Health Education courses in Anne Arundel County are focused on building health-literate students. Health literacy refers to the ability to obtain, interpret, and understand basic health information and services. These comprehensive skills-based Health Education courses prepare students to become health-literate 21st Century learners as responsible members of society; self-directed learners, effective communicators, critical thinkers, and problem solvers.

Core health concepts include: mental and emotional health, alcohol, tobacco and other drugs, personal and consumer health, family life and human sexuality, safety and injury prevention, nutrition and fitness, and disease prevention and control. Skills Based Health Education supports and promotes health enhancing behaviors for all students. The health skills embedded in the units include analyzing influences, accessing information, interpersonal communication, decision making, goal setting, self-management, and advocacy.

Health Graduation Requirement — 0.5 Credit

* A student may be excused from the Human Sexuality Unit upon parental written request. Alternative instructional lessons will be provided for the student.