

Unit	Topic	Lesson	Objective1	Objective2	Objective3	Objective4	Objective5
Introduction to Your Health							
A Healthy Lifestyle							
		Your Health and Wellness	Explain how the nation's health goals relate to individual, family, and community health.	Describe the criteria for evaluating health information.	Understand the importance of health literacy for achieving and maintaining good health.		
		Health and Teens	Compare the major causes of death in the past with the major causes of death today.	Distinguish between controllable risk factors and uncontrollable risk factors.	Compare the major causes of death for teens with those for other age groups in the United States.	List the six health risk behaviors that lead to health problems in teens.	
		Promoting a Healthy Lifestyle	Demonstrate how to take responsibility for your health.	Analyze how influences such as heredity, environment, culture, media, and technology impact health.	Compare how health messages are delivered through media and technology.		
		Health in Your Community	Describe four ways society addresses health problems.	List three ways you can promote an issue to improve the health of others.			
Skills and Character							
		Building Health Skills	Demonstrate communication skills to build and maintain healthy relationships.	Describe refusal strategies and conflict resolution skills.	Formulate self-management strategies.	Assess influences on behavior.	Identify criteria for health information.
		Making Responsible Decisions and Setting Goals	Apply decision-making skills that promote individual, family, and community health.	Cite the advantages of seeking advice and feedback regarding decision-making skills.	Describe the process involved in choosing and achieving goals.		

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		Resisting Pressure from Others	State the people and groups that influence our behavior.	Identify three types of direct pressure.	Identify three types of indirect pressure.	State an example of each of the 12 types of refusal skills.	
Emotional and Mental Health							
	Mental Health						
		Building Your Self-Esteem	Define self-esteem.	List the benefits of high self-esteem.	Identify factors that influence the development of self-esteem.	Describe ways you can improve your self-esteem.	
		Your Mental and Emotional Health	Identify the characteristics of good mental and emotional health.	Develop ways to meet your needs in healthful ways.	Associate abstinence with emotional health.	Compare the relationship between mental health promotion and disease prevention.	
		Understanding Emotions	Identify the emotions that influence your overall health.	Examine changes that occur during adolescence.			
		Managing Emotions	Compare and contrast the positive and negative effects of peers, family, and friends on emotional health.	Demonstrate strategies for communication emotions and needs in healthful ways.			
Stress and Loss							
		Stress and Your Health	Describe five different causes of stress.	Describe the body's physical response to stress.	Differentiate between positive and negative stress.		
		Managing Stress	List personal causes of stress.	Apply refusal strategies for avoiding some stressful situations.	Discover strategies for managing stress.	Develop healthful behaviors that help reduce stress.	

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		Coping With Loss	Describe the effects of loss.	Name the stages of the grieving process.	Describe how funerals, wakes, and memorial services help people cope with the loss of a loved one.		
		Anxiety and Teen Depression	Identify symptoms of anxiety and depression.	Apply strategies for coping with anxiety and depression.	List warning signs of major depression that should prompt individuals to seek professional help.		
Mental and Emotional Problems							
		Mental Disorders	Name the different types of mental disorders.	Identify situations requiring professional mental health services.	discuss the types of mental disorders that affect our society.		
		Suicide Prevention	List the warning signs of suicide.	Determine strategies to prevent suicides and strategies for coping with depression.			
		Getting Help	Tell early detection and warning signs that prompt individuals of all ages to seek mental health care.	Describe methods for addressing critical mental health issues.	Select available mental health services in the community.		
Health and Nutrition							
Physical Fitness							
		Physical Fitness and Your Health	State the benefits of being fit.	Describe the five health-related components of physical fitness.	Summarize the role of skill-related fitness.		

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		Fitness and You	Describe the five areas of health-related fitness.	Improve each of the five areas of health-related fitness.			
		Planning a Personal Activity Program	Establish realistic fitness goals.	Develop a personal physical activity program.	Describe the basic principles of a physical activity program.		
		Exercising the Safe Way	Describe six ways to avoid sports injuries.	Identify four signs of overtraining.	Describe the RICE method of treating minor sports injuries.	State the dangers posed by the use of performance enhancing drugs.	
		Physical Activity Injuries	Analyze weather-related risks associated with various physical activities.	Describe how to prevent and respond to minor injuries related to physical activities.	Access physical activity injuries that require professional health services.		
		Sleep	Describe why sleep is an important part of your health.	List the effects of sleep deprivation.	Compare how the amount of sleep needed by teens differs from the amount needed by adults or children.	Identify the two different types of sleep.	
	Nutrition						
		Nutrition During the Teen Years	Analyze the relationship between nutrition, quality of life, and disease.	Evaluate various influences on food choices.	Describe the immediate and long-term benefits of nutrition on body systems.		
		Nutrients	Describe the functions of the six basic nutrients in maintaining health.	List nutrients in a variety of foods.	Explain the relationship between nutrition, health promotion, and disease prevention.		

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		Meeting Your Nutrition Needs	Describe what the Recommended Dietary Allowances (RDAs) are.	Analyze the nutritional value of a food by using the information on the food label.	Identify the purpose of the My Pyramid food guidance system and identify food from each of its food group.	Summarize the Dietary Guidelines for Americans.	
		Food and Healthy Living	Analyze the information on food labels.	Compose eating plans to meet changing nutritional requirements, such as special dietary needs and food allergies.	Describe the causes and prevention of food borne illness.		
Eating Behaviors, Weight, and Body Composition							
		Maintaining a Healthy Weight	Associate the relationships between body composition, diet, and fitness.	Describe the importance of maintaining a healthy weight to promote health and prevent disease.	Demonstrate healthful ways to manage weight.		
		Eating Disorders	Discuss the relationship between body image and eating disorders.	Describe the type of individual who is most at risk for an eating disorder.	List the symptoms and health dangers of the most common eating disorders.		
		Nutrition for Individual Needs	Access the specific nutritional needs of different groups.	Describe the proper nutrition for pregnant women, mothers, babies, and young children.	Demonstrate health-promoting behavior that will enhance and maintain wellness.		
		Preventing Food-Related Illnesses	Describe three of the most common digestive disorders.	Describe how diarrhea can be life threatening.	discuss how food allergies can affect health.	Identify a common cause of food intolerances.	

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Drugs							
	Understanding Drugs and Medicines						
		Drugs	List three qualities that make a drug useful as a medicine.	Name the two sources of all drugs.	Identify four different types of medicines and their effects on the body.	Identify five different ways that drugs can enter the body.	
		Drugs as Medicines	Describe the process by which drugs are approved for medical use.	State two reasons why prescriptions are required for some medicines.	State two factors to consider when choosing over-the-counter (OTC) medicines.	Describe three problems that can occur when taking some medicines.	
		Drugs and the Brain	Describe how drugs that affect the brain work.	State how drugs can affect a person's emotions.	Describe how addiction can develop from drug use.	Summarize the role of withdrawal in maintaining a drug addiction.	Describe why addiction is considered a treatable and avoidable disease.
	Alcohol						
		Alcohol Affects the Body	State why alcohol is considered a drug.	List the short-term effects of alcohol use.	Describe the long-term damage that alcohol does to the organs of the body.	Identify three reasons you should not drink alcohol.	
		Alcoholism Affects the Family and Society	State the differences between alcohol abuse and alcoholism.	Describe the stages in which alcoholism develops.	Identify the warning signs of alcoholism.	List three ways that alcohol use can have a negative effect on family life.	Describe how alcoholism affects society.
		Teens and Alcohol	Identify the role alcohol plays in teen driving accidents.	List the legal consequences of underage drinking.	Summarize how underage drinking can harm a teen's future.	List three ways you could refuse alcohol if it were offered to you.	Identify students groups and organizations that are involved in educating people about the dangers of alcohol.

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	Tobacco						
		Tobacco Use	List six types of tobacco products.	Identify the drug that makes all forms of tobacco addictive.	Name six dangerous chemicals found in tobacco smoke.	Identify four carcinogens found in smokeless and other forms of tobacco.	State the reasons why herbal cigarettes are not a healthy choice for teens.
		Choosing to Live Tobacco Free	discuss the benefits of a tobacco-free lifestyle.	Develop strategies for preventing tobacco use.	List community services that relate to the prevention of tobacco-related diseases.		
		Promoting a Smoke-Free Environment	Discuss the harmful effects of tobacco on fetuses, infants, and young children.	Examine laws, policies, and practices that help prevent tobacco-related disease.	Demonstrate ways of reducing tobacco-related illnesses and working to meet the nation's health goals.		
	Illegal Drugs						
		Drugs of Abuse	List six ways illegal drug use can be dangerous.	State five reasons a person might try illegal drugs.	Identify the reason drug abuse is especially dangerous to teens.	Describe two ways illegal drug use conflicts with your values and goals.	
		Marijuana, Inhalants, and Steroids	Identify the harmful effects of marijuana, inhalants, steroids, and other substances.	Develop strategies for avoiding the use of marijuana, inhalants, and steroids.			
		Psychoactive Drugs	Identify the harmful effects of psychoactive drugs on body systems.	Examine the role psychoactive drugs and other substances play in unsafe situations.	Discuss the importance of alternatives to drug and substance use.	Develop strategies for avoiding drug use.	

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		A Drug-Free Life	Summarize how drug abuse can negatively affect a person's life.	Identify the ways that drug abuse can affect a family.	List four ways that drug abuse impacts society.	Describe the principles that describe effective drug abuse treatment.	List five ways that you could refuse illegal drugs.
Relationships							
	Healthy Relationships						
		Foundations of Healthy Relationships	Compare and contrast the positive and negative effects of relationships with peers, family, and friends on physical, mental/emotional, and social health.	Demonstrate how to communicate needs, wants, and emotions in healthy ways.	Point out character traits that promote healthy relationships with peers, family, and friends.		
		Communicating Effectively	Compose the forms of communication, including passive, aggressive, or assertive communication.	Develop the communication skills you need to build healthy relationships with family, friends, peers, and others.	Demonstrate communication skill that show respect for self, family, friends, and others.		
		Resolving Conflict	Identify the causes of conflict.	Compare the relationships between the use of refusal skills and the avoidance of unsafe situations.	Explain healthful strategies for resolving conflicts and the effectiveness of conflict resolution techniques in various situations.		

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		Family Relationships					
		The Role of the Family	Describe the effects of family relationships on physical, mental/emotional, and social health.	Connect the roles of parents, grandparents, and other family members in promoting a healthy family.	Relate family roles and responsibilities to healthy behavior.		
		Change and the Family	Examine the effects of family relationships on physical and emotional health.	Predict the ways family events can impact health.	Describe issues related to death and grieving.	Analyze the causes and effects of stress within families and ways to manage stress.	
		Dealing with Family Crises	Identify health strategies that prevent emotional, physical, and sexual abuse.	Develop strategies for avoiding violence within the family.	Outline ways to break the cycle of violence.		
		Community Support Systems	List situations that require professional health services and how to access those services.	Develop conflict resolution techniques for various family situations.			
		Peer Relationships					
		Safe and Healthy Friendships	Compare the effects of peer relationships and friends on physical and emotional health.	List ways to form and strengthen healthy friendships.			
		Peer Pressure and Refusal Skills	Develop the skill you need for making responsible decisions under pressure.	Demonstrate the use of refusal skills and the avoidance of unsafe situations.			

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		Dating and Setting Limits	Identify behavior in a dating relationship that will enhance the dignity relating to marriage.	Establish strategies for maintaining safe and healthy dating relationships.			
		Abstinence: A Responsible Decision	Define abstinence from sexual activity as the preferred choice of behavior for unmarried persons of school age.	Summarize legal implication regarding sexual activity and prevention of pregnancy and sexually transmitted diseases.	Apply using avoidance techniques and refusal skill to reduce the risk of being pressured into sexual activity.		
Preventing Violence and Abuse							
		Personal Safety	Identify behaviors and strategies that enhance personal safety.	Examine ways to avoid and reduce threatening situations.	Discover strategies for safety at home and in the community.		
		Recognizing and Preventing Abuse	Identify abusive behavior.	Describe four types of abuse.	Summarize the effects of abuse.	Identify help that is available for those in abusive relationships.	List actions you can take to protect yourself form abuse.
		Protecting Yourself from Violence	Compare the causes and effects of violence.	Show influences on violence, such as the media and alcohol and other drugs.	Identify different types of violence and strategies for avoiding violence.	Develop strategies for avoiding gangs and weapons.	
		Sexual Abuse and Violence	Define sexual abuse.	Describe sexual harassment.	Describe facts about sexual assault and rape.	Name five things a person should do if he or she has been sexually assaulted.	List three ways you can protect yourself from sexual abuse and violence.
Diseases and Disorders							
Communicable Diseases							
		What are Communicable Diseases	Identify the types of pathogens that cause communicable diseases.	Describe the ways in which communicable diseases are spread.	Develop strategies to help prevent communicable diseases.		

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		Preventing Communicable Diseases	Examine the ways the body protects itself against invading pathogens.	Develop strategies for caring for your immune system and preventing disease.	Analyze the ways in which technology has impacted the world in the prevention of communicable diseases.	Identify health-related community services related to disease prevention.	
		Common Infectious Diseases	State why diseases affect everybody.	Identify two bacterial diseases, and describe their symptoms and ways that they are spread.	Identify two viral diseases, and describe their symptoms and ways that they are spread.	List examples of fungal, protozoan, and parasitic infections, and describe their symptoms.	Name two organizations in your community that help treat and prevent the spread of infectious diseases.
Non-Communicable Diseases							
		Lifestyle and Lifestyle Diseases	Describe how lifestyle can lead to diseases.	List four controllable and four uncontrollable risk factors for lifestyle diseases.	State two actions you can take now to lower your risk for developing a lifestyle disease later in life.		
		Cardiovascular Diseases	Summarize how one's lifestyle can contribute to cardiovascular diseases.	Describe four types of cardiovascular diseases.	Identify two ways to detect and two ways to treat cardiovascular diseases.	List four things you can do to lower your risk for cardiovascular diseases.	
		Cancer	Describe the causes and types of cancer and the treatments for cancer.	Discuss the importance of early detection and warning signs.	Identify health behaviors that put you at risk for developing cancer.	Develop strategies to prevent noncommunicable diseases.	
		Allergies, Asthma, Diabetes, and Arthritis	Describe the characteristics, symptoms, causes, and treatments of noncommunicable diseases.	Examine and implement health maintenance to prevent or manage noncommunicable diseases.	Develop strategies related to the prevention and management of noncommunicable diseases.		

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		Understanding Hereditary Diseases	Identify how genes are involved in hereditary diseases.	Compare the three different types of hereditary diseases.	Summarize three ways that a person with a genetic disease can cope with the disease.	Describe a future medical treatment for hereditary diseases.	
		Understanding Immune Disorders and Autoimmune Disorders	Compare immune disorders and autoimmune diseases.	Describe two types of immune disorders.	Describe two types of autoimmune diseases.	Summarize how people can cope with immune disorders and autoimmune diseases.	
		Understanding Disabilities	List three myths about disabilities.	Describe three different types of disabilities.	Identify two ways people cope with disabilities.	Identify one way that you can help create a positive environment for people with disabilities.	
STDs and HIV/AIDS							
		The Risk of STDs	Examine the role alcohol and other drugs play in relation to HIV/AIDS and STDs.	discuss the benefits of abstinence as it relates to the prevention of STDs.	Develop strategies to help prevent communicable diseases such as STDs.		
		Common STDs	Describe the symptoms and treatments for some common STDs.	List community health services that help with the prevention and treatment of STDs.	Examine public health policies and practices regarding STDs.	discuss the harmful effects of STDs on the fetus.	
		HIV and AIDS	Describe how HIV affects and destroys the immune system.	Identify behaviors known to transmit HIV.	Compare the relationships between unsafe behaviors, refusal skills, and the risk of HIV infection.		

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		Treatment for HIV and AIDS	Examine how technology has impacted the health of persons with HIV.	Identify world and community health services available for people living with HIV/AIDS.	Develop refusal skills and ways to avoid unsafe situations.		
Growth and Development							
Reproduction, Development, and Birth							
		The Beginning of the Life Cycle	Identify the stages of fetal development from conception through pregnancy and birth.	Explain how a pregnant female transfers nutrients and other substances to her fetus.			
		The Endocrine System	Describe the glands of the endocrine system and the function of each.	Examine the effects of health behaviors on the endocrine system.			
		Male Reproductive System	State the role of the male reproductive system.	Describe the function of each of the organs of the male reproductive system.	Summarize four problems that can occur with the male reproductive system.	List five things a male can do to keep his reproductive system healthy.	
		Female Reproductive System	State the role of the female reproductive system.	Describe the function of each of the organs of the female reproductive system.	Describe the changes in the body during the menstrual cycle.	Summarize four problems that can occur with the female reproductive system.	List five things a female can do to keep her reproductive system healthy.
		Prenatal Care	Examine prenatal care and proper nutrition for the baby and the mother.	Discuss the harmful effects of certain substances on the fetus, such as tobacco, alcohol, other drugs, and environmental hazards.	List complications during pregnancy such as miscarriage and stillbirth.		

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		Heredity and Genetics	Examine genetics and its role in fetal development.	Identify common genetic disorders.	Analyze genetic research and technology and their impact on the health of people with genetic disorders.		
		Infancy and Childhood	Identify the developmental tasks of childhood.	Discuss state laws and community services that provide vision and hearing screenings and immunization programs for children.			
Adolescence							
		Changes During Adolescence	Compare the physical changes that occur in boys and girls during adolescence.	Describe the mental and emotional changes that occur during adolescence.	Describe the social changes that occur during adolescence.	Identify added responsibilities teens have during adolescence.	
		Moving Toward Adulthood	Examine the positive effects of relationships with peers, family, and friends on physical and emotional health.	Identify the developmental tasks of adulthood.			
Marriage, Parenthood, and Families							
		Marriage	Describe the responsibilities of married partners.	List five things couples should discuss if they are considering marriage.	Name three difficulties that teenagers who are married may face.	Identify four ways in which a teen can cope with a divorce or remarriage in the family.	

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		Parenthood	Name three responsibilities of parenthood.	Identify how a parent's behaviors can affect his or her children.	Describe three traits you would like to develop before becoming a parent.		
		Families	Discuss why family relationships are important.	Describe different types of families.	Name the characteristics of healthy families.	State four ways to cope with family problems.	List three ways that you could help make your family healthier.
Personal Care and Body Systems							
Personal Care and Healthy Behaviors							
		Healthy Skin, Hair, and Nails	Describe the structure and functions of the skin.	Identify warning signs that lead to early detection of skin diseases.	Examine the effects of health behaviors of skin, hair, and nails.		
		Caring for the Teeth and Mouth	Label the parts of a tooth.	Describe the effects of health behaviors on prevention of diseases of the teeth and mouth.	Identify warning signs that prompt individuals to seek dental care.		
		Eye Care	Label the parts of the eye.	Explain how the eye forms visual images.	Examine the effects of health behaviors on the eye.	List different types of eye problems.	
		Ears and Hearing Protection	Label the parts of the ear.	Examine the effects of health behaviors on the ears and hearing.	List some problems of the ear.		
Skeletal, Muscular, and Nervous Systems							
		The Skeletal System	Describe the functions of the skeletal system.	Identify the main divisions and types of bones of the skeletal system.			

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		Caring for the Skeletal System	Examine health promotion and prevention of bone disorders.	Describe types of bone and joint injuries and strategies to prevent injuries that damage the skeletal system.			
		The Muscular System	Describe the functions of the muscular system.	Examine the different types of muscles in the body and the effects of health behaviors of the muscular system.	List problems of the muscular system.		
		The Nervous System	Describe the structure and function of neurons.	Examine the central nervous system, including the areas of the brain and the function of each.	Examine the peripheral nervous system, including the steps of a reflex action.		
		Caring for the Nervous System	Examine the effects of health behavior on the nervous system.	List different types of head and spinal cord injuries.	Define disease and disorders of the nervous system.		
Cardiovascular and Respiratory Systems							
		The Cardiovascular System	Describe the functions and structures of the cardiovascular system.	Show the circulation of blood throughout the heart and body.	List the structures and functions of the lymphatic system.		
		Caring for the Cardiovascular System	Discuss health promotion and prevention of cardiovascular disease.	Examine the effects of health behaviors on the cardiovascular and lymphatic systems.	Identify warning signs that prompt individuals to seek health care.		

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		The Respiratory System	Describe the functions and structures of the respiratory system.	Diagram the process of breathing.			
		Caring for the Respiratory System	Examine the effects of health behaviors on the respiratory system.	Identify warning signs that prompt individuals to seek care for respiratory problems.			
Digestive and Urinary Systems							
		The Digestive System	Describe the structures and functions of the digestive system.	Show the pathway of food through the digestive system.			
		Caring for the Digestive System	Examine the effects of health behaviors on the digestive system.	Identify the problems of the digestive system.			
		The Urinary System	Describe the structures and functions of the urinary system.	Examine the effects of health behaviors on the urinary system.	Identify the problems and warning signs of the urinary system.		
Injury Prevention and Environmental Health							
Injury Prevention and Safe Behaviors							
		Safety at Home and at Work	Develop strategies for preventing accidental injuries at home and at work.	Examine proper training and procedures to prevent accidental injuries.			

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		Recreation and Water Safety	Develop strategies for preventing accidental injuries that occur during recreational activities.	Examine the consequences of risk-taking during recreational activities			
		Safety on the Road	Develop strategies to prevent accidental injuries while driving or riding in a car or other vehicle.	Examine the consequences of risk-taking such as drinking and driving.			
		Weather Emergencies and Natural Disasters	Develop strategies to prevent accidental injuries during severe weather and natural disasters.	Examine the ways in which technology can increase the survival rate during a severe weather event.	Identify safety procedures that should be followed during a severe weather event or natural disaster.		
First Aid Emergencies							
		Providing First Aid	Examine the nation's goals for individual, family, and community health and appropriate first aid procedures.	Discuss the importance of learning first aid.	Develop strategies for responding to accidental injuries.		
		CPR and First Aid for Shock and Choking	Describe the steps for responding to life-threatening emergencies.	Demonstrate strategies for responding to an emergency situation requiring CPR.	Identify strategies of responding to a shock or choking victim.		

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		Responding to Common Emergencies	Identify strategies for responding to muscle, joint, and bone injuries.	Identify strategies for responding to injuries resulting in unconsciousness.	Examine strategies for responding to injuries such as animal bites, nosebleeds, and foreign object in the eye.		
		Treatment for Poisonings	Examine strategies for responding to injuries such as poisonings.	Identify strategies for responding to injuries such as bites and stings.	Identify strategies for responding to injuries caused by contact with poisonous plants.		
Environmental Health							
		Air Quality	Analyze the nation's environmental health goals and objectives.	Identify sources of air pollution and strategies for reducing it.	Examine information relating to a variety of critical environmental health issues.		
		Protecting Land and Water	Identify the sources of land and water pollution.	Examine the impact of population on community and world health.	Discuss the influence of laws on health-related environmental issues.	Identify strategies for reducing land and water pollution.	
		Advocating for a Healthy Environment	Define the terms conserving resources, precycling and recycling.	Develop strategies for protecting the environment.	Identify a variety of community and world environmental protection programs.		