<table>
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<tr>
<th>Competencies</th>
<th>Standards</th>
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<td>1. I can apply Knowledge to make an informed decision about my overall health.</td>
<td>S1 S4 S5 S6 S7</td>
<td>LT 1.1 I can understand how my self-esteem and decision-making influence my health. &lt;br&gt;LT 1.2 I can understand choices and consequences around sexual behavior. &lt;br&gt;LT 1.3 I can understand choices and consequences around tobacco, alcohol, and drug use.</td>
<td>- Decision-Making Summative Assessment &lt;br&gt;- Birth Control Summative Assessment</td>
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<td>2. I can understand the key elements of a healthy lifestyle.</td>
<td>S1 S2 S3 S4 S7 S8</td>
<td>2.1 I can recognize stressors and apply positive coping mechanisms such as mindfulness. &lt;br&gt;2.2 I can understand and evaluate the safe practices of CPR and First Aid. &lt;br&gt;2.3 I can evaluate how nutrition impacts my overall health.</td>
<td>- Positive Coping Powerpoint Summative Assessment &lt;br&gt;- Mental Health Written Summative Assessment</td>
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2.4 I can understand the practices of skin cancer detection and prevention.

2.5 I can understand the male and female reproductive systems.

2.6 I can understand characteristics, consequences, and treatments of STDs.

3. I can understand facts about tobacco and how tobacco use affects

3.1 S1

Assessment

- First Aid and CPR summative assessment
- Beverage Advertisement summative assessment
- Nutrition Summative Assessment
- ABCDEFG's of Melanoma summative assessment
- Male Reproduction Summative Assessment
- Female Reproduction Summative Assessment
- STD Summative Assessment
- Relationship Summative Assessment

- Anti-tobacco
<table>
<thead>
<tr>
<th>Standards used are taken from The Shape America Society of Health and Physical Educators. National Health Standards *Revised-11/15/16</th>
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| S2  
S3  
S4  
S7  
S8  | understand the dangers of substance use/abuse and its' consequences.  
my health.  
(review-tobacco, smokeless tobacco and new focus on vaping)  
3.2 I can understand the characteristics, dangers and consequences of alcohol and drug use and abuse.  
3.4 I can reflect and apply knowledge of drug use and abuse and its dangers and consequences.(focus on marijuana, opiates and other current drugs of abuse) | Summative Assessment |