



*Michigan Model for Health*<sup>®</sup>

**NEW**

## **High School Health Curriculum**

Anticipated Publication Date:  
December, 2012

The *Michigan Model for Health* high school curriculum is being revised and updated, strengthening the focus on mastery of health skills and expanding the use of technology. An 18-week and 12-week curriculum will replace the current modules on health topics. Changes were decided with the input of content experts, students, high school teachers, district curriculum directors, and members of the Comprehensive School Health Coordinators' Association.

The initial unit of the revised curriculum will develop the essential health skills required by the Michigan Merit Guidelines for Health and the National Health Education Standards and performance indicators:

- Accessing Information
- Analyzing Influences
- Interpersonal Communication
- Goal Setting
- Decision Making
- Advocacy
- Self Management

The skills required by the national and state Health Education Standards are life-long skills young people need to manage their health and other aspects of their personal lives.

They are also the skills essential for employability. Mastery of the skills provides young people with the ability to meet challenges throughout their lives.

Subsequent units will apply and reinforce the skills as health content is taught on these topics:

- Social and Emotional Health
- Nutrition and Physical Activity
- Safety
- Alcohol, Tobacco and Other Drugs
- Personal Health and Wellness

Focusing on the development of skills in the first unit will eliminate or reduce the need to repeat skill instruction within each topic area.

In the 18-week course, fifteen days will be allocated for HIV Prevention and Sexuality Education using a locally chosen curriculum, and five days will be allocated for testing. The 12-week course guide will suggest which lessons are critical to teach within the limitations of the time available.

The revised curriculum will be infused with technology. The content on the curricular CD will be expanded to include student worksheets, resource links, and PowerPoints for teachers to use as they teach lessons. An alternate lesson that meets the same objectives and does not rely on technology will be provided for those schools without Internet or technology capability.

### **Examples of Infused Technology**

Students will:

- share ideas on teacher-created blogs,
- utilize reliable Internet resources to access accurate information and assistance.
- collaborate with peers to refine written work on a shared document.
- create visuals explaining or advocating for health issues.