

Family Wellness

410012

Family Wellness is a half-credit course designed for students interested in health issues that impact individuals, families, and communities. Content provides opportunities for students to explore family health throughout the stages of the life span. Topics include personal and family health goals; health promotion; health risks; communication skills needed in healthy relationships; consumerism; advocacy; mental and emotional health; relationship between nutrition and health; emergency care, first aid, and home safety; disease prevention; chronic health issues; substance abuse; technology used in health services; and careers related to individual and family health and wellness.

Career and technical student organizations are integral, cocurricular components of each career and technical education course. These organizations serve as a means to enhance classroom instruction while helping students develop leadership abilities, expand workplace-readiness skills, and broaden opportunities for personal and professional growth.

Community Health

Students will:

1. Determine a variety of health services provided by school and community health professionals that impact the health and wellness of individuals and families, including health activities that influence and support others to work cooperatively for healthy communities.
Examples: mental health counseling, physical health screening, immunizations, public information seminars and services, drug prevention programs, school nurses, STOP the Violence—Students Taking on Prevention project, programs such as Students Against Destructive Decisions (SADD), health fairs
2. Analyze cultural influences on health behaviors, including social norms, laws and regulations, family traditions, and stereotypes that impact the health and wellness of individuals and families.
Examples: knowledge, attitudes, and beliefs related to family eating habits; Alabama’s graduated driver license to promote safe driving

Consumer Health

3. Differentiate between positive and negative health messages portrayed in the media.
Examples: negative—attractive models advertising products such as tobacco and alcohol, sexual images used to promote products
positive—public service announcements about parent-child communication, advertisements promoting the use of sunscreens
4. Evaluate positive and negative impacts of technology on health.
Examples: positive—improved diagnosis, prevention, and treatment of diseases and disorders
negative—decreased level of health-enhancing physical activity, inflationary expense of health care services

5. Explain valid and essential information for the safe use of consumer goods and health products.
Examples: using over-the-counter medications as directed, using herbals safely, recognizing fraud and fads, checking product labeling

Environmental Health

6. Analyze factors that affect community health, including comparing the rights of individuals or special interest groups regarding the environment with those of the community.
Examples: air pollution—breathing problems
noise pollution—hearing loss
chemical pollution—water quality
bio-terrorism—disease
rights of individuals or groups—community action to prevent landfill
construction near neighborhoods or noise abatement near airports, rights of smokers versus nonsmokers in public places

Family Health

7. Explain the impact of personal health behaviors on family life, parenting, and child development, including attending to financial responsibilities associated with pregnancy, childbirth, and childrearing.
Examples: waiting to become a parent until physically, socially, and emotionally mature and having gained employment
8. Determine common causes of disability and premature loss of life across life stages.
Examples: Sudden Infant Death Syndrome (SIDS), unintentional and intentional injury, cardiovascular disease, diabetes, cancer, inadequate prenatal care

Personal Health

9. Analyze the relationship of dimensions of health and wellness, including emotional, intellectual, physical, social, environmental, and spiritual factors that impact the health and wellness of individuals and families.
 - Applying decision-making strategies to achieve and improve personal health goals
Examples: participating regularly in physical activity, avoiding sexual risk-taking, preventing abuse, practicing water safety, operating motor vehicles safely
10. Apply refusal skills used by individuals and families to abstain from risky situations.
Examples: saying “no,” walking away, offering alternatives, making excuses, finding solutions
11. Assess the impact of positive and negative personal health behaviors on the functioning of body systems.
Examples: identifying effects of health behaviors on the endocrine, cardiovascular, nervous, reproductive, digestive, skeletal, and muscular systems

Mental and Emotional Health

12. Identify symptoms, methods of treatment, and ways to manage mental illnesses or disorders such as depression, eating disorders, and suicide, including proposing potential solutions to health concerns.
Examples: recognizing problems with substance or child abuse and seeking help with prevention through family counseling; requesting referrals for drug, alcohol, or suicidal peer problems; participating in intervention seminars; using methods for working cooperatively with parents, school personnel, and peers; seeking assistance from responsible adults
13. Describe the impact of significant events on the physical and emotional health of individuals and families.
Examples: birth or death of a loved one, marriage, childbirth, adoption, divorce, chronic or infectious illness, victimization, relocation, end of relationship

Nutrition

14. Predict the impact of positive nutrition-related changes in behavior.
Examples: eating versus skipping breakfast, knowledge of the food pyramid, following doctor-recommended diet restrictions

Injury Prevention and Safety

15. Demonstrate cardiopulmonary resuscitation (CPR) and first aid skills.
16. Design home safety guidelines.
Examples: establishing family emergency plans for inclement weather, fire safety, personal safety, water safety, and accidental poisoning
17. Explain consequences of health behaviors that are harmful to self or others.
Examples: personal injuries, diseases and illnesses, monetary and property losses, legal liabilities

Prevention and Control of Disease

18. Determine symptoms, methods of prevention, and strategies for controlling communicable infestations, diseases, and infections.
Examples: symptoms—fever, itching, chills
strategies for preventing or controlling—abstinence, vaccinations, universal precautions
19. Explain methods of treating and managing chronic health problems.
Examples: diabetes; stress; asthma; allergies; depression; attention deficit hyperactivity disorder (ADHD); addiction to alcohol, tobacco, or other drugs; physical or cognitive impairment

Substance Use and Abuse

20. Explain laws and regulations related to substance use and abuse.