
High School Health Curriculum Outline

Health 9

Health 9 provides the foundational knowledge and skills necessary for students to live a healthy lifestyle and make responsible decisions. In this course, students will recognize the importance of taking responsibility for their health and developing strategies to practice healthy behaviors.

- **Topics Covered:**
 - physical and mental health and wellness
 - goal setting
 - building and maintaining healthy relationships
 - using social media safely and responsibly
 - responsible sexual health.

Health 10

Health 10 is designed to develop safe, courteous, and knowledgeable drivers. This course focuses on raising the level of awareness about driver impairment and the impact driver impairment can have on safe vehicle operation.

- **Topics Covered:**
 - defensive driving
 - driver safety and responsibility
 - awareness of New Jersey driving laws and regulations the skills necessary to make responsible decisions while driving

Health 11

Health 11 focuses on the factors, decisions, and resources that lead to a healthy personal lifestyle, as well as the factors, decisions, and resources that contribute to healthy local, state, and global communities.

- **Topics Covered:**
 - nutrition and wellness
 - health conditions and treatments
 - mental health and support
 - information and resources to remain drug and substance free
 - making informed decisions
 - learning about community health resources and support services available

Health 12

Health 12 provides students with a firm foundation of knowledge of human sexuality that promotes healthy attitudes and practices. This course provides students with the intellectual, physiological, and emotional tools needed to successfully navigate possible future experiences, such as sexual relationships, pregnancy, parenting, and health care.

Education... for a Lifetime



- **Topics Covered:**
 - Dating Violence (Erin's Law)
 - Cancer and Disease
 - Healthy Relationships
 - Sexual Relationships and Pregnancy
 - Emotional and Mental Health