



COMMONWEALTH OF THE BAHAMAS

MINISTRY OF EDUCATION

Health & Family Life

ARTS & SCIENCES SECTION

National Pacing Guide

GRADES: 10-12

2022-2023

**Department of Education
National Pacing Guide: Grades 10-12
Health & Family Life
Senior High School (2022-2023)**

Term 1

Week	Grade 10		Grade 11		Grade 12
1	SMART Goals and Expectations	1	S.M.A.R.T Goals and Expectations	1	S.M.A.R.T Goals and Expectations
2	SMART Goals and Expectations	2	S.M.A.R.T Goals and Expectations	2	Decisions About Career ➤ Education and Training-Colleges, Universities, Technical/Vocational Schools, Certifications
3	Attitudes ➤ Respect and Values	3	Conflict Resolution and Violence Prevention	3	Finding the Right Career ➤ Exploring Career Possibilities ➤ Workplace Attitudes, Challenges, Work Environments, Personalities
4	Attitudes ➤ Respect and Values	4	Conflict Resolution and Violence Prevention	4	Creating a Career Portfolio
5	Group Cohesion-Team work	5	Abuse and Prevention ➤ Types of Abuse ➤ Preventing Abuse	5	Creating a Career Portfolio
6	Group Cohesion-Team work	6	Abuse and Prevention ➤ Types of Abuse Preventing Abuse	6	Personal Philosophy Statement
7	Building your Self-Esteem/Affirming Who I Am	7	Coping with Loss	7	Writing a Self-Biography
8	Building your Self-Esteem/Affirming Who I Am	8	Coping with Loss	8	Writing a Self-Biography

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Week	Grade 10	Week	Grade 11	Week	Grade 12
9	Managing Stress <ul style="list-style-type: none"> ➤ Types of Stress-Eustress/Distress 	9	Suicide Prevention	9	Applications <ul style="list-style-type: none"> ➤ College and Job
10	Managing Stress <ul style="list-style-type: none"> ➤ Types of Stress-Eustress/Distress 	10	Suicide Prevention	10	Resume Writing <ul style="list-style-type: none"> ➤ Types of Resumes
11	Mental and Emotional Health <ul style="list-style-type: none"> ➤ Expressing and Managing Emotions 	11	Relationships: <ul style="list-style-type: none"> ➤ Healthy/Unhealthy Relationships ➤ Types of Relationships 	11	Writing a Cover Letter/Letter of Application
12	Mental and Emotional Health <ul style="list-style-type: none"> ➤ Expressing and Managing Emotions 	12	Relationships: <ul style="list-style-type: none"> ➤ Healthy/Unhealthy Relationships ➤ Types of Relationships 	12	Formal Introductions <ul style="list-style-type: none"> ➤ Introducing Others and Self (Formally)
13	Using Good Communication Skills <ul style="list-style-type: none"> ➤ Types of Communication 	13	What is Dating? <ul style="list-style-type: none"> ➤ Reasons, Readiness, Types/Patterns of Dating 	13	Job Interviews <ul style="list-style-type: none"> ➤ Self-Presentation: Attire/Etiquette ➤ Interview Do's and Don'ts
14	Making Great Decisions <ul style="list-style-type: none"> ➤ S.O.D.A Model 	14	What is Dating? <ul style="list-style-type: none"> ➤ Reasons, Readiness, Types/Patterns of Dating 	14	Professionalism and Work Ethics

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Term 2

Week	Grade 10	Week	Grade 11	Week	Grade 12
1	Making Great Decisions ➤ S.O.D.A Model	1	Love and Commitment ➤ Defining Love and Infatuation-Telling the Difference	1	Professionalism and Work Ethics
2	Personal Care/Hygiene and Appearance	2	Love and Commitment ➤ Defining Love and Infatuation-Telling the Difference	2	Understanding Your Rights as a Worker
3	Personal Care/Hygiene and Appearance	3	Marriage ➤ Types of Marriages	3	Understanding Your Rights as a Worker
4	Understanding Sexuality ➤ Gender, Sex, Sexual Orientation	4	Marriage ➤ Types of Marriages	4	Money Management ➤ Living Expenses
5	Understanding Sexuality ➤ Gender, Sex, Sexual Orientation	5	Family Relationships ➤ Importance of Family Relationships ➤ Types of Families - Advantages/Disadvantages of Different Types of Families	5	Money Management ➤ Living Expenses
6	Risk of Adolescence Sexual Activity	6	Family Relationships ➤ Importance of Family Relationships ➤ Types of Families - Advantages/Disadvantages of Different Types of Families	6	Money Management ➤ Creating a Budget

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Term 2

Week	Grade 10	Week	Grade 11	Week	Grade 12
7	Risk of Adolescence Sexual Activity	7	Family Relationships <ul style="list-style-type: none"> ➤ Characteristics of Healthy Families ➤ Factors Affecting the Family and Coping with Family Problems 	7	Money Management <ul style="list-style-type: none"> ➤ Creating a Budget
8	Abstinence	8	Family Relationships <ul style="list-style-type: none"> ➤ Characteristics of Healthy Families ➤ Factors Affecting the Family and Coping with Family Problems 	8	Self -Governance
9	Abstinence	9	Meeting Your Nutritional Needs <ul style="list-style-type: none"> ➤ Healthy Eating-My Plate Model 	9	Self -Governance
10	Pregnancy Prevention	10	Meeting Your Nutritional Needs <ul style="list-style-type: none"> ➤ Healthy Eating-My Plate Model 	10	Marriage <ul style="list-style-type: none"> ➤ The Decision to Marry/Engagement ➤ Requirements for Marriage in The Bahamas
11	Pregnancy Prevention	11	Meeting Your Nutritional Needs <ul style="list-style-type: none"> ➤ Lifestyle Diseases 	11	Marriage <ul style="list-style-type: none"> ➤ The Decision to Marry/Engagement ➤ Requirements for Marriage in The Bahamas
12	Common STDs	12	Meeting Your Nutritional Needs <ul style="list-style-type: none"> ➤ Lifestyle Diseases 	12	Marriage <ul style="list-style-type: none"> ➤ Successful Marriages ➤ Divorce and Remarriage

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Term 3

Week	Grade 10	Week	Grade 11	Week	Grade 12
1	Common STDs	1	Eating Disorders ➤ Types of Eating Disorders	1	Marriage ➤ Successful Marriages ➤ Divorce and Remarriage
2	HIV and AIDS	2	Eating Disorders ➤ Types of Eating Disorders	2	Reproduction and Childbirth
3	HIV and AIDS	3	Drugs of Abuse	3	Reproduction and Childbirth
4	Media Literacy	4	Drugs of Abuse	4	Parenthood ➤ Responsibilities ➤ Effects of Parental Behaviour
5	The Dangers of Pornography	5	Alcoholism ➤ How Alcoholism Affects the Family and Society	5	Parenthood ➤ Responsibilities ➤ Effects of Parental Behaviour
6	Discrimination and Equality for All	6	Alcoholism ➤ How Alcoholism Affects the Family and Society	6	Parenthood ➤ Teenage Parenthood
7	Culture in The Bahamas	7	REVISION	7	Parenthood ➤ Teenage Parenthood