

Integrated Wellness Affinity Group

This course will meet two days a week and incorporate skills-based health education practice and physical education activities for LGBTQ+ students. Through an inclusive lens, and specific to the needs of the LGBTQ+ community, students will engage in pragmatic skills-based health education. This curriculum will be aligned with the National Standards for Health Education and enhance health and reduce risk behaviors. Students will learn how to analyze influences on health behaviors and access valid and reliable information, products, and services. Through skills such as decision-making, communication, advocacy, and goal-setting, students will apply current content knowledge that affirms their identity and leads to lifelong positive wellness outcomes. The integrated approach will provide opportunities for students to engage in fitness and physical activities that support their overall wellness.