## Health Education

### Summary:
Students will participate in 1 quarter of Health Education class. In this class we will discuss healthy choices and behaviors. Students will actively participate in lessons that promote healthy bodies, minds, and relationships.

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### Key Topics:
- Drug Use/Abuse Prevention-The Dangers Smoking and Vaping
- The Human Growth/Development- Changes During Adolescence and Puberty
- Disease Prevention- Communicable and Non-communicable Diseases and Healthy Lifestyle.

### Expectations:
The class runs for 1 Quarter of the school year either A day or B day.

### Photos:

- Students using the fat and muscle models in class.
- Students creating diagrams of effects of drugs on body.