

Southern Regional High School District

**COURSE CONTENTS FAMILY LIFE EDUCATION  
HEALTH 9**

- I. Sexuality
  - A. Vocabulary
  - B. Development of Sex Roles
  - C. Development of Values

Reference Materials

Biehr, Beverley, Family Life and Human Sexuality  
Fonte, DeMaio, Saunders, New Jersey Department of Health and NJ Department of Education.  
Koop, Everett. Report on: AIDS  
Puffer, Susan. Exploring Family Life  
Purdy, Candace, Understanding Your Sexuality  
NJ Network for Family Life Education. Sexually Transmitted Diseases.  
Roberts, Ritzmahan, & Assoc. Here's Looking at You Two.  
Saunders, DeMaio, Forte. AIDS: Instructional Guide for Teachers.  
Tidow, Ned. Learning Facts and Attitudes About Human Sexuality.

- II. Family Planning
  - A. Reproductive Systems
  - B. STD's
  - C. Abstinence
  - D. Contraception

Magazines

Current Health, Parents, Psychology Today

- III. Decision Making
  - A. Decision Making
  - B. Refusal Skills

- IV. Dating
  - A. Healthy Relationships
  - B. Dating Pressures & Influences
  - C. Abusive Relationships
  - D. Sex and the Law

Video

*A Very Delicate Matter*  
*Acquaintance Rape (MSNBC)*  
*An Enemy Among Us*  
*Babies Having Babies*  
*Born a Boy/Brought Up a Girl*  
*Boy Code*  
*Daddy*  
*Date Rape – "No" Means "No"*  
*Delayed Puberty (Dateline)*  
*Girl, Positive*  
*HIV & AIDS Education – Vol. 1&2 Saving a Generation*  
*In the Shadow of Love: Teen AIDS Story*  
*Lost Children of Rockdale County*  
*Love Hurts*  
*Men, Women, Sex and AIDS*  
*Men, Women & Sex Differences*  
*Mom at Sixteen*  
*National AIDS Test*  
*Not Worth the Risk*  
*Sex in the 90's (STD's) MTV*  
*Sex, Lies, & the Truth*  
*Sex Unknown*  
*She's to Young*  
*SOS: Signs of Suicide*  
*Speak*  
*Taking Care of Business: Contraceptive Basics for Teens*  
*Teens, Dating and Abstinence (EVN)*  
*Teens, Sex and STI's (EVN)*  
*Teens – teen brains are different (John Stossel)*  
*Teenage Troubles- How to Survive the Teenage Years*  
*The Miracle of Life - Nova*  
*The Pregnancy Pact*  
*The Truth About Sex*  
*Too Young to be a Dad*  
*Violence in Dating – 60 Minutes*

- V. Mental Health
  - A. Stress & Anxiety
  - B. Depression
  - C. School Resources
  - D. Community Resources

Classroom Textbook: A Teen's Guide to Sexuality  
Philip Heit, Linda Meeks

**SOUTHERN REGIONAL HIGH SCHOOL DISTRICT**

**COURSE CONTENTS FAMILY LIFE EDUCATION**

*Health 10 – Driver Education Theory*

- I. The Student in the Driver's Seat
  - A. What driving means to you?
  - B. Psychology of the driver
  - C. Eyes of the driver
- II. Controls on Your Driving
  - A. Traffic laws made by nature
  - B. Traffic laws made by man
  - C. Mature driving practices
  - D. Owning and maintaining the car

Materials—Computerized Films  
Basic Control Tasks  
Control  
IPDE Strategy  
IPDE Process—Advanced Driving  
Managing Space and Time  
Forward Turning Procedures  
Separating & Compromising Risks  
Identifying Hazards  
A Formula for Traffic Survival  
Interacting with Traffic  
Critical Situations  
Split-second Decisions  
Handling Emergencies  
Limited Access  
Mixing with Motorcycles  
Crash Avoidance  
Backing, Turning and Parking  
Inclement Weather Driving

NEW JERSEY DRIVER'S MANUAL

- I. Classroom Instruction
  - A. Operator's qualifications
  - B. Types of driver's license
  - C. Learner's permit
  - D. Student learner's permit
  - E. Changes of address
  - F. Violations and license revocation
  - G. Certificate of ownership
  - H. New motor vehicles
  - I. Safety inspection
  - J. Penalties and violation
  - K. Mandatory revocation
  - L. Point system
  - M. Rules of the road
  - N. Traffic regulations and safe driving
  - O. Other aids to safe driving
  - P. Accidents
  - Q. Motor vehicle security
  - R. The unsatisfied claims and judgment law
  - S. Dealing with trucks on the roadway
  - T. Drinking and driving
  - U. Graduated driver license program
- II. Driver Simulation
  - A. 12 hours of classroom instruction on computerized simulators

Classroom Textbook: Drive Right  
New Jersey State Manual  
Other Texts: Sportsmanlike Driving

**Southern Regional High School  
Course Contents Health 11**

- I. Health and Wellness
  - a. Health triangle (Physical, Mental, Social)
  - b. Health is your responsibility
  - c. What does total fitness mean?
  - d. Exercise – a major factor in total fitness
  - e. Stress
  
- II. Tobacco – Pick your Poison
  - a. The cigarette problem
  - b. Consideration of the nonsmoker
  - c. Kicking the habit
  
- III. Alcohol – A risk to your Well-being
  - a. The facts about alcohol
  - b. Factors affecting alcohol in your body
  - c. Alcohol – a social problem
  - d. Alcoholism
  
- IV. Drugs abuse and Illegal Drugs
  - a. The risk of drug abuse
  - b. Stimulant drugs
  - c. Depressant and narcotic drugs
  - d. Hallucinogens – time bombs in our brains
  - e. Chemical abuse – problems you can do without
  
- V. Nutrition
  - a. BMI and BMR
  - b. Identifying and analyzing diets
  - c. Diet Disorders
  - d. Calorie intake/expenditure
  
- VI. Communicable and Non-communicable Diseases
  - a. Describe differences of the two
  - b. Recognize the difference between bacteria and viruses
  
- VII. Basic First Aid
  - a. Good Samaritan Law
  - b. Safety
  - c. Procedures

**Classroom Textbook**

Glencoe Health

Mary Bronson Merki, Ph.D. & Don Merki, Ph.D

Glencoe/McGraw Hill, 2004

**Video**

Dying to be Thin

Smoking: Truth or Dare

Supersize Me

The Dirty Dozen

**Southern Regional High School District  
Course Contents Family Life Education  
Health 12**

1. Wellness profile → Family and Genetic Health History
2. Researching illnesses, nutritional status and impact of personal lifestyles on wellness.
3. Accessing Health Care in our community
  - a. Health Insurance
  - b. Medical Resources
  - c. Health and Medical Consumerism
  - d. Health Careers
  - e. Organ Donation
5. Relationships, marriage and parenting
  - a. Communication Skills
  - b. Decision Making
6. Creating and maintaining a household budget
7. Sexually Transmitted Diseases/Contraception
8. Current Drug and Alcohol Issues: Risk Behaviors

**References and Resources**

1. Allan Guttmacher Institute
2. American Cancer Society
3. American Alliance for Health, Physical Education, Recreation and Dance
4. American Medical Association
5. Bureau of Labor Statistics
6. Center for Disease Control
7. Department of Health and Human Services
8. Johns Hopkins University
9. Mayo Clinic
10. National Cancer Institute
11. National Institute of Health: Combined Health Information data bases
12. New Jersey Association for Health, Physical Education, Recreation and Dance
13. New England Journal of Medicine
14. New Jersey State Health Department
15. Ocean County Health Department
16. Pruitt, B.E., Kathy Teer Crumpler, Deborah Prothrow-Stith. Health Skills for Wellness. Upper Saddle River, New Jersey: Prentice-Hall, 2001.

**Newspapers**

1. *The Asbury Park Press*
2. *The Atlantic City Press*
3. *The New York Times*
4. *The Star Ledger*

**Magazines**

1. *Choices: Scholastic Magazine*
2. *Current Health*
3. *Family Health*
4. *Health*
5. *Newsweek*
6. *Time*

**Video**

1. *Father of the Bride*
2. *The Code: Genetics*
3. *Stages of Pregnancy*
4. *Teen Safety (Relationships)*
5. *The Dilly Sextuplets- The First Decade*
6. *The Hidden Epidemic (Heart Disease)*
7. *The Human Condition: Diagnosis Cancer*