

# **HEALTH EDUCATION**

## **Health**

**1/2 credit / 10-11**

Health Education is a half-credit course for students entering the tenth grade, and is required for graduation. This course combines functional knowledge, using affective activities, with health enhancing social skills. The functional knowledge is presented in the context of potential risks and consequences of various health related behaviors. Students will also personalize other important information and issues and its impact on their own life, as well as those around them. Health education skills include decision-making, communication, refusal skills, and relationship and self-management skills that are practiced with the goal of achieving health literacy. A health educated individual is someone who is a critical thinker, a responsible citizen, an effective communicator and a lifelong advocate of health.