

Unit	Lesson	Lesson Objectives
Health and Wellness Basics		
Health and Wellness		
Analyze how influences such as heredity, environment, and culture impact health.		
Describe the six dimensions of health.		
Differentiate between health and wellness.		
A Healthy Lifestyle		
Describe how changes in lifestyle have affected health, wellness, and disease.		
Describe how individuals can address health problems and endorse health advocacy through education.		
Identify controllable and uncontrollable health risk factors and the behaviors that can cause them.		
Decision Making		
Analyze influences on people's decisions and describe the consequences of decision making.		
List the steps in the decision making process.		
Recommend the steps a person can take to address consequences caused by poor decision making.		
Setting Healthy Goals		
Develop an action plan to achieve a personal goal.		
Differentiate between long-term goals and short-term goals.		
Identify guidelines that should be followed when setting goals.		
Personal Care		
Analyze the importance of sleep hygiene for overall health.		
Describe personal strategies for minimizing potential harm from exposure to the Sun.		
Identify strategies for personal care and hygiene that promote health.		
Making Consumer Choices		
Analyze health messages delivered through advertisements in the media.		
Describe factors that influence consumer decisions about health products, procedures, and information.		
Explore the ways in which technology affects the accessibility and reliability of healthcare information.		
Making Wise Personal-Safety Decisions		
Develop strategies for preventing injuries at work and home.		
Discuss how climate and environmental conditions can influence the safety of recreational activities.		
Discuss the importance of safety precautions while engaging in water-based activities.		
Mental and Emotional Health		
Evaluating Mental and Emotional Health		
Describe how mental and emotional health fit into the stages of Maslow's hierarchy of needs.		
Explain how personality influences a person's overall mental and emotional health.		
Identify characteristics of good mental and emotional health.		

Unit	Lesson	Lesson Objectives
		<p>Managing Emotions</p> <ul style="list-style-type: none"> Compare and contrast positive and negative methods for managing emotions. Define and identify common emotions. Describe the impact of emotions on overall health. <p>Mental Health Disorders</p> <ul style="list-style-type: none"> Identify types of treatment and resources available for mental health disorders. Name various types of mental health disorders. Summarize the causes of mental health disorders. <p>Anxiety, Depression, and Suicide</p> <ul style="list-style-type: none"> Identify strategies for coping with the symptoms of anxiety. Identify strategies for coping with the symptoms of depression. List the warning signs of suicide and determine strategies for preventing suicide. <p>Stress and Health</p> <ul style="list-style-type: none"> Describe how people react to stress physically, emotionally, and behaviorally. Explain common sources of stress. Recognize the relationship between stress and disease. <p>Coping with Stress</p> <ul style="list-style-type: none"> Describe positive and negative strategies for coping with stress. Develop healthy behaviors that help reduce stress.
		<p>Family and Social Health</p> <p>Responding to Violence and Abuse</p> <ul style="list-style-type: none"> Describe how sources of conflict, violence, and abuse can be minimized. Identify strategies for remaining safe at home and in the community. Identify the causes and influences of various types of violence. <p>Family Relationships</p> <ul style="list-style-type: none"> Describe the importance of families and strategies for having health family relationships. Develop strategies for preventing, avoiding, and treating abuse and violence within the family. Examine how changes and challenges in the family impact health and wellness. <p>Healthy Friendships</p> <ul style="list-style-type: none"> Discuss resolutions for common difficulties that affect friendships. List strategies for forming, building and strengthening healthy friendships. Recognize different types of peer relationships and their effects on health. <p>Dating Relationships</p> <ul style="list-style-type: none"> Describe the pressures of a teen relationship. List characteristics of a healthy and safe dating relationship. Summarize the possible consequences of sexual activity for teens.

Unit	Lesson	Lesson Objectives
Tobacco, Alcohol, and Drugs		
Using Tobacco		
Describe the harmful substances in tobacco and tobacco smoke.		
Identify factors that contribute to tobacco use.		
Summarize the effects of tobacco use on family, finances and society.		
Dangers of Tobacco		
Describe the harmful effects of secondhand smoke, and the effects of tobacco on fetuses, infants and young children.		
Examine laws, policies, and practices that help prevent tobacco-related disease.		
Summarize the short-term and long-term health risks associated with tobacco use.		
Using Alcohol		
Define alcohol and identify serving size and legal amounts.		
Examine the negative consequences of alcohol use.		
Identify factors that influence decisions about alcohol use.		
Alcohol and the Body		
Describe alcoholism and its harmful affects on families and society.		
Describe the harmful effects of alcohol on a developing fetus.		
Describe the short-term and long-term effects of alcohol use on the body.		
Drugs as Medicine		
Describe the role of medicine in health promotion, disease prevention, and possible complications that may arise from taking them.		
Differentiate between prescription and over-the-counter medicines.		
List laws, policies, and practices that relate to the safe use of medicine.		
Illegal Drugs		
Describe why and how illegal drugs are abused.		
Differentiate between legal and illegal drugs.		
Identify commonly abused illegal drugs and their effects.		
Drug Use Risks		
Describe drug abuse and examine the health risks and consequences involved in using drugs.		
Describe how drug abuse affects the decision making process.		
Identify the ways that drug use and abuse negatively affect families, friends, communities, and society.		
Diseases and Disorders		
Defining Communicable Diseases		
Describe ways in which communicable diseases are spread.		
Identify the types of pathogens that cause communicable diseases.		
Name common treatments for communicable diseases.		

Unit	Lesson	Lesson Objectives
		<p>Preventing Communicable Diseases</p> <ul style="list-style-type: none"> Examine the ways the body protects itself against invading pathogens. Identify community resources available to help treat and prevent the spread of communicable diseases. List ways to care for the immune system and prevent the spread of diseases. <p>Common Communicable Diseases</p> <ul style="list-style-type: none"> Determine how medical technology has affected the health status of the world. Explain the causes, transmission, and treatment of common bacterial and viral diseases. Explain the causes, transmission, and treatment of common fungal, protozoan, and parasitic diseases. <p>Risks of Sexually Transmitted Infections</p> <ul style="list-style-type: none"> Describe how STIs are spread from one person to another and how to prevent the spread of STIs. Describe the prevalence of sexually transmitted infections and identify why teenagers are particularly at risk for being infected. Examine the responsibilities of people who think they may be infected with an STI. <p>Common Sexually Transmitted Infections</p> <ul style="list-style-type: none"> Describe the transmission, symptoms, and treatment for common STIs. Examine public health policies and practices regarding the prevention and treatment of STIs. List examples of ways in which STIs can damage a person's health, including the effects on a fetus. <p>Understanding HIV and AIDS</p> <ul style="list-style-type: none"> Describe how HIV infects and destroys the immune system. Describe the process of getting tested for HIV and the treatment for HIV infections and AIDS. Identify behaviors known to transmit HIV, and behaviors that do not transmit HIV. <p>Living with HIV and AIDS</p> <ul style="list-style-type: none"> Analyze the HIV/AIDS pandemic and strategies for improving the current global status. Describe the challenges of a person living with HIV/AIDS. Relate risk behaviors to the transmission of HIV and describe methods to prevent transmission. <p>Cardiovascular Diseases</p> <ul style="list-style-type: none"> Describe common types of cardiovascular disease. List ways to identify, treat, and prevent cardiovascular disease. Summarize how one's lifestyle can contribute to cardiovascular disease. <p>Cancer</p> <ul style="list-style-type: none"> Describe the causes and types of cancer. Explain methods for treating cancer and recognize the importance of early detection. Identify behaviors that put an individual at risk for developing cancer. <p>Common Noncommunicable Diseases</p> <ul style="list-style-type: none"> Describe noncommunicable diseases and the causes of noncommunicable diseases. Differentiate between the types of diabetes and their causes. List common hereditary diseases, immune disorders, and autoimmune diseases and methods for coping with them.

Unit	Lesson	Lesson Objectives
------	--------	-------------------

Disabilities

Define disability and describe mental and physical disabilities.

Describe laws and policies designed to accommodate individuals with disabilities.

Examine the challenges individuals with disabilities face.