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|  | **CONTENT/STANDARDS & BENCHMARKS** | **SKILLS** | **ASSESSMENT &**  **PRODUCTS** |
| Unit One Health 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 goals  H3.2 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 |