

Unit	Lesson	Lesson Objectives
Alcohol, Tobacco, and Other Drugs		
Alcohol Use and Its Dangers		
Analyze internal and external pressures to use alcohol.		
Describe the effects of alcohol use on the human body.		
Explain the legal and social consequences of alcohol use.		
Explain when services are required for alcohol-related health issues.		
Nicotine, Tobacco, and their Dangers		
Analyze the internal and external pressures to use nicotine and tobacco.		
Explain the impacts of nicotine and tobacco on the human body.		
Explain the legal and social consequences associated with nicotine and tobacco use.		
Prescription, Nonprescription, and Illegal Drugs		
Analyze the internal and external pressure to use drugs.		
Describe the impact of drugs on the human body.		
Identify the different types of illegal and legal drugs.		
Explain the social and legal implications of using drugs.		
A Substance-Free Lifestyle		
Explain health benefits of abstaining from or discontinuing use of alcohol, tobacco, and other drugs.		
Identify healthy alternatives to alcohol, tobacco, and other drug use.		
Identify strategies for preventing use of tobacco, alcohol, and other addictive substances.		
Identify treatment options for those suffering from alcoholism nicotine dependency, and drug addiction.		
Nutrition and Physical Activity		
Guidelines for Healthy Eating		
Describe how nutritional needs change over time.		
Describe the characteristics of a nutritionally balanced diet.		
Distinguish between facts and myths about nutrition.		
Identify health-related social concerns related to unhealthy eating.		
Nutrition and Health		
Describe steps individuals can take to improve their diet.		
Explain how diet can be used to prevent and treat chronic disease.		
Explain how nutrition impacts health.		
Use evidence from current scientific research to analyze the accuracy of health claims.		
Nutrition and Physical Fitness in Your Community		
Explain how individuals can advocate for good nutrition and physical fitness.		
Describe ways that communities promote good nutrition and physical fitness.		

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		<p>Choosing and Preparing Healthy Foods</p> <ul style="list-style-type: none"> 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. <p>Maintaining a Healthy Body Composition and Body Image</p> <ul style="list-style-type: none"> Analyze how the media influences perceptions about body image and attractiveness. Describe the causes, symptoms, and harmful effects of eating disorders. 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. <p>Physical Fitness and Health</p> <ul style="list-style-type: none"> Describe barriers to maintaining good physical health. Describe the risks and negative effects of performance-enhancing drugs. Explain how physical activity contributes to overall health. Explain the characteristics of a safe physical fitness plan.
Growth, Development, and Sexual Health		
		<p>Puberty, Gender Identity, and Sexual Orientation</p> <ul style="list-style-type: none"> Describe factors that influence sexual development, relationships, and behaviors. Explain the role of the endocrine system in adolescent development. Identify individual differences in gender identity. Identify individual differences in sexual orientation. <p>Healthy Relationships: Dating and Marriage</p> <ul style="list-style-type: none"> Describe how to communicate effectively with a romantic partner. Describe strategies to prevent and respond to incidents of domestic violence. Describe the effects of being in an unhealthy romantic relationship. Explain the characteristics of a healthy romantic relationship. <p>Abstinence, Safe Sex, and Making Informed Decisions</p> <ul style="list-style-type: none"> Describe the benefits of abstinence. Compare and contrast a variety of FDA-approved contraceptives. Identify factors that influence one's perceptions about sexual activity. Identify ways to maintain sexual or reproductive health. <p>Sexual Harassment and Sexual Assault</p> <ul style="list-style-type: none"> Define sexual assault and sexual harassment. Explain the effects of sexual assault, sexual harassment, and molestation. Identify resources that provide information, counseling, testing, and other information related to sexual violence and harassment.

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		<p>Sexually Transmitted Infections, HIV, and AIDS</p> <ul style="list-style-type: none"> Analyze reliable sources of information regarding sexual health. Describe medical care for sexually transmitted infections. Identify methods to avoid or reduce the risk of a sexually transmitted infection. Identify the effects of sexually transmitted infections. <p>Conception, Pregnancy, and Birth</p> <ul style="list-style-type: none"> Describe practices that are important for the health of a pregnant woman and her fetus. Evaluate the physical, social, emotional, legal, and economic effects of teen pregnancy and parenting. Explain how conception occurs and the stages of pregnancy. <p>Parenting</p> <ul style="list-style-type: none"> Describe the benefits of waiting to become a parent until adulthood. Describe the positive and negative effects of parenting choices on a child. Explain the responsibilities of parenting.
Mental and Emotional Health		
		<p>The Importance of Mental and Emotional Health</p> <ul style="list-style-type: none"> Describe characteristics of good mental and emotional health. Describe how social environments and relationships affect mental and emotional health. Identify lifestyle practices that contribute to positive mental and emotional health. <p>Mental and Emotional Problems</p> <ul style="list-style-type: none"> Describe signs of common mental health conditions. Describe strategies for coping with mental health problems. Explain when it is appropriate to seek help with a mental health disorder. Identify factors that can influence mental health. <p>Stress and Stress Management</p> <ul style="list-style-type: none"> Describe the relationship between stress and physical and social health. Identify signs, symptoms, and sources of stress. Describe strategies for coping with stress. <p>Grief, Loss, Depression, and Suicide</p> <ul style="list-style-type: none"> Describe strategies for coping with loss, depression, and suicidal thoughts. Explain how grief and loss may affect physical and social health. Identify the warning signs and risk factors for depression and suicide. <p>Bullying</p> <ul style="list-style-type: none"> Describe strategies for avoiding or dealing with bullying and harassment. Describe the effects of bullying and harassment on individuals and the community. Explain factors that influence bullying and harassment.

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Seeking Help in Your Community		
<ul style="list-style-type: none"> Identify school and community mental health resources. Identify the benefits of professional mental health resources. Identify when it is necessary to seek professional mental health services. 		
Personal and Community Health		
Communicable Diseases		
<ul style="list-style-type: none"> Describe the impact of global health issues on local communities. Identify laws, policies, and regulations that promote health and prevent disease. Identify strategies to detect, treat, and prevent communicable diseases. Identify the causes, symptoms, and risk factors related to communicable diseases. 		
Non-communicable Diseases		
<ul style="list-style-type: none"> Identify factors that influence non-communicable diseases. Identify strategies for prevention, detection, and treatment of non-communicable diseases. Identify the causes and symptoms of non-communicable diseases. 		
Preventative Medical and Dental Care		
<ul style="list-style-type: none"> Evaluate symptoms that may indicate the need for a medical or dental examination. Examine the role of communication in enhancing health. Identify the importance of regular medical and dental checkups, vaccinations, and examinations. 		
Safety and Injury Prevention		
<ul style="list-style-type: none"> Describe actions taken by businesses and government to prevent injury. Describe ways to reduce the risk of injury at home, at school, and in social situations. Explain how to respond responsibly when an injury occurs. Explain the long-term consequences of serious injuries. 		
First Aid		
<ul style="list-style-type: none"> Describe basic first-aid skills used to respond to an emergency. Explain how to respond when someone is choking. Explain how to use an AED. Identify the necessary steps to perform CPR on adults, children, and infants. 		
Conflict Resolution and Decision-Making Skills		
<ul style="list-style-type: none"> 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. Explain healthy communication and conflict resolution skills. Identify options that exist when communication fails or breaks down. 		
Gang Violence		
<ul style="list-style-type: none"> 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. 		