



Michigan Model for Health[®]

High School Health Curriculum

Content and Skills

Unit 1: Skills for Health & Life

Explain, demonstrate, and practice the health skills that comprise seven out of eight National Health Education Standards and carry the same level of importance in the Michigan Health Education Standards and Michigan Merit Guidelines.

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

Apply the use of these skills to health content as well as other aspects of life, such as employability.

Comments About Unit 1

Beginning the curriculum with a unit designed to build the seven health skills is one of the unique characteristics of this curriculum. Focusing on the development of skills in the first unit will eliminate or reduce the need to repeat skill instruction within each topic area. It will also place appropriate emphasis on health skill development and help students understand that the skills are not tied to any one specific content area.

Units 2-6

These units will provide specific health content and continue application of the seven health skills within the health content areas.

Unit 2: Social and Emotional Health

- Self-awareness and respect: basis for social and emotional health
- Stress: management skills, including issues related to depression and suicide
- Healthy and unhealthy relationships: characteristics, influences, and essential skills

Unit 4: Safety

- Personal responsibility for self and others:
 - violence
 - bullying, including sexual harassment
 - drugs
 - Internet
 - distracted driving, such as phone use
- Influences: environmental, social, legal, media
- Advocacy

Unit 3: Nutrition and Physical Activity

- Healthy nutrition and physical activity:
 - weight management
 - physical and mental health
 - disease prevention
 - special situations such as pregnancy, athletics, or diabetes
- Reliable information: food labels, Internet, packaging
- Personal goal setting and tracking

Unit 5: Alcohol, Tobacco and Other Drugs

- Project-based learning
- Community trends
- Knowledge of drugs to motivate use of refusal skills and helping others
- Influences: norms, peers, legal, cultural, family, values
- Advocacy

Unit 6: Personal Health and Wellness

- Health literacy: understand how to use the health service delivery system
 - Past: personal and family medical history
 - Now: health screening, asking medical personnel questions, disease prevention (hand washing, vaccinations, medications, and so on), health habits
 - Future: health screening, finding a physician, insurance, getting information and medical help