



Newburyport Health Curriculum Framework Guide - Grades 9-12

Focus Areas

In Grades 9-12 the focus on student learning in Health is on the following areas:

1. Physical Health
2. Social & Emotional Health
3. Safety & Prevention
4. Personal & Community Health

Guiding Principles for Grades 9-12 Health

Health Promotion and Disease Prevention

Healthy behaviors and their impact on personal health

Access to health care

Benefits of and barriers to practicing healthy behaviors

Influences on health promotion and disease prevention

Influences on Health Behaviors

Influences on personal health and health behaviors

Reducing health risk behaviors

Accessing Valid Information, Products and Services to Enhance Health

Valid health information, products, and services

Accessibility of products and services that enhance health and when they may be required

Communication Skills to Enhance Health

Skills for communicating effectively to enhance health

Refusal, negotiation, and collaboration skills to enhance health and reduce health risks

Asking for and offering assistance to enhance the health of self and others

Decision-making Skills to Enhance Health

Barriers to healthy decision making

Individual and collaborative decision making skills

Choosing healthy options and outcomes

Goal-setting Skills to Enhance Health

Assessing personal health practices

Developing a plan to attain a personal health goal that addresses strengths, needs, and risks

Strategies to monitor progress in achieving a personal health goal

Strategies and Skills to Enhance Health and Reduce Health Risks

Importance of responsibility for personal health behaviors

Healthy practices and behaviors to maintain or improve the health of self and others

Behaviors to avoid or reduce health risks

Advocate for Personal, Family and Community Health

Health-enhancing messages

Advocating for and supporting others to make positive health choices