

Maybeck High School
Deborah Raphael
Health & Social Issues Syllabus
Spring 2012

The Health class is a unique course required of all students at Maybeck High School. It is a course with a code of confidentiality to protect the privacy of the class group as we work together to discuss complex personal values and issues. The course goal is to increase students' understanding of a wide variety of health, mental well-being and social issues. We will read, watch movies but above all, we will discuss issues in detail. The course will use guest speakers to bring many points of view on the topics to the class and the instructor will provide as many facts and scientific studies to help students understand these topics. As much as possible, the instructor encourages students to make choices in their lives that will minimize risk to their physical and emotional health. Student grades are based on their maintaining a reflective journal responding to course topics and their participation in group learning activities where they will present facts to their classmates. Below is a list of common topics of this course:

Confidentiality	Choices about Drug Use
Effective Communication	Physiological effects of Drugs
Use of Social Media	Addiction and Sociological effects of Drugs
Relationships	
Resilience/Strength	
Change	Aging
Mindfulness Practice	Cancer
	Hospice, Dying and Death
Body Image	
Eating Disorders	Mental Health Philosophies and Choices for Support
Nutrition and Exercise	Suicide
Environmental Effects on Health	
Reproductive Anatomy and Physiology	Violence and Alternatives to Violence
Sexual Anatomy & Function	Sexual Violence Prevention
Sexuality and Gender	Oppressions and Isms
Birth Control	Critical Thinking Skills
Abortion	
Sexually Transmitted Diseases	
HIV and AIDS	