

**Montgomery County Public Schools  
Secondary Comprehensive Health Education Curriculum Framework**

**Key Concept and Topic Overview**

<b>Content Standard</b>	<b>Grade 6</b>	<b>Grade 7</b>	<b>Grade 8</b>	<b>Grade 10</b>
<b>Mental and Emotional Health (MEH)</b>	<ul style="list-style-type: none"> <li>• Analyzing Influences (INF)</li> <li>• Accessing Information (AI)</li> <li>• Interpersonal Communication (IC)</li> <li>• Decision Making (DM)</li> <li>• Goal Setting (GS)</li> <li>• Self/Stress-Management (SM)</li> <li>• Personal Wellness (SM)</li> <li>• Emotions (SM)</li> <li>• Advocacy (AV)</li> </ul>	<ul style="list-style-type: none"> <li>• Mental Illness (AI)</li> <li>• Community Resources for Mental Illness (AI, SM)</li> <li>• Depression and Suicide Prevention (IC)               <ul style="list-style-type: none"> <li>○ Red Flags</li> </ul> </li> <li>• Conflict Resolution Skills (IC)</li> <li>• Self-Esteem (SM)</li> <li>• Self-Injury (SM)</li> </ul>		<ul style="list-style-type: none"> <li>• Community Resources (AI)</li> <li>• Depression and Suicide Prevention (IC)               <ul style="list-style-type: none"> <li>○ Red Flags</li> </ul> </li> <li>• Goal Setting (GS)</li> <li>• Stress-Management (SM)</li> <li>• Mental Illness (AV)</li> </ul>
<b>Alcohol, Tobacco, and Other Drugs (ATOD)</b>	<ul style="list-style-type: none"> <li>• Benefits of Drug-Free Lifestyle (AV)</li> </ul>	<ul style="list-style-type: none"> <li>• Inhalants (INF)</li> <li>• Other Drugs and New Drug Trends (AI)</li> <li>• Alcohol (DM)</li> </ul>	<ul style="list-style-type: none"> <li>• Treatment Options (AI)</li> <li>• Community Resources (AI)</li> <li>• Tobacco and Marijuana (AI)</li> <li>• Addiction (AI, SM)               <ul style="list-style-type: none"> <li>○ Effects on Individual, Family, and Society (AV)</li> <li>○ Psychological and Physical Dependence (AI)</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Media Influences (INF)</li> <li>• Alcohol, Tobacco, and Other Drugs (AI)</li> <li>• Psychoactive Drugs (AI)</li> <li>• Community Resources (AI)</li> <li>• Legal Consequences of ATOD Use (DM)</li> </ul>

National Health Education Standards (NHES)—Core Concepts (CC), Analyzing Influences (INF), Accessing Information (AI), Interpersonal Communication (IC), Decision Making (DM), Goal Setting (GS), Self-Management (SM), Advocacy (AV)

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<b>Personal and Consumer Health (PCH)</b>	<ul style="list-style-type: none"> <li>• Hygiene (SM)</li> <li>• Health Care Products (AI, SM, INF)</li> </ul>	<ul style="list-style-type: none"> <li>• Risk Factors for Non-Communicable Diseases (INF)</li> <li>• Diabetes (AI, SM)</li> <li>• Heart Disease (AI, SM)</li> <li>• Cancer (AI, SM)</li> <li>• Protective Factors (SM)</li> </ul>	<ul style="list-style-type: none"> <li>• Identification of Food Borne Illnesses (AI)</li> <li>• Prevention of Food Borne Illnesses (SM)</li> </ul>	<ul style="list-style-type: none"> <li>• Communicable and Non-Communicable Disease (INF)               <ul style="list-style-type: none"> <li>○ Consumer Skills and Strategies (INF)</li> <li>○ Health Care Products, Services, and Community Resources (INF)</li> </ul> </li> </ul>
<b>Family Life and Human Sexuality (FLHS)</b>		<ul style="list-style-type: none"> <li>• Personal Health Care (INF)</li> <li>• Family (INF, IC)               <ul style="list-style-type: none"> <li>○ Influence and Relationships (INF, IC)</li> </ul> </li> <li>• Components of Healthy Relationships (INF, IC)</li> <li>• Sexual Abstinence (INF)</li> <li>• Sexual Orientation (AI, IC, AV)</li> <li>• Reproduction (SM)</li> </ul>	<ul style="list-style-type: none"> <li>• Maternal Changes (AI)</li> <li>• Sexual Behaviors and Limits (IC)</li> <li>• Social Media (DM)</li> <li>• Teen Pregnancy (SM)</li> <li>• Parenting (SM)</li> <li>• Sexual Abstinence (AV)</li> <li>• Contraception (AV)</li> </ul>	<ul style="list-style-type: none"> <li>• Family (INF)</li> <li>• Sexual Abstinence (AV)</li> <li>• Dating and Sexual Relationships (INF)</li> <li>• Sexual Orientation (INF)</li> <li>• Parenting Skills (INF)</li> <li>• Contraception (INF)</li> <li>• Gestation (AI)</li> <li>• Prenatal Care (AI)</li> <li>• Human Reproduction (AI)</li> </ul>
<b>Safety and Injury Prevention (SIP)</b>	<ul style="list-style-type: none"> <li>• Media/Technology Harassment (INF)</li> <li>• Cyber Bullying and Bullying (AI, IC)</li> <li>• Personal Safety (SM)               <ul style="list-style-type: none"> <li>○ Pedestrian and Other Methods of Transportation</li> </ul> </li> <li>• First Aid and Emergency Response (SM)</li> </ul>		<ul style="list-style-type: none"> <li>• Responsible Use of Technology (IC, DM)</li> <li>• Harassment (Sexual and Other) (AV)</li> </ul>	<ul style="list-style-type: none"> <li>• Accessing Community Resources (AI)</li> <li>• Impact of Social Media (SM)</li> <li>• Sexual Aggression (SM)</li> <li>• Dating Violence (SM)</li> <li>• Gang Violence (SM)</li> <li>• First Aid and Emergency Response (AV)</li> </ul>

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<b>Nutrition and Fitness (NF)</b>			<ul style="list-style-type: none"> <li>• Body Image (INF)</li> <li>• Eating Behaviors (GS)</li> <li>• Eating Disorders (DM)</li> <li>• Managing Weight (SM)               <ul style="list-style-type: none"> <li>○ Nutrients</li> <li>○ Dietary Guidelines</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Body Image (INF)</li> <li>• Weight Management (INF)</li> <li>• Influences on Eating and Activity Behaviors (INF)</li> <li>• Analyzing Dietary Behaviors and Types of Diets (INF)</li> <li>• Nutrition Literacy (INF)</li> <li>• Nutrition for Health Promotion and Disease Prevention (SM)</li> </ul>
<b>Disease Prevention and Control (DPC)</b>		<ul style="list-style-type: none"> <li>• Prevention and Treatment of Communicable Diseases (AI, GS)</li> <li>• Sexually Transmitted Infections (STIs) and Prevention (AI)</li> <li>• HIV/AIDS (AI)</li> </ul>		<ul style="list-style-type: none"> <li>• Prevention and Treatment of Communicable and Non-Communicable Diseases (AI)</li> <li>• STIs (AI)</li> <li>• HIV/AIDS (AI)</li> </ul>

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