

TX-Healthy Living		Scope and Sequence
Unit	Lesson	Objectives
Physical Health and Wellness		
Guidelines for Healthy Eating		
		Describe the characteristics of a nutritionally balanced diet.
		Describe how nutritional needs change over time.
		Identify health-related social concerns related to unhealthy eating.
		Distinguish between facts and myths about nutrition.
Nutrition and Health		
		Explain how nutrition impacts health.
		Explain how diet can be used to prevent and treat chronic disease.
		Describe steps individuals can take to improve their diet.
		Use evidence from current scientific research to analyze the accuracy of health claims.
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.
Choosing and Preparing Healthy Foods		
		Describe how to use a decision-making process to select healthy food and beverages.
		Explain proper food purchasing, preparation, and storage procedures.
		Use nutrition information on food labels to compare and select products.
Maintaining a Healthy Body Composition and Body Image		
		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.

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Physical Fitness and Health		Describe the causes, symptoms, and harmful effects of eating disorders.
		Analyze how the media influences perceptions about body image and attractiveness.
		Explain how physical activity contributes to overall health.
		Describe barriers to maintaining good physical health.
		Describe the risks and negative effects of performance-enhancing drugs.
First Aid		Explain the characteristics of a safe physical fitness plan.
		Identify the necessary steps to perform CPR on adults, children, and infants.
		Explain how to use an AED.
		Explain how to respond when someone is choking.
		Describe basic first-aid skills used to respond to an emergency.
Communicable Diseases		Identify the causes, symptoms, and risk factors related to 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.
Noncommunicable Diseases		Identify the causes and symptoms of noncommunicable diseases.
		Identify factors that influence noncommunicable diseases.
		Identify strategies for prevention, detection, and treatment of noncommunicable diseases.
Unit Test		

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Relationships and Mental Health		
Skills for Healthy Relationships		
		Identify character traits that promote healthy relationships.
		Describe strategies for communicating in healthy ways.
		Explain the role of empathy in building and maintaining healthy relationships.
Mental and Emotional Problems		
		Describe signs of common mental health conditions.
		Identify factors that can influence mental health.
		Describe strategies for coping with mental health problems.
		Explain when it is appropriate to seek help with a mental health disorder.
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 the effects of bullying and harassment on individuals and the community.
		Explain factors that influence bullying and harassment.
		Describe strategies for avoiding or dealing with bullying and harassment.
Understanding Cyberbullying		
		Identify the characteristics of cyberbullying.
		Evaluate the negative impact of inappropriate technology use.
		Analyze effective ways to deal with online harassment.

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	Staying Safe Online	
		Identify personal security guidelines.
		Explain how to use information and technology safely and responsibly.
	Gang Violence	
		Describe the characteristics of gangs and factors that affect gang involvement.
		Explain why it is risky and dangerous to belong to a gang.
		Identify the effects of gang violence on individuals, families, and communities.
		Describe ways to avoid dangerous situations related to gangs.
	Conflict Resolution and Decision-Making Skills	
		Explain healthy communication and conflict resolution skills.
		Describe how to apply a thoughtful decision-making process to a dangerous, risky, or emotionally charged situation.
		Explain how to effectively respond to peer pressure.
		Identify options that exist when communication fails or breaks down.
	Unit Test	
Alcohol, Tobacco, and Drugs		
	Alcohol Use and Its Dangers	
		Describe the effects of alcohol use on the human body.
		Analyze internal and external pressures to use alcohol.
		Explain the legal and social consequences of alcohol use.
		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.

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		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	
		Identify the different types of illegal and legal drugs.
		Describe the impact of drugs on the human body.
		Explain the social and legal implications of using drugs.
		Analyze the internal and external pressures to use drugs.
	A Substance-Free Lifestyle	
		Explain health benefits of abstaining from or discontinuing use of alcohol, tobacco, and other drugs.
		Identify strategies for preventing the use of tobacco, alcohol, and other addictive substances.
		Identify healthy alternatives to alcohol, tobacco, and other drug use.
		Identify treatment options for those suffering from alcoholism nicotine dependency, and drug addiction.
	Unit Test	
Dating and Marriage		
	Abstinence, Contraceptives, and Emotional Health	
		Analyze the importance of abstinence from sex and drugs.
		Analyze the effectiveness and risks of contraceptive methods.
		Identify effective strategies for gathering support from peers and adults about abstinence.
	Pressures, Boundaries, and Cyber Risks	
		Describe factors that increase sexual risk and situations that lead to sexual pressures.
		Identify the importance of setting and respecting boundaries.
		Identify the dangers of sending private pictures or messages through devices.

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	Traits of Healthy Relationships and Marriage	<p>Identify characteristics that contribute to healthy dating and romantic relationships and marriage.</p> <p>Describe how a healthy marriage can promote a nurturing environment for the development of children.</p> <p>Analyze how positive friendships can provide a strong foundation for healthy dating and romantic relationships.</p>
	Recognizing and Preventing Harmful Relationships	<p>Identify the characteristics of unhealthy relationships and explain how they can lead to violence.</p> <p>Analyze healthy strategies used to prevent abuse in relationships.</p> <p>Explain the importance of reporting harassment, abuse, and violence to a trusted adult.</p>
	Conception, Pregnancy, and Birth	<p>Explain how conception occurs and the stages of pregnancy.</p> <p>Describe practices that are important for the health of a pregnant woman and her fetus.</p> <p>Evaluate the physical, social, emotional, legal, and economic effects of teen pregnancy and parenting.</p>
	Parenting	<p>Explain the responsibilities of parenting.</p> <p>Describe the benefits of waiting to become a parent until adulthood.</p> <p>Describe the positive and negative effects of parenting choices on a child.</p>
	Understanding Sexually Transmitted Diseases	<p>Identify STDs and their symptoms.</p> <p>Describe how STDs are transmitted between individuals.</p> <p>Research the number of teens affected by STDs using federal data and interpret that data.</p>

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		Analyze the importance of attending regular check-ups, requesting tests for STDs, and seeking treatment.
	Healthy Family Relationships	
		Explain how family relationships affect well-being.
		Identify common causes of conflict between family members.
		Describe the characteristics of healthy family relationships.
	Human Trafficking in the US	
		Describe the scope of human trafficking in the US.
		Explain methods traffickers use to identify and recruit targets.
		Explain how to reduce the risk of human trafficking.
		Describe how to safely seek assistance if human trafficking is suspected.
	Unit Test	
	Cumulative Exam	
	Cumulative Exam Review	
	Cumulative Exam	