

Health	Portion of	Women's	Health and	Fitness		
Unit	Standards Taught (MDE)	Strand	Key Concepts/Vocabula	Resources/Technol	Assessment	Notes
<b>Male/Female Reproductive System Terminology/Function</b>	Standard 2: Access Information	5	Students will learn and understand the parts and terms of the reproductive organs of males and females	Into Adolescence: A time of Change, Internet	Can include but not limited to: written test, project, class discussion, surveys	Incredible Journey of the fertilized egg, unfertilized egg and the incredible journey of the sperm are all used with this unit.
<b>Body Changes: Boys/Girls</b>	Standard 2: Access Information	5	Girls will know what to expect when they receive their first pelvic exam, how to perform a breast exam and different aspects of menstruation.	Your First Pelvic Exam: A Guide for Teens, How to do a breast self-exam, menstrual cycle, why menstruation might stop	Can include but not limited to: written test, project, class discussion, surveys	
<b>Pregnancy</b>	Standard 6: Decision Making, Standard 3: Health Behaviors	4 and 5	Students will apply strategies and skills for avoiding and escaping situations that could result in pregnancy.	Powerpoint	Can include but not limited to: written test, project, class discussion, surveys	
<b>Healthy/Unhealthy Relationships</b>	Standard 1: Core Concepts Standard 3: Health Behaviors Standard 6: Decision Making Standard 7: Social Skills	4 and 5	Students will apply strategies to select peers to be friends or potential romantic partners and ways to build healthy relationships.	Three Stages of a Relationship, Dating Abuse Red Flags for people who may be in an abusive relationship and for people who may be abusing their dating partner. Characteristics of Healthy/Unhealthy Relationships	Can include but not limited to: written test, project, class discussion, surveys	Michigan Model, Internet

<b>Sexually Transmitted Infections</b>	Standard 1: Core Concepts, Standard 3: Health Behaviors	4,5,6,7	Students will analyze reasons to remain abstinent because it is the only 100% effective method of protection against HIV and other sexually transmitted infections including pregnancy.	Summarize the symptoms, modes of transmission, consequences and how to prevent transmission of six sexually transmitted infections: HIV, chlamydia, gonorrhea, genital warts, herpes and syphilis.	Can include but not limited to: written test, project, class discussion, surveys	Abstinence-Based Version Michigan Model
<b>Michigan Laws regarding Criminal Sexual Conduct, Bullying, Stalking and Sexting</b>	Standard 2: Access Information Standard 6: Decision Making Standard 7: Social Skills	3,4,5	Students will learn the Laws regarding Michigan Criminal Sexual Conduct, Bullying, Stalking and Sexting	Deputy Smoes school police officer	Class discussion	
<b>Media and Body Image</b>	Standard 4: Influences	4	Students will improve their self-esteem and self-image.	Miss Representation CD	Class discussion and surveys	You do not have to be super skinny to make it in the world today.