

## Health Education Today – Unit Outline



**Here are a few of the detailed activities included:**

**Help your teens see the dangerous, and often fatal consequences of these risky decisions:**

1. Dangerous Selfies (death caused by selfies taken in dangerous/daredevil circumstances)
2. Vaping
3. High Speed Driving
4. The Choking Game
5. Taking Bets and Dares
6. Drinking Games
7. Sexting
8. Goofing Around on Cars and Trucks
9. Cutting/Self-Mutilating and Suicide
10. The Dangers of the Sun and Tanning Booths
11. Giving out Personal Information on the Internet
12. Shaken Baby Syndrome
13. Carrying a Loaded Gun
14. Teen Runaways and Homelessness
15. Unhygienic Body Tattoos and Piercings
16. Water Safety (Boating and Jet Ski Accidents)

## 17. Using Drugs

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**Relevant for middle and/or high school students.**

**1. Easiest Version:** Students read on their own and meet up in groups afterwards

- -6 Pages of Step-by-Step Teacher Directions
- -"Dangerous Decisions Worksheet"
- -New! Intriguing story to read outloud and challenging questions for students!

**2. Mini Version:** Students read and pass along articles, with optional group meet up

- -6 Pages of Step-by-Step Teacher Directions
- -Mini Version Worksheet"
- -Group Follow-Up Questions
- -New! Intriguing story to read outloud and challenging questions for students!

**3. Share Out Version:** Students read and discuss in groups, then share out

- -18-Slide PowerPoint
- -"Share Out and T.V. Version Worksheet"
- -"Dangerous Decisions Worksheet" Article and Example
- -"WWWWH Decision-Making Worksheet"
- -"Presentation Grading Rubric"
- -"Anonymous Student Reflection Sheet"
- -The Legal Consequences Handout
- -New! Intriguing story to read outloud and challenging questions for students!

**4. T.V. Station Reporters Version - Fun!** Students read and discuss in groups, then present material as T.V. reporters on a news channel

- -21 Pages of Step-by-Step Teacher Directions
- -35-Slide PowerPoint
- -"Share Out and T.V. Version Worksheet"
- -"Dangerous Decisions Worksheet" Article and Example
- -T.V. Newsroom Presentation Form
- -"Presentation Grading Rubric"
- -"WWWWH Decision-Making Worksheet"
- -"Anonymous Student Reflection Sheet"
- -The Legal Consequences Handout
- -New! Intriguing story to read aloud and challenging questions for students!

**5. Use as an Independent Study Unit:** Completely done at home "Distance Learning Version." All you need to do is get your students the link where all 100 articles are on 1 PDF file on Google Docs, and get them the link to the 67-Slide "Dangerous Decisions Distance Learning Student Directions" that is 1 Google Slideshow that walks students step-by-step through the lessons.

They will read 4 to 5 articles in a topic each day (or you can slow down the pace if you want!) for 15 different topics.

-Each day after they read the topic articles, there is a reflection follow-up. (See preview for more details)

-At the end of each week, there is an art project. The three projects are:

- "Through the Dangerous Decisions Door" Poster
- Risk and Protective Factors Tree Art
- WWWWH Decision-making Brochure