

Health Education Today – Unit Outline



Here are a few of the detailed activities included:

1. Beginning a Year Unit:

- Motivation: Building Confidence!
- -“Confidence” Video with Review sheet
- -“Best Motivational Video”
- -The Gratitude Experiment”
- -Thank You Letters
- -File Folders and Learning Targets
- -Who I Am Makes a Difference!
- -Create Ribbons
- -True Story Articles to Share

EXTRA: Organization to Begin a New School Year

- -“Class Syllabus”
- -Morning PowerPoints
- -Learning Target Success Criteria Exit Sheet
- -Discipline Tips
- -250 All New "Learning Target" posters
- -Teacher Evaluation Tips for the "Danielson" "5 Dimensions," and "Marzano" Frameworks

2. Stress, Depression, and Suicide Unit

- -Creating “Stress Relieving” Card Game”
- -Depression
- -Resilience
- -Depression - vs - Clinical Depression

- -True story article
- -"Depression Survey"
- -Bi-Polar Disorder
- -Anti-Depressants
- -"Depression Around the Room" activity
- -Cutting and Suicide
- -Suicide Risk Factors
- -"Think Before You Speak" Video
- -What to Do if Someone You Know Talks of Suicide
- -Unit Test Review
- -"Depression/Suicide Parent-Teen Communicator"
- -"Stress-Free BINGO" Test Review
- -Stress Unit Assessment
- -Stress, Depression and Suicide Escape Room!
- -Shut the Door on Suicide Interactive Google Slides

3. Mental Health Unit

- -Values Lesson
- -"Personal Values" Survey
- "Mahatma Gandli Quote"
- -"Values Parent-Teen Communicator Homework"
- -5 Dimensions of Health Mental Health Doodle Notes!! (OnGoogle Slides)

4. Diseases Unit

- -Understanding Non-Communicable Diseases
- -World non-communicable diseases stats
- -Top Four Non-Communicable Diseases in the U.S.
- "Non-Communicable Diseases Interactive Heart"
- -"Ways to Prevent NCD Handout"
- -Online "Personal Risk Assessment Tool"
- -FUN!! "Non-Communicable Diseases Card Game"
- -Coronavirus Activity added, as well as COVID-19 added to Communicable

5. Empathy/Violence/Stop Bullying Unit

- -Definition of Empathy
- -“Empathy Survey”
- -"Empathy Homework"
- -“Our Words Have Power
- -NEW!! Bullying Escape Room!
- -Empathy in “Perspectacles”
- -“Life Stories Poster Project “
- -"What Would It Be Like" Worksheet
- -“One Person Can Make a Difference”
- -Inspirational Videos
- -Share Life Stories in Groups
- -Prejudisms Discussion
- -Assertive, NOT Aggressive
- -“Blind, Paralyzed, or in Prison for Life”

6. Tobacco

- -The Dangers of Tobacco
- -Impacting Videos
- -“Quit Brochures”
- -Cancer
- -Chewing Tobacco Dangers
- -Cigar and Pipe Dangers
- -e-cigarettes
- -Pregnant Smokers
- - \$ Spent on Cigarettes
- -State Laws
- -Tobacco Facts Articles
- -Trends in Health Newsletter Homework
- -"The Truth About Tobacco" Self-Advocacy Group Video Project!!

7. Alcohol Unit

- -“Alcohol Truths and Myths
- -Alcohol Dangers
- -Alcoholism notes
- -Interactive Alcohol Poisoning Activity
- -Alcohol State Laws Activity
- -Dysfunctional Families and Co-Dependent Behaviors
- -Fetal Alcohol Syndrome

- -“Alcohol Decision-Making Homework”
- -Fun Alcohol Board Game
- -Unit Test

8. Drugs Unit

- -“Risk Factors For Addiction” Survey
- -Intervention Video with Video Review Sheet
- -Healthy Alternatives
- -NEW!! Addiction Escape Room!
- -Depressants
- -Date Rape Drugs
- -Ecstasy and Depressants Video
- -“Drink Safety Tips” Activity
- -Hallucinogens
- -Amotivational Syndrome
- -Gateway Drugs
- -Marijuana Video
- -The Truth About Marijuana” Reflection
- -PAIR/SHARE and Discussion
- -“The Truth About Marijuana” Mural
- -Drug Free BINGO Test Review
- -Drug Refusal Skills Role-Play Task Cards
- -Guest Speaker
- -“Drug Unit Test

9. Conflict Resolution Unit

- -So QUIC” Conflict Resolution Model to Resolve Conflicts
- -“Why Most Relationships Fail” Video
- -“Survivor” Video Example
- -“I’ Statements Activity”
- -Questioning Skills
- -“So Quic Quiz” for Review
- -Perceptions Activity
- -“So Quic” Conflict Practice
- -“So Quic Quiz #2”

10. Self-Esteem Unit

- -Career Interest Survey
- -"Rise Above the Dream Breakers Project"
- -Inspirational Videos
- -Self-Esteem Assessment

11. Nutrition Unit

- -Introduction to Nutrition
- -"How Nutrition Affects the Body" Class Art Project!! Students use provided links to articles on all these topics to complete two class bodies:
- -"Calorie Awareness Worksheet" Help a boy named Marcus eat healthier!!
- 4. Students will start to use the "Harvard Healthy Plate Worksheet" to record their own personal formula totals!!
- -Understanding Fat and Cholesterol
- -"Fast Food Restaurant Posters"
- -Carbohydrates
- -Diabetes
- -Water Extra Credit Activity
- -How Much Sugar Should I Have?
- -"Sugar and Fat Science Lab Experiment"
- -Getting Vitamins
- -The Importance of Breakfast
- -Using the "USDA MyPlate"
- -Media Literacy: Grocery Store Savvy and Product Manipulation
- -"How to Read a Food Label Activity"
- -Fast Food Posters!!
- -"Food Label Scavenger Hunt"
- -"Eating Healthy for Life Survey" (What bad habits do I have?)
- -Healthy Versus Unhealthy Weight Loss
- -Weight Loss Videos
- -"Long-Term Goal Setting Activity"
- -Understanding Eating Disorders
- -Emotional Eating Survey
- -Eating Disorders Video
- -Improving Body Image
- -Analyzing Media Video
- -Media Distortion
- -"Nutrition Facts Card Game"
- -Nutrition Unit Test Review
- -Nutrition Test

12. Sex Ed. Unit

- -Sexuality Opt-Out" info
- -Puberty -★NEWLY UPDATED LESSONS!★
- -Swan Story and Worksheet
- -Personal Hygiene
- -The Responsibility of Sex!
- -Reproduction
- -Why Abstinence Makes Sense for Teens
- -The Effectiveness of the Reproductive Systems
- -Female Anatomy and Issues
- -"Love Language Survey"
- -Male Anatomy and Issues
- -"Girl Talk/Boy Talk Day"
- -Understanding Sexually Transmitted Infections
- -S.T.I. Video and Slideshow
- -"Communicable Diseases Card Game"
- -"H.I.V. / A.I.D.S. Quiz"
- -HIV/AIDS Facts
- -AIDS / Abstinence
- -Good Reasons for Abstinence
- -Setting Sexual Limits
- -Birth control Choices and Worksheet
- -Sexual Assault Information
- -Sexual Harassment
- -Sexual Assault/Rape
- -Sexual Assault Escape Room
- -Traits of Unhealthy Relationships
- -Dating and Domestic Violence
- -"Healthy -vs- Unhealthy Relationships Activity"
- -Social Media Safety
- -Unit Test Review
- -Fun "Sexuality Board Game"
- -"Sex Ed. Unit Test"

13. Optional Environmental Health Unit

- -21 different Ideas to Promote "Community Health"
- -All new videos!
- -

- -Six Key Ingredients to a Healthy Community”
- -Health or Fitness Careers
- -Family Health
- -Safe Home Environments

14. Cultural Diversity Unit

- -“I Am....” Exercise
 - Beverly D. Tatum’s “The Complexity of Identity: “Who Am I?”
- -True Stories of Prejudism, Racial Profiling, and Racism
- -True Stories that One Person CAN Make a Difference
- -Bryan Stevenson’s Video: ” From Slavery to Mass Incarceration” and Racial Profiling
- -Bryan Stevenson’s “Ted Talk”
- -The House That Racism Built
- -Ben & Jerry’s Ice-Cream Art Project!!

15. Dangerous Decisions Unit: Decision-Making Skills for:

- -High Speed Driving
- -Drinking Games and Binge Drinking
- -Taking Bets and Dares
- -Giving Out Info on the Internet
- -Cutting, Self-Mutilating
- -Water Safety
- -Homelessness and Running Away
- -Unhygienic Body Piercings
- -Messing Around with Guns
- -Shaken Baby Syndrome
- -The Choking Game
- -Sexting
- -Using Drugs
- -Goofing Around on Cars or Trucks
- -The Dangers of Sun and Tanning
- -Dangerous Selfies and Vaping
- -★Articles now on Google Docs to save paper

16. Ending a Term Unit

- -Term in Review
- -Final Test Review
- -“What I Learned in Health Class Board Game”
- -Final Health Term Assessment
- “Compliments Around the Room”