

Teaching Guide: Scope and Sequence

What will be taught and in which order.

Curriculum Map: 90 Days = 1 Semester

Days:

2: Begin a Term

5: Empathy
5: Self-Esteem
10: Mental Health
10: Stress, Depression, Suicide

5: Conflict Resolution / Cultural Diversity
5: Dangerous Decisions / Violence

10: Nutrition
5: Body Systems / Diseases
5: First Aid

10: Alcohol / Drugs / Tobacco
10: Sex Ed

5: Environmental Health / Community Health

3: End a Term

Total: 90

Please note: We've built into the curriculum two week (10-day) units to maximize flexibility. This allows for natural 'catch-up' periods or dedicated windows for you to enrich these critically important topics with your own resources.

Semester-based Sequence (18-week) course:

Weeks:

Introduction: Begin a Term (2 days)

Weeks 1-6: Personal Development & Emotional Health

- Empathy / Self-Esteem
- Mental Health
- Stress, Depression, Suicide

These build a strong emotional foundation and prepare students for self-regulation and awareness.

Weeks 7-8: Interpersonal Skills & Social Challenges

- Conflict Resolution / Cultural Diversity
- Dangerous Decisions / Violence

Encourages students to apply emotional intelligence to social situations and peer interactions.

Weeks 9-12: Physical & Preventative Health

- Nutrition
- Body Systems / Diseases
- First Aid

Teaches students how to care for their bodies and respond to emergencies.

Weeks 13-16: Risk Behaviors & Prevention

- Alcohol / Drugs / Tobacco
- Sex Education

Tackles sensitive, high-impact decisions once a foundation of self-respect and body knowledge has been built.

Week 17: Broader Health & Responsibility

- Environmental Health / Community Health

Broadens perspective from the personal to societal level, encouraging civic and ecological responsibility.

Conclusion: End a Term (3 days)

Unit Descriptions:

Begin a Term Unit: "Know Thyself — Awakening to Who You Are and Who You're Becoming"

This opening unit sets the tone for a health class unlike any other—one that begins not with the syllabus, but with the student. Rather than simply learning about health, students step into a space where they author their own health journey, exploring who they've been, who they are, and who they are becoming. From day one, the focus is educational and holistic: mind, body, spirit, identity, culture, and connection. This is a space for real talk and honest reflection, where curiosity is encouraged, diverse identities are affirmed, and psychological safety is a shared commitment. Through guided self-exploration, students define health on their own terms, connect their well-being to their personal values and cultural backgrounds, and see themselves not as passive recipients of information, but as active participants in shaping the health culture of their generation. In these first days, students co-create the norms that will carry the course—agreements rooted in confidentiality, consent, respect, and deep listening. They'll take on meaningful reflective work, including writing a private letter to their future selves and exploring the "Vortex of Impact," a framework for understanding how their choices ripple out into relationships, communities, and culture. As they build a shared classroom culture, they'll learn that the goal here is not perfection, but presence—showing up fully to their bodies, minds, emotions, and values. By the close of the unit, students will understand that they are their own health experts in the making, and that the story they're writing about their lives and their wellness is one worth telling, with intention, courage, and care.

Empathy Unit: “Seeing Others, Holding Space”

This unit moves beyond textbook definitions and dives into empathy as a lived skill, transforming relationships, communities, and even the way students see themselves. Students will learn to listen deeply, notice what’s left unsaid, and bridge differences with curiosity instead of judgment. Through neuroscience insights, storytelling, and hands-on practice, they’ll explore the three dimensions of empathy—cognitive (perspective-taking), emotional (feeling with others), and compassionate (turning understanding into action). Along the way, they’ll unpack common barriers like bias, burnout, and digital disconnection, and discover how empathy can be a catalyst for healthier communication, conflict resolution, and social change.

Here, empathy is treated as both an interpersonal skill and a personal mindset. Lessons weave together roleplays, reflective writing, and real-world scenarios—from navigating disagreements with friends to recognizing humanity in strangers online. Students will practice “holding space” for others without rushing to fix, build resilience against empathy fatigue through healthy boundaries, and design small-scale projects that make a tangible difference in their school or community. By the end, they’ll understand that empathy isn’t about perfection or people-pleasing; it’s about showing up with presence, courage, and respect. The goal: being ready to carry those skills into every part of their lives.

Self-Esteem Unit: “Seeing Ourselves with the Same Compassion We Give Others”

After weeks of practicing empathy, seeing others deeply, listening with presence, and honoring their experiences, we now turn that same lens inward. This unit invites students to explore the most personal relationship they will ever have: the one with themselves. Just as they’ve learned to hold space for others, they will now learn to hold space for their own thoughts, feelings, and needs. Self-esteem here is not about ego or perfection; it’s about cultivating a grounded, honest sense of worth that can’t be shaken by comparison, criticism, or the shifting opinions of others. Students will unpack the roots of self-worth, explore the ways culture and systems shape identity, and practice self-respect, self-compassion, and boundary-setting as essential life skills.

Through interactive lessons, reflective exercises, and real-world scenarios, students will learn to recognize and reframe negative self-talk, challenge “not enough” narratives, and shift from external validation to internal trust. They’ll examine the influence of media, social conditioning, and personal history on body image and authenticity, and develop strategies to live in alignment with their values rather than performance. This unit also connects self-esteem to empathy, showing how valuing oneself strengthens the capacity to value others, and how resilience and self-respect create the foundation for healthy, reciprocal relationships. By the end, students will understand that self-esteem is not just how they think about themselves, it’s how they live as themselves, with integrity, confidence, and the courage to show up authentically in the world.

Mental Health Unit: “Knowing It, Owning It, Navigating It”

This unit takes mental health out of the shadows and into everyday conversation, treating it as an essential part of who we are, just like physical health. Students will learn what mental health really means, how it fluctuates, and how it is shaped by biology, psychology, and social environment. They’ll explore common challenges facing young people today, from anxiety and depression to burnout and body image pressures, while dismantling stigma and replacing it with understanding, compassion, and practical strategies. The emphasis is on building “mental health literacy”: knowing the signs of struggle in ourselves and others, understanding the spectrum from wellness to illness, and knowing when, where, and how to seek support. Students will leave this unit not just knowing about mental health, but feeling empowered to talk about it openly and navigate it with confidence.

Through interactive activities, reflective exercises, and real-world scenarios, students will build a personal “mental health toolbox”—from coping strategies and stress management techniques to crisis planning and resource mapping. They’ll practice emotional regulation skills, learn to support peers and discover the role of boundaries, relationships, and digital habits in mental wellness. The unit also centers hope and resilience, highlighting real stories of recovery and encouraging students to create personal wellness plans grounded in their values, goals, and strengths. By normalizing conversations, teaching tangible skills, and fostering a culture of care, this unit equips students to move from surviving to thriving, and to help build a generation that sees mental health as something we care for together, not something anyone has to face alone.

Stress, Depression, and Suicide Unit: “Into the Dark: Facing Stress, Depression & Suicide with Truth, Tools, and Courage”

This unit is more than memorizing warning signs or repeating “ask for help.” It creates a safe space for honest conversations where we face life’s toughest challenges together. Grounded in compassion and understanding, it focuses on giving real, practical tools students can use to navigate difficult moments. It’s about being real—about the moments when life feels heavy, the times when you’ve been carrying too much for too long, and the silence that can feel impossible to break. Here, we talk openly about stress, depression, and suicide not to scare you, but to give you the language, tools, and courage you deserve.

We’ll explore what stress really is—the body’s biological response to pressure, fear, and overwhelm. Students will learn how their nervous system works under stress, how to tell the difference between a rough day and chronic overload, and how to manage stress before it takes over. We’ll unpack depression in ways that go beyond the stereotypes, looking at how it feels in your body, how it can hide behind a smile, and how culture, identity, and life experiences shape the way it shows up.

When it comes to suicide, we won’t avoid the conversation. Students will learn how to recognize when someone is in crisis, including themselves, and how to ask direct, life-saving questions without fear. We’ll practice what to say, what not to say, and how to connect with the right resources. We’ll also talk about grief, loss, and what it means to heal, even when “moving on” isn’t possible or fair to expect.

Throughout this unit, we’ll build personal coping strategies, resilience skills, and support maps so students leave not just informed, but equipped. Students will see how valuing their own life and wellbeing makes them more capable of showing up for others and how, together, we can build a culture where asking for help is normal, where no one has to face the dark alone, and where hope is always part of the story.

Conflict Resolution Unit: “From Reaction to Resolution: Building the Skills to Face Conflict with Courage and Clarity”

This unit reframes conflict from something to fear or avoid into a powerful opportunity for growth, understanding, and stronger relationships. Students will explore what conflict truly is, not just shouting matches or disagreements, but also the quiet tensions, misunderstandings, and silences that shape human connection. They'll unpack the root causes of conflict, from clashing needs and values to power dynamics and miscommunication, and learn how identity, culture, and personal history influence how we show up when tensions rise. The emphasis is on building both self-awareness and skill—understanding one's own triggers and conflict style, managing emotions in the moment, and communicating with integrity and respect. Students will come to see that healthy conflict can deepen trust, foster creativity, and drive change, while harmful conflict patterns can erode relationships and community well-being.

Through interactive roleplays, real-world scenarios, and reflective practice, students will build a “resolution toolkit” of strategies for listening actively, speaking assertively, and finding solutions that honor everyone involved. They'll practice holding empathy alongside boundaries, repairing relationships after harm, and navigating conflicts across cultures, power differences, and digital spaces. The unit also addresses when walking away is the healthiest choice, how to respond to unsafe or abusive dynamics, and how to transform everyday disagreements into opportunities for fairness and mutual respect. By the end, students won't just know how to resolve conflicts, they'll have the confidence, clarity, and courage to face them in ways that strengthen relationships, protect dignity, and create more equitable communities.

Cultural Diversity Unit: “Health in Every Color: Culture, Identity & Belonging”

This unit treats culture as a vital part of health—as essential as mental or physical well-being. Students will explore how identity, culture, language, gender, class, and ability shape the way we live, heal, and connect. They'll learn that health outcomes aren't just about personal choices, but they're shaped by systems, resources, representation, and belonging. Through honest discussion, critical reflection, and real-world examples, students will uncover how cultural strengths can support well-being, and how bias, barriers, and inequities can harm it. The emphasis is on building cultural health literacy: understanding our own identities, respecting the diversity around us, and developing the skills to advocate for equity in our communities.

Through interactive activities, case studies, and personal storytelling, students will map their own cultural identities, investigate health disparities, and learn practical strategies for cross-cultural communication. They'll practice cultural humility, listening more than assuming, asking questions with care, and approaching difference with respect. This unit goes beyond “celebrating diversity” to address real-world inequities and equip students to be active participants in creating inclusive, affirming, and just spaces. Students will leave with a deeper understanding of themselves and others, a set of skills for navigating a diverse world, and a personal commitment to building a culture of care that values every voice and body.

Dangerous Decisions Unit: “Crossroads: Choices That Change Lives”

This unit challenges students to rethink the way they see risk, impulse, and choice in a world that often rewards recklessness over reflection. It's not a lecture, and it's not scare tactics—it's honest, nuanced, and rooted in the realities teens face every day. Students will unpack what makes a decision “dangerous,” from the brain science of impulsivity and peer influence to the cultural pressures of status, belonging, and digital identity. They'll learn to see danger not as a moral failing, but as a context shaped by emotion, environment, and the moment's intensity, and to recognize the tipping points where one choice can change everything. By weaving together the biology, psychology, and social influences behind high-risk behavior, this unit builds self-awareness, critical thinking, and the courage to pause before crossing a line that can't be uncrossed.

Through real-world scenarios, skill-building exercises, and reflective practice, students will explore high-stakes decisions around substances, sex, digital life, driving, violence, and more—without shame, but with clarity about both immediate and long-term consequences. They'll gain practical tools for slowing down impulsive thinking, resisting group pressure, and aligning actions with personal values. The unit also emphasizes harm reduction, healthy outlets for risk-taking, and how to recover and repair when mistakes are made. By centering agency, empathy, and accountability, this unit equips students not just to avoid danger, but to define the kind of life they want to live, and to choose a path that builds (rather than breaks) their future.

Violence Unit: “Breaking the Cycle: Understanding, Preventing, and Healing Violence”

This unit invites students to confront the realities of violence in all its forms, with clarity, compassion, and the tools to create change. We explore beyond warnings and statistics to examine violence as a public health issue, a social pattern, and a preventable harm rooted in power, inequity, and silence. Students will unpack the many faces of violence—physical, emotional, verbal, sexual, systemic, and digital, while learning how these forms intersect and often overlap. They'll explore the root causes of harm, from cultural norms and media influence to identity-based oppression and cycles of trauma, while gaining the skills to challenge harmful behaviors and promote safety in their own communities. This unit frames violence not as inevitable, but as something that can be interrupted, healed, and ultimately transformed.

Through scenario analysis, skill-based practice, and trauma-informed dialogue, students will learn how to recognize early warning signs, respond as active bystanders, and de-escalate potentially harmful situations. They'll examine the lasting impacts of violence on physical and mental health, discover strategies for healing and resilience, and practice ways to foster respect, inclusion, and nonviolence in everyday life. From addressing digital harassment to understanding systemic injustice, students will leave with the knowledge and confidence to protect themselves, support others, and become leaders in building safer schools and communities. By the end, the focus is not only on preventing harm, but on reshaping culture so that respect, empathy, and accountability replace fear, silence, and cycles of violence.

Nutrition Unit: “Fueling the Future: Understanding Nutrition, Building Habits, and Loving Your Body”

This unit invites students to engage deeply with nutrition as a powerful force shaping their physical, mental, and emotional well-being throughout life. Exploring beyond simplistic rules and diet culture, this curriculum centers nourishment, joy, and self-care while challenging stigma, misinformation, and inequity in access to healthy foods.

Students will explore the science behind what their bodies and brains truly need, uncovering the complex roles of macronutrients, micronutrients, hydration, and digestion. They'll learn how food impacts mood, energy, and focus, and how diverse bodies have unique nutritional needs. The unit also addresses cultural traditions, social influences, and food justice, fostering respect for varied food identities and empowering students to advocate for equitable, sustainable food systems.

Through mindful eating practices, critical evaluation of media and marketing, and practical skills like decoding nutrition labels and budget-friendly meal planning, students develop confidence and agency in their food choices. They'll confront toxic diet culture, challenge harmful narratives about body image, and build positive, guilt-free relationships with food.

By integrating the science of nutrition with social justice and environmental awareness, this unit prepares students not only to make informed, balanced decisions for themselves but to become thoughtful advocates for healthy, just, and sustainable food environments. By the end, students will see nutrition as a lifelong tool for vitality, resilience, and joy—a foundation for fueling their futures with knowledge, compassion, and confidence.

Body Systems Unit: “Inside Out: Understanding the Body’s Systems and How to Care for Them”

This unit transforms the traditional study of human anatomy into a powerful journey of self-awareness, empowerment, and lifelong health stewardship. Students will explore the body not just as a collection of parts but as an interconnected, dynamic system where every organ and process influence overall well-being. They'll dive deep into the living blueprint of anatomy and physiology, discovering how the body maintains balance through complex feedback loops and how lifestyle choices like nutrition, sleep, stress management, and physical activity directly affect their body's function.

The unit covers all major body systems: the skeletal, muscular, nervous, endocrine, circulatory (cardiovascular), respiratory, digestive, excretory (urinary), lymphatic and immune, and reproductive systems. Students will learn how these systems work individually and together to fuel movement, regulate growth and development, defend against disease, transport nutrients and oxygen, remove waste, and support reproduction and hormonal balance.

The emphasis is focused on connecting science to the self. Students will reflect on how their own habits and emotions impact their nervous, endocrine, immune, and other systems, fostering personal ownership of health during adolescence and beyond. The unit acknowledges the transformative nature of this stage of life, addressing puberty, hormonal shifts, and identity in a way that honors students' lived experiences. Through interactive activities, and real-world health scenarios, students will build a “health toolkit” that includes critical thinking about misinformation, prevention strategies, and advocacy for bodily autonomy. They'll explore how body systems respond to challenges like injury, infection, chronic disease and how proactive care promotes resilience and well-being.

By the end, students won't just know how their bodies work, they'll have the knowledge, skills, and confidence to make informed decisions that promote their health, prevent disease, and support others in doing the same, equipping them to lead and promote wellness within their communities.

Diseases Unit: “Understanding Disease: Prevention, Management, and Community Health”

This unit invites students to explore the complex world of diseases, through biology and symptoms, while also examining how diseases affect individuals, communities, and societies. We'll center on empowerment, health literacy, and the social systems that influence disease prevention and management. Students will learn about communicable diseases (like influenza, HIV/AIDS, and COVID-19) and non-communicable diseases (including heart disease, diabetes, cancer, and autoimmune disorders), while understanding how lifestyle choices, environment, and equity shape health outcomes.

Students will engage with the science of how diseases develop and spread, the vital role of the immune system, and modern public health tools such as vaccines, screenings, and safe health practices. The curriculum highlights the interplay between personal responsibility and community health, emphasizing how social determinants such as income, racism, and environment impact disease risk and health equity globally.

We will study specific conditions like cancer, learning about risk factors, prevention strategies, and treatment options, as well as HIV, including modes of transmission, stigma reduction, prevention, and management. Through case studies, critical thinking exercises, and skill-building activities like decoding misinformation, students will gain confidence to protect themselves and advocate for healthier communities. As well as develop an appreciation for mental and physical health as interconnected and learn how to navigate healthcare systems, debunk myths, and promote wellness.

By the end of this unit, students will see disease not as an inevitable fate but as a challenge that can be understood, prevented, and managed, individually and collectively. They will be prepared to take charge of their health, support others, and become proactive leaders in public health and social justice.

First Aid Unit: “First to Help: Life-Saving Skills, Calm in Crisis”

This unit goes far beyond memorizing procedures, to empowering students with practical, hands-on first aid skills, builds confidence to respond effectively in emergencies, and deepens understanding of compassionate action, preparedness, and responsibility. Students will learn not just how to react, but how to save lives, prevent harm, and stay calm under pressure.

The core purpose is to equip students with essential first aid knowledge, critical thinking, and experiential learning needed to act decisively and compassionately in times of crisis. This unit emphasizes mindset before manuals, training students to assess, remain calm, and think clearly, laying the foundation for confident, competent, and trauma-informed responders.

Students will master vital lifesaving skills such as CPR, AED use, choking response, bleeding control, and injury management, all practiced through hands-on, real-world scenarios that cultivate readiness. Equally, the unit integrates emotional first aid and mental health crisis support,

recognizing the importance of addressing both physical and psychological emergencies.

Legal and ethical considerations such as Good Samaritan laws, consent, confidentiality, and cultural humility empower students as responsible responders who understand boundaries alongside their power to help. Students will also explore emergency preparedness, including building personal first aid kits and family plans, and gaining familiarity with school and community safety protocols.

Throughout the unit, the focus remains on building a “first responder mindset” that blends critical thinking, empathy, and practical expertise. By unit’s end, students will not only know what to do, they will be ready to act with courage, care, and clarity when lives depend on it.

Alcohol Unit: “Alcohol Unfiltered: Truth, Choice, and the Power of Awareness”

This unit invites students to deeply explore alcohol, as a substance and as a complex influence on the brain, body, relationships, and society. We center on empowerment, critical thinking, and personal agency, helping students understand how alcohol affects their health, emotions, decision-making, and future.

Students will engage with the science behind how alcohol impacts the adolescent brain and body, the social and cultural forces shaping drinking behavior, and the real-life risks associated with alcohol use. The curriculum highlights the interplay between individual choices, social pressures, and community support systems, emphasizing mental health, consent, and harm reduction.

Through honest discussions, case studies, role-playing, and skill-building exercises—such as refusal techniques, bystander intervention, and navigating emergencies, students will gain the confidence and insight needed to make informed decisions. They will also explore alternatives to drinking and learn how to seek and offer help when alcohol use becomes harmful.

By the end of this unit, students will understand alcohol not just as a risk, but as a complex part of teen life that requires awareness, respect, and responsibility. They will be equipped to protect their health, support peers, and become confident in being a safe, informed, and compassionate individual.

Drug Unit: “Truth Over Hype: The Real Story on Drugs, Decisions, and Who You Want to Be”

This unit invites students to explore the complex and nuanced world of drugs, through facts and risks, and through understanding the deeper reasons behind use, the brain science, and the social forces that shape choices and experiences. This unit centers on truth, empathy, and empowerment, helping students see drug use as a human issue rooted in identity, values, and community.

Students will engage with the biology of how various substances affect the brain and body, the psychology behind why people use drugs, and the real-world impacts, both short and long term, on health, relationships, and futures. The curriculum highlights harm reduction and safety as vital, while also unpacking how systems, stigma, and social justice shape drug policies and access to treatment.

Through case studies, critical discussions, and skill-building exercises like refusal techniques, overdose response, and media literacy, students will gain the tools to make informed, values-aligned decisions and to support themselves and others. They will learn to recognize problem use, understand addiction as a brain condition and advocate for healthier, more equitable communities.

By the end of this unit, students will understand drugs not as black-and-white dangers or simple temptations, but as complex phenomena tied to mental health, culture, and social systems. They will be equipped with knowledge, compassion, and agency to navigate this reality safely and thoughtfully, becoming proactive leaders who challenge stigma and promote wellbeing in their communities.

Tobacco Unit: “Unfiltered: Nicotine, Truth, and Taking Back Control”

A health unit that shatters old tobacco lessons and meets today’s teens where they live, amid vaping culture, peer influence, and complex marketing, this isn’t just about “don’t smoke.” It’s about unpacking the full story behind nicotine addiction, from the biology that hijacks the adolescent brain to the powerful social forces and manipulative industry tactics that shape choices. Students will develop critical media literacy and refusal skills, while discovering how tobacco intersects with identity, justice, and mental health.

Far beyond fear-based warnings, this unit empowers students to take back control through honest, science-backed information and real-world strategies for resilience and recovery. It invites them to think deeply about their own values, recognize the impact of nicotine on their future, and lead change in their communities. By exposing the truth and celebrating student agency, this unit transforms health lessons into a movement—equipping the next generation to live free from nicotine and shape a healthier culture on their own terms.

Sex Education Unit: “Unfiltered: Media, Messages, and Meaning in Sexuality”

A transformative health unit to meet today’s teens, immersed in social media, pop culture, and digital connection, this unit explores understanding the powerful and sometimes conflicting messages they receive about intimacy, identity, and self-worth. Students will unpack how media, pornography, and peer culture shape beliefs and expectations, while building skills in critical thinking, boundary-setting, and digital consent.

Far beyond scare tactics or shame, this unit empowers students to reclaim their narratives by exploring real intimacy, body confidence, and personal agency. It fosters media literacy that challenges stereotypes and hyper sexualization, and supports students in creating healthy boundaries around what they consume—online and offline. Students learn to navigate sexting and digital relationships safely and respectfully, building self-esteem rooted in authenticity rather than appearance or performance.

This unit also equips students with essential knowledge about reproductive and sexual health, including STIs, contraception options, and the social and emotional impacts of sexual choices. By understanding how to protect their bodies and wellbeing, students develop the confidence to make informed decisions aligned with their values and relationships. The conversation includes the realities of STI prevention, contraception

effectiveness, and the importance of seeking trusted care without stigma.

By centering respect, consent, and positive self-image, this unit shifts the conversation from pressure and myths to empowerment and choice. It equips the next generation to decode media influences, honor their values, protect their health, and lead with confidence in their relationships.

Environmental Health Unit: “The Earth and Us: How Environmental Health Shapes Our Bodies, Communities, and Future”

This unit goes far beyond recycling tips and pollution facts to reveal the profound, often unseen connections between the planet’s health and our own. Students will discover that the air they breathe, the water they drink, the food they eat, and the places they live are all deeply intertwined with their personal health, identity, and the future they inherit. These aren’t just environmental lessons, it’s a call to see themselves as essential players in a global story of health, justice, and transformation.

Far from distant or abstract, this unit makes environmental health personal, urgent, and real. Students explore how pollution, climate change, and environmental degradation directly affect lungs, hearts, minds, and communities, especially those historically marginalized by environmental racism and health inequities. They’ll learn to think systemically, tracing the roots of issues like asthma disparities, water crises, and toxic exposures back to social, economic, and political systems that shape who suffers and who thrives.

This unit empowers students with scientific literacy, critical thinking, and advocacy skills, equipping them to research environmental risks, critically assess industry claims and “greenwashing,” and push for policies that protect both people and planet. Through hands-on projects, from school sustainability audits to community partnerships, they move from awareness to action, building real-world solutions that foster healthier environments and more just futures.

By centering on environmental justice, youth leadership, and interconnected health, this unit has the ability to transform environmental education into action. It challenges students to understand their power, not just to reduce harm, but to lead healing, restoration, and innovation locally and globally. It invites every student to claim their role as a steward of the earth and their own wellbeing, shaping a legacy of resilience, equity, and hope.

Community Health Unit: “We > Me: How Community Shapes Our Health and How We Shape Our Communities”

In this unit, students dive into how their own wellbeing is deeply connected to the communities around them and the systems that shape those communities. Students will discover that their health isn’t just about what they eat or how much they exercise, it’s about the neighborhoods they call home, the schools they attend, the policies that govern their access to care, and the social forces that influence who thrives and who struggles.

This unit makes community health personal, urgent, and collective. Students explore how factors like housing, education, transportation, and systemic inequities such as racism, economic disparity, and environmental injustice, directly impact the health outcomes of their families and neighbors. They’ll learn to think critically about why some communities face higher rates of illness, injury, and stress, and how these patterns are tied to historical and ongoing social structures.

Through real-world data analysis, community mapping, and collaborative projects, students move from awareness to action. They develop the skills to assess community needs, communicate effectively, organize for change, and promote health equity in their schools and neighborhoods.

By centering equity, culture, and youth leadership, together we’ll transform health education into a movement. We’ll challenge students to see themselves not as isolated individuals, but as vital changemakers capable of shaping healthier, more just communities. And we’ll invite every student to claim their power to build collective wellbeing and design a future where everyone has the opportunity to thrive.

End A Term: The Ripple Effect & Self-Discovery

This unit is a powerful moment for students to pause, reflect on what they’ve learned, and step confidently into the next phase of their health journey. As they explore the Ripple Effect, they gain a profound understanding of how every choice creates waves that extend far beyond themselves, influencing their families, communities, and even the environment. This holistic perspective transforms the way they see health, revealing it as a vibrant, interconnected system where mental, emotional, physical, social, and environmental wellbeing are inseparable.

Building on this foundation, students dive into a deep exploration of self with the Myers-Briggs Personality framework, uncovering their unique traits, strengths, and challenges. The creative Spiral Art project then invites them to visually map their inner world, connecting personality insights to their health journey in a meaningful, personal way. Through reflection and self-awareness, students synthesize their experiences and knowledge, developing essential life skills, emotional resilience, empathy, communication, and intentional decision-making, that prepare them not just for academic success, but for a lifetime of growth and impact.

More than a health curriculum, this unit reminds students with a generational call to action: to break unhealthy cycles, embrace authenticity, and lead with compassion in an increasingly complex digital and cultural landscape. It empowers them to take ownership of their wellness and legacy, equipped to navigate life’s challenges with clarity and courage, and to inspire positive change wherever their ripples reach. This is real-world readiness—empowering, imaginative, and grounded in meaningful connection, preparing them to navigate life with confidence and care.