

Health Bullet Points:

All students taking Health class will be able to understand:

- **Health and Wellness**
- **How to make successful decisions and set goals**
- **How to build self-esteem**
- **Physical Fitness and how to become physically fit**
- **How Nutrition affects your health**
- **What a healthy body and a healthy weight**
- **The use of tobacco and how it affects teens**
- **The use of alcohol and how it affects teens**
- **The use of drugs and how it affects teens**
- **Infectious Diseases**
- **Noninfectious Diseases**
- **Personal Safety**
- **First Aid for Injuries**