

**Course Title:** Health Education 10  
**Board Approval Date:** 10/15/12  
**Credit / Hours:** .50 credit

**Course Description:**

This course is designed to provide students with the information necessary to develop a plan that will guide them toward a healthy lifestyle. As the culminating course in the district's comprehensive health curriculum, this course will focus on behavior change, attitude development, health advocacy and lifelong wellness. It is designed as the final phase on a wellness continuum that began with awareness and fosters the adoption of health-promoting behaviors. *This course complies with the CCSD Student Wellness Policy, specifically 7040.5: Nutrition Education.*

**Learning Activities / Modes of Assessment:**

Large group instruction	Tests and Quizzes
Teacher Observation	On-line activities and research
Small group work	Projects with Rubrics
Role playing / Simulations	Jigsaw activities

**Instructional Resources:**

Glencoe Health (*MacGraw Hill Companies*) 2009  
Discovery Education Streaming Videos  
Various videos  
Web-based resources

## Course Pacing Guide

Course: **Health Education 10**

<b>Course Unit (Topic)</b>	<b>Length of Instruction (Days/Periods)</b>
1. Understanding Wellness	10 days
2. Nutrition	15 days
3. Communicable Diseases	15 days
4. Non-Communicable Diseases	15 days
5. Relationships	10 days
6. Human Sexuality – Reproductive Health	<u>15 days</u>
<b>DAYS TOTAL</b>	<b>80 Days</b>

Topic: 1. Understanding Wellness

Days: 10

Subject(s): Other

Grade(s): 10th

Know:

Understand:

Do:

**10.1.12.A – Essential**

Evaluate factors that impact growth and development during adulthood and late adulthood.

- health status

**10.4.12.B – Important**

Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities.

- social
- physiological
- psychological

The components of the health triangle and the importance of keeping the three sides balanced.

How to assess health using a wellness continuum for each of the areas of health.

The process of facing a choice; reviewing the options; evaluate the possible outcomes; and think about the results after they choose.

How to differentiate between controllable and uncontrollable risk factors and know that lifestyle diseases are the leading cause of death in America today.

10.1.12.A - Evaluate

The importance of maintaining a balance between the physical, social and mental/emotional components of health

**10.1.12.A – Essential**

Evaluate factors that impact growth and development during adulthood and late adulthood.

- health status

**10.1.12.B – Compact**

Evaluate factors that impact the body systems and apply protective/ preventive strategies.

- fitness level
- health status (e.g., physical, mental, social)

10.1.12.A - Evaluate factors that impact growth and development during adulthood and late adulthood.

- health status

10.1.12.B - Evaluate factors that impact the body systems and apply protective/ preventive strategies.

- fitness level
- health status (e.g., physical, mental, social)

10.2.12.D - Examine and apply a decision-making process to the development of short and long-term health goals.

Topic: 1. Understanding Wellness

Days: 10

Subject(s): Other

Grade(s): 10th

Know:

Understand:

Do:

factors that impact growth and development during adulthood and late adulthood.

10.4.12.B - Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities.

- health status
- social
- physiological
- psychological

Topic: 1. Understanding Wellness

Subject(s): Other

Days: 10

Grade(s): 10th

Which standards are students learning in this unit?

**10.1.12.A – Essential**

Evaluate factors that impact growth and development during adulthood and late adulthood.

- acute and chronic illness
- communicable and non- communicable disease
- health status
- relationships (e.g., marriage, divorce, loss)
- career choice
- aging process
- retirement

**10.1.12.B – Compact**

Evaluate factors that impact the body systems and apply protective/ preventive strategies.

- fitness level
- environment (e.g., pollutants, available health care)
- health status (e.g., physical, mental, social)
- nutrition

**10.4.12.B – Important**

Analyze the effects of regular participation in a self-selected program of moderate to vigorous physical activities.

- social
- physiological
- psychological

**10.2.12.D – Important**

Examine and apply a decision-making process to the development of short and long-term health goals.

## Topic: 2. Nutrition

Days: 15

Subject(s): Other

Grade(s): 10th

## Know:

## Understand:

## Do:

**10.1.12.C – Important**

Analyze factors that impact nutritional choices of adults.

- cost
- food preparation (e.g., time, skills)
- consumer skills (e.g., understanding food labels, evaluating fads)
- nutritional knowledge
- changes in nutritional requirements (e.g., age, physical activity level)

**10.2.9.A – Compact**

Evaluate health care products and services that impact adult health practices.

Types of Nutrients- carbohydrates, protein, fat, water, vitamins and minerals

Food choices, daily caloric need, and how we burn calories - energy balance theory, food guide pyramid, metabolic rate

Food labeling - nutritional claims, open dating,

Healthy ways to gain or lose weight- BMI, obesity, overweightness,

The role of nutrients and the importance of developing a good nutritional plan that meets an individual's needs.

**10.1.12.C – Important**

Analyze factors that impact nutritional choices of adults.

- cost
- food preparation (e.g., time, skills)
- consumer skills (e.g., understanding food labels, evaluating fads)
- nutritional knowledge
- changes in nutritional requirements (e.g., age, physical activity level)

**10.2.9.A – Compact**

Evaluate health care products and services that impact adult health practices.

**10.2.12.C – Compact**

Compare and contrast the positive and negative effects of the media on adult personal health and safety.

**10.1.12.B – Compact**

Evaluate factors that impact the body systems and apply protective/ preventive strategies.

- fitness level
- nutrition

Identify body types and calculate BMI.

Research popular fad diets and analyze how they work and their effectiveness

Compare and Contrast types of eating disorders

10.1.12.C - Analyze factors that impact nutritional choices of adults.

- cost
- food preparation (e.g., time, skills)
- consumer skills (e.g., understanding food labels, evaluating fads)
- nutritional knowledge

## Topic: 2. Nutrition

Days: 15

Subject(s): Other

Grade(s): 10th

Know:

Understand:

Do:

<p>mesomorph, ectomorph and endomorph</p> <p>Fad Diets</p> <p>Types of Eating Disorders - anorexia nervosa, bulimia nervosa, overeating</p> <p>10.1.12.C - Analyze factors that impact nutritional choices of adults.</p> <p>10.2.9.A - Evaluate health care products and services that impact adult health practices.</p> <ul style="list-style-type: none"> <li>• cost</li> <li>• food preparation (e.g., time, skills)</li> <li>• consumer skills (e.g., understanding food labels, evaluating fads)</li> <li>• nutritional knowledge</li> <li>• changes in nutritional requirements (e.g., age, physical activity level)</li> </ul>		<ul style="list-style-type: none"> <li>• changes in nutritional requirements (e.g., age, physical activity level)</li> </ul> <p>10.2.9.A - Evaluate health care products and services that impact adult health practices.</p> <p>10.2.12.D - Examine and apply a decision-making process to the development of short and long-term health goals.</p> <p>10.2.12.C - Compare and contrast the positive and negative effects of the media on adult personal health and safety.</p> <p>10.1.12.B - Evaluate factors that impact the body systems and apply protective/ preventive strategies.</p> <ul style="list-style-type: none"> <li>• fitness level</li> <li>• nutrition</li> </ul>
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## Topic: 2. Nutrition

Days: 15

Subject(s): Other

Grade(s): 10th

Which standards are students learning in this unit?

**10.1.12.C – Important**

Analyze factors that impact nutritional choices of adults.

- cost
- food preparation (e.g., time, skills)
- consumer skills (e.g., understanding food labels, evaluating fads)
- nutritional knowledge
- changes in nutritional requirements (e.g., age, physical activity level)

**10.2.9.A – Compact**

Evaluate health care products and services that impact adult health practices.

**10.2.12.D – Important**

Examine and apply a decision-making process to the development of short and long-term health goals.

**10.2.12.C – Compact**

Compare and contrast the positive and negative effects of the media on adult personal health and safety.

**10.1.12.B – Compact**

Evaluate factors that impact the body systems and apply protective/ preventive strategies.

- fitness level
- environment (e.g., pollutants, available health care)
- health status (e.g., physical, mental, social)
- nutrition



Topic: 3. Communicable Diseases

Days: 15

Subject(s):

Grade(s):

Know:

Understand:

Do:

<p><b>10.1.12.A – Essential</b>                  factors that impact growth and development during adulthood and late adulthood.</p> <ul style="list-style-type: none"> <li>• acute and chronic illness</li> <li>• communicable and non-communicable disease</li> <li>• health status</li> </ul> <p><b>10.1.12.E – Compact</b>                  factors that influence the prevention and control of health problems.</p> <ul style="list-style-type: none"> <li>• research</li> <li>• medical advances</li> <li>• technology</li> <li>• government policies/regulations</li> </ul> <p><b>10.2.9.A – Compact</b>                  how to evaluate health care products and services that impact adult health practices.</p> <p><b>10.2.12.B – Compact</b>                  factors that impact adult health consumer choices.</p> <ul style="list-style-type: none"> <li>• access to health information</li> <li>• access to health care</li> <li>• cost</li> <li>• safety</li> </ul>	<p>the causes and preventions of communicable diseases and how they can be managed and cured.</p>	<p><b>10.1.12.A – Essential</b>                  Evaluate factors that impact growth and development during adulthood and late adulthood.</p> <ul style="list-style-type: none"> <li>• acute and chronic illness</li> <li>• communicable and non-communicable disease</li> <li>• health status</li> </ul> <p><b>10.1.12.E – Compact</b>                  Identify and analyze factors that influence the prevention and control of health problems.</p> <ul style="list-style-type: none"> <li>• research</li> <li>• medical advances</li> <li>• technology</li> <li>• government policies/regulations</li> </ul> <p><b>10.2.9.A – Compact</b>                  Evaluate health care products and services that impact adult health practices.</p> <p>Mapping a pathogen from a host through transmission to a new body.</p> <p>Creating an action plan for preventing an illness and for treating a disease.</p> <p>10.1.12.A - Evaluate factors that impact growth and development during adulthood and late adulthood.</p> <ul style="list-style-type: none"> <li>• acute and chronic illness</li> <li>• communicable and non-communicable disease</li> <li>• health status</li> </ul> <p>10.1.12.E - Identify and analyze factors that influence the prevention and control of health problems.</p> <ul style="list-style-type: none"> <li>• research</li> <li>• medical advances</li> <li>• technology</li> <li>• government policies/regulations</li> </ul>
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Topic: 3. Communicable Diseases

Days: 15

Subject(s):

Grade(s):

Know:

Understand:

Do:

**10.2.12.E – Compact**  
the interrelationship  
between environmental  
factors and community  
health.

- public health policies and laws/health promotion and disease prevention
- individual choices/maintenance of environment

How pathogens cause different types of communicable diseases.

Precautions and actions to prevent the transmission of communicable diseases.

Barriers to prevent pathogens from entering the body.

The immune systems response to pathogens to prevent and/or defeat illness.

The effect of immunizations on preventing disease development.

The etiology of common diseases will assist in decreasing the risk for infections by knowing the speed and ease of certain pathogens.

10.2.9.A - Evaluate health care products and services that impact adult health practices.

Topic: 3. Communicable Diseases

Days: 15

Subject(s):

Grade(s):

Know:

Understand:

Do:

10.1.12.A - factors that impact growth and development during adulthood and late adulthood.

- acute and chronic illness
- communicable and non-communicable disease
- health status

10.1.12.E - factors that influence the prevention and control of health problems.

- research
- medical advances
- technology
- government policies/ regulations

10.2.9.A - how to evaluate health care products and services that impact adult health practices.

10.2.12.B - factors that impact adult health consumer choices.

- access to health information
- access to health care
- safety

10.2.12.E - the interrelationship between environmental

Topic: 3. Communicable Diseases

Days: 15

Subject(s):

Grade(s):

Know:

Understand:

Do:

<p>factors and community health.</p> <ul style="list-style-type: none"><li>• public health policies and laws/ health promotion and disease prevention</li><li>• individual choices/ maintenance of environment</li></ul>		
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Topic: 3. Communicable Diseases

Days: 15

Subject(s):

Grade(s):

Which standards are students learning in this unit?

**10.1.12.A – Essential**

Evaluate factors that impact growth and development during adulthood and late adulthood.

- acute and chronic illness
- communicable and non- communicable disease
- health status
- relationships (e.g., marriage, divorce, loss)
- career choice
- aging process
- retirement

**10.1.12.E – Compact**

Identify and analyze factors that influence the prevention and control of health problems.

- research
- medical advances
- technology
- government policies/regulations

**10.2.9.A – Compact**

Evaluate health care products and services that impact adult health practices.

**10.2.12.B – Compact**

Assess factors that impact adult health consumer choices.

- access to health information
- access to health care
- cost
- safety

**10.2.12.E – Compact**

Analyze the interrelationship between environmental factors and community health.

- public health policies and laws/health promotion and disease prevention
- individual choices/maintenance of environment
- recreational opportunities/ health status

## Topic: 4. Non-Communicable Diseases

Days: 15

Subject(s): Other

Grade(s): 10th

## Know:

## Understand:

## Do:

**10.1.12.A – Essential**

Evaluate factors that impact growth and development during adulthood and late adulthood.

- acute and chronic illness
- communicable and non-communicable disease
- health status
- career choice
- aging process
- retirement

**10.1.12.D – Compact**

Evaluate issues relating to the use/non-use of drugs.

- social impact (e.g., cost, relationships)
- impact on the individual
- impact on the community

**10.2.12.E – Compact**

Analyze the interrelationship between environmental factors and community health.

- public health policies and laws/health promotion and disease prevention
- recreational opportunities/health status

The types of Cardiovascular Diseases, how they develop, are treated and can be prevented.

**10.1.12.A – Essential**

Evaluate factors that impact growth and development during adulthood and late adulthood.

- acute and chronic illness
- communicable and non-communicable disease
- health status
- career choice
- aging process
- retirement

**10.1.12.B – Compact**

Evaluate factors that impact the body systems and apply protective/ preventive strategies.

- fitness level
- environment (e.g., pollutants, available health care)
- health status (e.g., physical, mental, social)
- nutrition

**10.1.12.D – Compact**

Evaluate issues relating to the use/non-use of drugs.

- psychology of addiction
- social impact (e.g., cost, relationships)
- impact on the individual
- impact on the community

**10.2.12.C – Compact**

Compare and contrast the positive and negative effects of the media on adult personal health and safety.

**10.2.9.A – Compact**

Evaluate health care products and services that impact adult health practices.

Topic: 4. Non-Communicable Diseases

Days: 15

Subject(s): Other

Grade(s): 10th

Know:

Understand:

Do:

**10.2.9.A – Compact**

Evaluate health care products and services that impact adult health practices.

**10.2.12.B – Compact**

Assess factors that impact adult health consumer choices.

- access to health information
- access to health care
- cost
- safety

National Standards

1.12. 1 Predict how healthy behaviors can impact health status

Risk factors associated with the development of Cardiovascular Disease

## Topic: 4. Non-Communicable Diseases

Days: 15

Subject(s): Other

Grade(s): 10th

Which standards are students learning in this unit?

**10.1.12.A – Essential**

Evaluate factors that impact growth and development during adulthood and late adulthood.

- acute and chronic illness
- communicable and non- communicable disease
- health status
- relationships (e.g., marriage, divorce, loss)
- career choice
- aging process
- retirement

**10.1.12.B – Compact**

Evaluate factors that impact the body systems and apply protective/ preventive strategies.

- fitness level
- environment (e.g., pollutants, available health care)
- health status (e.g., physical, mental, social)
- nutrition

**10.1.12.D – Compact**

Evaluate issues relating to the use/non-use of drugs.

- psychology of addiction
- social impact (e.g., cost, relationships)
- chemical use and fetal development
- laws relating to alcohol, tobacco and chemical substances
- impact on the individual
- impact on the community

**10.2.12.E – Compact**

Analyze the interrelationship between environmental factors and community health.

- public health policies and laws/health promotion and disease prevention
- individual choices/maintenance of environment
- recreational opportunities/ health status

**10.2.12.C – Compact**

Compare and contrast the positive and negative effects of the media on adult personal health and safety.

**10.2.9.A – Compact**

Evaluate health care products and services that impact adult health practices.



Topic: 4. Non-Communicable Diseases

Days: 15

Subject(s): Other

Grade(s): 10th

**10.2.12.B – Compact**

Assess factors that impact adult health consumer choices.

- access to health information
- access to health care
- cost
- safety

## Topic: 5. Relationships

Days: 10

Subject(s):

Grade(s): 10th

## Know:

**10.1.12.A – Essential**

Evaluate factors that impact growth and development during adulthood and late adulthood.

- health status
- relationships (e.g., marriage, divorce, loss)

**10.3.12.A – Compact**

Assess the personal and legal consequences of unsafe practices in the home, school or community.

- impact on others

**10.3.12.C – Compact**

Analyze the impact of violence on the victim and personal relationships.

10.1.12.A - Evaluate factors that impact growth and development during adulthood and late adulthood.

- health status
- relationships (e.g., marriage, divorce, loss)

## Understand:

The importance of personal relationships and the affect on one's overall health.

## Do:

**10.1.12.A – Essential**

Analyze the impact on growth and development during adulthood and late adulthood.

- health status
- relationships (e.g., marriage, divorce, loss)

**10.1.12.B – Compact**

Evaluate and apply protective/ preventive strategies.

- health status (e.g., physical, mental, social)

**10.3.12.A – Compact**

Assess the personal and legal consequences of unsafe practices in the home, school or community.

- loss of personal freedom
- personal injury
- loss of income
- impact on others
- loss of motor vehicle operator's license

Applying the decision making process in evaluating relationships

10.1.12.A - Analyze the impact on growth and development during adulthood and late adulthood.

- health status
- relationships (e.g., marriage, divorce, loss)

10.1.12.B - Evaluate and apply protective/ preventive strategies.

- health status (e.g., physical, mental, social)

10.2.12.D - Examine and apply a decision-making process to the development of short and long-term

Topic: 5. Relationships

Days: 10

Subject(s):

Grade(s): 10th

Know:

Understand:

Do:

<p>10.3.12.A - Assess the personal and legal consequences of unsafe practices in the home, school or community.</p> <ul style="list-style-type: none"><li>• impact on others</li></ul> <p>10.3.12.C - Analyze the impact of violence on the victim and personal relationships.</p>		<p>health goals and how decisions affect your relationships.</p>
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Topic: 5. Relationships

Days: 10

Subject(s):

Grade(s): 10th

Which standards are students learning in this unit?

**10.1.12.A – Essential**

Evaluate factors that impact growth and development during adulthood and late adulthood.

- acute and chronic illness
- communicable and non- communicable disease
- health status
- relationships (e.g., marriage, divorce, loss)
- career choice
- aging process
- retirement

**10.1.12.B – Compact**

Evaluate factors that impact the body systems and apply protective/ preventive strategies.

- fitness level
- environment (e.g., pollutants, available health care)
- health status (e.g., physical, mental, social)
- nutrition

**10.2.12.D – Important**

Examine and apply a decision-making process to the development of short and long-term health goals.

**10.3.12.A – Compact**

Assess the personal and legal consequences of unsafe practices in the home, school or community.

- loss of personal freedom
- personal injury
- loss of income
- impact on others
- loss of motor vehicle operator's license

**10.3.12.C – Compact**

Analyze the impact of violence on the victim and surrounding community.

## Topic: 6. Human Sexuality-Reproductive Health

Days: 15

Subject(s): Other

Grade(s): 10th

## Know:

**10.1.12.A – Essential**  
factors that impact growth and development during adulthood and late adulthood.

- communicable and non-communicable disease
- health status
- relationships (e.g., marriage, divorce, loss)

**10.1.12.D – Compact**  
Identify issues relating to the use/non-use of drugs.

- social impact (e.g., cost, relationships)
- chemical use and fetal development

**10.1.12.E – Compact**  
Identify and analyze factors that influence the prevention and control of health problems.

- research
- medical advances
- technology
- government policies/regulations

**10.2.9.A – Compact**  
Evaluate health care products and services that impact adult health practices.

## Understand:

The male and female reproductive organs and the importance of reproductive health..

## Do:

**10.1.12.A – Essential**  
Evaluate factors that impact growth and development during adulthood and late adulthood.

- communicable and non-communicable disease
- health status
- relationships (e.g., marriage, divorce, loss)

**10.1.12.D – Compact**  
Evaluate the use/non-use of drugs.

- social impact (e.g., cost, relationships)
- chemical use and fetal development

**10.1.12.E – Compact**  
Analyze factors that influence the prevention and control of health problems.

- research
- medical advances
- technology
- government policies/regulations

**10.2.9.A – Compact**  
Evaluate health care products and services that impact adult health practices.

**10.2.12.C – Compact**  
Compare and contrast the positive and negative effects of the media on adult personal health and safety.

**10.3.12.A – Compact**  
Assess the personal and legal consequences of unsafe practices in the home, school or community.

- loss of personal freedom
- personal injury
- loss of income
- impact on others
- loss of motor vehicle operator's license

Topic: 6. Human Sexuality-Reproductive Health

Days: 15

Subject(s): Other

Grade(s): 10th

Know:	Understand:	Do:
<p><b>10.3.12.A – Compact</b> Assess the personal and legal consequences of unsafe practices in the home, school or community.</p> <ul style="list-style-type: none"> <li>• loss of personal freedom</li> <li>• personal injury</li> <li>• loss of income</li> <li>• impact on others</li> </ul> <p>Abstinence, birth control (safer sex methods)</p> <p>Male Reproductive Organs</p> <p>Female Reproductive Organs</p> <p>Erection, Ejaculation, Transmission, Asymptomatic symptoms, Symptomatic symptoms</p> <p>STD's- Chlamydia, gonorrhea, HIV/AIDS, Herpes, PID, Syphilis, Trichomoniasis, HPV, Chancre, Hepatitis.</p> <p>Pregnancy and prenatal care</p> <p>Media's effect on society's views on sexuality</p> <p>10.1.12.A - factors that impact growth and development during adulthood and late adulthood.</p>		<p>10.1.12.A - Evaluate factors that impact growth and development during adulthood and late adulthood.</p> <ul style="list-style-type: none"> <li>• communicable and non-communicable disease</li> <li>• health status</li> <li>• relationships (e.g., marriage, divorce, loss)</li> </ul> <p>10.1.12.D - Evaluate the use/non-use of drugs.</p> <ul style="list-style-type: none"> <li>• social impact (e.g., cost, relationships)</li> <li>• chemical use and fetal development</li> </ul> <p>10.1.12.E - Analyze factors that influence the prevention and control of health problems.</p> <ul style="list-style-type: none"> <li>• research</li> <li>• medical advances</li> <li>• technology</li> <li>• government policies/regulations</li> </ul> <p>10.2.9.A - Evaluate health care products and services that impact adult health practices.</p> <p>10.2.12.C - Compare and contrast the positive and negative effects of the media on adult personal health and safety.</p>

## Topic: 6. Human Sexuality-Reproductive Health

Days: 15

Subject(s): Other

Grade(s): 10th

## Know:

## Understand:

## Do:

10.1.12.D - Identify issues relating to the use/non-use of drugs.

10.1.12.E - Identify and analyze factors that influence the prevention and control of health problems.

10.2.9.A - Evaluate health care products and services that impact adult health practices.

10.3.12.A - Assess the personal and legal consequences of unsafe practices in the home, school or community.

- communicable and non-communicable disease
- health status
- relationships (e.g., marriage, divorce, loss)
- social impact (e.g., cost, relationships)
- chemical use and fetal development
- research
- medical advances
- technology
- government policies/regulations
- loss of personal freedom
- personal injury
- loss of income

Topic: 6. Human Sexuality-Reproductive Health

Days: 15

Subject(s): Other

Grade(s): 10th

Know:

Understand:

Do:

<ul style="list-style-type: none"><li>• impact on others</li></ul>		
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Topic: 6. Human Sexuality-Reproductive Health

Subject(s): Other

Days: 15

Grade(s): 10th

Which standards are students learning in this unit?

**10.1.12.A – Essential**

Evaluate factors that impact growth and development during adulthood and late adulthood.

- acute and chronic illness
- communicable and non- communicable disease
- health status
- relationships (e.g., marriage, divorce, loss)
- career choice
- aging process
- retirement

**10.1.12.D – Compact**

Evaluate issues relating to the use/non-use of drugs.

- psychology of addiction
- social impact (e.g., cost, relationships)
- chemical use and fetal development
- laws relating to alcohol, tobacco and chemical substances
- impact on the individual
- impact on the community

**10.1.12.E – Compact**

Identify and analyze factors that influence the prevention and control of health problems.

- research
- medical advances
- technology
- government policies/regulations

**10.2.9.A – Compact**

Evaluate health care products and services that impact adult health practices.

**10.2.12.C – Compact**

Compare and contrast the positive and negative effects of the media on adult personal health and safety.

**10.3.12.A – Compact**

Assess the personal and legal consequences of unsafe practices in the home, school or community.

- loss of personal freedom
- personal injury
- loss of income
- impact on others
- loss of motor vehicle operator's license