

**TOWNSHIP OF OCEAN SCHOOL DISTRICT
HEALTH CURRICULUM - GRADE 10**

**Topic:
Sexually Transmitted Infections (STI)**

NJCCCS:	2.4: B, B.1, B.2, B.3, B.4, B.5, C, C.1, C.2, C.3
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Content and Skills

CONTENT:

- Overview of the essential facts about Sexually Transmitted Infection.
- Risk factors and how to prevent getting a STI
- How and where to get assistance if you or someone you know has been exposed to an STI
- How to talk to future generations about abstinence, contraception, and reproduction.

SKILL:

- To identify the signs and symptoms of Chlamydia, Gonorrhea, Herpes, Genital Warts, Syphilis, Hepatitis B, C, and HIV/AIDS.
- To recognize high risk behaviors that increase the possibility of contracting a Sexually Transmitted Infection
- To identify professional services available in our school and community to go to for professional help and screening
- To identify and avoid high risk social situations.
- Identify the different means of contraception and the pros and cons of each
- To encourage communication and positive self-esteem.

Learning Activities

- Note Taking
- Class Debates-Why should teens be abstinent
- Class Discussions-How will you teach your kids the birds and Bees, What age should your kids begin dating?
- Class Activities-build the perfect mate.
- Videos "The band played on", "She's too Young", "AIDS in pop culture"

Assessments

- STI and HIV Quiz
- STI or AIDS Current Event
- Written essay on the why students should be Abstinent, and if why they have to protect themselves.

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**Topic:
Drugs/Alcohol**

NJCCCS:	2.3: A, A.2, A.3, B, B.1, B.2, B.3, B.4, B.5, C, C.1, C.2, C.3
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Content and Skills

CONTENT:

- Overview of drug classifications and facts about each classification.
- Facts about Tolerance, Addiction, and Detoxification.
- How and where to get assistance for Recovery and Counseling.

SKILLS:

- To identify the changes, both physical and emotional, associated with drug use.
- To recognize the legal implications associated with chemical use.
- To identify professional services available in our school and community and the methods to activate them.
- To provide the environment that will foster a “no use” message at our school.
- To provide students with information that will promote a sense of well being.
- To encourage communication and positive self-esteem.

Learning Activities

- Note Taking
- Class Debates-Why the drinking age should remain 21?
- Class Discussion-Should NJSIAA Drug test?
- Class Activities-2 Visits from Planned Parenthood
- Videos “Real Sports”-HS drug Testing, “Rehab”, “Intervention”, “The Party never stops”, “The Price of XTC”, “Traffic”,

Assessments

- Drug and Alcohol Quiz
- Drug or Alcohol Current Event
- Written essay on the Drinking age or Legalization of Marijuana

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**Topic:
Mental Health**

NJCCCS:	2.1: C.3, C.4, D.2, E.1, E.2, E.3, E.4 2.2: A, A.1, A.2, A.3, B.2, E
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Content and Skills

CONTENT:

- Decision-making
- Risk-taking
- Anger
- Stress
- Depression
- Suicide

SKILLS:

- **Students should recognize the following:**
- components of positive and negative mental health
- when and where to seek help
- ways to increase positive mental health
- where to seek help
- the 4 inappropriate styles of anger; displacement, denial, passive, aggressive
- healthy ways to handle anger
- reduce stress/distress
- stressors
- stages body goes through when stressed; alarm, resistance, fatigue
- stress related disorders of anxiety, phobias, obsessive-compulsive disorder, panic attacks, and post-traumatic stress disorder
- stress management program
- warning signs/symptoms
 cure/treatment
- warning signs
- symptoms
- ways to help

Learning Activities

- Surveys
- Notes
- Powerpoint
- Anger style inventory
- Videos
- Lecture
- Role-playing scenarios
- Music/Poems

Assessments

- Written tests
- Quiz
- Teacher observation
- Preparation
- Participation
- Homework