

Ms. Griffin-Room 314

**HEALTH-LIFE-MANAGEMENT SKILLS**

**PLAN** -7-7:40 and 2:50 to 3:50\*\*\*\*\*

**e-mail:** pamelagriffin@browardschools.com

**Text:** Glencoe Health

**Materials Required:** paper, pen & pencils, notebook for organization

**Supplemental Materials that may insure success in this course include:**

Glue sticks, construction paper, and Kleenex. Please donate one of these items to keep our supply abundant.

**Course Content:**

■ This exciting course will investigate the following topics using computers, textbooks and guest speakers:

- **Mental Health**-Development of high self-esteem and problem solving skills; decision making skills
- **Nutrition**-Six Nutrients; proper meal and calorie planning; fad diets and their risks; nutritional needs of various populations; eating disorders
- **Stress**- Causes and management of stress; identification of stressors and the stress response
- **Drug education** and the effects on the individual and society as a whole; medicines, illegal and abused drugs; alcohol and tobacco abuse; club drugs and experimental risks
- **CPR**; causes of heart attack and strokes; first response decisions
- **Conflict resolutions**; strategies to avoid violence
- **Human Sexuality**; male/female reproductive systems; Sexually transmitted diseases; HIV/AIDS; childbirth and pregnancy; date rape & violent relationships; The choice of ABSTINENCE
- **Noninfectious diseases**; cancer; diabetes
- **Coping with loss/Suicide Prevention**
- **Human sexuality and Sexually Transmitted Infections**

**Classroom Expectations:**

- Be on time and come prepared with required materials to learn
- Complete all assignments and makeup work in a timely manner
- Refrain from chewing gum, eating in class,& using inappropriate language
- Be polite to one another and speak respectfully at all times
- Follow all Broward County student policies and dress codes

**Homework:**

- **There will be a few assignments to complete at home. Use class time wisely and use your home time to study as much as possible.**

**Grading/Make-up Policy**

- Tests/projects/ CW and HW=will be graded on the point system  
Makeup work will be **in the morning at 7 a.m. or after school at 2:30 by appointment.** You must follow the school board policy on makeup work timelines if you are absent.