

ISLAMIC HEALTH WORKSHOP

Book: Islamic Health– Book I: Ages 9 & up by Dr. Amber Khan, D.O.

Motto for Elementary school health curriculum:

Allah is our Creator -- respect His creation!

4TH GRADE

4-6 Workshops

Unit A: Hygiene and Self-Care in Islam

- Section 1: Hygiene
- Section 2: Physical Health
- Section 3: Mental Health
- Section 4: Spiritual Health

5TH GRADE

4-6 Workshops

Unit A: Hygiene and Self-Care in Islam

- Section 1: Hygiene
- Section 2: Physical Health
- Section 3: Mental Health
- Section 4: Spiritual Health

Unit B: Menstruation(Girls only):

- Section 1: The Menstrual Cycle
- Section 2: Fiqh of Menstruation

Unit B: Onset of Puberty (Boys only):

- Section 1: Physical Health
- Section 2: Spiritual Health

Motto for Middle school health curriculum:

Accountability starts at puberty!

6TH GRADE

6-8 Workshops

Unit A: Hygiene and Self-Care in Islam

- Section 1: Hygiene
- Section 2: Physical Health
- Section 3: Mental Health
- Section 4: Spiritual Health

Unit B: Menstruation(Girls only)

- Section 1: The Menstrual Cycle
- Section 2: Fiqh of Menstruation

Unit B: Onset of Puberty (Boys only)

- Section 1: Physical Health
- Section 2: Spiritual Health

Unit C: Reproductive Health(Gender Segregated)

- Section 1: Puberty & Hygiene
- Section 2: Fiqh of Hygiene
- Section 3: Common Contagious Illnesses

Unit D: Physical Health

- Section 1: Obesity Epidemic
- Section 2: Nutrition
- Section 3: Fitness
- Section 4: Lifestyle Diseases

7TH GRADE

6-8 Workshops

Unit A: Hygiene and Self-Care in Islam

- Section 1: Hygiene
- Section 2: Physical Health
- Section 3: Mental Health
- Section 4: Spiritual Health

Unit B-1: Menstruation(Girls only):

- Section 1: The Menstrual Cycle
- Section 2: Fiqh of Menstruation

Unit B-2: Onset of Puberty (Boys only):

- Section 1: Physical Health
- Section 2: Spiritual Health

Unit C: Reproductive Health (Gender Segregated)

- Section 1: Puberty & Hygiene
- Section 2: Fiqh of Hygiene
- Section 3: Common Contagious Illnesses

Unit D: Physical Health

- Section 1: Obesity Epidemic
- Section 2: Nutrition
- Section 3: Fitness
- Section 4: Lifestyle Diseases

Unit E: Social Health

- Relationship Rights:
 - Section 1: Rights Between Muslims
 - Section 2: Rights Between Parent and Child
 - Section 3: Rights of Non-Muslims
- Community Relationships
 - Section 1: Helping the Poor, the Oppressed, & the Orphans
 - Section 2: Understanding Disabilities
 - Section 3: Environmental Responsibilities

8TH GRADE

6-8 Workshops

- Review
 - Unit A: Hygiene and Self-Care in Islam
 - We will do one or two workshops to review the above-stated topics in unit A.
 - Unit B-1: Menstruation (Girls-Only)
 - We will do one or two workshops to review the above-stated topics in unit B.
 - Unit B: Onset of Puberty (Boys-Only)
 - We will do one or two workshops to review the above-stated topics in unit B.
 - Unit C: Reproductive Health
 - We will do one or two workshops to review the above-stated topics in Unit C.
 - Unit D: Physical Health
 - We will do one or two workshops to review the above-stated topics in unit D.

- Unit E: Social Health

- We will do one or two workshops to review the above-stated topics in unit E.

Unit F: Mental Health

- Self-Esteem:
 - Section 1: Family Life
 - Section 2: Peers
 - Section 3: Body Image
 - Section 4: Mental Illness
- Entertainment
 - Section 1: Social Media
 - Section 2: Video Games

Motto for high school health curriculum:

Discussion breeds understanding!

9TH & 10TH GRADE:

8-10 workshops

For 9th & 10th graders, the following topics will be discussed, and the material will be provided to the teachers.

- Review of all the Units.
- Genderism
- Sexual Desire & Intimacy (Gender Segregated)
- Sexual Identity
- Sexual Violence
- Marriage
- Women's Rights Are Human Rights
- Allah Above All Else
- Mental Health & Illness
- Intoxicants

*** We will discuss a few topics in all the grades, such as Genderism, Sexual Orientation, Gender Identity, and LGBTQIA+ in the age-appropriate language and context.*