

Health Education Today – Unit Outline



Here are a few of the detailed activities included:

1. Beginning a Year Unit:

LEVEL 1:

- Starting the Term Off Right!
- Learning Styles Survey
- Conversation Starters
- “Learning Style Cubes”
- “The Little Red Hen” THEME - Watch a fun video preview of this activity
- File Folders System
- Distribute Syllabus
- “Food Personality Survey”

LEVEL 2:

- “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

LEVEL 3:

- 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
 - 250 All-New "Learning Target" Posters
 - Teacher Evaluation Tips for the "Danielson" "5 Dimensions" and "Marzano" Frameworks
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2. Stress, Depression, and Suicide Unit - Watch a fun video preview of this unit

LEVEL 1:

- "Stress Survey"
- "How Stress Affects Your Brain" Video
- "Stress Worksheet"
- How to Relieve Stress Video
- "Relieving Stress Trunks Project"
- "Sleep Project Homework"
- Five Stress Relieving Activities!
- Stress, Depression, and Suicide Escape Room!

LEVEL 2:

- "Animal Stress Stories"
- "Depression: Black Dog Posters"
- "Traits of Depression Worksheet"
- Review of Stress, Sleep, Resilience, and Depression
- Depression and Thoughts of Suicide
- Overcoming Depression and Anxiety
- "Life Without You" Worksheet
- Stress-Buster Coloring Homework

LEVEL 3:

- 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

- New! "Shut the Door on Suicide" Google Slides Lessons - Watch a video preview of this lesson
 - Unit Test Review
 - "Depression/Suicide Parent-Teen Communicator"
 - "Stress-Free BINGO" Test Review
 - Stress Unit Assessment
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3. Mental Health Unit

LEVEL 1:

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

LEVEL 2:

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

LEVEL 3:

- Multiple Intelligences Survey
 - "I Am Me" Worksheet
 - Optional Problem-Solving
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4. Diseases Unit

LEVEL 1:

- Understanding Communicable Diseases, Pathogens, How They're Spread, and How the Immune System Fights Them
- "Interactive Communicable Diseases Activity" with "Disease and Prevention Chart"
- FUN!! "Communicable Diseases Card Game"
- "Selfie Get Well Cards" (Disease Prevention)

LEVEL 2:

- CANCER Information and Art Project
- Cancer Video
- "Family Medical History Homework"
- Diseases Research Project Homework

LEVEL 3:

- Understanding Non-Communicable Diseases
 - World Non-Communicable Disease 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”
 - “Non-Communicable Diseases King’s Corner” Card Game with “Non-Communicable Diseases Worksheet”
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5. Empathy/Violence/Stop Bullying Unit

LEVEL 1:

- Empathy Video
- Interactive Empathy Treasure Chest Project
- “Self-Esteem Survey”
- "Positive Self-Talk Activity"
- Bullying Video
- Bullying Escape Room!
- Bullying Role-Play Task Cards
- “Making Your Voice Count” Activity
- Cyber Bullying
- “Empathy Test” (Written or Out Loud)

LEVEL 2:

- Showing Empathy in Dealing with Bullying
- Ways to Stop a Bully Video
- “Hand in Hand” Bullying
- “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

LEVEL 3:

- Definition of Empathy
- “Empathy Survey”
- “Empathy Homework”
- “Our Words Have Power”
- Empathy in “Perspectives”
- “Life Stories Poster Project”
- “What Would It Be Like” Worksheet

- “One Person Can Make a Difference”
 - Inspirational Videos
 - Share Life Stories in Groups
 - Prejudices Discussion
 - Assertive, NOT Aggressive
 - “Blind, Paralyzed, or in Prison for Life”
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6. Tobacco

LEVEL 1:

- 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” Worksheets
- “Support Your Peers Calendar”

LEVEL 2:

- 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

LEVEL 3:

- The Dangers of Tobacco
 - 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
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7. Alcohol Unit

LEVEL 1:

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

LEVEL 2:

- "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)

LEVEL 3:

- "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
 - "Fun Alcohol Board Game"
 - Unit Test
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8. Drugs Unit

LEVEL 1:

- Intro to Drug Unit
- "Drug Classification Activity"
- Inhalants Dangers!
- Stimulants
- Addiction Escape Room!
- Over-the-Counter Dangers Scavenger Hunt!!

LEVEL 2:

- "Faces of Meth"
- Stimulants Video

- Why Teens Use Drugs
- "Body Parts 25 Things to Do Instead of Drugs"
- Molly and Other Designer Drugs Newsletter
- "OTC Scavenger Hunt"
- Drug Classification Review
- "Marijuana True-False" Quiz
- "How Pot Hurt Me" Card Game
- Narcotics
- "Pharm Party Activity"
- Heroin
- Decision Making
- Drug Role-Plays
- Synthetic Drugs and More on Heroin
- Stages of Drug Addiction
- "Drug Progression Story"
- "Substance Parent-Teen Communicator" Homework

LEVEL 3:

- "Risk Factors For Addiction" Survey
- Intervention Video with Video Review Sheet
- Healthy Alternatives
- 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

LEVEL 1:

- 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, Self-Esteem Worksheet”
- “How to be More Confident” Video
- “Assertiveness Role-Plays”

LEVEL 2:

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

LEVEL 3:

- 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

LEVEL 1:

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

LEVEL 2:

- Self-Esteem Projects

LEVEL 3:

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

11. Nutrition Unit

LEVEL 1:

- What is a Calorie?
- Understanding and Reading Label Ingredients
- Students make "Best or Worst Foods" Posters
- "Ingredients Quiz"
- "Where is Your Health?" Assessment
- "Where is Your Health?" Goal-setting Acronym
- Food Label Scramble
- ★NEW!! Online Healthy Eating Goals!!

LEVEL 2:

- Intro to Nutrition
- MyPlate Activity
- Vending Machine Savvy and Food Label Reading
- Iron and Anemia
- Understanding
- 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
- "MyFitnessPal" Activity
- "Analyzing Fad Diets Project" ("Is This Diet Healthy?")

LEVEL 3:

- Introduction to Nutrition
- ★NEW!! "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!!
- 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
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12. Sex Ed. Unit

LEVEL 1:

- 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 Relationship - Watch a fun video preview of this lesson
- Understanding Gender Identity and the Increased Risk for Bullying
- Signs of Abusive Relationships
- NEW!! Sexual Assault Escape Room
- “Healthy Relationships Posters”

LEVEL 2:

- 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

LEVEL 3:

- Sexuality Opt-Out” Info
- Puberty
- 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 (STIs)
- Pregnancy Options and Abortion
- What Are Contraceptive Methods?
- Debate on Contraceptives
- “Sexual Health, Wellness, and Unprotected Sex with Myths”

13. Body Systems Unit

LEVEL 1 Only:

- "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 Worksheet
- Preventative Medical Checkups for Teens
- Vaccinations and Reproductive Health Check-Ups

- Unit Tests
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14. First Aid Unit

LEVEL 1:

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

LEVEL 2:

- 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
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15. Environmental Health Unit

LEVEL 2 Only:

- 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
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16. Optional Community Health Unit

OPTIONAL ANY LEVEL:

- 21 Different Ideas to Promote "Community Health"
- Six Key Ingredients to a Healthy Community
- Health or Fitness Careers
- Family Health

- Safe Home Environments
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17. Cultural Diversity Unit

LEVEL 2:

- 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"

LEVEL 3:

- See a fun video preview of this unit
 - "I Am...." Exercise
 - Beverly D. Tatum's "The Complexity of Identity: 'Who Am I?'"
 - True Stories of Prejudice, 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!!
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18. Dangerous Decisions Unit (In all 3 levels!)

Decision-Making Skills for:

- 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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19. Ending a Term Unit

LEVEL 1:

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

LEVEL 3:

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