

2026-2027 Middle School Health Scope and Sequence

Grade 6

Grade 6 units/lessons are taught in the science classroom

Botvin Life Skills
Grade 6: Botvin LifeSkills (15 - 18 days) Life Skills Training Book 1: Promoting Health and Personal Development • Self-Image and Self-Improvement • Making Decisions (2 days) • Smoking: Myths and Realities • Smoking and Biofeedback • Alcohol: Myths and Realities • Marijuana: Myths and Realities • Advertising • Violence and the Media (<i>optional</i>) • Coping with Anxiety (2 days) • Coping with Anger (<i>optional</i>) • Communication Skills • Social Skills A/B (2 days) • Assertiveness • Resolving Conflicts (<i>optional</i>) Requires pre and post data tracking.
Grade 6: HIV (2 days)
• HIV and The Immune System
Required Assessments
• Healthy Youth Survey Note: The healthy youth survey is administered in partnership with student services. Specific information on dates and administration requirements will be shared by Joe Neigel.

Grade 7

Grade 7 units/lessons are taught in the science classroom

Botvin Life Skills
Grade 7: Botvin LifeSkills (10-12 days) Life Skills Training Book 2: Promoting Health and Personal Development • Drug Abuse and Violence: Causes & Effects • Making Decisions • Media Influences • Coping with Anxiety (2 days) • Coping with Anger (<i>optional</i>) • Communication Skills • Social Skills • Assertiveness • Resolving Conflicts (<i>optional</i>)

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Resisting Peer Pressure (2 days)
Grade 7: HIV/AIDS
Grade 7 HIV/AIDS Education and Prevention (2 days)
Grade 7: High School and Beyond Planning*
<u>SchoolLinks Platform</u> (2-3 days) - Career Interest Inventory: - Goal Setting - Foundational Exploration
*May be completed outside of the science course based on building scheduling.

Grade 8

Grade 8 units/lessons are taught in the semester long health course.

Botvin Life Skills
<u>Grade 8: Botvin Life Skills</u> Life Skills Training Book 3: Promoting Health and Personal Development - Drug abuse: Causes and Effects (<i>optional</i>) - Making Decisions - Media Influences (<i>optional</i>) - Coping with Anxiety - Coping with Anger (<i>optional</i>) - Social Skills - Assertiveness - Resolving Conflicts (<i>optional</i>) - Resisting Peer Pressure
ETR HealthSmart
<u>Intro to Health</u> (4-5 Days) - EMH Lesson 1: Dimensions of Health - EMH Lesson 2: Classroom Rules & Responsibilities Note: this will be replaced with teacher driven lessons on expectations, rules, procedures - APPH Lesson 1: Staying Healthy for a Lifetime - EMH Lesson 4: Qualities of Healthy Relationships
<u>Emotional & Mental Health</u> (9-12 days) - EMH Lesson 3: Being Emotionally Healthy - EMH Lesson 6: Expressing Feelings in Healthy Ways - EMH Lesson 8: Getting Help for Troublesome Feelings - EMH Lesson 9: What is Stress? - EMH Lesson 13: Social Media & Emotional Health

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- NPA Lesson 11: Body Image Basics
- NPA Lesson 13: Eating Disorders
- **Signs Of Suicide - Counselor Directed Lesson****

Tobacco, Alcohol, and Other Drug Prevention (5-7 days)

- TAP Lesson 2: Alcohol: What's the Truth
- TAP Lesson 3: Vaping & Tobacco: What's the Truth
- TAP Lesson 13: Tobacco Companies: Are they Targeting Youth?
- TAP Lesson 4: Marijuana: What's the Truth
- TAP Lesson 5: Medicines: What's the Truth (20 min. lesson)
- TAP Lesson 7: Opioids: What's the Truth

HIV, STI & Pregnancy Prevention (12 - 15 days)**

- ABST Lesson 7: Puberty
- ABST Lesson 6: A Body with a Penis
- ABST Lesson 5: A Body with a Vagina
- ABST Lesson 8: The Menstrual Cycle & Pregnancy
- HIV Lesson 5: Reproduction & Teen Pregnancy
- HIV Lesson 14: Preventing Pregnancy
- HIV/STI: Lesson 4 Healthy Romantic Relationships
- ABST Lesson 14: Resisting Sexual Pressure
- ABST Lesson 3: Protecting my Body from Disease
- HIV/STI Lesson 6: STI Facts
- HIV/STI Lesson 8: STI & Responsible Actions
- HIV/STI Lesson 7: HIV Facts
- HIV/STI Lesson 12: Using Condoms for Safer Sex
- ABST Lesson 9: Taking Care of Sexual Health
- ABST Lesson 11: Benefits of Abstinence

Personal Safety and Violence Prevention (8-10 days)

- Harassment
- Sex Crimes
- Situational Awareness
- Internet Safety
- Hands-on training
- Hands-on simulation
- VIP Lesson 16: Dealing with Unwanted Touch
- VIP Lesson 17: Understanding Sexual Abuse
- HIV/STI Lesson 3: What is Affirmative Consent

** Prior notice must be given to families at least one week in advance before beginning sexual health lessons. In addition, parents should also be given notice prior to Signs of Suicide instruction. Sexual health instruction cannot begin before 11/1/2026.

Grade 8: Fentanyl Education and Prevention

- Friends for Life Middle School lesson: Facts About Fentanyl

Grade 8: High School and Beyond Planning

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SchoolLinks Platform (4-5 days)

- Career Interest/Exploration
- Career and Education Goals
- Grade 9 Course Planning
- Graduation planning
- College Bound

*May be completed outside of the science course based on building scheduling.

OSPI Required Assessments

- Healthy Youth Survey
- [Sara's Story](#)

Note: The healthy youth survey is administered in partnership with student services. Specific information on dates and administration requirements will be shared by Joe Neigel. Sara's Story should be completed in each semester course and entered into Skyward. For questions related to scoring and administration, contact Learning & Teaching.