

# Health Education California

FJUHSD Health

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## Prerequisites None

California Health is a valuable, skills-based health course designed for general education in grades 9 through 12. California Health helps students develop knowledge, attitudes, and essential skills in a variety of health-related subjects, including mental and emotional health, social health, nutrition, physical fitness, substance use and abuse, disease prevention and treatment, and injury prevention and safety.

Through the use of accessible information and interactive activities, and Study Guides, students apply the skills they need to stay healthy. These skills include identifying and accessing valid health information, practicing self-management, identifying internal and external influences, communicating effectively, making healthy decisions, setting goals, and advocating. Students who complete California Health build the skills they need to protect, enhance, and promote their own health and the health of others.

This course is built to California state standards for health education and meets the requirements of the California Healthy Youth Act.

## Content Outlines

These unit and lesson level outlines help you become familiar with the Courses you're working with. Full syllabi are accessible from the district [Health webpage](#), from the [Edmentum/ Apex Learning website](#) and from Appendix A: Student Resources of the course.

**This Course Outline contains a more detailed listing of the topics covered in Unit 6: Sexual Health. All topics are compliant with AB 329: The California Healthy Youth Act. This course is also compliant with SB 224: Mental Health Education.**

## Course Materials

This title has no required or optional materials

## **UNIT 1: MENTAL AND EMOTIONAL HEALTH**

Lesson 1: Introduction to Health

Lesson 2: Your Mental and Emotional Health

Lesson 3: Challenges to Mental Health and Preventing Gang Involvement

Lesson 4: Communication Skills

Lesson 5: Wrap Up: Mental and Emotional Health

## **UNIT 2: FITNESS AND NUTRITION**

Lesson 1: Guidelines for Fitness and Nutrition

Lesson 2: Threats to Fitness and Good Nutrition

Lesson 3: Planning for Fitness and Good Nutrition

Lesson 4: Wrap Up: Fitness and Nutrition

## **UNIT 3: DRUGS**

Lesson 1: Drug Use and Abuse

Lesson 2: Living Drug Free

Lesson 3: Advocating for a Drug-Free Lifestyle

Lesson 4: Wrap Up: Drugs

## **UNIT 4 OVERVIEW: DISEASE**

Lesson 1: Types of Diseases

Lesson 2: Preventing Disease

Lesson 3: Susceptibility, Detection, and Treatment of Disease

Lesson 4: Wrap Up: Disease

## **\*\*UNIT 6 OVERVIEW: SEXUAL HEALTH**

### **Lesson 1: Reproductive Health and Relationships**

#### **● Reproductive Systems**

- The Endocrine System
- The Pituitary: Hormone Master Gland
- Female Reproductive Anatomy
- The Male Reproductive System
- Puberty in Females
- The Menstrual Cycle
- Puberty in Males
- Female Reproductive Health Issues
- Pelvic Exams
- Breast Cancer Screening and Self-Exams
- Male Reproductive Health Issues
- Testicular Cancer and Self-Exams
- Prostate Cancer and Screening

#### **● Gender Identity and Sexual Orientation**

- What Defines Gender?
- Sexual Orientation
- Other Sexual Orientations

- Sexual Stereotypes
  - Society's View of Sexual Orientation
  - Gender Stereotypes
  - Questioning Gender Identity
  - Diversity and Tolerance
  - Gender and Sexuality Phobias
  - Sexism
  - Honest and Open Communication
  - The Importance of Committed Relationships
- **Safe and Healthy Relationships**
    - Family Relationships
    - Healthy Families
    - The Culture of Family Relationships
    - Unhealthy Families
    - Friendship
    - Unhealthy Peer Relationships
    - Healthy Dating Relationships
    - Dating Cultures
    - Fostering Dating Relationships
    - Unhealthy Dating Relationships
    - Dating Norms
    - Healthy Relationships

## **Lesson 2: Abstinence and Online Safety**

- **Practicing Abstinence**
  - Social Benefits of Abstinence
  - Skills and Strategies for Abstinence
  - Influences on Sexuality
  - Intimacy
  - Laws about Sexual Conduct
  - Age-of-Consent Law Violations
  - Sexually Transmitted Diseases (STDs)
  - Unplanned Pregnancies
- **Online Safety**
  - Personally Identifiable Information
  - Information Sharing
  - Online Interactions
  - Inappropriate Behaviors
  - Think Long-Term
  - Healthy Online Behavior Tips
  - Review Negative Consequences

## **Lesson 3: Recognizing Harmful Relationships**

### **● Abusive Relationships and Sexual Assault**

- Characteristics of Abusive Relationships
- Unhealthy Relationships
- Domestic Violence
- Behavior that Can Lead to Violence
- Behavior that Can Lead to Becoming a Victim
- Strategies for Avoiding Dating Violence
- Sexual Assault and Other Sexually Violent Behaviors
- Sexual Coercion
- Sex Trafficking
- The Victimization Process
- Avoid Being Trafficked
- Strategies for Avoiding Sexual Coercion and Assault
- Myths About Sexual Abuse
- Impacts of Relationship Violence
- Laws about Dating Violence
- Leaving an Abusive Relationship
- Professional Services for Abuse Victims

## **Lesson 4: Safe Sexuality and Pregnancy**

### **● STDs/STIs**

- STDs
- More about STDs
- Myths About STD/STI Transmission
- Preventing STDs
- STD Treatment
- STD Resources and Impacts
- AIDS
- Preventing HIV and AIDS
- HIV Transmission
- Preventing HIV Transmission During Sex
- Reducing Transmission
- Treatment for HIV and AIDS
- Impacts of HIV/AIDS
- Society's Views of HIV and AIDS

### **● Contraceptive Methods**

- Contraception
- Pregnancy Prevention: What Works
- Preventing Pregnancy: What Doesn't Work

- Myth or Fact
- **Pregnancy and Parenting**
  - Fertilization
  - Pregnancy and Fetal Development
  - Childbirth
  - Prenatal care
  - Prenatal Nutrition
  - Perinatal Care
  - Adoption
  - Abortion
  - Safe Surrender
  - Parenting
  - Views on Parenting
  - Healthy Parenting
  - Unhealthy Parenting
  - Preventing Child Neglect
  - Child Care
  - Child Care Resources

## **Lesson 5: Wrap Up: Sexual Health**

\*\*If opting your student out of Unit 6, the Alternate Health course will be used. To see this course outline, please see [FJUHS \*\*Alternate\*\* Health Education California Course Outline.](#)