

# Health Unit 02: Growth and Development

Content Area: **Health & PE**  
Course(s): **Health 4**  
Time Period: **Generic Time Period**  
Length: **3 weeks**  
Status: **Published**

## Unit Introduction

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Acquire knowledge about physical, emotional, and social aspects of human relationships and apply these concepts to support a healthy, active lifestyle.

## Standards

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LGBT and Disabilities Law (N.J.S.A. 18A:35-4.35)

A board of education shall include instruction on the political, economic, and social contributions of persons with disabilities and lesbian, gay, bisexual, and transgender people, in an appropriate place in the curriculum of middle school and high school students as part of the district's implementation of the New Jersey Student Learning Standards. N.J.S.A.18A:35-4.36 A board of education shall have policies and procedures in place pertaining to the selection of instructional materials to implement the requirements of N.J.S.A. 18A:35-4.35.

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.5	Determine effective prevention and intervention strategies to address domestic or dating violence (e.g., rules of consent, warning signs of dating violence).
HPE.2.4.12.B.CS4	Early detection strategies and regular physical exams assist in the prevention and treatment of illness or disease.
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.2	Analyze the relationship of an individual's lifestyle choices during pregnancy and the incidence of fetal alcohol syndrome, sudden infant death syndrome, low birth weight, premature birth, and other disabilities.
HPE.2.4.12.C.3	Evaluate the methods and resources available to confirm pregnancy.
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.
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.

## **Essential Questions**

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What constitutes a healthy relationship?

How can an individual identify an abusive relationship and strategies to improve or end the relationship?

What are the benefits of healthy social relationships on individuals, families, and society?

How do relationships evolve over time?

What resources and strategies should be used to ensure a healthy successful pregnancy from conception through childbirth?

What are the political, economic, and social contributions of persons with disabilities and lesbian, gay, bisexual, and transgender people?

Social and emotional wellness.

## **Content / Skills**

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Prenatal development and care

Heredity and Genetics

Adulthood, marriage, and parenthood

Healthy/Positive communication skills

Healthy vs unhealthy relationships

Types of relationships

Pregnancy termination

LGBT concepts and issues

People with disabilities

Social and emotional wellness

