

WALDWICK SCHOOL DISTRICT

Administrative Offices
155 Summit Avenue
Waldwick, NJ 07463



Health Education Curriculum Guide

9th Grade

Adoption Date: August 15, 2022

Board Approved Revision Date:

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COURSE DESCRIPTION

The Mission of the 9-12 Health and Physical Education program is to provide each student the opportunity for maximum intellectual, physical, social and emotional development. It is our belief that education is a continuous life-long process, which allows each student to continuously strive to maximize all of his or her capabilities. It is our hope that each student will develop into a health educated and socially responsible life-long learner. We also believe that the benefits of a comprehensive health education program will not only develop lifelong learners but foster workplace skills, including problem solving, communication, cooperation, utilizing technology, and responsible decision making. Our students will have a foundation for an active, healthy and productive life, which will enable them to be a contributing member of society.

The units include Wellness, Human Relationships and Sexuality, and Reproduction, Pregnancy, Parenting and Childbirth.

In addition to content-based knowledge and skills, this curriculum integrates the skills, knowledge, and expertise of Career Awareness, Exploration, Preparation, and Training. Career readiness, life literacies, and key skills education, when used in combination with standards-based content, ensures that students are prepared for success in today's challenging environment. In this course, students will examine the relationships of the past to the present, solve challenging, authentic problems, accept the responsibility of supporting a group by improving their own skill sets, identify interdisciplinary connections, utilize technology to solve problems, etc.

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PACING GUIDE

Unit Number	Unit Title	Suggested Timeframe
1	Wellness	12 lessons
2	Human Relationships & Sexuality	20 lessons
3	Reproduction, Pregnancy, Parenting and Childbirth	25 lessons

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Unit 1: Wellness	Pacing Guide: 12 lessons	Standards
<p>Essential Questions</p> <ul style="list-style-type: none"> ● What does it mean to be healthy? ● What factors can impact one's health? ● What skills are necessary for taking responsibility for one's health? ● How can you actively promote your well being by making healthful choices and setting positive goals? ● What happens when you sleep at night, and what essential role does each stage of the dynamic sleep cycle play? ● How can you improve your overall mental and physical health by prioritizing sleep and improving sleep hygiene? ● What are the most common sleep disorders that often go undiagnosed and untreated? ● How do personal and outside factors affect your self- esteem level and decision -making skills? ● How does effective and ineffective communication impact social interaction? ● How do drugs and alcohol play a role in teen decision -making processes? ● What physical and mental effects does tobacco, alcohol and drug use have on teens? ● What can I do to be a positive peer influence and avoid being a negative peer influence? ● What are the consequences (especially 	<p>Enduring Understandings</p> <ul style="list-style-type: none"> ● Analyze and understand the components of wellness and total health. ● Students will examine their sleep habits and hygiene and learn how to make healthier choices ● Students will be skilled at identifying influences on health and avoiding risk situations. ● Explore ways to communicate effectively Identify refusal skills and conflict resolution ● Explore stress management, decision making, and goal setting. 	<p>Standards</p> <p>2.1.12.PGD.1 2.1.12.PGD.2 2.1.12.EH.1 2.1.12.EH.2 2.1.12.EH.3 2.1.12.EH.4 2.1.12.SSH.1 2.1.12.SSH.2 2.1.12.SSH.3 2.1.12.SSH.4 2.1.12.CHSS.1 2.1.12.CHSS.2 2.1.12.CHSS.5 2.1.12.CHSS.6 2.1.12.CHSS.7 2.1.12.CHSS.8 2.1.12.CHSS.9 2.3.12.PS.1 2.3.12.PS.8 2.3.12.PS.9 2.3.12.HCDM.6</p>

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unforeseen) of our choices in terms of wellness?		
Summative Assessment <ul style="list-style-type: none"> ✓ Written Tests ✓ Currents Events ✓ Research Paper ✓ Multimedia Presentations 		
Formative Assessments <ul style="list-style-type: none"> • In Class Discussions • Group Work • Exit Tickets • Teacher Observation • Homework Assignments 		Materials <ul style="list-style-type: none"> • Chromebook
Suggested Activities: A wide variety of activities address learning styles of all students. These activities include but are not limited to: <ul style="list-style-type: none"> • Discussion • Demonstration • Reading • Individual/group projects • Drawings • Posters • Collages • Work sheets • Role play 		Differentiation for Diverse Learners
		Special Education/504: <ul style="list-style-type: none"> • Provide students with essential vocabulary • Re -teaching and review • Graphic organizers • Scaffolding of assignments • Guided questions and note taking • Provide an outline for writing assessments
		ELL: <ul style="list-style-type: none"> • Use simplified text and summaries of content. • Use art visuals for students to respond to instead of text. • Provide copies of notes
		At-Risk: <ul style="list-style-type: none"> • Provide copies of presentations and notes • Extended time on assignments
Suggested Materials	Suggested Websites	

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<ul style="list-style-type: none">● Wellness journal● Slides● Worksheets● Projects	<ul style="list-style-type: none">● Chang, Adam. "Be Real. Be Ready." Adolescent Health Working Group, ahwg.org/be-realbe-ready-2017/.● "Dove Self-Esteem PROJECT." Dove US, 8 Apr. 2020, www.dove.com/us/en/dove-selfesteemproject.html.● Advanced Solutions International, Inc. "SHAPE America." Physical Education and Health Education-Shape America, www.shapeamerica.org/.● "Amaze - Age Appropriate Info on Puberty for Tweens and Their Parents." Amaze / USA, 27● "-Kidshealth in the Classroom." KidsHealth, The Nemours Foundation, classroom.kidshealth.org/classroom/?WT.ac=ms_tab.● "Impact of Bullying on Health." Questions Answered - National Bullying Prevention Center, www.pacer.org/bullying/info/questions-answered/sticks-and-stones.asp.● "Bullying and Mental Health Services / Sticks and Stones Mental Health Program." /● Sticks and Stones Mental Health Program, www.salinasuhd.org/Page/1549.
<p>Interdisciplinary Connections / Career Readiness, Life Literacies, and Key Skills</p> <ul style="list-style-type: none">➤ WHST.9-10.4➤ 8.2.12.ED.1, 8.2.12.ITH.1➤ 9.2.12.CAP.5➤ CRP3, CRP4, CRP5, CRP6	

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Unit 2: Human Relationships & Sexuality	Pacing Guide: 20 lessons	Standards: 2.1.12.PP.3 2.1.12.SSH.1 2.1.12.SSH.2 2.1.12.SSH.3 2.1.12.SSH.8 2.1.12.SSH.9 2.1.12.SSH.10 2.1.12.CHSS.5 2.1.12.CHSS.6 2.3.12.PS.1 2.3.12.PS.2 2.3.12.PS.5 2.3.12.PS.6 2.3.12.PS.7 2.3.12.PS.8 2.3.12.PS.9 2.3.12.PS.10
Essential Questions: <ul style="list-style-type: none"> • Why is it important for teens to know about the reproductive system? • What challenges related to sexuality do teens face? • What are the different types of abuse? • How does one seek help if they are being abused? • What is the treatment for an unhealthy relationship? • How do we learn to understand and respect diversity within a relationship? • Why is abstinence good for my health? • Why is having sex a big decision? • How do I make the “right” decisions in the face of peer, media, and other pressures? 	Enduring Understandings: <ul style="list-style-type: none"> • Identify and explain the function of the parts of the male and female reproductive systems. • Differentiate between gender identity, gender expression, biological sex, and sexual orientation • Predict how relationships may evolve over time, focusing on changes in friendships, family, dating relationships, and lifetime commitment. • Examine the influence of peer groups as they relate to harassing and intimidating behaviors. • Explain and identify examples of violent expression of sexuality such as harassment, domestic and dating violence. • Develop strategies to address domestic and dating violence. 	
Summative Assessment <ul style="list-style-type: none"> ✓ Written Tests ✓ Currents Events ✓ Research Paper ✓ Multimedia Presentations 		
Formative Assessments <ul style="list-style-type: none"> • In Class Discussions • Group Work 		Materials <ul style="list-style-type: none"> • Chromebook

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<ul style="list-style-type: none"> Exit Tickets Teacher Observation Homework Assignments 	
<p>Suggested Activities: A wide variety of activities address learning styles of all students. These activities include but are not limited to:</p> <ul style="list-style-type: none"> Discussion Demonstration Reading Individual/group projects Drawings Posters Collages Work sheets Role play 	<p>Differentiation for Diverse Learners</p>
	<p>Special Education/504:</p> <ul style="list-style-type: none"> Provide copies of notes and presentation Provide excerpts of primary source documents instead of full documents. Provide students with essential vocabulary Re -teaching and review Graphic organizers Scaffolding of assignments Guided questions and note taking Provide an outline for writing assessments
	<p>ELL:</p> <ul style="list-style-type: none"> Use simplified text and summaries of content. Use art visuals for students to respond to instead of text. Provide copies of notes
<p>At-Risk:</p> <ul style="list-style-type: none"> Provide copies of presentations and notes Extended time on assignments 	
<p>Suggested Materials</p> <ul style="list-style-type: none"> Slides Worksheets Projects 	<p>Suggested Websites</p> <ul style="list-style-type: none"> "Centers for Disease Control and Prevention." Centers for Disease Control and Prevention, Centers for Disease Control and Prevention, www.cdc.gov/. Parenthood, Planned. "Official Site." Planned Parenthood Amaze - Age Appropriate Info on Puberty for Tweens and Their Parents." Amaze / USA, 27 July 2021, amaze.org/. "Gender & Sexual Identity." Learning for Justice, www.learningforjustice.org/topics/gender-sexual-identity
<p>Interdisciplinary Connections/ Career Readiness, Life Literacies, and Key Skills</p>	

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- RST.9-10.4
- 8.2.12.EC.1, 8.2.12.EC.2
- 9.4.12.CI.1
- CRP3, CRP4, CRP5, CRP6

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Unit 3: Reproduction, Pregnancy, Parenting and Childbirth	Pacing Guide: 20 lessons	Standards
<p>Essential Questions:</p> <ul style="list-style-type: none"> • How are infectious diseases spread? • What is a Sexually Transmitted Infections? • What are the most common Sexually Transmitted Infections? • What are some risks to my health that I can avoid? • How can I keep myself safe? • What is abstinence? What are contraceptives? • What are the different types of contraceptives? • Why is it important for teens to know about prenatal development and birth? • How pregnancy, childbirth, and parenthood are significant events that cause numerous changes in one's life and the lives of others? 	<p>Enduring Understandings:</p> <ul style="list-style-type: none"> • Identify and compare types of Sexually Transmitted Infections, identify signs and symptoms and describe treatment methods. • Understand ways to get it and prevent it. Identify types of contraception • Understand how each method of contraception works Identify effectiveness and cost of contraceptives • Strategies to prevent pregnancy and decisions to be made related to pregnancy and childbirth that will have short and long term impacts. • Describe fertilization, fetal development and the birth process and resources available to confirm pregnancy. • Compare and contrast the alternatives available to a pregnant teen. • Identify the effects and consequences of the use of alcohol, tobacco and other drugs on the developing fetus. • Explain how parental responsibilities change throughout the family life cycle. 	<p>Standards</p> <p>2.1.12.PP.1 2.1.12.PP.2 2.1.12.PP.3 2.1.12.PP.4 2.1.12.PP.5 2.1.12.PP.6 2.1.12.PP.7 2.1.12.PP.8 2.1.12.PP.9 2.1.12.SSH.6 2.1.12.SSH.7 2.1.12.CHSS.3 2.1.12.CHSS.5 2.1.12.CHSS.6</p>
<p>Summative Assessment</p> <ul style="list-style-type: none"> ✓ Written Tests ✓ Currents Events ✓ Research Paper ✓ Multimedia Presentations 		
<p>Formative Assessments</p> <ul style="list-style-type: none"> • In Class Discussions • Group Work • Exit Tickets 		<p>Materials</p> <ul style="list-style-type: none"> • Chromebook

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<ul style="list-style-type: none"> • Teacher Observation • Homework Assignments 	
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<p>At-Risk:</p> <ul style="list-style-type: none"> • Provide copies of presentations and notes • Extended time on assignments 	
<p>Suggested Materials:</p> <ul style="list-style-type: none"> • Slides 	<p>Suggested Websites:</p> <ul style="list-style-type: none"> • Chang, Adam. "Be Real. Be Ready." Adolescent Health

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<ul style="list-style-type: none">• Worksheets• Projects	<p>Working Group, ahwg.org/be-realbe-ready-2017/.</p> <ul style="list-style-type: none">• "Dove SelfEsteem PROJECT." Dove US, 8 Apr. 2020, www.dove.com/us/en/dove-selfesteemproject.html.• Advanced Solutions International, Inc. "SHAPE America." Physical Education and Health EducationShape America,
<p>Interdisciplinary Connections / Career Readiness, Life Literacies, and Key Skills</p> <ul style="list-style-type: none">➤ RST.9-10.4➤ 8.2.12.ED.1, 8.2.12.ETW.1➤ 9.4.12.DC.1➤ CRP3, CRP4, CRP5, CRP6	