

Health Education Today – Unit Outline



Here are a few of the detailed activities included:

1. Beginning a School Year Unit (2 Lessons)

- Step-by-Step Teacher Directions
- PowerPoint Presentation

Class Organization:

- Organization to Begin a New School Year
- "Class Syllabus"
- Morning PowerPoints
- "Learning Targets + Learning Target Success Criteria Exit Sheet
- Classroom Discipline
- Classroom File Folders and Crates Organization Suggestion
- "Learning Target" Posters

Day 1:

- -"First Day of School" lesson
- -Introduce yourself to your students with a quiz about you! (template included)
- -"Learning Styles Survey"
- -"Learning Styles Explanation Handout"
- -Amazing YouTube videos that students love!

Day 2:

- -Reinforce an "I will" attitude in your students
- -"Famous Failures" Version of the "I Will" attitude for high school classes
- -Classroom File Folders System
- -Introduce "Learning Target" posters and "Worksheets"

Day 3:

- -"Monday Morning Motivation": Amazing videos with reflection questions to start any day or week off on a positive note!

Day 4 to 10:

- -**Little Red Hen "I Will" Class Theme PowerPoint Story:** *(A previous buyer emailed to say that she did the activity and got a round of applause when she finished!)*
- -Final Health Assessment "Pre-Test"
- -"Anonymous Teen Health Survey"
- -Optional "Getting to know your classmates "Ice-Breaker"
- -Communication Skills Fun
- -Mahatma Gandhi Poster
- -"Artwork Rubric" and "Art Competition for Extra Credit System"
- -Creating Student-Generated Classroom Rules on "Sticky Notes"
- -Famous Old Proverbs Activity! *(See "Preview" for more on this!)*

2. Alcohol Unit (7 lessons)

- Step-by-Step Teacher Directions
- PowerPoint Presentation

Day 1:

- -Introduction to Alcohol Unit
- -“How Alcohol Affects the Body Wheels Project”
- -Optional “Interactive Alcohol Poisoning” Activity

Day 2:

- -Alcoholism Notes
- -20 Questions to Determine if a Person is an Alcoholic
- -Understanding Alcoholism Video

Day 3:

- -Alcohol State Laws Activity
- -“Wheels” project

Day 4:

- -Dysfunctional Families and Co-dependent Behaviors Information
- -“Dysfunctional Family Survey”
- -Dysfunctional Family Video
- -“Dysfunctional Family Art Project”

Day 5:

- -Aces Lesson-“Overcoming Adverse Childhood Experiences”
- -“Protective Factors Activity”

Day 6:

- -“Pros and Cons Decision-Making Model Worksheet”
- -“Alcohol Role-Play Activity” (Peer Pressure Lines and Refusal Skills)

Day 7:

- -Wrap Up Alcohol Unit
- -Fetal Alcohol Syndrome
- -“WWWWH Decisions Alcohol Homework”
- -Fun “Alcohol Board Game!”
- -Alcohol Unit Assessment

3. Body Systems Unit (10 lessons)

- Step-by-Step Teacher Directions
- PowerPoint Presentations

Day 1:

- -Body Systems Intro
- -“Can You Do This?” Fun Body Activities
- -“Our Amazing Body” Slideshow
- -Into teams and 8 “Quick Facts Sheets”
- -Team competition “Choose a Team Name Art”

Day 2:

- -QR Coded Group Research
- -Body Systems “Rap Video”

- -“Virtual Body Website”
- -Optional “Body Systems Overview Handout”
- -Group research with “QR Coded Worksheet” for 8 Body Systems
- -Optional: “50 Really Weird Facts About Your Body”

Day 3:

- -QR Coded Group Research
- -Work on “QR Coded Worksheet” for 8 Body Systems

Day 4:

- -How Disease Effects Body Systems
- -United States Non-Communicable Diseases Mortality Rates
- -“Non-Communicable Diseases Background Information Sheet”
- -“Preventing Non-Communicable Diseases Handout”
- -Fun Interactive folded “Disease Risk Reduction/ Prevention Origami Heart”

Day 5:

- -Protecting our Body Systems
- -“Preventing Non-Communicable Diseases Handout”
- -“Common Aging Changes” Slideshow
- -“Nutrition-Related Illness and Obesity
- -“Personal Health Risk Assessment”
- -Optional: “The Longevity Game”
- -Optional: Kahoot Website

Day 6:

- -Choice: Non-Comm. Diseases Card Game or
- -Create Your Own Board Game: Students Create Questions for Own Body System for a fun Board Game: Board and question templates included!

Day 7:

- -The Preventative Power of Exercise
- -Why Exercise?
- -20 benefits of exercise
- -Longevity Study
- -The Brain and Exercise
- -Exercise Video with Worksheet

Day 8, 9, 10:

- -Preparing and Giving Group Presentations
- -Optional requirement: Group Rap, Song or Poem About Their Body Systems (examples given!)
- -Groups Share Out to Class
- -Grading Rubrics Included!
- -Optional Unit Wrap Up: Preventative Medical Check Ups for Teens, Vaccinations, Reproductive Health Check Ups
- -Body Systems Unit Assessment

4. Conflict Resolution Unit (5 lessons)

- Step-by-Step Teacher Directions
- PowerPoint Presentation

Day 1:

- -“So QUIC” Conflict Resolution Model to Resolve Conflicts

- - Video Example
- -“Assertiveness Quiz”
- -“I’ Statements Activity”

Day 2:

- -“Perception Activity”
- -“Questioning Skills Activity”

Day 3:

- - “Awareness Test” Video
- -Practicing “SO QUIC” Conflict Resolution Model”
- -“Wallet Cards” Project

Optional Day 4 + 5:

- -“Communication Survey”
- -Fun “Fortune Cookie” Project!
- -Optional Conflict Resolution Unit Assessment

5. Cultural Diversity Unit (7 to 19 lessons)

-Step-by-Step Teacher Directions

-PowerPoint Presentation

Day 1:

- -“I Am...” Exercise
- - Beverly D. Tatum’s “The Complexity of Identity: “Who Am I?” and “8 Dimensions of Social Identity”
- -Harvard Bias Test

Day 2:

- -Empathy -Labels, Stereotypes, Prejudisms, Discrimination Discussion
- -True stories of prejudism, racial profiling, and racism-
- -True stories
- -Bryan Stevenson’s Video: “From Slavery to Mass Incarceration”
- -Optional: Bryan Stevenson’s “Ted Talk”
- -Racial Profiling

Day 3:

- -Ben & Jerry’s Ice-Cream Art Project!

Optional Day 1:

- Understanding the History and Complexities of Racial Diversity
- -“Race Definitions and Quotes Handout”
- -“My Uniqueness Project”

Optional Day 2:

- -“My Uniqueness Project”
- -Add an “Ad Slogan”

Optional Day 3:

- -“My Uniqueness Project”
- -“Career Survey”

Optional Day 4:

- -Sharing “My Uniqueness Project”
- -Inspiring Videos

6. Dangerous Decisions Unit (1 to 4 lessons)

-Step-by-Step Teacher Directions

-PowerPoint Presentation

- -Students LOVE (and learn from) these true story articles on each of these topics:
 - -Articles on Google Docs to save paper
 - -Dangerous Selfies (death caused by selfies taken in dangerous/daredevil circumstances)
 - - Vaping
 - - High Speed Driving
 - - The Choking Game
 - - Taking Bets and Dares
 - - Drinking Games
 - - Sexting
 - - Goofing Around on Cars and Trucks
 - - Cutting/Self-Mutilating and Suicide
 - - The Dangers of the Sun and Tanning Booths
 - - Giving out Personal Information on the Internet
 - - Shaken Baby Syndrome
 - - Carrying a Loaded Gun
 - - Teen Runaways and Homelessness
 - - Unhygienic Body Tattoos and Piercings
 - - Water Safety (Boating and Jet Ski Accidents)
 - - Using Drugs
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7. Diseases Unit (3 to 9 lessons)

-Step-by-Step Teacher Directions

-PowerPoint Presentation

Day 1:

- -Understanding Communicable Diseases
- -Pathogens: How they're spread, and how the immune systems fights them
- -Diseases Videos
- -"Interactive Communicable Diseases Activity" with "Disease and Prevention Chart"
- -"Communicable Diseases Card Game" with "Communicable Diseases Worksheet"
- -NEW! New graphics on cards and covers!
- -NEW! Coronavirus Activity Updated 8/2022, as well as the COVID-19 data on the "Communicable Diseases Card Game"

Day 2:

- -Understanding Non-Communicable Diseases
- -World Non-communicable Diseases Statistics
- -Top Four Non-communicable Diseases in the U.S.
- -"Non-Communicable Diseases Interactive Heart" using "Ways to Prevent N.C.D. Handout"
- - Online "Personal Risk Assessment Tool"
- -Educational and Fun "Non-Communicable Diseases King's Corner" Card Game -
★NEW! New graphics on cards and covers!

- -“Non-Communicable Diseases Worksheet”

Optional Day 3 to 9 (6 lessons):

- -“CANCER Flip Open Posters”
 - -Diseases Research Project
 - “Community Health Public Service Posters”
 - -Health Screening Information Sheet
 - - “Health Career Research Project”
 - -Unit Assessments
 - -Kahoot Quizzes Online
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8. Drug Unit (14 lessons)

-Step-by-Step Teacher Directions

-PowerPoint Presentations

Day 1:

- -“Risk Factors For Addiction” Quiz
- -Intervention Video with Video Review Sheet
- -Analyzing Addiction

Day 2:

- -Intervention Day 2
- -Healthy Alternatives

Day 3:

- -Stimulants Notes
- -“Faces of Meth”
- -Stimulants Video

Day 4:

- -Depressant Notes
- -Date rape Drugs
- -Ecstasy and Depressants Video
- -“Drink Safety Tips” Activity

Day 5:

- -Hallucinogens Notes
- -Amotivational Syndrome
- -Gateway Drugs
- -Marijuana Video

Day 6:

- -“The Truth About Marijuana” Reflection
- -PAIR/SHARE and Discussion
- -“The Truth About Marijuana” Mural

Day 7:

- -“True-False Pot Quiz”
- -“Why Teens Use Drugs Body Part Homework”
- -Fun “How Pot Hurt Me Card Game” -★NEW!★ All new fun graphics!
- ★ New information on currently trending drugs

Day 8:

- -Narcotics notes
- -“Pharm Party Activity”
- -Narcotics Video

Day 9:

- -Narcotics day 2
- -Heroin
- -Video
- -WWWWH Decision Making
- -Drug Role-Plays

Optional Day Drugs-Day 10:

- -Synthetic Drugs and More on Heroin
- -Synthetic Drug Dangers Art

Optional Day Drugs-Day 11:

- -Conclusion and Wrap Up Unit
- -“Substance Parent-Teen Communicator”
- -Substance Assessment Review”
- -Finish Mural

Optional Day Drugs-Day 12:

- -Substance Assessment (Tobacco, Alcohol, Drugs)

Optional Day Drugs Day 13:

- Guest Speaker

Optional Day Drugs Day 14:

- Inhalants

9. Empathy/Bullying/Violence Unit (18 Lessons)

-Step-by-Step Teacher Directions

-PowerPoint Presentations

Day 1:

- -Definition of Empathy
- -“Empathy Survey”
- -“Empathy Homework”
- -Empathy Video

Day 2:

- -“Venn Diagrams” Activity
- -Labels and Stereotypes Discussion
- -“Surviving High School” Video

Day 3:

- -“The Gingham Dress”
- -“Overcoming Hardships” Worksheet
- -“Surviving High School”

Day 4:

- -“Our Words Have Power Activity”
- -Surviving H.S. Video Finished
- -“If you Really Knew Me Activity”

Day 5:

- -“Empathy in “Perspectacles”
- -“Life Stories Poster Project”
- -“What Would It Be Like” Worksheet
- -“One Person Can Make a Difference”

Day 6:

- -“Life Story Posters Project”

Day 7:

- -“Self-Esteem Survey”
- -“Positive Self-Talk Activity”
- -Work on “Life Story Posters”
- -Bullying Discussion

Day 8:

- -Impacting “Overcoming Hardships Inspiring Articles” Activity
- -Personality Survey
- -Reflection

Day 9:

- -Prejudisms Discussion
- -Reading True Stories
- -Prejudism Video

Day 10:

- -More on Prejudisms
- -Share “Life Story Posters” in Small Groups Activity

• Violence-Day 11:

- -Intro to Violence
- -Definition of Violence
- -True Story Articles
- -“Risk and Protective Factors Survey”

Day 12:

- -Understanding Anger
- -Body Cues
- -“Anger Survey”
- -Setting an Anger Goal

Day 13:

- -20 Risk Factors for Violence
- -Don’t Hang out with Violent People
- -Violence Video
- -What’s the Big Deal About Fights?

Day 14:

- -“Values Lesson”
- -Assertive, NOT Aggressive
- -Life in Prison video
- -“Blind, Paralyzed, or in Prison for Life”

Day 15:

- -“STOP BULLYING: Making Your Voice Count” Activity

Optional Day 16:

- -Violence Video
- -Forgiveness Activity

Optional Day 17:

- -Wrap Up Video
- -“Empathy Assessment” (Written or Outloud)

Optional Day 18:

- -Guest Speaker

10. Environmental/Community Health Unit (2+ Weeks)

-Step-by-Step Teacher Directions

-PowerPoint Presentations

Day 1:

- -Students watch an amazing video to help them understand the 10 top environmental issues
- -Next they use the "10 Environmental Issues Worksheet" with a partner to record reactions and solutions regarding their issue
- -Students then group up to do an interesting "10 Issues Group Activity"
- -They finish the day with short videos on each topic (all links included!)

Day 2:

- -Finish up watching the videos
- -Re-rate your initial reactions!
- -How one person can make a difference!
- -"What Can I Do Follow-Up Project"

DAY 3 to Day 10:

- The rest of the unit has several options depending on the amount of time you have. Here are the options. (Website links are included!)
- -"Bottled Water" video
- -"What Can I do? Posters" around the room activity
- -Environmental Protection Agency 8 Topics and "All Hands Working Together Project" (project template included!)
- -True stories of environmental harm
- -Brochures (template included)
- -"Environmental Workplace Risk Research"
- -Write a "Workplace Hazard" report
- -Make a "Public Service Announcement" poster or video
- -Doing a real project that helps an environmental issue and documenting it!
- "Human Footprint" video
- -Use my state assessment on an environmental issue

Community Health Activities Include: This unit includes 21 different ideas to promote "Community Health." All websites are included.

- "Community Health" discussion and video
- Students learn 6 Key Ingredients to a healthy community
- They then choose between:
 1. "The Ideal City Project" where student actually create models of an ideal city using cardboard boxes and props
 2. "Community Health Project" - Students could choose a hazardous issue from diabetes to heart disease to cancer, to home hazards, to public safety issues, and come up with solutions to reduce that risk.

If you still have more time, there's more:

- -"Health and Fitness Careers Research" (worksheet included)
- -"Occupational and Career Choices" and their relationship to "Health and Fitness"
- -"Public Service Announcements" (examples included)

- -"10 Best Cities for Affordable Healthcare"
 - -"Cultural Diversity in Public College and Universities"
 - -"Allergy Friendly Homes"
 - -"Health Career Research and Posters"
 - -"Long-Term Health Goals" (SMART GOAL SHEET included)
 - -"Disease Prevention"
 - -"Cancer Warning Signs" (handout included)
 - -"Family Health Project"
 - -"Family Medical History" (homework included)
 - -"Longevity Game"
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11. First Aid/CPR Unit (10- 15 lessons)

- Step-by-Step Teacher Directions
- PowerPoint Presentation

Day 1:

- -First Aid Group Work in groups of 3
- -Watch videos and Fill in Worksheets

Day 2:

- -Finish First Aid Group Work
- -Decide Which Injury to do for Reenactment Activity
- -First Aid Animation Example
- -Begin Reenactment Injury Response Planning

Day 3:

- -Work on Injury Response reenactment Scenarios

Day 4 and 5:

- -Perform Reenactment Scenarios

Day 6:

- -C.P.R. Video Explanation
- -C.P.R. and How to use an AED
- -C.P.R Quiz
- -Optional School Nurse, Paramedic, Fireman, other professional guest

Optional Day 7, 8 and 9:

- -Wilderness First Aid

Optional Day 10 - 15:

- 1. Unit Assessments
 - 2. Public Service Announcements
 - 3. First Aid Cartoons
 - 4. Creating a First Aid Kit from the American Red Cross
 - 5. Babysitting and Life Guarding
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12. Mental Health Unit (4 lessons)

- Step-by-Step Teacher Directions
- PowerPoint Presentations

Day 1:

- -Problem-Solving and Mental Health
- -Problem-Solving Video
- -“Problem-Solving Scenario Task Cards
- -“Problem-Solving Flip Books Project”

Day 2:

- -Mental Illness Described
- -Organic Versus Functional Mental Illnesses
- -The Effects of Neurotransmitters
- -Optional “What About Bob” Video

Day 3:

- -Functional Mental Illnesses
- - Panic Attacks
- - Depression
- - “Reality Matters” Video
- -“What About Bob” Video with “Video Review Sheet”

Day 4:

- -Finish “What About Bob” Video with “Video Review Sheet”
- -Resources for Help
- -Optional “Mental Illness Kahoot Interactive Test”

13. Nutrition Unit (20 lessons)

-Step-by-Step Teacher Directions

-PowerPoint Presentations

Day 1: Introduction To Unit And Harvard Healthy Eating Plate:

- Diet advertising in our global market
- How to discern myths and untruths in diet ads
- "How Healthy Are You Eating" survey
- 5 reasons so many people are overweight
- Portion sizes compared to 1950's
- Harvard Healthy Eating Plate

Day 2 + 3: How Nutrition Affects The Body Class Art Project:

- Bring life-sized examples of nutritional consequences right into your classroom
- Each student will be assigned a body part (life size template included)
- Students will use the worksheet with links provided to research the way an issue impacts their body part.
- Class will end up with one "Positive" and one "Negative" body example of how nutrition impacts our bodies
- "Drinking Water Extra Credit" program

Day 4: Calorie Awareness:

- Understanding how calories on a food label relate to suggested daily total
- ♦ **Formula:** Calories needed per day chart (according to age, gender, and activity level) from U.S.D.A. guidelines
- "Calorie Awareness Worksheet" Help a boy named Marcus eat healthier!
- Students will start to use the "Harvard Healthy Plate Worksheet" to record their own personal formula totals!

- **MYPLATE OPTIONAL:** Worksheets, activities, personalized plate, and quiz! (*See Preview for more*)

Day 5: Understanding Fat And Fast Food Restaurants

- Healthy fats -vs- unhealthy fats (Trans and Saturated Fats)
- ♦ **Formula:** How many fat grams should I eat per day?
- Fast food restaurants: Analyzing calories and fat
- Are there any healthy choices for me at fast food restaurants?
- Start the "Fast Food Restaurant Posters"

Day 6: Carbohydrates And Sugar

- All about fat and sugar!
- ♦ **Formula:** How many carbohydrates do I need per day?
- ♦ **Formula:** What should my grams limit on sugar be per day?
- ♦ **Formula:** What should my calorie limit on sugar be per day?
- Analyzing food labels to know if a product is "healthy"
- Fun "Fat and Sugar Experiment Lesson": Measure Crisco and sugar into baggies
- Reflection to personalize
- "Fat and Sugar Homework"

Day 7: CHOLESTEROL And MORE ON CARBOHYDRATES

- Carbohydrates: The healthy (whole grains) and the unhealthy (sugar and white flour)
- Understanding Diabetes
- What is cholesterol?
- ♦ **Formula:** How much cholesterol do I need?

Day 8: Media Literacy Reading Food Labels

- Media literacy and grocery store manipulation
- "Food Label Reading Worksheet" and activity
- ★**New U.S.D.A food labels!**
- "Interactive Food Label Activity"
- Food label reading video

Day 9: Food Label Scavenger Hunts

- "Food Label Scavenger Hunt"
- "Food Label Scramble"
- Both of these activities have students walking around the room reading food labels

Day 10: Iron, Protein, Sodium, Food Records, Calcium

- ♦ **Formula:** Protein: How much do I need?
- What does protein do for the body?
- Should I take a protein supplement?
- "Building Muscle Brochure"
- ♦ **Formula:** Iron, sodium, and sodium: Their importance and how much do I need of each?
- The importance of calcium for teens
- ♦ **Formula:** "'How Much Calcium do I Need Daily?' Worksheet"

Day 11: Danger Of Energy Drinks

- "The Dangers of Energy Drinks" Activity
- "Athletes and Energy Drinks" article
- Energy drink dangers videos

Day 12: Cancer, Family Medical History, Exercise

- Understanding Cancer
- Cancer warning signs"

- "Dear 16-Year Old Me" Video
- "Family Medical History Homework"
- Why is exercise important?
- Exercise video and review sheet
- How many calories will I burn during different types of exercise?
- MyFitnessPal
- FITT Plans
- Longevity and goal setting

Day 13: Eating Healthy For Life!

- "Eating Healthy for Life Survey" and goal-setting
- Habits, the brain, and eating
- Fun Doodle Notes Goal Setting Activity (*Templates provided!*)

Day 14: Unhealthy Eating And Eating Disorders

- Understanding eating disorders
- "Eating Disorders Self-Survey"
- "Emotions and Eating Survey"
- Understanding the symptoms of anorexia and bulimia.
- Eating disorders videos choices

Day 15: Improving Body Image

- The importance of positive body image
- Analyzing media's false messages
- Improving body image videos
- "Body Image Brochure"
- "Real Models Without Their Make-Up Presentation!"
- "Love What's Good, Change What You Could" Activity
- Cube art project

Day 16 + 17: Analyzing Fad Diets, Nutrition Game Review

- In this amazing "Is This Diet Healthy?" activity students will learn 10 questions to ask to see if a diet is healthy or not. For the rest of their lives your students will have the skills to determine if a diet is healthy. They will be able to analyze the "Best" diets on this list and see how they measure up to this worksheet based on the Mayo Clinic and Harvard Nutrition standards.
- "Is This Diet Healthy?" Lesson with PowerPoint and student share out
- Top Healthiest Diets Website
- Why many Diets DON'T work
- Why a diet needs to be a "diet for life"
- Unhealthy habits and how to successfully lose or gain weight

DAY 18: Personal Health Habits

- "Where is Your Health?" personal food habits survey with 60 questions!
- Acronym art activity
- Personal Health Assessment

Day 19: Nutrition Unit Assessment Game Review

- Unit Assessment Review Handout
- Fun "Nutrition Unit Assessment Board Game"
- Optional: We've included a fun "Nutrition Card Game" to help review for the test!

Day 20: NUTRITION TEST

- Nutrition Unit Assessment
- Optional videos

Optional Day: G.M.O.S-Genetically Modified Organisms

- G.M.O.s group research

- G.M.O. videos
 - Quiz and correct
 - Group debates!
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14. Self-Esteem Unit (4-10 lessons)

-Step-by-Step Teacher Directions

-PowerPoint Presentations

Day 1:

- -What is Positive Self-Esteem?
- -"Self-Esteem iPad" Project or
- -"Thumbprint" Project

Day 2:

- "What Makes Me Me Worksheet"
- -Continue "Self-Esteem iPad" or "Thumbprint"
- -Inspiring video (Napoleon Dynamite Dance Scene!)

Day 3:

- -"Career Interest Survey"
- -"Rise Above the Dream Breakers Project"

Day 4:

- -"Rise Above the Dream Breakers" Continued

Day 5 to 10:

- -Optional Self-Esteem Building Activities:
 - -Create a "Building Self-Esteem Class Book."
 - -"Thesaurus Traits Project"
 - -"Self-Esteem Quiz"
 - -"Career Survey"
 - -Assertiveness Role-Plays
 - -"Self-Esteem Homework"
 - -"Classroom Self-esteem Quilt"
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15. Sex Ed. Unit (20 lessons)

-Step-by-Step Teacher Directions

-PowerPoint Presentations

Day 1:

- Optional 4-Day "Friendship and Dating"; and 3-Day "Puberty and Hygiene" Lessons
- "Sexuality Opt-Out" Info for Parents
- Introduction to Sex Ed.
- Reproduction
- The Effectiveness of the Reproductive Systems
- "In The Womb" Video

Day 2:

- Understanding LGBTQIA+
- Female Anatomy and System Issues
- "Love Language Survey"

Day 3:

- Male Anatomy and System Issues
- Gender Identity
- Sexual Pressures Lines and Articles
- “Sexual Pressures Flip Charts Project”
- HPV Vaccine information for boys/girls

Day 4:

- “Girl Talk/Boy Talk Day” (Boys and Girls Separate for 1 Day)
- Girls Go Over Breast Cancer and Issues
- Boys go over Testicular Cancer
- Work on “Sexual Pressures Flip Charts Project”

Day 5 and 6:

- Understanding Sexually Transmitted Infections
- S.T.I. Video
- S.T.I. Slideshow
- Fun “Communicable Diseases Card Game”

Day 7:

- “H.I.V. / A.I.D.S. Quiz”
- ★ UPDATED STATS
- HIV/AIDS Information
- AIDS Video

Day 8:

- More on H.I.V.
- AIDS / Video
- Good Reasons for Setting Sexual Limits
- Setting Sexual Limits
- “Interactive Emotions That Can Come with Teen Sex Suitcase”

Day 9:

- How Self-Esteem Affects Relationships - “What is Love?”
- “What is Romance?” Activity and Art

Day 10:

- Birth Control Choices
- ★ NEWLY UPDATED STATS and WORKSHEET
- Birth Control Video Clips and/or PowerPoint Slides
- “Birth Control Worksheet”

Day 11 - 13:

- Sexual Assault Information
- Sexual Harassment
- #METOO Movement
- Traits of a Healthy Relationship
- See IT | SAY IT | SHARE IT Quilt Project
- Sexual Assault/Rape
- Date Rape video

Day 14:

- Traits of Unhealthy Relationships
- Dating and Domestic Violence
- “Healthy -vs- Unhealthy Relationships Activity”
- “Sex Ed. Unit Assessment Review”

Day 15:

- “Sex Ed. Unit Assessment”

- “Sex Ed. Parent-Teen Homework”

Day 16 + 17:

- Wrap up “Healthy Versus Unhealthy Activity”
- Social Media Safety
- Fun “Sexuality Board Game”

• **Optional Sex Ed. Day 18 + 19:**

- “The Consequences of Teen Pregnancy”
- Statistics
- Video
- Simulation Activity

Optional Sex Ed-Day 20:

- “Guest Speaker”

16. Stress, Depression, and Suicide Unit (7 to 10 lessons)

-Step-by-Step Teacher Directions

-PowerPoint Presentation

Day 1:

- -“Stress Vulnerability Survey”
- -The Importance of Teen Sleep
- -Sleep Video

Day 2:

- -Depression “Black Dog Art Project”
- -How to Relieve Stress
- -“Above the Stress” Project

Day 3:

- -Depression - vs - Clinical Depression
- -“Depression Survey”
- -Depression Video

Day 4:

- -More on Depression
- -Bi-Polar Disorder
- -Anti-Depressants
- -“Depression Around the Room” Activity

Day 5:

- -Suicide Risk Factors
- -Dangers of Cutting/Self-Mutilating
- -Suicide Video
- -“Emotions Left After Suicide” Activity

Day 6:

- -“Show You Care” Activity if a Friend is Thinking about Suicide
- -Stress Assessment Review
- -“Stress-Free BINGO!”

Day 7:

- -Stress Unit Assessment
- -“Stress, Depression, Suicide Parent-Teen Homework”
- -“Teen Sleep Homework”

Optional Additional Stress Lessons: Stress Busting Bonus Material (3 Lessons):

- -“Stress Animal Stories”
 - -“Stress Relieving Stations Around the Room”
 - -“Stress Coloring” and More...
-

17. Tobacco Unit (9 lessons)

-Step-by-Step Teacher Directions

-PowerPoint Presentations

Day 1

- -The Dangers of Tobacco
- -Videos

Day 2:

- -Chewing Tobacco
- -Cigar and Pipe Dangers
- -e-Cigarettes
- -“Quit Brochures”
- -★NEW! Updated Vaping Info

Day 3:

- -Cancer
- -“Quit Brochures”

Day 4:

- -Second-hand Smoke
- -Pregnant Smokers
- -Money spent on Cigarettes
- -State Laws
- -Work on “Quit Brochures”

Day 5:

- -Ad Appeals
- -Marketing Psychology
- -Finish “Quit Brochures”
- -Optional Tobacco Unit Quiz

Day 6:

- -The Brain and Habits
- -“Cleansing a Bad Habit”
- -“Adding a Healthy Habit” Worksheets
- -“Support Your Peers Calendar”

Day 7:

- -Brain and Habits Second Day
- -Neurotransmitters
- -Addictions

Optional Day 8 and 9:

- -Fun “Tobacco Packs Media Literacy Art Project”
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18. Ending A School Year Unit (2 Lessons)

-Step-by-Step Teacher Directions

-PowerPoint Presentation

Day 1:

- -“Semester in Review” PowerPoint show with File Folder Reflections
- -Teacher Evaluation
- -Final Health Assessment Review
- -“What I Learned in Health Class Board Game”

Day 2:

- -Final Health Assessment
- -Compliments Around the Room Activities

Click here for "[Hot Off the Press](#)" unit examples.

Click here for [Student Art Project](#) examples.