

DESCRIPTION OF HEALTH EDUCATION CONTENT AREAS

This document supports the creation of a skills-based health education curriculum by outlining the content areas commonly referenced in comprehensive school health education. When developing a skills-based curriculum, content should be merged with the skills found in the Maine *Learning Results: Parameters for Essential Instruction*, Health Education Standards. Each of the content areas outlined below has a list of potential topics that might be included in teaching health education. Many topics are interrelated and included in more than one content area.

Community Health

- healthful school, home, work and community environment health providers
- community health agencies and services
- health service careers
- safety hazards
- natural disasters and emergency response plans
- health planning
- community organizing
- mental health services

Consumer Health

- influences of advertising and media
- analyzing advertising
- laws for consumer protection (product labeling)
- consumer protection agencies
- health agencies and organization
- health insurance
- selection and use of health care services
- determining reliable sources of health information, including the internet
- evaluating health products and services
- using social media and digital information

Environmental Health

- causes and prevention of environmental pollution, including air, water, soil, radiation, noise and solid waste
- promoting sustainable practices (recycle, reuse, reduce)
- effects of environment on health
- environmental protection agencies
- population growth
- world health
- legislation and policies to provide healthy environments

Family Life

- family structure: extended families, interpersonal relationships, roles and responsibilities
- family change
- gender identity and stereotypes
- healthy and unhealthy relationships including platonic, romantic, intimate, family, etc.
- sexuality
- changes in relationship and family status including divorce, separation, blending
- contraception and family planning
- the reproductive process
- pre-natal care
- heredity
- domestic abuse
- sexual assault and sexual assault prevention

Growth and Development

- stages of life, including childhood, adolescence, young adulthood, middle age and old age
- death and dying
- aging and growth patterns including sexual development
- adolescent development including physical, mental, social and emotional well-being
- learning styles
- developmental tasks

Nutritional Health

- U.S. Dietary Guidelines
- factors influencing choices
- food information including nutrients
- maintaining healthy weight
- effects of nutrition on growth
- additives
- food safety
- nutrition and its relationship to disease
- national and worldwide food supply
- supplements

Personal Health including Mental and Emotional Health

- physical fitness and lifetime physical activity
- sleep
- rest, relaxation and recreation
- personal hygiene
- dental health
- vision and hearing
- care of body systems
- personal health management plan
- self-concept, positive self-esteem
- personality, emotions, responsibility, motivation
- independence
- mental illness including stigma
- stress management
- dealing with depression
- mental health services
- understanding individual differences
- dealing with societal concerns such as abuse and neglect, sexual assault, harassment crime, and violent behavior
- bioethical issues
- conflict resolution
- family and peer influence
- suicide prevention

Prevention and Control of Disease and Disorders

- causes, transmission, prevention, management and treatment of chronic and communicable diseases, including asthma, cancer, cardiovascular disease, diabetes, mental illness, colds and flu
- sexually transmitted diseases including HIV/AIDS
- immunizations
- lifestyles and diseases
- eating disorders
- community efforts
- traditional and alternative medical care services
- historical and current research
- influences of technology

Safety and Accident Prevention

- attitudes toward safety
- unintentional injuries including causes of injuries

- home, school, and work safety
- highway safety (pedestrian, auto, bicycle, recreational vehicles, school bus)
- fire prevention
- weapon and hunting safety
- weather safety
- recreational sports including water safety
- worksite safety including protective equipment
- personal violence prevention
- community violence prevention
- emergency response including basic first-aid, CPR, AED
- health care
- resources and agencies
- safety rules and laws
- safety careers
- suicide prevention

Substance Use and Abuse, Including the Effects of Tobacco, Alcohol, and Other Drugs

- tobacco, alcohol, and other drug use prevention
- risk and protective factors
- intervention and treatment resources
- short- and- long term physical, mental, emotional, social, vocational and legal effects
- chemical dependency
- impact on family members
- appropriate use of chemicals
- risk behavior and legal issues
- impact of media messages including social media
- refusal skills
- resources and services for substance use prevention and treatment
- boundaries
- school and community resources
- compound behaviors