

## Grade 9

Unit #	Name of Unit	Content
1	Introduction to Health	<ol style="list-style-type: none"> <li>1. Introduction</li> <li>2. Building a Community</li> <li>3. Rights and Responsibilities</li> </ol>
2	Mental and Emotional Health	<ol style="list-style-type: none"> <li>1. Stress and Stress Management</li> <li>2. Resiliency</li> <li>3. Healthy Relationships</li> <li>4. Communication Skills</li> </ol>
3	Addiction	<ol style="list-style-type: none"> <li>1. Substance Abuse and Addiction</li> <li>2. Stigma</li> <li>3. Peer, Family, and Media Influences</li> <li>4. Refusal Skills and Allyship</li> </ol>
4	Suicide Prevention	<ol style="list-style-type: none"> <li>1. Depression</li> <li>2. Suicide</li> <li>3. Risk Factors and Protective Factors</li> <li>4. Warning Signs</li> </ol>
5	Human Sexuality	<ol style="list-style-type: none"> <li>1. Anatomy and Reproduction</li> <li>2. Consent</li> <li>3. STIs and Protection Methods</li> <li>4. Analyzing the Risk of Sexual Behaviors</li> <li>5. Gender and Sexual Identity</li> <li>6. Healthy and Unhealthy Relationships</li> <li>7. Communicating with Others</li> <li>8. Sexual Violence</li> <li>9. Active Bystanders</li> <li>10. Consent and Rape Culture</li> </ol>