

MICHIGAN MODEL FOR HEALTH™

SCOPE & SEQUENCE GRADES 9-12

Skills for Health & Life

FOCUS

The first unit of this one-semester curriculum focuses exclusively on introducing and practicing skills that are reinforced in subsequent units.

SKILLS

- Accessing information
- Analyzing influences
- Setting goals
- Making healthy decisions
- Using interpersonal communication
- Practicing effective listening
- Responding to the emotions of others
- Communicating assertively
- Asking effective questions
- Practicing refusal skills
- Using negotiation skills
- Collaborating with peers
- Developing self management skills
- Advocating for health

Social & Emotional Health

CONTENT

- Understanding self awareness
- Recognizing and managing stress
- Describing stress and depression
- Locating resources for help regarding depression and suicide
- Managing and resolving conflicts
- Identifying positive and negative relationships
- Exploring laws concerning bullying, harassment and sexual harassment
- Learning the warning signs of dating abuse
- Identifying where to get help for abusive relationships

SKILLS

- Using empathy
- Getting help
- Analyzing the validity of resources
- Practicing conflict resolution
- Negotiation
- Setting goals
- Identifying and avoiding dangerous situations

Nutrition & Physical Activity

CONTENT

- Describing healthy and unhealthy weight management
- Recognizing facts and myths regarding nutrition and physical performance
- Assessing the importance of nutrition during pregnancy
- Locating and assessing validity of nutrition resources
- Analyzing food labels and federal guidelines for diet and physical activity
- Practicing healthy eating in restaurants
- Advocating for nutritional choices and physical activity at school

SKILLS

- Analyzing and assessing personal food intake
- Assessing personal barriers to physical activity and developing solutions
- Predicting benefits or consequences related to eating and physical activity behaviors
- Developing healthy eating and physical activity behaviors
- Using decision making
- Setting goals
- Accessing resources
- Advocating for healthier food choices and regular physical activity

Safety

CONTENT

- Recognizing dangerous situations and when it is important to report to authorities
- Developing strategies for resolving and managing potentially dangerous situations including conflicts involving weapons and gangs
- Practicing strategies to stay safe in a violent situation
- Analyzing effects of violence on individuals, families, communities and the nation
- Using problem-solving and decision-making skills to generate alternative solutions to social situations that may place one at risk
- Predicting potential short and long-term effects of choices

SKILLS

- Identifying, avoiding, and reporting dangerous situations
- Practicing conflict resolution
- Getting help from others
- Analyzing influences on promotion and prevalence of violence
- Using decision making and problem solving
- Accessing reliable resources

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Alcohol, Tobacco, & Other Drugs

CONTENT

- Recognizing short- and long-term effects of alcohol, tobacco, marijuana, prescription medicines (e.g. opioids) and other drugs
- Clarifying myths regarding use of alcohol, tobacco, marijuana, prescription medicines (e.g. opioids) and other drugs
- Locating and assessing the validity of drug-related information resources and services
- Describing financial, political, social, health, legal issues and influences related to alcohol, tobacco, marijuana, prescription medicines (e.g. opioids) and other drugs
- Analyzing internal and external pressures to use drugs
- Promoting a drug-free environment
- Avoiding and resisting use of alcohol, tobacco, marijuana, prescription medicines (e.g. opioids) and other drugs

SKILLS

- Advocating for a drug-free environment
- Analyzing influences on drug use
- Using decision making and problem solving
- Advocating to reduce teen drug use
- Accessing reliable information and resources
- Avoiding exposure to and resisting use of alcohol, tobacco, marijuana, prescription medicines (e.g. opioids) and other drugs
- Practicing refusal skills
- Supporting others who want to stop using alcohol, tobacco, marijuana, prescription medicines (e.g. opioids) and other drugs

Personal Health & Wellness

CONTENT

- Accessing valid information related to personal health issues and concerns
- Preventing spread of infectious diseases
- Recognizing the importance of sleep and rest
- Describing social influences on sun safety behaviors
- Understanding how to get regular health screenings, and finding quality health care
- Determining whether medical care is required based on symptoms
- Analyzing influences of media on personal health care product usage

SKILLS

- Accessing information
- Assessing validity of sources
- Listening effectively
- Asking effective questions
- Analyzing influences
- Using assertive communication

Healthy & Responsible Relationships: HIV, STIs, & Pregnancy Prevention

CONTENT

- Recognizing healthy relationships
- Building healthy relationships and intimacy
- Understanding the consequences of infection with HIV and other STIs
- Describing how HIV and other STIs are and are not transmitted
- Analyzing health risks of various behaviors
- Knowing where to get HIV and other STI testing
- Determining the costs of pregnancy and teen parenting
- Identifying the laws and legal consequences of underage sex
- Recognizing situations requiring professional health services

SKILLS

- Applying strategies to abstain from sex and/or reduce risk*
- Accessing reliable sources of information and help
- Avoiding and escaping risky situations
- Communicating respectfully and assertively
- Refusing pressure
- Identifying trouble situations
- Analyzing influences on sexual behaviors
- Setting effective personal goals
- Advocating for peers to prevent HIV, other STIs and pregnancy

* This module offers three tracks: abstinence-only, abstinence-plus-condoms, or abstinence-plus-contraceptives.

