



PARKSIDE JUNIOR HIGH SCHOOL

HEALTH 9

COURSE OUTLINE

Teacher: Mrs. Deis

Course Overview:

The Grade 9 Health course focuses on empowering students to make informed decisions that positively impact their physical, mental, and social well-being. This course emphasizes personal responsibility, the development of life skills, and the exploration of issues relevant to adolescents. Students will gain a deeper understanding of health topics, such as substance abuse prevention, mental health, sexual health, and building healthy relationships. The course also prepares students for the transition to high school by equipping them with the knowledge and skills needed to navigate more complex social and personal challenges.

Course Objectives:

By the end of the course, students will:

1. Maintain Mental Health and Wellness: Develop strategies to manage stress, build resilience, and seek help when needed.
2. Prevent Substance Abuse: Understand the risks of alcohol, tobacco, and drug use, and develop skills to resist peer pressure.
3. Make Informed Sexual Health Choices: Learn about reproduction, contraception, and STIs while making responsible decisions regarding sexual activity.
4. Build Healthy Relationships: Foster communication, respect, and trust in relationships while recognizing and addressing unhealthy behaviors.
5. Practice Digital Citizenship: Promote responsible online behavior, address cyberbullying, and ensure privacy and safety in digital interactions.
6. Enhance Personal Safety: Learn strategies to stay safe, practice first aid, and understand the legal implications of personal decisions.

Overview of Units:

Unit 1: Wellness Choices (Personal Health, Safety & Responsibility)

This unit focuses on advanced concepts of personal wellness and health, integrating physical, mental, and emotional aspects. It emphasizes critical thinking and personal responsibility in maintaining and improving wellness.

Unit 2: Relationship Choices (Understanding & Expressing Feelings, Interactions, Group Roles & Processes)

This unit explores the complexities of relationships in various contexts, including friendships, family, and romantic relationships. It addresses communication, conflict resolution, and the impact of societal expectations.

Unit 3: Life Learning Choices (Learning Strategies, Life Roles & Career Development, Volunteerism)

This unit encourages students to prepare for future personal and professional goals, focusing on career exploration, goal setting, and the importance of lifelong learning. It also emphasizes community involvement and personal growth.

Unit 4: Human Sexuality (*Parents/Guardians will retain the right to exempt their child from school instruction in human sexuality education)

This unit provides an in-depth exploration of human sexuality, including the physical, emotional, and social aspects. It addresses issues of sexual health, consent, and respect for diversity.

Resources and Materials:

- Alberta Health Curriculum Guides
- Educational videos and online resources
- Guest speakers (e.g., nutritionists, mental health professionals)
- Hands-on activity materials (e.g., health-related games)

Classroom Expectations:

- Respect for self and others.
- Active participation in discussions and activities.
- Timely completion of assignments and projects.
- Adherence to classroom safety guidelines, especially during hands-on activities.

Assessment and Evaluation:

Assignments and Projects: 80%

Class Participation and Engagement: 20%

Course Calendar:

September: Personal Health

October: Safety & Responsibility

November: Understanding & Expressing Feelings

December: Interactions, Group Roles & Processes

January: Learning Strategies

February: Personal Health

March: Life Roles & Career Development

April: Volunteerism

May: Human Sexuality

June: Importance of living a physically active lifestyle

If you have any questions or concerns, please contact your child's Health teacher.

Mrs. Allyson Deis

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