

UNIT 1-YOU AND YOUR HEALTH

Module 1: Your Health and Wellness

L1: Your Total Health

L2: Health Influences and Risk Factors

L3: Building Health Skills

L4: Making Decisions and Setting Goals

L5: Choosing Health Services



Module 2: Your Body Systems

L1: Your Skeletal and Muscular Systems

L2: Your Nervous System

L3: Your Circulatory and Respiratory Systems

L4: Your Digestive and Excretory Systems

L5: Your Endocrine System

L6: Your Immune System



Module 3: Personal Health Care

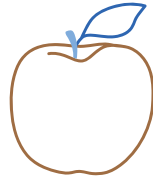
L1: Personal Hygiene and Consumer choices

L2: Taking care of Your Skin and Hair

L3: Caring for Your Mouth and Teeth

L4: Protecting Your Eyes and Ears



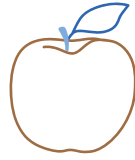


UNIT 2-PHYSICAL ACTIVITY AND FITNESS

Module 4: Physical Activity

- L1: Becoming Physically Fit
- L2: Creating Your Fitness Plan
- L3: Performing at Your Best
- L4: Preventing Sports Injuries





UNIT 3-NUTRITION

Module 5: Nutrition

MyPlate

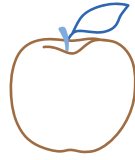
L1: Nutrients Your Body Needs

L2: Creating a Healthful Eating Plan

L3: Managing Your Weight

L4: Body Image and Eating Disorders





UNIT 4 - CPR AND SAFETY

Module 10: Safety

Hands Only CPR

Stop the Bleed

L1: Building Safe Habits

L2: Safety at Home and at School

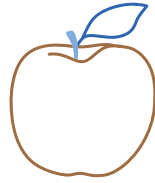
L3: Safety on the Road and Outdoors

L4: Personal Safety and Online Safety

L5: Weather Safety and Natural Disasters

L6: First Aid and Emergencies





UNIT 5-SUBSTANCE USE AND ADDICTION

Module 6: Tobacco

- L1: Facts about Tobacco
- L2: Health Risks of Tobacco Use
- L3: Costs of Tobacco use
- L4: Saying No to Tobacco Use



Module 7: Alcohol

- L1: Alcohol Use and Teens
- L2: Effects of Alcohol Use
- L3: Alcoholism and Alcohol Abuse



Module 8: Using Medicines Wisely

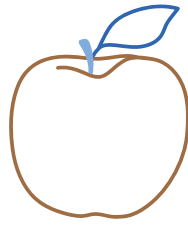
- L1: Types of Medicines
- L2: How Medicines Affect Your Body



Module 9: Drugs

- L1: Drug Use and Abuse
- L2: Types of Drugs and Their Effects
- L3: Staying Drug Free





UNIT 6-MENTAL/EMOTIONAL HEALTH

Module 15: Emotional Health

L1: Your Mental and Emotional Health

L2: Understanding Your Emotions

L3: Managing Stress

L4: Coping with Loss

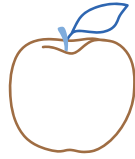


Module 16: Mental and Emotional Disorders

L1: Mental and Emotional Disorders

L2: Suicide Prevention

L3: Help for Mental and Emotional Disorders



UNIT 7-SOCIAL HEALTH VIOLENCE PREVENTION

Module 11: Social Health

- L1: Building Character
- L2: Practicing Communication Skills
- L3: Family Relationships
- L4: Peer Relationships



Module 12: Conflict Resolution

- L1: Conflicts in Your Life
- L2: The Nature of Conflicts
- L3: Conflict Resolution Skills
- L4: Peer Mediation



Module 14: Bullying and Cyberbullying

- L1: Bullying and Harassment
- L2: Cyberbullying
- L3: Strategies to Stop Bullying
- L4: Promoting Safe Schools



Module 13: Violence Prevention

- L1: Understanding Violence
- L2: Violence Prevention
- L3: Abuse
- L4: Preventing and Coping with Abuse



Module 17: Dating Relationships

- L1: Beginning to Date
- L2: Healthy Dating Relationships



UNIT 8-HUMAN GROWTH AND DEVELOPMENT

Module 18: The Life Cycle

L1: Changes During Puberty

L2: Male Reproductive Health

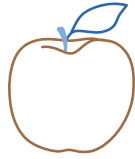
L3: Female Reproductive Health

L4: Infant and Child Development

L5: Staying Healthy as you Age



	OPT IN	OPT OUT
L1	Developing the Best Relationships	Reproductive System Venn Diagram
L2	Avoiding STDs and HIV/AIDS	The Menstrual Cycle
L3	Preventing Teen Pregnancy	Male Health Concerns
L4	Dealing with Pressure	Female Health Concerns
L5	Choosing The Best Path	How is the Human Baby similar to other mammals?
L6	Setting Boundaries	The Endocrine System
L7	Speaking Up	Growth and Development Wordsearch
L8	Being Assertive	Me in 10 Years



UNIT 9-DISEASES AND PREVENTION

Module 19: Noncommunicable Diseases

L1: Noncommunicable Diseases

L2: Cancer

L3: Heart and Circulatory Problems

L4: Diabetes and Arthritis

L5: Allergies and Asthma



Module 20: Communicable Diseases

L1: Preventing the Spread of Disease

L2: Communicable Diseases

L3: Sexually Transmitted Diseases

L4: HIV/AIDS