### High School Health Education Outline

(45 class periods – 90-minute lessons)

#### Unit 1: An Introduction to Skills-Based Health Education (6 Days)

<table>
<thead>
<tr>
<th>Lesson #</th>
<th>Core Concept(s)</th>
<th>Skill Focus</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Health Literacy</td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>Health Information, Products, and Services</td>
<td>Accessing Information</td>
</tr>
<tr>
<td>3</td>
<td>Conflict Resolution</td>
<td>Interpersonal Communication</td>
</tr>
<tr>
<td>4</td>
<td>Risk Factors and Decisions</td>
<td>Decision-Making</td>
</tr>
<tr>
<td>5</td>
<td>Goal Setting for Personal Wellness</td>
<td>Goal-Setting and Self-Management</td>
</tr>
<tr>
<td>6</td>
<td>Advocating for Health Needs</td>
<td>Advocacy</td>
</tr>
</tbody>
</table>

#### Unit 2: Mental and Emotional Health (8 Days)

<table>
<thead>
<tr>
<th>Lesson #</th>
<th>Core Concept(s)</th>
<th>Skill Focus</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Self-Esteem and Body Image</td>
<td>Analyzing Influences</td>
</tr>
<tr>
<td>2</td>
<td>Eating Disorders</td>
<td>Analyzing Influences and Accessing Information</td>
</tr>
<tr>
<td>3</td>
<td>Social Media and Mental Health</td>
<td>Analyzing Influences</td>
</tr>
<tr>
<td>4</td>
<td>Stress and Anxiety</td>
<td>Analyzing Influences and Self-Management</td>
</tr>
<tr>
<td>5</td>
<td>Stress and Anxiety Management Techniques</td>
<td>Accessing Information and Self-Management</td>
</tr>
<tr>
<td>6</td>
<td>Depression</td>
<td>Interpersonal Communication</td>
</tr>
<tr>
<td>7</td>
<td>Coping with Loss and Grief</td>
<td>Self-Management</td>
</tr>
<tr>
<td>8</td>
<td>Suicide Prevention</td>
<td>Interpersonal Communication</td>
</tr>
</tbody>
</table>

#### Unit 3: Healthy Eating (5 Days)

<table>
<thead>
<tr>
<th>Lesson #</th>
<th>Core Concept</th>
<th>Skill Focus</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Six Essential Nutrients</td>
<td>Accessing Information</td>
</tr>
<tr>
<td>2</td>
<td>Healthy Eating</td>
<td>Self-Management</td>
</tr>
<tr>
<td>3</td>
<td>Dining Out and Eating Healthy</td>
<td>Accessing Information</td>
</tr>
<tr>
<td>4</td>
<td>Eating Patterns and Fad Diets</td>
<td>Accessing Information</td>
</tr>
<tr>
<td>5</td>
<td>Influences on Eating Healthy</td>
<td>Analyzing Influences</td>
</tr>
</tbody>
</table>

#### Unit 4: Substance (Ab)Use Prevention (7 Days)

<table>
<thead>
<tr>
<th>Lesson #</th>
<th>Core Concept</th>
<th>Skill Focus</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Rx and OTC</td>
<td>Interpersonal Communication</td>
</tr>
<tr>
<td>2</td>
<td>Opioid Prevention (2 days)</td>
<td>Advocacy</td>
</tr>
<tr>
<td>3</td>
<td>E-cigarettes</td>
<td>Analyzing Influences</td>
</tr>
<tr>
<td>4</td>
<td>Marijuana</td>
<td>Interpersonal Communication</td>
</tr>
</tbody>
</table>
### Unit 5: Safety and Injury Prevention (8 Days)

<table>
<thead>
<tr>
<th>Lesson #</th>
<th>Core Concept</th>
<th>Skill Focus</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Motor Vehicle Safety/Distracted Driving</td>
<td>Analyzing Influences, Self-Management</td>
</tr>
<tr>
<td>2</td>
<td>CPR and AED</td>
<td>Accessing Information, Interpersonal Communication</td>
</tr>
<tr>
<td>3</td>
<td>Healthy Relationships (2 days)</td>
<td>Interpersonal Communication</td>
</tr>
<tr>
<td>4</td>
<td>Consent 101</td>
<td>Analyzing Influences, Communication Skills</td>
</tr>
<tr>
<td>5</td>
<td>Sexting</td>
<td>Analyzing influences, Self-Management, Advocacy</td>
</tr>
<tr>
<td>6</td>
<td>Bystander Intervention</td>
<td>Interpersonal Communication, Self-Management</td>
</tr>
<tr>
<td>7</td>
<td>Upsetting Rape Culture</td>
<td>Analyzing Influences, Advocacy</td>
</tr>
</tbody>
</table>

### Unit 6: Family Life and Human Sexuality (4 Days)

<table>
<thead>
<tr>
<th>Lesson #</th>
<th>Core Concept</th>
<th>Skill Focus</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Sexual Identity</td>
<td>Analyzing Influences</td>
</tr>
<tr>
<td>2</td>
<td>Human Reproduction</td>
<td>Self-Management</td>
</tr>
<tr>
<td>3</td>
<td>Teen Pregnancy</td>
<td>Decision-Making</td>
</tr>
<tr>
<td>4</td>
<td>Abstinence and Contraceptives</td>
<td>Accessing Information, Interpersonal Communication</td>
</tr>
</tbody>
</table>

### Unit 7: Disease Control and Prevention (5 Days)

<table>
<thead>
<tr>
<th>Lesson #</th>
<th>Core Concept</th>
<th>Skill Focus</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Communicable and Noncommunicable disease (2 days)</td>
<td>Self-Management</td>
</tr>
<tr>
<td>2</td>
<td>Sexually Transmitted Infections (STIs)</td>
<td>Accessing Information</td>
</tr>
<tr>
<td>3</td>
<td>STI Testing</td>
<td>Interpersonal Communication, Accessing Health Services</td>
</tr>
<tr>
<td>4</td>
<td>Assessing Personal Risk Factors</td>
<td>All</td>
</tr>
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</table>

Assessment Days: 2