

North Boone Middle School

Health Curriculum Topics

Skills: (National Health Standards)

- Analyzing Influences
- Accessing Valid Information
- Interpersonal Communication
- Goal Setting

Topics:

- Hygiene/Anatomy/Sex Ed
- Nutrition
- Drugs and Alcohol
- Self Regulation/Mindfulness
- Mental and Emotional Health
- Physical Fitness
- Character Development
- Disability Awareness
- Relationships
- Interpersonal Communication/Decision Making

[Illinois Mandated Units of Study](#) - including health, safety, and drug education