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| Time Frame | Topic/Unit | Skills/Concepts | Major Assessments | Core Standards | Resources |
| Weeks 1-5 | Emotional and Mental Health | * Dimensions of health.
* Exploring emotional health.
* Optimism and positive self talk.
* Understanding stress.
* Stress management techniques.
* Expressing emotions in healthy ways.
* Skills for effective communication.
* Building healthy relationships.
* Ending relationships.
* Coping with loss and grief.
* Social media and emotional health.
* Managing anger.
* Skills for conflict resolution.
* Understanding mental health disorders.
* Preventing suicide.
* Getting help for mental health issues.
 | What I know about emotional and mental health. | NHES Performance Indicators: 1.12.1, 1.12.9, 8.12.1, 8.12.2, 8.12.3, 8.12.4, 1.12.3, 2.12.2, 2.12.4, 2.12.8, 2.12.9, 7.12.2, 6.12.3, 2.12.1, 2.12.10, 2.12.6, 2.12.5, 3.12.1, 3.12.2, 4.12.1, 4.12.2, 5.12.1, 5.12.2, 5.12.3, 5.12.4, 5.12.5, 5.12.6, 5.12.7. | * Healthsmart
* Michigan Model
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| Weeks 6-10 | Abstinence, Personal, and Sexual health  | * Living a healthy life.
* Preventing infectious disease. Preventing chronic disease.
* Getting appropriate healthcare.
* Researching health habits.
* Setting goals to improve personal health.
* Understanding sexuality.
* Review of the reproductive systems.
* Taking care of your sexual health.
* Abstinence.
* Influence on sexual choices.
* Media pressure.
* Resisting sexual pressure.
 | What I know about abstinence, personal, and sexual health.  | NHES Performance Indicators: 1.12.1, 1.12.9, 8.12.1, 8.12.2, 8.12.3, 8.12.4, 1.12.3, 2.12.2, 2.12.4, 2.12.8, 2.12.9, 7.12.2, 6.12.3, 2.12.1, 2.12.10, 2.12.6, 2.12.5, 3.12.1, 3.12.2, 4.12.1, 4.12.2, 5.12.1, 5.12.2, 5.12.3, 5.12.4, 5.12.5, 5.12.6, 5.12.7. | * Healthsmart
* Michigan Model
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| Weeks 11-15 | HIV, STI, & Pregnancy prevention | * Respecting sexual differences.
* Understanding sexual risks and responsibilities.
* Understanding affirmative consent.
* Avoiding pregnancy.
* STI’s, HIV, the facts.
* Influences on sexual choices.
* Assessing and avoiding STI risks.
* Getting tested for STI’s, HIV, or pregnancy.
* Advocating to keep friends and family safe.
 | What I know about HIV, STI’s, and pregnancy prevention.  | NHES Performance Indicators: 1.12.1, 1.12.9, 8.12.1, 8.12.2, 8.12.3, 8.12.4, 1.12.3, 2.12.2, 2.12.4, 2.12.8, 2.12.9, 7.12.2, 6.12.3, 2.12.1, 2.12.10, 2.12.6, 2.12.5, 3.12.1, 3.12.2, 4.12.1, 4.12.2, 5.12.1, 5.12.2, 5.12.3, 5.12.4, 5.12.5, 5.12.6, 5.12.7. | * Healthsmart
* Michigan Model
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| Week 16-20 | Nutrition and Physical Activity  | * Nutrition and Health.
* Guidelines for healthy eating.
* MyPlate for Teens.
* Reading food labels.
* Eating healthy at fast food restaurants.
* Physical activity guidelines.
* Physical activity related to our health.
* Staying safe during physical activity.
* Finding accurate information.
* Influences on eating and physical activity.
* Influences on body image.
* Managing weight in healthy ways.
* Disordered eating and compulsive exercising.
* Food safety at home and work.
 | What I know about nutrition and physical activity.  | NHES Performance Indicators: 1.12.1, 1.12.9, 8.12.1, 8.12.2, 8.12.3, 8.12.4, 1.12.3, 2.12.2, 2.12.4, 2.12.8, 2.12.9, 7.12.2, 6.12.3, 2.12.1, 2.12.10, 2.12.6, 2.12.5, 3.12.1, 3.12.2, 4.12.1, 4.12.2, 5.12.1, 5.12.2, 5.12.3, 5.12.4, 5.12.5, 5.12.6, 5.12.7. | * Healthsmart
* Michigan Model
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| Weeks 21-22 | Project Know Presentations | * Provide reliable, age-appropriate knowledge regarding sexuality
* Encourage healthy, responsible attitudes about sexuality
* Increase family communication about sexuality
* Improve effectiveness in decision-making and communication skills
* Enable students to reduce their risk of teen pregnancy and other consequences of sexual behavior
 | None  | NHES Performance Indicators: 1.12.1, 1.12.9, 8.12.1, 8.12.2, 8.12.3, 8.12.4, 1.12.3, 2.12.2, 2.12.4, 2.12.8, 2.12.9, 7.12.2, 6.12.3, 2.12.1, 2.12.10, 2.12.6, 2.12.5, 3.12.1, 3.12.2, 4.12.1, 4.12.2, 5.12.1, 5.12.2, 5.12.3, 5.12.4, 5.12.5, 5.12.6, 5.12.7. | * Project Know Facilitator
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| Weeks 23-27 | Tobacco, Alcohol, and other Drug Prevention | * Teens and drug use.
* Drug addiction.
* Prescription drugs, opioids, vaping and other tobacco products, alcohol, marijuana; Get the facts.
* Benefits of quitting tobacco use.
* Drugs and the Law.
* Getting help for drug problems.
* Analyzing influences on tobacco, alcohol, and other drug use.
* Countering media influences.
* Making decisions about drugs.
* Advocating for being drug free.
 | What I know about tobacco, alcohol, and other drug prevention. | NHES Performance Indicators: 1.12.1, 1.12.9, 8.12.1, 8.12.2, 8.12.3, 8.12.4, 1.12.3, 2.12.2, 2.12.4, 2.12.8, 2.12.9, 7.12.2, 6.12.3, 2.12.1, 2.12.10, 2.12.6, 2.12.5, 3.12.1, 3.12.2, 4.12.1, 4.12.2, 5.12.1, 5.12.2, 5.12.3, 5.12.4, 5.12.5, 5.12.6, 5.12.7. | * Healthsmart
* Michigan Model
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| Weeks 28-32 | Violence and Injury prevention.  | * Understanding injury and risk.
* Preventing motor vehicle injuries.
* Preventing common injuries.
* Responding to emergencies.
* Making decisions to reduce risk.
* Assessing safety hazards.
* Advocating for safety.
* The consequences of violence.
* Factors that contribute to violence.
 | What I know about violence and injury prevention.  | NHES Performance Indicators: 1.12.1, 1.12.9, 8.12.1, 8.12.2, 8.12.3, 8.12.4, 1.12.3, 2.12.2, 2.12.4, 2.12.8, 2.12.9, 7.12.2, 6.12.3, 2.12.1, 2.12.10, 2.12.6, 2.12.5, 3.12.1, 3.12.2, 4.12.1, 4.12.2, 5.12.1, 5.12.2, 5.12.3, 5.12.4, 5.12.5, 5.12.6, 5.12.7. | * Healthsmart
* Michigan Model
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| Weeks 33-34 | Red Cross blended learning portion of the First Aid/CPR/AED course.  | * Students use their computer to complete an online portion of the Red Cross course prior to the skill portion of the course.
 | Certificate of completion to move on. | Meets requirement for graduation.  | * Red Cross
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| Weeks 35-40 | Skills session, including videos and demonstrations, of the First aid, CPR, and AED skills. | * Students will be working with a partner to learn and perform skills related to first aid, proper CPR technique, and proper AED use in the class. This is a time consuming process but upon successful completion students will be Red Cross certified.
 | Red Cross multiple choice exam. Students must achieve an 80% or higher to pass the Red Cross course.  | Meets requirement for graduation.  | * Red Cross
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