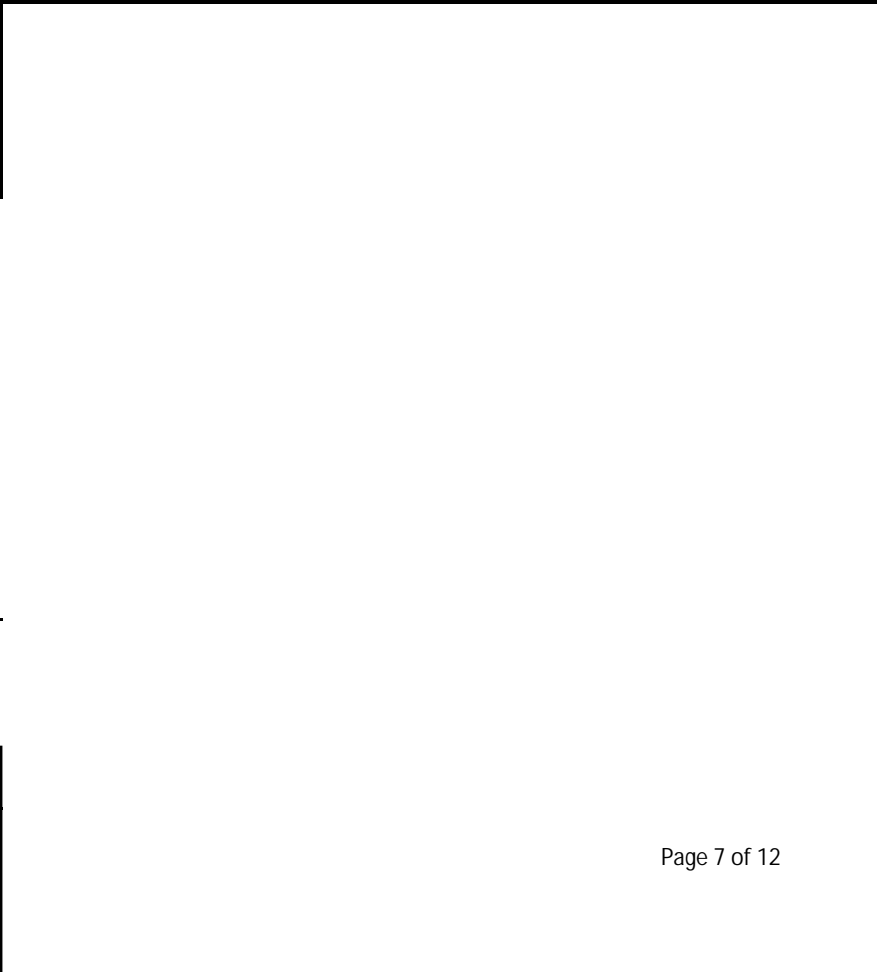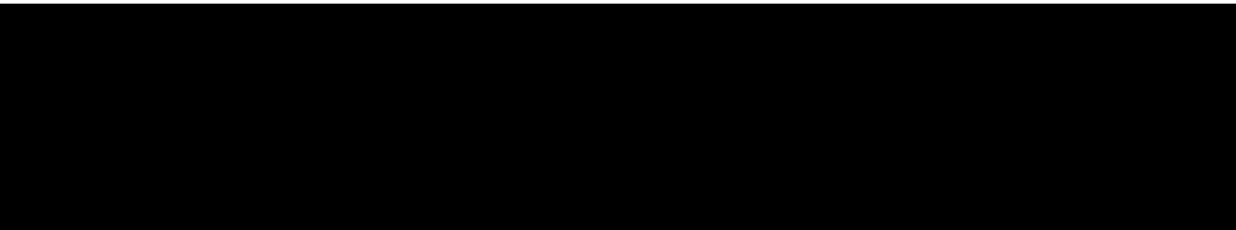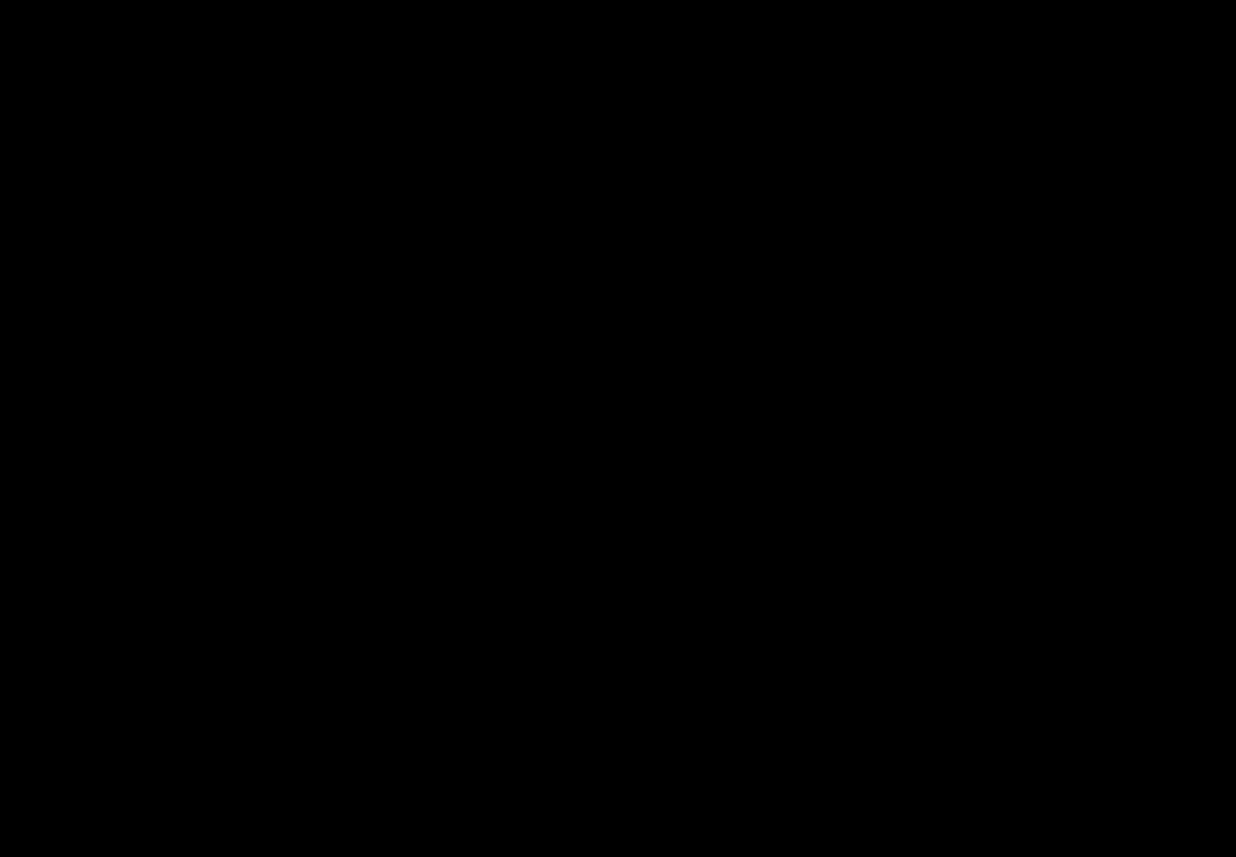|				
1	Lesson 1.1	Welcome to Health	Get to know each other Understand course structure and expectations Explore the definition of the word "health" Set class agreements		
2	Lesson 1.2			Learning Stations Worksheet	
3	Lesson 1.3	Introducing Health Skills	Review the dimensions of health Define healthy habits Identify the skills needed to live a healthy life	HealthyIt	
		My Personal Health and Wellness Project	Define and analyze the term "health" Personalize the health habits for each dimension of health Reflect on the dimensions of health		

Last Updated

			reliability of the resources used for research
			Complete project template with the following information:
			    CRAAP test for resources
			    Disease description
			    Disease prevention
			    Disease symptoms
			    Seeking health care
			    Community resources
			    Treatment options		

9	Lesson 2.5	Disease Information Project (cont.)	Students report out		H1.1(A), H1.1(B), H1.1(C)
10	Lesson 3.1	Goal Setting Skill Overview	Explore why setting goals is important for your health Utilize the SMART tool to create health goals Identify action steps to achieve goals	Goal Setting Quotes	
11	Lesson 3.2	Intro to Nutrition	Evaluate food labels to determine the nutritional content and value of foods Explore the nutritional differences between fresh or minimally processed food versus highly processed foods Revisit physical health goals and make revisions as needed	Sugar Sort Food Cards Navigating the Nutrition Facts Label Template Foldable Notes Cutout Page	H1.6(A), H1.8(A)

12	Lesson 3.3	Healthy Eating Strategies	Understand the importance of healthy eating strategies for adolescents Examine the impact of healthy and unhealthy dietary practices Demonstrate planning healthy meals Explore ways to have a healthy relationship with food Reflect on how goals can be used to build healthy eating habits	Harvard Healthy Eating Plate Image Resource Plan a Health Meal Activity	H1.6(B), H1.6(C)
13	Lesson 3.4	Physical Activity	Define physical activity, fitness, and the 4 components of fitness Explain the physical activity recommendations for health and disease prevention Examine the connection between nutrition, physical activity, and how the body functions		H1.7(B), H1.8(B)
14	Lesson 3.5	Goal Setting Project	Create visual representations of physical health related goals for 6 months, 1 year and 5 years Complete the project template by responding to the following questions: What is the specific goal? How will it be measured? Why is it relevant to you?		H1.6(C), H1.7(A)

15	Lesson 4.1	Communication Skill Overview	Define communication Identify types of communication Explore skills for effective communication Examine online communication pitfalls and strategies for avoiding miscommunication	Emotion Cards Activity I-Statements Worksheet Wright Family Active Listening Activity Communication Styles Worksheet	H1.2(B)
16	Lesson 4.2	Self-Awareness Skill Overview	Define empathy, resilience, and self-awareness Explain the importance of empathy, resilience, and self-awareness in communication and conflict resolution		

Analyze individual and environmental factors that influence whether a person develops a mental illness Identify signs that a person

			Summarize common health risks associated with taking medications List safe strategies for choosing and using medications	Medications Research worksheet Commonly Misused Medications Teacher Resource Misused Medications Teacher Resource Slides	
27	Lesson 5.6	Drug Abuse and Getting Help	Assess how different types of drugs endanger health Describe the impact of drugs on the brain and other body systems Explain the mental, social, and legal consequences of drug abuse Describe ways to prevent and get help for drug abuse and addiction	Commonly Abused Drugs Ranking Worksheet Commonly Abused Drugs Teacher REsource Slides Four Corners Refusal Skills Scenarios	H1.15(A), H1.15(B), H1.17(A),
28	Lesson 5.7	Analyzing Influences Project	Pick a behavior from the list Find valid and reliable resources Identify influencing factors Complete the project template by responding to the prompts on each slide		H1.16(A)
29	Lesson 6.1	Advocating for Health and Safety Skill Overview	Define advocacy Explore factors affecting community health Assess the health of your community	Assessing Community Health Worksheet	H1.16(B), H1.16(C)

35	Lesson 7.2	Dating/Romantic Relationships	Define Relationships Describe characteristics of healthy, unhealthy, and abusive relationships. Explore strategies for helping a friend	Relationship Spectrum Examples Activity 25 Ways to Prevent Teen Dating and Sexual Violence Handout Dating Romantic Relationship Scenarios LoveIsRespect Healthy Relationship Handout Relationship Spectrum Handout Warning Signs Handout	H1.18(A), H1.18(B), H1.19(B), H1.19(C), H1.19(H)
36	Lesson 7.3	Trafficking and Exploitation	Describe the characteristics of sex trafficking Describe the use of technology in recruiting young people for trafficking Explore strategies for staying safe online	Trafficking and Exploitation Statements Online Safety Activity Warning Signs Teacher Resource	H1.11(A), H1.19(A)
37	Lesson 7.4	Reproductive Anatomy and Pregnancy			

			of parenting and paternity Define Parent Explain the pathways to legal fatherhood	Benefits Cards Effective Team Parenting Handout	H1.21(J)
39	Lesson 7.6	Boundaries and Abstinence	Define personal boundaries Examine sexual abstinence and the relationship to boundaries Explore situations when it might be hard to maintain boundaries around sexual activity		

| | | | preventing sexually transmitted infections | | |

Define Consent and Refusal
Describe tooMC /LBodyc (oL5i).6 6()2.6 (arr)4.9 0 -1.14j/D33 esoL56 (oL5un(r)-6 (es)-2 a).6 6(c)8.