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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 |
| 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 |
| 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 |
| 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 |
| 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 |
| 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 |
| 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 |
| 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 |
| 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 |