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|  | **CONTENT/STANDARDS & BENCHMARKS** | **SKILLS** | **ASSESSMENT &****PRODUCTS** |
| Unit OneHealth and Wellness | -Responsible life choices (1.3, 1.5)-Goal setting (3.2, 3.5, 5.2, 5.3)-Decision making (1.2,1.6, 3.1, 3.2,5.1, 5.3, 5.4, 5.5, 5.6, 7.2)-Personal/Family Health History (1.3, 1.4, 1.5, 3.4, 7.4)-Values (7.4, 1.5) | H4.3Practice decision making (healthy, organized)-Write specific, measurable goalsH3.2 Analyze impact of healthful behavior on life goals-Evaluate personal/family health history | -Problem solving activity-Personal goal activity-Health History activity-Quiz-Decision Making activities-Wellness assessment-Career research |
| **Unit Two**Substance Use and Abuse | -Drug interaction (1.2, 1.6, 4.4, 7.3)-Substance abuse (1.2, 1.6, 4.4, 7.5)-Chemical substances (1.2, 1.6, 1.7, 4.4, 7.3, 7.5)-Tobacco, alcohol, and other drugs | H6.3Practice individual responsibilities for health as it relates to social, emotional, and physical well-being-Examine the help for addictive behaviors-Examine effects of alcohol, tobacco, drugs and other substance on the body.-Explore how drugs impact individuals, families, and society. | -Drug Activity-Quiz |
| **Unit Three**Mental and Emotional Health | -Personality (1.6)-Heredity-Feelings, Grief and loss (1.6)-Stress, Suicide (1.6, 3.3, 6.3)-Depression and other Mental Illnesses (1.6, 1.8, 1.9, 4.5) | H1.6Practice stress management skills necessary to manage conflict resolution among multiple adult roles-Understand the warning signs of suicide and how to get help-Understand various mental Illnesses-Analyze personality development | -Stress Activity-Suicide activity-Mental health research-Personality evaluation-Quiz |
| **Unit Four**Relationships | -Communication (6.1, 6.2, 6.6, 7.1)-Assertiveness training (6.3, 6.4, 6.6, 6.7)-Conflict resolution (3.6, 6.3, 6.7)-Healthy and Unhealthy relationships (1.6, 3.6, 4.1, 6.2, 6.5, 6.8)-Abstinence (1.6, 4.1, 6.5, 6.8, 7.1)-Marriage, divorce (1.6, 4.1, 6.3, 6.5, 6.6, 7.1)-Violence, sexual assault, abuse (1.7, 6.5, 6.9)-Sexual harassment (1.7)-MI law (6.9) | H1.3Analyze positive patterns of communication used at work and home.H2.4 Analyze characteristics of a nurturing environment (and relationship).H5.4 Analyze the relationship between individuals, family, and community rights and responsibilities.-Recognizing and preventing sexual assault.-Understand the legal, emotional, and economic consequences of sexual activity. | -Sexual harassment activity-Assertive activity-Abstinence activity-Quiz |
| **Unit Five**Human Sexuality and the Reproductive System | -Male and female anatomy and physiology (1.6)-Conception and child birth (1.6, 2.5)-Abstinence (1.6)-Birth Control (2.1, 2.3, 2.4, 2.5, 4.3)-Teen Pregnancy (2.4, 2.5)-Adoption | -Understand the male & female anatomy and physiology-Identify the different types of birth control-Analyze the risks and consequences of teen pregnancy-Understand Abstinence-Understand adoption services and safe delivery of a newborn laws | -Male and female packets-Female and male identification activity-Contraceptive chart-Quiz |
| **Unit Six**Health Problems, and Disease Control | -Communicable and non-communicable diseases (1.6, 1.8, 1.9)-Medical care (1.9)-Cancer (1.9)-Sexually Transmitted Diseases (1.2, 1.6,1.7, 2.4, 2.5) | -Understand the relationship between decision making and STD’s-Understand the importance of self-exams-Understand the transmission and prevention of diseases | -STD chart-Disease activity-Quiz |
| **Unit Seven**Nutrition | -Food pyramid (1.6, 2.2, 2.3)-Eating patterns and disorders (2.2, 2.3, 4.2)-Fitness (1.6, 4.2)-Nutrients (2.2)-Food labels (2.3) | H6.6Apply food pyramid in decision-making.H6.7Analyze food labeling.H6.5Assess the effect of non-nutritional food choices on individual wellness-Identify the benefits of fitness. | -Self Assessment-Food label activity-Quiz |