High School Health Education Units

Textbook:

UNITS:
1. Foundations (8-10 days)
2. Physical Health/Disease (12-16 days)
3. Mental/Emotional Health (9-10 days)
4. Social Health (11 days)
5. Sexual Health (17-20 days)
6. Drugs (15-19 days)

Unit #1: Foundations (8-10 days)
1. Intro/Syllabus
2. Health Triangle
3. Life Expectancy (3 days) worldlifeexpectancy.com
4. Health Assessments
5. Risk Analysis
6. Life Styles/Sleep- Physical & Emotional (1/2 day)
7. Health Skills
8. Decision Making/Goal Setting
9. Influences
10. Public Health (1/2 day)
11. Health Careers

Unit #2: Physical Health/Diseases (12-16 days)
1. Intro/pre-test
2. Diseases (2-3 days)
   a. Communicable
   b. Non-communicable
3. Nutrition (5-6 days)
   a. Food Choices
   b. Basic Nutrients
   c. Labels
   d. Pyramid/My. Plate
   e. Weight Management- fad diets, body image, disease prevention
4. Exercise/Activities (2-3 days)
   a. Benefit
   b. Disease Prevention
Unit #3: Mental Health (9-10 days)
1. Intro/Pre-test
2. Health Characteristics (2 days)
   a. Maslow’s
   b. Self-esteem
   c. Role Models
3. Emotions (3 days)
   a. Empathy, resilience, apathy, and anger
   b. Grief and death/dying
   c. Defense Mechanisms
4. Stress (2 days)
   a. Fight or Flight
   b. Long-term Effects
5. Mental Disorders (3 days)
   a. Depression
   b. Suicide

Unit #4: Social Health (11 days)
1. Intro/Pre-test
2. Decorum/ tact- dress, interview skills
3. Communication
   a. verbal/non-verbal and listening
   b. refusal skills and conflict resolution
4. Bullying/Cyber Bullying
5. Relationships
   a. Friends, families, peers, dating
   b. Dynamics
   c. Abuse- physical, verbal, emotional

Unit #5: Sexuality (17-20 days)
1. Intro/Pre-test
2. Adolescence(1-2 days)
   a. Endocrine System
   b. Puberty (video on our website)
3. Male & Female (4-5 days)
   a. Parts- Ovulation and Menstruation
   b. Care
   c. Problems
4. Pregnancy (2 days)
5. Child Birth (2 days)
6. Issues (4 days)
   a. Urges- control, petting, continuum
   b. Safe Haven, adoption, abortion, contraception, abstinence
7. STDs (1 day)
8. Unhealthy Situations (2-3 days)
   a. Dating
   b. Sexual abuse, harassment, assault, date rape/drugs, sexting, pedophiles
Middle School Health Education Units

Textbook:

UNITS:
1. Foundations (10-14 days)
2. Physical Health/Disease (20-30 days)
3. Mental/Emotional Health (9-14 days)
4. Sexual Health (8-13 days)
5. Drugs (13-22 days)
6. Social Health (9-13 days) *optional due to aMAZE/Man Up

Unit #1: Foundations (10-14 days)
1. Ice Breaker/Intro/Syllabus (2-3 days)
2. Health Triangle (3-5 days)
3. Decision making (1-2 days)
4. Hygiene (1 day)
5. Goal Setting (2 days)
6. Self Assessment (with health triangle)
7. Risk-Consequence (1 day)

Unit #2: Physical Health/Diseases (20-30 days)
1. Fitness (5-7 days)
   a. Cardiovascular/Respiratory (1-2 days)
   b. Skeletal (1 day)
   c. Muscular (1 day)
   d. Components of fitness (1-2 days)
   e. Workout Structure/Phases, safety, hydration, technique (1 day)
   f. Opportunities/ goal setting
2. Nutrition (11-17 days)
   a. Digestive system ( 1 day)
   b. Nutrients (1-2 days)
   c. Food Labels (2 days)
   d. Calories (1 day)
   e. Portion Sizes/My Plate (2 days)
   f. Fast Food (2-4 days)
   g. Vegan/Vegetarian (0-1 days)
   h. Food Safety (1 day)
   i. Eating Disorders (1-2 days)
   j. Food Inc (0-1 days)
3. Disease (46 days)
   a. Non-communicable (2-3 days)
   b. Communicable (2-3 days)
Unit #3: Mental Health (9-14 days)
1. Self-esteem/confidence (1-2 days)
2. Depression, suicide, school violence, Self-harm, anxiety, mood disorders (5-7 days)
3. Addiction (1 day)
4. Stress Management (1-3 days)
5. Loss and grief (1 day)

Unit #4: Substances (13-22 days)
1. Introduction/Categories of Drugs (1-2 days)
2. Alcohol (3-4 days)
3. Tobacco (3-4 days)
4. Medicine (1-2 days)
5. Marijuana (1-3 days)
6. Methamphetamine (0-1 days)
7. Inhalants (1 day)
8. Crack/cocaine (0-1 days)
9. Steroids (1-2 days)
10. Natural High (1 day)
11. Effects on nervous system (1 day)

Unit #5: Sexual Health (8-13 days)
1. Puberty (1 day)
2. Reproductive system (care and concerns) (3-5 days)
3. STDs (2 days)
4. Contraceptives (1 day)
5. Toxic dating relationships (1 day)
6. Pregnancy and childbirth (1-2 days)
7. Abstinence (0-2 days)
8. Teen pregnancy issues, adoption, safe-haven, etc (1 day)
Unit #6: Drugs (15-19 days)

1. Intro/Pre-test/Foundations (3 days)
   a. Addiction
   b. Medicine types
   c. FDA
   d. Drugs vs. Medicine
   e. Gateway drugs
   f. Categories: rec-street-hardcore
   g. Tolerance

2. Alcohol (3-4 days)
   a. Define
   b. Types
   c. History
   d. Binge/poisoning
   e. Effects- short & long term, metabolism
   f. Influences- individual
   g. Safety

3. Tobacco (2-3 days)
   a. Define
   b. Types
   c. History
   d. Effects- short & long term
   e. Social consequences

4. Medicine (2 days)
   a. Types
   b. Purposes
   c. Benefits
   d. Interactions
   e. OTC vs. Prescription
   f. Labels
   g. Safe use
   h. Legal- school & laws

5. Other Drugs (3-4 days)
   a. Define
   b. Types
   c. Effects- short & long term
   d. Legal issues
   e. Other drugs to cover...synthetics, marijuana, hallucinogens, club drugs, depressants, stimulants, opiates, steroids

6. Addiction/Rehab/Detox (2-3 days)
   a. Speaker: Rosecrance
   b. Types: physical and psychological
   c. Cycle, recognition and treatment