

DESCRIPTION OF HEALTH CONTENT AREAS

There are 10 content areas mandated for comprehensive school health education by the Instructional Standards and Graduation Requirements of the 1984 Education Reform Act. It is important to remember when developing curriculum that the ten content areas must be merged with the health education standards outlined in Maine's *Learning Results: Parameters for Essential Instruction*. Following each of the content areas outlined below is a brief list of topics that might be included when teaching the content areas. You will find that many topics are interrelated and may be included in more than one content area. It should be noted that this section is meant to provide examples and thus is not all-inclusive.

Community Health

- healthful school, home, work and community environment health providers
- community health agencies and services
- health service careers
- safety hazards
- natural disasters and emergency response plans
- health planning
- community organizing

Consumer Health

- influences of advertising and media
- analyzing advertising
- laws for consumer protection (product labeling)
- consumer protection agencies
- health agencies and organization
- health insurance
- selection and use of health care services
- quackery
- determining valid sources of health information
- evaluating health products and services
- using the internet.

Environmental Health

- causes and prevention of environmental pollution, including air, water, soil, radiation, noise and solid waste
- recycle, reuse and reduce
- effects of environment on health
- environmental protection agencies
- population growth
- world health
- legislation and policies to provide healthy environments

Family Life

- family structure: extended families, interpersonal relationships, roles and responsibilities
- family change
- gender roles and stereotypes
- marriage
- divorce
- contraception and family planning
- the reproductive process
- pre-natal care
- heredity
- parenting
- "latch key" kids
- domestic and sexual abuse
- child care skills and responsibilities

Growth and Development

- stages of life, including childhood, adolescence, young adulthood, middle age and old age
- death and dying
- aging and growth patterns including sexual development
- adolescent development including physical, mental, social and emotional issues
- sexual orientation
- learning styles
- developmental tasks

Nutritional Health

- U.S. Dietary Guidelines and health status
- nutrients
- factors influencing choices
- food information
- maintaining desirable weight
- effects of nutrition on growth
- additives
- food safety
- nutrition and its relationship to disease
- national and worldwide food supply
- supplements

Personal Health including Mental and Emotional Health

- physical fitness and lifetime physical activity
- sleep, rest, relaxation and recreation
- personal hygiene
- dental health
- vision and hearing
- care of body systems
- personal health management plan
- self-concept, positive self-esteem
- personality, emotions, responsibility, motivation
- independence
- mental illness
- stress management
- dealing with depression
- mental health services
- understanding individual differences
- dealing with societal problems such as child abuse and neglect, rape, harassment, crime, and violent behavior
- bioethical issues
- communication skills
- problem solving and responsible decision making skills
- family and peer influence
- suicide prevention

Prevention and Control of Disease and Disorders

- causes, transmission, prevention, management and treatment of chronic and communicable diseases, including asthma, cancer, cardiovascular disease, diabetes, mental illness, colds and flu
- sexually transmitted diseases including HIV/AIDS
- immunizations
- lifestyles and diseases
- eating disorders
- community efforts
- traditional and alternative medical care services
- historical and current research
- influences of technology

Safety and Accident Prevention

- attitudes toward safety
- unintentional injuries including causes of injuries
- home and school safety
- highway safety (pedestrian, auto, bicycle, recreational vehicles, school bus)
- fire prevention
- weapon safety
- weather safety
- recreational sports including water safety
- hunting safety
- worksite safety
- protective equipment
- survival skills
- violence prevention
- environmental hazards
- basic first-aid and emergency care including CPR
- health care
- resources and agencies
- safety rules and laws
- safety careers
- suicide
- dealing with emergencies

Substance Use and Abuse, Including The Effects of Tobacco, Alcohol, and Other Drugs

- tobacco, alcohol, and other drug use prevention
- risk and protective factors
- intervention and treatment resources
- short and long term physical, mental, emotional, social, vocational and legal effects
- chemical dependency
- impact on family members
- properties of drugs
- appropriate use of chemicals,
- risk behavior and legal issues
- impact of media messages
- using refusal skills
- school and community resources
- link to other harmful behaviors

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