
HEALTH, SAFETY, AND DRIVER EDUCATION

Note: Courses in this discipline are listed under the Health and Safety section of the Uniform Course File, District Procedure 4100.

The health education program provides students with skills, knowledge, and understanding that will influence behavior relative to their physical and emotional needs. Emphasis is directed toward self-awareness, decision making, and coping action. The development of positive self-esteem, the ability to deal with real-life situations, and health-enhancing behavior are paramount.

The safety education program is addressed throughout the instructional program and at all sites

. The program is designed to provide a totally safe school environment and to instill safety habits that will become lifelong safety practices.

MAJOR GOALS

Health Education:

- To teach scientifically based concepts and understandings related to health behavior and health problems.

- To teach appreciation of the importance of healthful behavior and a concern for health problems.
- To teach skills and habits consistent with scientific knowledge and constructive attitudes in personal health behavior that aid in promoting good health in the individual, family, and community.

Safety Education:

- To teach awareness of potential accident conditions and situations and how they can be avoided or prevented.
- To teach a sense of responsibility for the safety of the individual, family, and members of the community.
- To teach proper first-aid techniques and competency in the application of first-aid skills.
- To teach skills and habits for safe and efficient operation of motor vehicles.

District-adopted content and performance standards for Health Education are available in the district publications shown in the chart below.

Health Education Content and Performance Standards

Title	Item No.	Title	Item No.
Content and Performance Standards, Grade K, Health Education/Physical Education. English	2858	Content and Performance Standards, Grade 5, Health Education/Physical Education. English	2863
Content and Performance Standards, Grade 1, Health Education/Physical Education. English	2859	Content and Performance Standards, Grade 6, Health Education/Physical Education. English	2866
Content and Performance Standards, Grade 2, Health Education/Physical Education. English	2860	Content and Performance Standards, Health Education, 6–8, 1999. English	2867
Content and Performance Standards, Grade 3, Health Education/Physical Education. English	2861	Content and Performance Standards, Health Education, 9–12, 1999. English	2869
Content and Performance Standards, Grade 4, Health Education/Physical Education. English	2862		

Elementary Health Courses (Grades K–6)

Grade	Kindergarten	1	2	3	4	5	6
Required		Science and health share an instructional time block, with science taught three-fourths of the year and health one-fourth.					
Setting/Course	Health Education Units						

KINDERGARTEN

CONTENT AREAS

Staying Healthy	Medicines Help—Drugs Hurt
Caring for Your Teeth	Food for Health
Being Fit	Family Life
A Healthy Community	Growing Inside and Out
Home and Travel Safety	All About Feelings
Safety While Playing	Staying Well

COURSE DESCRIPTION

This level of instruction is intended to help students meet health education content standards K.1 through K.6.

BASIC TEXTS AND TEACHING GUIDES

Harcourt Health and Fitness Learning System for California, Harcourt School Publishers, 2006.

GRADE 1

CONTENT AREAS

Taking Care of Your Body	About Medicines and Drugs
Your Teeth	Wonderful Food
Keeping Fit	Your Family
A Healthful Neighborhood	You Are Growing
	You Have Feelings
Avoiding Danger	Staying Well
Being Safe	

COURSE DESCRIPTION

This level of instruction is intended to help students meet health education content standards 1.1 through 1.6.

BASIC TEXTS AND TEACHING GUIDES

Harcourt Health and Fitness Learning System for California, Harcourt School Publishers, 2006.

GRADE 2

CONTENT AREAS

Caring for Your Body	Staying Safe
Caring for Your Teeth	Medicines and Drugs
Keeping Fit and Active	Food for Fitness
Taking Care of Your Body	Your Family
Caring for Your Neighborhood	Your Growing Body
	Your Feelings
Avoiding Danger	Staying Well

COURSE DESCRIPTION

This level of instruction is intended to help students meet health education content standards 2.1 through 2.6.

BASIC TEXTS AND TEACHING GUIDES

Harcourt Health and Fitness Learning System for California, Harcourt School Publishers, 2006.

GRADE 3

CONTENT AREAS

Taking Care of Yourself	Avoiding Tobacco and Alcohol
Activity for a Healthy Body	Food for a Healthy Body
Health in the Community	Health in the Community
Keeping Safe	Your Family and You
Emergency Safety	Your Amazing Body
Medicines and Other Drugs	About Yourself and Others
	Preventing Disease

COURSE DESCRIPTION

This level of instruction is intended to help students meet health education content standards 3.1 through 3.6.

BASIC TEXTS AND TEACHING GUIDES

Harcourt Health and Fitness Learning System for California, Harcourt School Publishers, 2006.

GRADE 4**CONTENT AREAS**

Personal Health	Food and Your Health
Fitness and Exercise	Living in a Healthful
Safe Away from Home	Community
Medicines, Drugs, and	Families Together
Your Health	Body Systems at Work
Harmful Effects of	Your Needs and Feelings
Tobacco and Alcohol	Guarding Against Disease

COURSE DESCRIPTION

This level of instruction is intended to help students meet health education content standards 4.1 through 4.6.

BASIC TEXTS AND TEACHING GUIDES

Harcourt Health and Fitness Learning System for California, Harcourt School Publishers, 2006.

GRADE 5**CONTENT AREAS**

Being a Wise Health	Legal and Illegal Drugs
Consumer	About Tobacco and Alcohol
Keeping Fit and Active	Foods for Good Nutrition
Working Toward a	Supporting Your Family
Healthful Community	A Growing and Changing
Planning for Safety	Body
Preventing Violence	Dealing with Feelings
Learning About Disease	

COURSE DESCRIPTION

This level of instruction is intended to help students meet health education content standards 5.1 through 5.6.

BASIC TEXTS AND TEACHING GUIDES

Harcourt Health and Fitness Learning System for California, Harcourt School Publishers, 2006.

Growth and Development: A Resource for Teachers, Harcourt School Publishers, 2006.

Education Code Section 51550 requires that parents be notified in writing about Social Health Education classes and be given the opportunity to request in writing that their children not attend. (Sending the required notice through the United States mail meets the notification requirement of the law.) The law also requires that parents be given the opportunity to inspect any written and audiovisual materials to be used in the teaching and learning process.

GRADE 6**CONTENT AREAS**

Personal and Consumer	Tobacco and Alcohol
Health	Preparing Healthful Foods
Keeping Physically Fit	Family and Responsibility
Community Health	Growth and Development
Staying Safe Every Day	Setting Goals
Emergencies and First	Controlling Disease
Aid	Family Life
Drugs and Health	

COURSE DESCRIPTION

This level of instruction is intended to help students meet health education content standards 6–8.1 through 6–8.6.

BASIC TEXTS AND TEACHING GUIDES

Harcourt Health and Fitness Learning System for California, Harcourt School Publishers, 2006.

Family Life Curriculum Guide, 2007. Prepared by San Diego Unified School District, Sex Education and HIV Prevention Program. Distributed at training sessions during the school year. Additional information is available at:

www.sandi.net/depts/sex_ed

Education Code Section 51550 requires that parents be notified in writing about Social Health Education classes and be given the opportunity to request in writing that their children not attend. (Sending the required notice through the United States mail meets the notification requirement of the law.) The law also requires that parents be given the opportunity to inspect any written and audiovisual materials to be used in the teaching and learning process.

Health, Safety, and Driver Education Courses (Grades 6–12)

Sequence of Districtwide* Courses

		Grade Level		
		6 [§]	7	8
Middle School†		Health Education 6th–8th (2511)		
High School**		9	10	11
		Health 9th (2550)	Health and Driver Education 1 (2751)	

* Pilot courses and courses approved by the Board of Education to be offered at specific sites only are described in *District Pilot and Site-Adopted Courses: A Supplement to the Course of Study, K–12*, PeopleSoft item number 3470.

† Middle School Health Education Options: Students may take Health Education 6th–8th (2511) or receive appropriate health education as part of existing courses. Multiple credit is permitted for Health Education 6th–8th; course content is different in grades 6, 7, and 8. At grade 6, a minimum of 30 hours of instruction is offered; at grade 7, a minimum of 10 hours of instruction is offered; and at grade 8, a minimum of 20 hours of instruction is offered.

§ For middle school students in grade 6.

** High School Health Education Options: Students may take Health 9th (2550) or receive required Health/Life Skills Instruction as part of existing courses. Course content is different in grades 9, 10, 11, and 12. At grade 9, a minimum of 9 hours of instruction is offered; at grade 10, a minimum of 12 hours of instruction is offered; at grade 11, a minimum of 7 hours of instruction is offered; and at grade 12, a minimum of 2 hours of instruction is offered.

HEALTH EDUCATION 6TH–8TH (2511)

Grade level: 6–8 (grade 6 in middle schools)

Prerequisites: None

Course duration: Six-, nine-, or 12-week course, or one-semester course; multiple credit allowed

Subject area in which graduation credit is given:
Does not apply

COURSE DESCRIPTION

This course is oriented toward skill acquisition to help students build a healthy lifestyle. It is designed to provide information to influence students to develop positive, lifelong health behaviors. The sequential curriculum teaches students the information and skills they need to become health literate. At each grade level the following content areas are expanded on:

- Mental, Emotional, Family, and Social Health
- Growth and Nutrition
- Personal Health and Safety
- Drugs and Disease Prevention
- Community and Environmental Health

This level of instruction is intended to help students meet health education content standards 6–8.1 through 6–8.6.

BASIC TEXTS AND TEACHING GUIDES

Grade 6:

Health and Wellness, Grade 6. Macmillan/McGraw-Hill, 2006.

Don't Pick On Me!; Talking About Responsibility; Drugs, Your Friends, and You: An Update; Building Character; Talking About Responsibility; Healthy Me: Nutrition and Exercise; Real People: Talking About Marijuana and Other Drugs, Sunburst Media, 2006.

Grade 7:

Health and Wellness, Grade 7. Macmillan/McGraw-Hill, 2006.

Anger Management Skills; Building Good Relationships; Teenage Stress: It's Manageable; Teens, Drugs, and Peer Pressure; Get a Goal! Get a Life!; Nutrition and Exercise: Teen Wellness; Respect!; Real People: Marijuana, the Burning Truth; Real People: Preventing Student Violence, Sunburst Media, 2006.

Grade 8:

Health and Wellness, Grade 8. Macmillan/McGraw-Hill, 2006.

"I Don't Have a Problem": The Path to Addiction; Real People: Smoking, The Burning Truth; Student Workshop: Gossiping, Taunting, Bullying: It's All Harassment; Teen-Adult Conflict: Working It Out; Fantastic Food Pyramid; "I'm All That!": Building Self-Esteem; Student Workshop: Dating, Violence and Abuse; The Fourth "R": Responsibility, Sunburst Media, 2006.

HEALTH 9TH (2550)

Grade level: 9

Prerequisites: None

Course duration: One semester

Subject area in which graduation credit is given: Elective

COURSE DESCRIPTION

This one-semester course provides expanded coverage of the nine major content areas covered in grades K–8, including personal health; consumer and community health; injury prevention and safety; alcohol, tobacco and other drugs; nutrition; environmental health; family living; individual growth and development; and communicable and chronic diseases.

This level of instruction is intended to help students meet health education content standards 9–12.1 through 9–12.6.

BASIC TEXTS AND TEACHING GUIDES

Bonekemper, Jones, Tsumura, *Health and Safety for You*, 7th Ed., Glencoe, 1987.

HEALTH AND DRIVER EDUCATION 1 (2751)

Grade level: 10

Prerequisites: None

Course duration: One semester

Subject area in which graduation credit is given: Elective

COURSE DESCRIPTION

This one-semester course conducted at the senior high level for grade 10 students combines health education and driver education classroom units. The course meets the 30 hours of driver education required in the Education Code.

Health Content

Mental health; family and social health; the life cycle; body systems; personal health and physical fitness; nutrition; medicines and drugs; diseases and disorders; community and environmental health; consumer health; safety and emergency care, including violence prevention and conflict resolution.

Driver Education Content

Risk management; factors that affect driving ability; alcohol and other drugs and their effect on driving; understanding signs, signals, and markings; rules of the road; getting to know the car; starting, steering, and stopping; basic driving skills; turning and parking; driving environments; buying a car; car systems and maintenance; planning a trip; preparing for the state driving test.

BASIC TEXTS AND TEACHING GUIDES

American Automobile Association, *Responsible Driving*, Glencoe McGraw, 1997.

Merki, *Glencoe Health: A Guide to Wellness*, Glencoe McGraw, 1996.