

# HEALTH

## HEALTH

**(1/2 CREDIT)**

**Open to grades 10,11, and 12. There are no prerequisites.**

All students must successfully pass Health Education, as it is a State mandated program. Health Education is a 20-week course that focuses on seven skill areas. The skills include self-management, communication, decision-making, planning and goal setting, stress management, relationship management and advocacy. These skills when mastered, enable individuals to enhance personal, family and community health and safety. The following content areas are woven throughout the curriculum: HIV/AIDS, tobacco, alcohol and other drugs, nutrition, disease, safety and first aid, and human development.