

Grade 9	Grade 10
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Physical Health Strand

Growth and Development	Describe the growth patterns and body changes of human body throughout the life cycle including critical periods in growth and development	
Physical Activity and Fitness	physical education currently includes majority of standards	
Nutrition		
	Explain the relationships among dietary intake eating behaviors, physical activity and emotional health	
Reproduction/Sexuality	Identify the stages of the male and female reproductive system over the life cycle	
	List the signs of pregnancy	
	Describes the effectiveness and consequences of various pregnancy, HIV and sexually transmitted infections (STI) prevention methods including abstinence	
	Identify possible determinants of sexual orientation and analyze the weight of each in light of available research	
	Explain the importance of examination of both genders for HIV and STI's before conception and the risks and precautions of delivery when HIV an STIs are present	
	Explain the importance of communication and setting limits in sexual relationships	
	Identify and distinguish among types and degrees of sexual risk (pregnancy, sexual assault, STI's including	
	Evaluate the impact of HIV on the community and identify resources available for treatment of	
	Identify and explain laws about reproductive services	
	Explain the laws and relevant court rulings concerning rights about consensual sexual relationships and	

Social and Emotional Health Strand

Mental Health	Analyze healthy ways to express emotions and to cope with feelings, including the common causes of stress, its effects on the body and managing stress	
	Identify the factors that help people deal with grief	
	Analyze research on health behaviors and brain chemistry and emotional functioning	
	Describe theories of personality development, including identity formation, and differentiate among concepts of ideal self, public self, and private self	
	Describe the influence of gender on identity and self-concept	
	Describe the signs of destructive behavior and identify intervention strategies and kinds of professional intervention	
	Identify common mental health disorders (for example anxiety, schizophrenia and mood including depression and bipolar) and treatments	
	Identify ways in which decision-making is influenced by sound character, family and personal beliefs	
	Explain positive techniques for handling difficult decisions	
Family Life		
Interpersonal Relationship	Identify techniques for handling anger and resolving conflicts including seeking help from professional and community organizations	
	Contrast the emotional impact of long-term relationships of positive communication (active listening, praise, humor) with negative communication (teasing, name calling, bullying)	
	Describe the influence of the larger social group on individual conduct (such as giving comfort, solving problems, and controlling deviant behavior through enforcing laws and development of good character in the members of society)	
	Explain the importance of communication in setting limits in a sexual relationship	
	Explain the purpose of friendship in different stages of the life cycle and describe how friends can support one another in making healthy decisions	
	Recognize and identify the concept of friendship without romantic involvement and how friendship may develop into romantic relationships	
	Explain the importance of responsibility and character traits such as love, respectfulness, generosity,	
	Describe commitment in casual and serious relationships	

