

Grade 9 Health Scope and Sequence

Unit #	Name of Unit	Lessons
1	Introduction to Health	<ol style="list-style-type: none"> 1. Introduction to Health class; Community Building
2	Mental and Emotional Health	<ol style="list-style-type: none"> 1. The Origins of Stress 2. Understanding Stressors 3. Self-Care: Stress Management Techniques 4. Failure and Resiliency 5. Healthy Relationships/Communication 6. Communication pt. 2 7. Unit review and IHP slides
3	Addiction	<ol style="list-style-type: none"> 1. Understanding Substance Abuse and Addiction 2. Stigma 3. The First Day: analyzing the influence of peers, family and media 4. Refusal Skills and Allyship 5. Unit review IHP slides
4	Suicide Prevention	<ol style="list-style-type: none"> 1. The connection between depression and suicide 2. Understanding Risk Factors and Warning Signs 3. Practicing Self-Care
5	Human Sexuality	<ol style="list-style-type: none"> 1. Introduction to Human Sexuality 2. Anatomy/Reproduction 3. Gender/Shared Responsibility 4. SOGIE 5. Protection Methods (2) (3) 6. STIs 7. Analyzing Risk: Sexual Behaviors 8. Communication: Refusal and Negotiation 9. Social Media Literacy 10. Healthy/Unhealthy Relationships + Dating Violence 11. IHP 12. HIV/AIDS 13. LGBTQ + History 14. Reproductive Policies 15. Understanding Sexual Harrassment, Sexual Assault and Rape // Being an Active Bystander 16. Analyzing Consent Culture vs. Rape Culture 17. IHP