

Protecting Youth Excerpts from: HIGH-SCHOOL HEALTH COURSE OF STUDY

MENTAL HEALTH

1. Understand that total wellness requires a holistic approach to health (physical, mental, and social).

8. Recognize behavioral changes related to depression and the suicidal intentions and discuss means of intervention.

DRUGS (EXCLUDING ALCOHOL)

1. Understand that drugs can have either a positive or negative effect on the body.
2. Learn proper consumer use of over-the-counter and prescription medication.
3. Explain the physical and psychological effects of the different classes of abused drugs.
4. Classify different types of drugs. Explain methods of use (oral, inhalation, injection, absorption into the skin, etc.) and become familiar with terminology.
5. Know and understand the various terms associated with drug use (tolerance, blackouts, flashbacks, synergistic effects, physical and psychological dependence).
6. Explain the stages toward addiction: experimentation, occasional use, regular use, and addiction.
7. Develop decision making skills and coping strategies when faced with situations where drugs are involved.
8. Describe the impact of drug use on different aspects of our society (family, employment, crime, STD's, pregnancy, etc.).

ALCOHOL

1. Explain that alcohol is a drug that has the potential to lead to addiction.
2. Explain the stages that lead to addiction: experimentation, occasional use, regular use, and addiction.
4. Classify alcohol as a depressant and explain its short-term effect on the body (heart rate, blood pressure, body temperature, etc.).
5. Discuss factors that influence BAC levels and explain alcohol's effect on the body as BAC levels increase (coordination, vision, speech, reaction time, judgment, ability to drive a vehicle, etc.).
7. Explain the negative consequences associated with binge drinking.
8. Explain the long-term effects on the body of alcohol abuse.

9. Explain the signs and symptoms (increased tolerance, blackouts, etc.) of alcoholism to illustrate the progression of the disease.
13. Describe the various enablers and the consequences of enabling in an alcoholic relationship/family.
15. Develop decision making skills and coping strategies when faced with situations where alcohol is involved.

HUMAN SEXUALITY

6. Describe the cause, incidence, symptoms, transmission, medical complications, prevention, and treatment of specific sexually transmitted diseases.
8. Discuss negative consequences associated with sexual harassment.
9. Reinforce the benefits of abstinence (health, moral, social, emotional, etc.).
10. Develop decision-making skills regarding premarital sexual activity established by Catholic doctrine.

GLOSSARY

Life skills: social outcomes that we set for ourselves including

Integrity: to act according to a sense of what's right and wrong

Perseverance: to keep at it

Common Sense: to use good judgment

Problem-Solving: to create solutions in difficult situations and everyday problems

Responsibility: to respond when appropriate, to be accountable for your actions

Courage: to act according to one's beliefs

Mood management: handling feelings so that they are situation appropriate and so that one reacts in appropriate ways

Social Skills: (managing relationships): the ability to handle relationships with others:

conflict resolution; negotiating; group cohesiveness

Motivation: the ability to 'gather up' your feelings and direct yourself towards a goal, in spite of self-doubt, inertia, impulsiveness

Self-awareness: knowing one's emotions, recognizing a feeling as it happens, being able to discriminate between feelings.