

Unit	Lesson	Lesson Objectives
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Alcohol, Tobacco, and other Drugs

Alcohol Use and Its Dangers

- Describe the effects of alcohol use on the human body.
- Explain the legal and social consequences of alcohol use.
- Analyze internal and external pressures to use alcohol.
- Explain when services are required for alcohol-related health issues.

Nicotine, Tobacco, and their Dangers

- Explain the impacts of nicotine and tobacco on the human body.
- Analyze the internal and external pressures to use nicotine and tobacco.
- Explain the legal and social consequences associated with nicotine and tobacco use.

Prescription, Nonprescription, and Illegal Drugs

- Explain the social and legal implications of using drugs.
- Analyze the internal and external pressures of using drugs.
- Describe the impact of drugs on the human body.
- Identify the different types of illegal and legal drugs.

A Substance-Free Lifestyle

- Identify treatment options for those suffering from alcoholism, nicotine dependency, and drug addiction.
- Explain health benefits of abstaining from or discontinuing use of alcohol, tobacco, and other drugs.
- Identify healthy alternatives to alcohol, tobacco, and other drug use.
- Identify strategies for preventing use of tobacco, alcohol, and other addictive substances.

Nutrition and Physical Activity

Guidelines for Healthy Eating

- Distinguish between facts and myths about nutrition.
- Describe the characteristics of a nutritionally balanced diet.
- Describe how nutritional needs change over time.
- Identify health-related social concerns related to unhealthy eating.

Nutrition and Health

- Use evidence from current scientific research to analyze the accuracy of health claims.
- Describe steps individuals can take to improve their diet.
- Explain how diet can be used to prevent and treat chronic disease.
- Explain how nutrition impacts health.

Nutrition and Physical Fitness in Your Community

- Describe ways that communities promote good nutrition and physical fitness.
- Explain how individuals can advocate for good nutrition and physical fitness.

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		<p>Choosing and Preparing Healthy Foods</p> <ul style="list-style-type: none"> Use nutrition information on food labels to compare and select products. Describe how to use a decision-making process to select healthy food and beverages. Explain proper food purchasing, preparation, and storage procedures. <p>Maintaining a Healthy Body Composition and Body Image</p> <ul style="list-style-type: none"> Describe why maintaining a healthy weight and body composition is important. Explain strategies an individual could use to maintain a healthy weight and body composition. Describe the causes, symptoms, and harmful effects of eating disorders. Analyze how the media influences perceptions about body image and attractiveness. <p>Physical Fitness and Health</p> <ul style="list-style-type: none"> Describe barriers to maintaining good physical health. Explain the characteristics of a safe physical fitness plan. Describe the risks and negative effects of performance-enhancing drugs. Explain how physical activity contributes to overall health. <p>Growth, Development, and Sexual Health</p> <p>Adolescence, Sexuality, and Reproductive Development</p> <ul style="list-style-type: none"> Explain the role of the endocrine system in adolescent development. Identify individual differences in sexual orientation. Describe factors that influence sexual development, relationships, and behaviors. Identify individual differences in gender identity. <p>Abstinence, Safe Sex, and Making Informed Decisions</p> <ul style="list-style-type: none"> Identify factors that influence one's perceptions about sexual activity. Identify ways to maintain sexual or reproductive health. Compare and contrast a variety of FDA-approved contraceptives. Describe the benefits of abstinence. <p>Conception, Pregnancy, and Birth</p> <ul style="list-style-type: none"> Describe practices that are important for the health of a pregnant woman and her fetus. Evaluate the physical, social, emotional, legal, and economic effects of teen pregnancy and parenting. Explain how conception occurs and the stages of pregnancy. <p>Sexually Transmitted Infections, HIV, and AIDS</p> <ul style="list-style-type: none"> Identify the effects of sexually transmitted infections. Describe medical care for sexually transmitted infections. Analyze reliable sources of information regarding sexual health. Identify methods to avoid or reduce the risk of a sexually transmitted infection.

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Mental and Emotional Health

The Importance of Mental and Emotional Health

- Identify lifestyle practices that contribute to positive mental and emotional health.
- Describe how social environments and relationships affect mental and emotional health.
- Describe characteristics of good mental and emotional health.

Mental and Emotional Problems

- Describe strategies for coping with mental health problems.
- Explain when it is appropriate to seek help with a mental health disorder.
- Identify factors that can influence mental health.
- Describe signs of common mental health conditions.

Stress and Stress Management

- Describe strategies for coping with stress.
- Identify signs, symptoms, and sources of stress.
- Describe the relationship between stress and physical and social health.

Grief, Loss, Depression, and Suicide

- Identify the warning signs and risk factors for depression and suicide.
- Explain how grief and loss may affect physical and social health.
- Describe strategies for coping with loss, depression, and suicidal thoughts.

Bullying

- Describe strategies for avoiding or dealing with bullying and harassment.
- Describe the effects of bullying and harassment on individuals and the community.
- Explain factors that influence bullying and harassment.

Seeking Help in Your Community

- Identify school and community mental health resources.
- Identify when it is necessary to seek professional mental health services.
- Identify the benefits of professional mental health resources.

Building Healthy Relationships

Skills for Healthy Relationships

- Describe strategies for communicating in healthy ways.
- Explain the role of empathy in building and maintaining healthy relationships.
- Identify character traits that promote healthy relationships.

Healthy Family Relationships

- Describe the characteristics of healthy family relationships.
- Explain how family relationships affect well-being.
- Identify common causes of conflict between family members.

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Understanding Relationships with Peers

- Describe the characteristics of healthy peer relationships.
- Identify common causes of conflict between peers.
- Explain how peer relationships affect well-being.
- Describe the positive and negative effects of social networking on peer relationships.

Healthy Relationships: Dating and Marriage

- Describe how to communicate effectively with a romantic partner.
- Explain the characteristics of a healthy romantic relationship.
- Describe the effects of being in an unhealthy romantic relationship.
- Describe strategies to prevent and respond to incidents of domestic violence.

Parenting

- Explain the responsibilities of parenting.
- Describe the positive and negative effects of parenting choices on a child.
- Describe the benefits of waiting to become a parent until adulthood.

Personal and Community Health

Communicable Diseases

- Identify laws, policies, and regulations that promote health and prevent disease.
- Identify strategies to detect, treat, and prevent communicable diseases.
- Describe the impact of global health issues on local communities.
- Identify the causes, symptoms, and risk factors related to communicable diseases.

Non-communicable Diseases

- Identify strategies for prevention, detection, and treatment of non-communicable diseases.
- Identify factors that influence non-communicable diseases.
- Identify the causes and symptoms of non-communicable diseases.

Preventative Medical and Dental Care

- Examine the role of communication in enhancing health.
- Identify the importance of regular medical and dental checkups, vaccinations, and examinations.
- Evaluate symptoms that may indicate the need for a medical or dental examination.

Personal Hygiene and Health

- Explain how adequate amounts of sleep relate to overall health.
- Describe the role of media and social influences on personal healthcare choices.
- Identify good personal hygiene practices.
- Describe the possible consequences of health behaviors and fads.

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		<p>Environmental Health and Safety</p> <ul style="list-style-type: none"> Identify global environmental concerns and how they affect personal health. Identify strategies to improve societal and environmental conditions that contribute to health. Explain the dangers of sun exposure and how to protect oneself from them. Identify public policies, programs, and regulations that promote health and prevent disease. <p>Making Informed Healthcare Decisions</p> <ul style="list-style-type: none"> Identify ways to be a responsible consumer of health products and services. Explain the importance of making informed healthcare decisions Identify strategies to evaluate information related to health products and services. <p>Health Care in the Community</p> <ul style="list-style-type: none"> Describe ways to support community health and wellness. Identify school and community health services. Identify how to locate health-related services in a community. <p>Injury Prevention and Safety</p> <p>Safety and Injury Prevention</p> <ul style="list-style-type: none"> Explain how to respond responsibly when an injury occurs. Explain the long-term consequences of serious injuries. Describe ways to reduce the risk of injury at home, at school, and in social situations. Describe actions taken by businesses and government to prevent injury. <p>First Aid</p> <ul style="list-style-type: none"> Explain how to respond when someone is choking. Identify the necessary steps to perform CPR on adults, children, and infants. Explain how to use an AED. Describe basic first-aid skills used to respond to an emergency. <p>Safe Driving Habits</p> <ul style="list-style-type: none"> Explain outside influences on driving behavior. Describe rules and laws intended to prevent injuries while traveling in a motor vehicle. Analyze the risks and responsibilities associated with teen driving. <p>Technology and Health</p> <ul style="list-style-type: none"> Analyze the effect of technology on family and community health. Analyze health messages delivered through media and technology. Explain how technology influences health status. <p>Disaster Preparedness</p> <ul style="list-style-type: none"> Identify key components of an emergency response or disaster preparedness plan. Analyze community resources for disaster preparedness. Identify ways to stay safe during natural disasters and emergency situations.

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Conflict Resolution and Decision-Making Skills

- Describe how to apply a thoughtful decision-making process to a dangerous, risky, or emotionally charged situation.
- Identify options that exist when communication fails or breaks down.
- Explain healthy communication and conflict resolution skills.
- Explain how to effectively respond to peer pressure.

Gang Violence

- Describe the characteristics of gangs and factors that affect gang involvement.
- Identify the effects of gang violence on individuals, families, and communities.
- Explain why it is risky and dangerous to belong to a gang.
- Describe ways to avoid dangerous situations related to gangs.

Sexual Harassment and Sexual Assault

- Identify resources that provide information, counseling, testing, and other information related to sexual violence and harassment.
- Explain the effects of sexual assault, sexual harassment, and molestation.
- Define sexual assault and sexual harassment.

Cumulative Exam