



# PGHS/PGMS Health Update

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Matt Bell/Sean Roach



# Current Social/Emotional Curriculum HS

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Health Curriculum taught during 9th grade PE follows Health Education Content Standards for California Public Schools. The topics are taught using student enactments, videos, group discussion, guest speakers and lecture.

## Social Health (4 weeks)

- Positive student relationships and keys to emotional success
- Positive family relationships, entitlement, self-advocacy
- Bullying - definition, causes, reactions, resolution, and personal experiences

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## Online presence and safety (2 weeks)

- Creating positive message regarding yourself
- Social and professional effects of a poor online presence
- Online bullying and harassment

## Mindset/tolerance (1 week)

- Empathy - how can students exhibit it and how it helps at school
- Being a finite or infinite game player and its effects on academic and physical performance

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## Drugs (2 weeks)

- Marijuana - the good, bad and the ugly
- Effects of drugs on the brain and body and the role media plays
- Social implications and peer pressures of drug use

Guest speakers have included Targeted Student Counselor, Michelle Cadigan, Dr. Casey Grover, as well as other speakers.

# Current Health Curriculum MS

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HLC Curriculum (taught via PE)

Growth and Development

Nutrition and Physical Activity

Injury Prevention Safety

Personal Health

Mental/Emotional/Social Health

# Current Health Curriculum MS

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Sun street Centers

Gateway choices: Alcohol, Drugs and Nicotine

Planned Parenthood (Grades 7,8)

Prevention of STD's

HIV/AIDS

Birth control/Pregnancy

# Social-Emotional supports outside of Health MS

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## PGMS Mental Health

- Counseling (individual & group)
- Monterey County Rape Crisis talks in Feb (gr 6-8)
- Superkids (one day /week) counseling
- Referrals to Monterey County Behavioral Health
- Mindup Character Curriculum

# Social-Emotional supports outside of Health MS

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## PGMS Mental Health

- Josh Ochs-Digital Citizenship
- Peer to Peer (CHOMP partnership)
- Students of Concern
- Student Study Teams (SST)
- Suicide Prevention Training