

Health Education Today – Unit Outline



Here are a few of the detailed activities included:

INCLUDES 10 UNITS:

EATHY RELATIONSHIPS AND WELLNESS:

1. "I will learn the traits of a good friend."

- What is a "true" friend?
- Ways to meet a new friend
- Optional baking cookies intro
- "Friendship Recipe"

2. "I will recognize the traits of a healthy and unhealthy relationships."

- "Healthy Versus Unhealthy Traits in a Relationship Survey"
- Healthy Relationship Posters"

3. "I will learn how to assertively stand up to peer pressures."

- Top 10 Pressure Lines Quiz"
- Passive, assertive and aggressive traits, and their consequences
- How can being passive hurt you?
- "Are You Too Nice?" video
- How can being aggressive hurt you?
- "Pressure Line Flip Up Posters"

4. "I will learn and practice good, assertive refusal skills."

- "Assertiveness Role-Plays"
- How to resist pressure

5. "I will learn conflict resolution skills and practice "I" statements."

- What can be wrong with anger?
- "'I' Statements Worksheet"
- "I Statements" related to school posters
- Agreeing in the right way

NUTRITION:

6. "I will understand why servings size, fats, and sugars on a food label are important."

- Optional "Food Label Reading Full Lesson" ★NEW U.S.D.S. Food Labels!★
- Food label video
- "Why Are So Many Americans Overweight" discussion
- -"Sugar in Baggies" experiment

7. "I will be able to figure out if a product is 'healthy' or not."

- Analyzing food products
- "Is this Product Healthy?" cube art

8. "I will learn what food groups are required, and then analyze my eating for one day to see if I get the correct amounts."

- Eating healthy from the food groups
- Food Logs and analyzing own eating!
- "Portion Distortion Slide Show"
- "My Own Personalized Food Pyramid"

9. "I will understand why calcium is important and see if I am getting enough daily."

- Counting the calcium I ate/drunk in a day
- "Skeletal Self-Portrait"
- "Human Body Quiz"

10. "I will learn what eating habits are unhealthy and determine any unhealthy eating habits I have."

- Habits survey and goal
- Habits video
- Have Parents Take the Healthy Eating Survey"
- "Fuel Up to Play 60" program intro
- FITT plans information and worksheet included

SEXUAL HEALTH:

11. "I will learn the characteristics of puberty and know that they're normal."

- Girls and puberty information / Boys and puberty information
- Optional: I included my Middle School Sex Ed. Full lessons and PowerPoint on reproduction, abstinence, reproductive anatomy
- "Puberty Parent-Student Homework"

12. "I will learn the importance of good hygiene during puberty."

- Sweat, body odor, and feet!
- Videos
- Kids Health website navigation
- "Dear Josh" letter assignment

13. "I will learn the importance of good hygiene for teeth and hair."

- Optional videos
- How to brush teeth video
- Shampoo and toothpaste survey
- Optional shampoo and hair type chart

14. "I will understand truths about what the HIV virus is and how it is spread."

- "HIV/AIDS Quiz"
- "HIV Myths and Truths"
- "HIV Survey"
- Background information on AIDS included

FAMILY GENETICS, DISEASE and AND WELLNESS:

15. "I will learn what illnesses are in my own family genetics."

- Link to 5 FREE lessons on genetics!
- "Family Medical History Homework"
- Overcoming challenges from Covid-19

SAFETY AND FIRST AID:

16. "I will coordinate an emergency plan for my family."

- Coordinating an emergency plan with family homework
- Website examples of safety plans

17. "I will know how to correctly apply basic first aid for common conditions."

- Funny intro of what NOT to do for first aid!
- First aid scenarios and videos
- First aid practice
- "First Aid Poems"

SOCIAL EMOTIONAL HEALTH:

18. "I will learn how to relieve stress in healthy ways."

- Stress for a 5th grader
- The 3 "Outs" to relieve stress
- "Animal Stress Stories"
- Optional videos on the brain and stress and stress management
- Sharing "Animal Stories" with another class at school

SUBSTANCE USE:

19. "I will learn the dangers of alcohol."

- Alcohol dangers
- "Alcohol Dangers Puzzle"
- Optional video

20. "I will understand the dangers of over-the-counter drugs."

- What are "Over the Counter Medicine" dangers
- "Medicine Cabinet Dangers Poster"
- Videos
- Optional info commercials

21. "I will understand the dangers of drugs."

- The dangers of drugs
- Videos
- "Walking Through the Door into the Drug World Posters"
- Real examples included

SELF-ESTEEM AND EMPATHY SKILLS:

22. "I will celebrate my family heritage and culture."

- Being thankful for my family!
- Inspiring videos
- Family shields project

23. **"I will respect, and be proud of, differences and have empathy for everyone."**

- Meaning of a quote
- Being different poem
- "Respect Questions"
- Video

24. **"I will know what to do if I am bullied or I see bullying."**

- "HAHASO Model" of what to do if bullying is happening at your school
- Videos
- "Stop Bullying/Making Your Voice Count Quilt"

MEDIA LITERACY AND DECISION-MAKING SKILLS:

25. "I will learn the key to not being manipulated at the grocery store."

- Grocery store manipulation
- Advertisers manipulation of buyers
- Video
- Product comparisons

26. "I will learn rules to help me determine if a magazine ad reflects the truth."

- Fast food product reality video!
- 10 Things you like about yourself
- "Triangle Project"

27. "I will gain decision-making skills."

- The WWWWH Decision-making model
- True Stories of poor decisions

28. "I will recognize technology dangers and how to avoid them."

- "Internet Safety Rules"
- Real stories video clips
- Suggested online rules with parent signature

29. "I will know how to determine if a website is reliable or not."

- How to know which websites to trust
- Videos

UNIT REVIEW AND ASSESSMENT:

30."I will review everything I learned this year and set some goals to be above negative influences."

- Reviewing all the topics covered!
- "Above the Influence" posters

★ 25 Best Cooperative Games!