



**FIND YOUR VOICE. SPEAK YOUR MIND.**

---

1359 Route 2 • The Mohawk Trail • Charlemont, MA 01339 • 413.339.4912 • Fax 413.339.4324 • [www.charlemont.org](http://www.charlemont.org)

**Health and The Human Body** - In this course, students explore and discuss ways in which they can positively affect their health and wellness. Students continue to learn to analyze the influence of their environment, their peers, their family, and the media on their decisions. While exploring topics listed below, students are asked to think critically about the validity of information presented to them through different sources. In this half year course, student address a variety of issues related to their health and well-being, including emotional and mental health, personal identity, healthy decision-making, nutrition, physical activity, the endocrine and reproductive systems, sexual activity, and substance use and abuse. Students will later explore the human body more in depth during ninth grade Biology.