



Unit 1: Making Healthy Decisions

7 Days

Students will learn factors that will be used to evaluate overall health. Students will be able to understand and identify the aspects of health which include physical, mental, and social health. Students will be able to recognize that the choices they make now, whether healthy or not will affect their future. In class, students will collaborate and discuss the strategies that can influence a persons overall health. The students will be asked to create a personal goal that will be displayed in the classroom throughout the semester. The importance of creating, setting and acheiving goals both in and out of the classroom will not only help the students make healthy choices, but promote their own personality and self-esteem



Unit 2: Mental Health

20 Days

Students will be able to identify two factors that determine how personality develops and define personality. Students will create an "all about me" self evaluation project that illlustrate their own personality. Students will compare the effects of high and low self-esteem on health and identify ways to achieve and maintain high self-esteem. Students will describe what causes a person to experience stress. Students will explain how mental disorders are recognized and define anxiety and depression. Students will be able to recognize several warning signs and act upon situations of suicide, self-harm and clinical depression.



Unit 3: Social Health

9 Days

In this section, students will be introduced to violence as it pertains to fights, relationships, peer pressure and bullying. Students will participate in debates and collaborate in group work associated with all the different types of bullying. Students participate in role playing to identify potential fights, bullying and violence. Students will learn how to resolve conflicts without resorting to violence.



Unit 4: Nutrition & Fitness

10 days

Students will explain how the body obtains energy from foods and identify the six classes of nutrients. Students will analyze the information contained on food labels they bring to class of common foods they eat. Students will identify health problems associated with being overweight and underweight. Students will be able to label, describe, and give an example of each component of the FITT (frequency, intensity, time and type) formula.



Unit 5: Substance Abuse

20 Days

Students will describe how alcohol acts as a depressant in the body. Students will identify three major factors that influence underage drinking. Students will describe the long-term health risks of tobacco use and the dangers of being exposed to secondhand smoke. Students will define drug abuse and distinguish it from both appropriate use and misuse. The Students will compare the effects of depressants, stimulants, and hallucinogens on the body. Students will identify three treatment options for people who abuse drugs and the three steps you can take to stay drug free.



Unit 6: Human Development

20 Days

The students will describe the general roles of the endocrine system. The students will describe three functions of the male and female reproductive system and ways to keep it clean and healthy. Students will identify the three stages of the birth process. Students will identify skills that can help them choose abstinence. Students will describe behaviors that can help prevent the spread of sexually transmitted infections. Students will explore the symptoms and dangers of contracting a STI (sexually transmitted infections).