wellness requires ongoing evaluation of factors impacting health and modifying lifestyle behaviors accordingly.

## **Target 1**

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- Students will be able to identify characteristics of good mental health and emotional health.

## **Target 2**

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- Students will be able to analyze the relationship between mental health and disease prevention.

## **Learning Goal 3**

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- Students will be able to recognize approaches involved in decision making.

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.B.CS1	Developing and implementing an effective personal wellness plan contributes to healthy decision-making over one's lifetime.

## **Target 1**

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- Students will be able to identify and name the five steps of the decision making process.

## **Target 2**

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- Students will be able to compare and contrast refusals in terms of effectiveness.

## **Learning Goal 4**

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- Students will compare and contrast healthy and unhealthy 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.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.CS1	Individuals in healthy relationships share thoughts and feelings, have fun together, develop mutual respect, share responsibilities and goals, and provide emotional security for one another.

## **Target 1**

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- Students will be able to identify and understand the signs of a healthy relationship.

## **Target 2**

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- Students will be able to identify and understand the signs of an unhealthy relationship.

## **Learning Goal 5**

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- Students will understand the risks of sexual intercourse in a dating relationship.

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.3	Analyze factors that influence the choice, use, and effectiveness of safer sex methods and contraception, including risk-reduction and risk-elimination strategies.
HPE.2.4.12.B.CS1	The decision to become sexually active affects one's physical, social, and emotional health.

## **Target 1**

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- Students will be able to list the risks of sexual intercourse in a dating relationship.

## **Target 2**

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- Students will be able to identify the impact of sexual intercourse in a relationship and an adolescent's life?

## **Learning Goal 6**

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- Students will be able to identify and understand terms used in describing the reproductive system (in both males and females).

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.4	Compare and contrast attitudes and beliefs about gender identity, sexual orientation, and gender equity across cultures.
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.B.CS4	Early detection strategies and regular physical exams assist in the prevention and treatment of illness or disease.

## **Target 1**

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- Students will be able to define internal and external organs of the reproductive system and their functions.

## **Target 2**

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- Students will be able to understand the stages of the menstrual cycle.

## **Target 3**

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- Students will be able to understand the stages of sperm reproduction.

## Target 4

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- Students will demonstrate knowledge on the diseases of the male and female reproductive systems.

## Learning Goal 7

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- Students will understand the physiology of pregnancy.

HPE.2.4.12.C.1                      Compare embryonic growth and fetal development in single and multiple pregnancies, including the incidence of complications and infant mortality.

HPE.2.4.12.C.CS1                      Pregnancy, childbirth, and parenthood are significant events that cause numerous changes in one's life and the lives of others.

## Target 1

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- Students will be able to list the signs of pregnancy.

## Target 2

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- Students will be able to identify the developments that occur in each trimester.

## Target 3

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- Students will be able to analyze the harmful effects certain substances, like alcohol and drugs, can have on a fetus.

## Learning Goal 8

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- Students will describe the symptoms, mode of transmission and treatments of STD's.

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.B.2                      Compare and contrast the dietary trends and eating habits of adolescents and young adults in the United States and other countries.

HPE.2.1.12.B.CS1

Applying basic nutritional and fitness concepts to lifestyle behaviors impacts wellness.

HPE.2.1.12.C.1

Determine diseases and health conditions that may occur during one's lifespan and identify prevention and treatment strategies.

## Target 1

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- Students will be able to identify how sexually transmitted diseases are transmitted, what their symptoms are and treated.

## Learning Goal 9

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- Students will acknowledge the importance of practicing abstinence.

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.B.2

Compare and contrast the dietary trends and eating habits of adolescents and young adults in the United States and other countries.

HPE.2.1.12.C.1

Determine diseases and health conditions that may occur during one's lifespan and identify prevention and treatment strategies.

## Target 1

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- Students will be able to identify reasons for practicing abstinence.

## Learning Goal 10

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- Students will identify and compare different types of contraceptives.

## Target 1

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- Students will be able to identify different types of contraceptives.

## Target 2

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- Students will be able to discuss the advantages and disadvantages of different types of contraceptives.

## Target 3

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- Students will be able to identify where to get contraception.

## **Summative Assessment**

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- \* Notebooks
- \* Quizzes
- \* Projects
- \* Benchmark

## **21st Century Life and Careers**

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CRP.K-12.CRP1	Act as a responsible and contributing citizen and employee.
CRP.K-12.CRP2	Apply appropriate academic and technical skills.
CRP.K-12.CRP3	Attend to personal health and financial well-being.
CRP.K-12.CRP4	Communicate clearly and effectively and with reason.
CRP.K-12.CRP7	Employ valid and reliable research strategies.
CRP.K-12.CRP8	Utilize critical thinking to make sense of problems and persevere in solving them.
CRP.K-12.CRP11	Use technology to enhance productivity.
CRP.K-12.CRP12	Work productively in teams while using cultural global competence.

## **Formative Assessment and Performance Opportunities**

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- \* Teacher Observation
- \* Class Participation
- \* Discussions
- \* Homework
- \* Notebook

## **Differentiation/Enrichment**

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- \* Modifications as per IEP/ 504 plans



- \* Google classroom resources (powerpoint, guided notes)
- \* Small group activities
- \* Reteaching opportunities in textbook
- \* Directed reading
- \* Inclusion strategies in textbook
- \* Motivating activities in textbook

## **Unit Resources**

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Glencoe Health: Ninth Edition

Topic related videos

Laptops

Topic related worksheets

Google Classroom

LinkIT! Assessments