

Health Education Today – Unit Outline



Here are a few of the detailed activities included:

1. Beginning a Year Unit:

- -“Famous Failures” THEME
- -File Folders System
- -“Anonymous Teen Survey”
- -“I AM ME” Poems
- -“What’s Your Animal Personality” Survey
- -Tips to Boost Confidence” Video
- -Shy Girl on X Factor Video
- -Door Hanger Art Project

EXTRA: Organization to Begin a New School Year

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

2. Stress, Depression, and Suicide Unit

- -“Animal Stress Stories”
- -“Depression: Black Dog Posters”
- -“Traits of Depression Worksheet”
- -Review of Stress, the Importance of Sleep, Resilience, and Depression
- -Depression and Thoughts of Suicide

- -Overcoming Depression and Anxiety
- -“Life Without You” Worksheet
- -Stress-Buster Coloring Homework
- -NEW!! Stress, Depression and Suicide Escape Room!
- -Shut the Door on Suicide Interactive Google Slides

3. Mental Health Unit

- -"Values Lesson"
- -Values Parent-Teen Homework
- -Gandhi Interactive Poster
- -What's Your Biggest Regret Activity
- -Optional: Problem-Solving

4. Diseases Unit

- -CANCER Information and Art Project
- -Cancer Video
- -“Family Medical History Homework”
- -Disease:
- -FUN!! “Communicable Diseases Card Game”
- -“Non-Communicable Diseases Card Games”

5. Empathy/Violence/Stop Bullying Unit

- -Showing Empathy in Dealing with Bullying
- -Ways to Stop a Bully Video
- -“Hand in Hand” Bullying
- -NEW!! Bullying Escape Room!
- -“Overcoming Hardships Inspiring Articles” activity
- -Personality Survey
- -Defining Violence
- -True story articles
- -Understanding anger
- -"Anger Survey"
- -Setting an anger goal
- -Homework: Anger Cartoons

- -Guest Speaker

6. Tobacco

- -Dangers of Tobacco, Chewing Tobacco
- -Tobacco Facts Articles and Puzzles
- -Ad Appeals
- -Marketing Psychology
- -Tobacco Unit Quiz
- -Tobacco Packs" Media Literacy Art Project"
- -Supermarket Psychology

7. Alcohol Unit

- -"De-Bunking Alcohol Myths
- -Getting the Facts
- -"Alcohol True/False Scavenger Hunt"
- -Aces Lesson-Overcoming Adverse Childhood Experiences
- -Protective Factors Activity
- -"Pros and Cons Decision-Making Model Worksheet"
- -"Alcohol Role-Play Activity" (Peer Pressure lines and Refusal Skills)

8. Drugs Unit

- -"Faces of Meth"
- -Stimulants Video
- -Why Teens Use Drugs
- -NEW!! Addiction Escape Room!
- -Drug Classification Review
- -"Marijuana True-False" Quiz
- -"How Pot Hurt Me" Card Game
- -"Pharm Party" Activity
- -Narcotics
- -Heroin
- -Decision Making
- -Drug Role-Plays
- -Synthetic Drugs and more on Heroin

- -Stages of Drug Addiction
- -“Drug Progression Story”
- -"Substance Parent-Teen Communicator" Homework

9. Conflict Resolution Unit

- -Communication Skills Activity
- -“Are You an Effective Communicator Survey”
- -Wallet Cards Project
- -So Quic and Quiz
- -“Communication Survey”
- -Optional Unit Assessment

10. Self-Esteem Unit

- -What is Self-Esteem
- -Optional Thumbprint Art
- -Slideshare presentation
- -Self-Esteem Projects
- -Self-Esteem Thesaurus Project
- -"Accept The Best Survey"
- -Motivating Quotes Homework

11. Nutrition Unit

- -Intro to Nutrition
- -MyPlate Activity
- -Vending Machine Savvy and Food Label Reading
- -Iron and Anemia
- -Protein needs
- -Protein supplements and Creatine
- -Sodium Facts
- -“Food Records”
- -“Count Your Calcium Worksheet”
- -“Think Your Drink Caffeine and Sugar Activity” (Energy Drink Dangers)
- -“Are you Eating Healthy? Survey”
- -How diet affects CANCER

- -Cancer Warning Signs
- -The Benefits of Exercise
- -“Fitness” Activity
 - “Analyzing Fad Diets Project” (“Is This Diet Healthy?”)

12. Sex Ed. Unit

- -Sexuality Opt-Out” info
- -Reproductive System Information
- -Reproductive System Video
- -“Puberty BINGO”
- -Female and Male Anatomy
- -“Inside Puberty” then Watch “Puberty for Boys and Girls”
- -Sexual Pressure Lines and Articles
- -“Sexual Pressures Flip Charts Project”
- -Consequences of Sex - Sexually Transmitted Infections/HIV and Pregnancy
- -Dealing positively with gender identity
- -Dating Videos – Dealing with Emotions!
- -Benefits of Choosing Abstinence
- -“Emotional Baggage” Activity
- -Optional “Birth Control/Using a Condom” Handout and Worksheet
- -Romance, and Love: “What is Love?”
- -What is Romance?” Art Project
- -Sex Ed. Test Review
- -Sex Ed. Parent-Teen Communicator
- -Sex Ed. Unit Test
- -Guest Speaker

13. First Aid Unit

- -First Aid QR Coded Worksheet and Activity
- -Group Re-enactment Project
- -C.P.R. Video and Worksheet
- -How to use an A.E.D
- -Creating a First Aid Kit
- -Public Service Announcements
- -First Aid Cartoons
- -Unit Assessments

14. Environmental Health Unit

- -Understanding the 10 Top Environmental Issues
- -"10 Environmental Issues Worksheet" with Partner (reactions and solutions)
- -10 issues Group Activity
- -"What Can I Do Follow-Up Project"
- -Environmental Protection Agency 8 Topics "All Hands Working Together Project"
- -Environmental Harm
- -"Workplace Hazard" Reports
- -"Public Service Announcement" Posters or Video

15. Cultural Diversity Unit

- -Understanding the History and Complexities of Racial Diversity
- -"Race Definitions and Quotes Handout"
- -"My Uniqueness Project"
- -Add an "Ad Slogan"
- -Sharing "My Uniqueness Project"
 - Finish with "One Size Doesn't Fit All" Worksheet
- -Optional "Final Level 2 Health Test"

16. 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

17. Optional 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!
- -NEW!! Optional Body Systems Safari!
- -Presentation Note Taking
- -Preventative Medical Checkups for Teens
- -Vaccinations and Reproductive Health Check Ups
- -Unit Tests