

Health Education Today – Unit Outline



Here are a few of the detailed activities included:

1. Beginning a Year Unit:

- -Starting the Term Off Right!
- -Learning Styles Survey
- -Conversation Starters
- -"Learning Style Cubes" Art
- "The Little Red Hen" THEME
- -★FUN! SEE [THE LITTLE RED HEN PRESENTATION!](#)
- -Give Out Syllabus
- -File Folders System
- -★INSIGHTFUL! "Food Personality Survey"

EXTRA: Organization to Begin a New School Year

- -"Class Syllabus"
- -Morning PowerPoints
- -Learning Target Exit Sheet
- -Discipline Tips
- -All New "Learning Target" posters
- -Creating Class Rules

2. Stress, Depression, and Suicide Unit

- -"Stress Survey"
- -"How Stress Affects Your Brain" Video
- -How to Relieve Stress Video
- -"Relieving Stress Trunks Interactive Project"
- -"Sleep Art Project Homework" (Students come up with such creative projects!!)

- -Five Stress Relieving Activities!
- -★NEW!! Stress, Depression and Suicide Escape Room!
- -Shut the Door on Suicide Interactive Google Slides

3. Mental Health Unit

- -The 5 Dimensions of Health
- -Interactive Mental Health Road Signs Art Project
- -"You Choose Worksheet"

4. Diseases Unit

- -Understanding communicable diseases, pathogens, how they're spread, and how the immune systems fights them
- -"Interactive Communicable Diseases Activity" with "Disease and Prevention Chart"
- -FUN!! "Communicable Diseases Card Game"
- -"Selfie Get Well Cards" (Disease Prevention)

5. Empathy/Violence/Stop Bullying Unit

- -Empathy Videos
- -Interactive Empathy Treasure Chest Project
- -"Self-Esteem Survey"
- -"Positive Self-Talk Activity"
- -Bullying Videos
- -Bullying Role-Play Task Cards
- -★NEW!! Bullying Escape Room!
- -"Making Your Voice Count" Activity
- -Cyber Bullying
- -"Empathy Test" (written or outloud)

6. Tobacco

- -The Dangers of Tobacco
- -CDC Videos
- -Tobacco Facts Articles
- -Anti-Tobacco Song Lyrics” Project
- -Songs and Present
- -The Brain and Habits
- -“Cleansing a Bad Habit”
- -“Adding a Healthy Habit”
- -“Support Your Peers Calendar”

7. Alcohol Unit

- -Introduction to Alcohol Unit
- -"How Alcohol Affects the Body Wheels Project”
- -"Alcohol Dangers” Audio Article
- -“Standing Up to Peer Pressures”
- -“Assertiveness Survey”
- -"Alcohol is Not For Me”

8. Drugs Unit

- -Intro to Drug Unit
- -“Drug Classification Activity”
- -★NEW!! Addiction Escape Room!
- -25 Things to Do Instead of Drugs!!
- -Inhalants Dangers
- -Over-the-Counter Dangers Scavenger Hunt!!
- -Stimulants

9. Conflict Resolution Unit

- -Assertiveness Survey
- -Assertive Versus Aggressive
- -Start Partner Dialogue Activity
- -“So Quic Model” Handout
 - Partner Dialogue Activity
- -Assertiveness Survey”

- -“Communication and Conflict Resolution Tips Sheet
- -“Building Confidence, Assertiveness, and Self- Esteem ”
- -"How to be More Confident" Video
- -“Assertiveness Role-Plays”

10. Self-Esteem Unit

- -Self-Esteem Survey
- -What is Positive Self-Esteem?
- -“Self-Esteem iPad” Project
- -Thumbprint Project
- -"We Are All Unique!" Activity

11. Nutrition Unit

- -Understanding and Reading Label Ingredients
- -Students make “Best or Worst Foods” Posters
- -“Ingredients Quiz”
- -“Where is Your Health?” Survey!!
- -Interactive Food Label!!
- -“Where is Your Health?” Goal-setting Acronym
- -Food Label Scramble
- -★NEW!! Online Healthy Eating Goals!!

12. Sex Ed. Unit

- -Sexuality Opt-Out” info
- -Puberty is Normal!
- -“Puberty is Normal Matching Game”
- -Dealing with Body Image
- -“Puberty Parent-Student Communicator Homework”
- -“Guide to Maintaining Friendships”
- -Tips “4” for a Better Friendship
- -Dating, Boundaries, and Unhealthy Risks
- -Top 10 Reasons for Choosing Abstinence
- -Pregnancy and Sexually Transmitted Infections/HIV

- -Traits of a Healthy Versus an Unhealthy Relationships
- -Understanding Gender Identity and the increased risk for bullying
- -Signs of Abusive Relationships
- -“Healthy Relationships Posters”

13. Body Systems Unit

- -"Can You Do This?" Fun!
- -"Our Amazing Body Slideshow"
- -Virtual Body
- -8 Body Systems Worksheet with QR Codes
- -Preparing and Giving Group Presentations:
- -PowerPoint Group Presentations
- -Optional Requirement: Body Systems Group Rap, Song or Poem
- -Grading Rubrics Included!
- -Presentation Note Taking
- -Preventative Medical Checkups for Teens
- -Vaccinations and Reproductive Health Check Ups
- -Unit Tests

14. First Aid Unit

- -“Wilderness First Aid”: Sprained Ankles, Splints and Slings (students LOVE this!!)
- -Kahoot Activities
- -Public Service Announcements
- -First Aid Cartoons Art
- -Creating First Aid Kits

15. Optional Community Health Unit

- -21 Different Ideas to Promote “Community Health”
- -Six Key Ingredients to a Healthy Community”
- -Health or Fitness Careers
- -Family Health
- -Safe Home Environments

16. Ending A Term Unit

- -Myers Briggs Personality Videos and Reflection
- -"Our Term in Review" PowerPoint
- -Reflections
- -Decision-Making
- -Teacher Evaluation
- -Final Test

17. ★NEW!! Dangerous Decisions Unit

- -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