Activity 1.1.1: Discuss - Meeting Your Classmates

Introduce yourself to your classmates and read the introductions that they post. Discuss your own health questions you have about health and healthy people in popular culture.

Duration: 20 min  Scoring:  Points Earned: _____

Activity 1.1.2: Study - What Is Health?

Learn about key health topics including physical mental emotional and social health protective factors health risks and the top health concerns and indicators in the United States.

Duration: 30 min

Activity 1.1.3: Journal - Public vs. Private

Share what health means to you and rank your own physical mental emotional and social health.

Duration: 15 min

Activity 1.1.4: Quiz - Assess Your Learning

Take a quiz to assess your understanding of the material.

Duration: 20 min  Scoring:  Points Earned: _____

Activity 1.2.1: Study - Health Skill #1: Accessing Information

Learn about sources of reliable health information such as government school and library resources health professionals the Internet and parents. Learn what questions to ask when evaluating health information.

Duration: 30 min

Activity 1.2.2: Study - Health Skill #2: Analyzing Influences

Learn to analyze factors that affect your health by identifying people and things that influence you how such influences might affect your health and how to choose positive influences and avoid negative ones.
Duration: 30 min

☐ **Activity 1.2.3: Study - Health Skill #3: Making Healthy Decisions**
**Documents:** Study Sheet
Learn the six decision-making steps and consider an example of someone using the decision-making model.
Duration: 30 min

☐ **Activity 1.2.4: Study - Health Skill #4: Goal Setting**
**Documents:** Study Sheet
Learn the benefits of setting goals the difference and connection between long- and short-term goals and how to set goals.
Duration: 15 min

☐ **Activity 1.2.5: Study - Health Skill #5: Interpersonal Communication**
**Documents:** Study Sheet
Learn the components of interpersonal communication including verbal and nonverbal forms as well as listening refusal and conflict-resolution skills.
Duration: 15 min

☐ **Activity 1.2.6: Study - Health Skill #6: Self-Management**
**Documents:** In Focus, Study Sheet
Learn behavior practices that can protect your health.
Duration: 15 min

☐ **Activity 1.2.7: Study - Health Skill #7: Advocacy**
**Documents:** Study Sheet
Learn what advocacy is and how to become a health advocate.
Duration: 15 min

☐ **Activity 1.2.8: Journal - The Seven Skills**
**Documents:** Journal
Reflect on the seven health skills you have just learned.
Duration: 15 min

☐ **Activity 1.2.9: Quiz - Assess Your Learning**
Take a quiz to assess your understanding of the material.
Duration: 20 min  Scoring:  Points Earned: ____

Lesson 1.3: Building Skills for Health Wrap-Up

☐ Activity 1.3.1: Review - Building Skills for Health

(Document: Review)
Prepare for the unit test by reviewing key concepts and skills.
Duration: 1 hr

☐ Activity 1.3.2: Test (CST) - Building Skills for Health
Take a computer-scored test to assess what you have learned in this unit.
Duration: 20 min  Scoring: 20  Points Earned: _____

☐ Activity 1.3.3: Test (TST) - Building Skills for Health
Take a teacher-scored test to assess what you have learned in this unit.
Duration: 45 min  Scoring: 30  Points Earned: _____

Lesson 1.4: Diagnostic

☐ Activity 1.4.1: Diag - Building Skills for Health
Take a diagnostic unit test that will generate a study plan based on your responses.
Duration: 30 min  Scoring: 20  Points Earned: _____ (optional)

Unit 2: Thoughts and Feelings
Lesson 2.1: Mirror Mirror on the Wall

☐ Activity 2.1.1: Study - Self Smart
(Document: Study Sheet)
Define the concept of sense of self and related key terms such as attitudes self-esteem self-respect and empowerment.
Duration: 30 min

☐ Activity 2.1.2: Journal - Sense of Self
(Document: Journal)
Describe your sense of self and internal and external factors that influence it.
Duration: 15 min

☐ Activity 2.1.3: Study - Enhancing Your Sense of Self
(Document: In Focus, Study Sheet)
Learn strategies to enhance your sense of self.
Duration: 30 min
**Activity 2.1.4: Discuss - I Am I Am**  
(Document: Discussion)  
Discuss your self-perception your goals for self-improvement and how having a positive attitude has helped you achieve a goal.  
**Duration:** 20 min  
**Scoring:** 25  
**Points Earned:** _____

**Activity 2.1.5: Quiz - Assess Your Learning**  
Take a quiz to assess your understanding of the material.  
**Duration:** 20 min  
**Scoring:** 10  
**Points Earned:** _____

**Lesson 2.2: Effective Communication**

**Activity 2.2.1: Study - Communication Is More Than Talking**  
(Document: In Focus, Study Sheet)  
Learn about interpersonal communication including listening and speaking skills I messages feedback refusal skills paralanguage and nonverbal communication.  
**Duration:** 30 min

**Activity 2.2.2: Practice - Analyzing Communication**  
(Document: Practice Assignment)  
Complete an assignment related to the various communication skills you have just learned.  
**Duration:** 30 min  
**Scoring:** 20  
**Points Earned:** _____

**Activity 2.2.3: Quiz - Assess Your Learning**  
Take a quiz to assess your understanding of the material.  
**Duration:** 20 min  
**Scoring:** 10  
**Points Earned:** _____

**Lesson 2.3: Managing Stress**

**Activity 2.3.1: Study - What Is Stress?**  
(Document: Study Sheet)  
Identify examples of positive and negative stress that adolescents are likely to experience and how to cope with it; learn about the relationship between stress management and the mind-body connection.  
**Duration:** 30 min

**Activity 2.3.2: Discuss - Coping with Stress**  
(Document: Discussion)  
Discuss positive and negative stressors in your life and healthy ways you
have dealt with stress in the past.

**Activity 2.3.3: Practice - Plan to Manage Stress Healthfully**
(Documents: Practice Assignment)
Practice self-management health skills by developing a personal stress-management plan.

Duration: 30 min   Scoring: 10  
Points Earned: ____

**Activity 2.3.4: Quiz - Assess Your Learning**
Take a quiz to assess your understanding of the material.

Duration: 20 min   Scoring: 10  
Points Earned: ____

Lesson 2.4: Support for Mental and Emotional Problems

**Activity 2.4.1: Study - Emotional Problems: The Big Three**
(Documents: Study Sheet)
Define and learn the signs and symptoms of common mental health problems.

Duration: 30 min

**Activity 2.4.2: Journal - What Questions Do You Have?**
(Documents: Journal)
Write down your thoughts about teen depression suicidal thinking and eating disorders. Write down any unanswered questions you might still have.

Duration: n/a

**Activity 2.4.3: Study - Getting Help**
(Documents: Study Sheet)
Learn about resources for dealing with emotional and mental health problems. Learn about when why and how to get help for yourself or a friend.

Duration: 30 min

**Activity 2.4.4: Quiz - Assess Your Learning**
Take a quiz to assess your understanding of the material.

Duration: 20 min   Scoring: 10  
Points Earned: ____

Lesson 2.5: Thoughts and Feelings Wrap-Up
Activity 2.5.1: Review - Thoughts and Feelings
(Documents: Review)
Prepare for the unit test by reviewing key concepts and skills.
Duration: 1 hr

Activity 2.5.2: Test (CST) - Thoughts and Feelings
Take a computer-scored test to assess what you have learned in this unit.
Duration: 20 min   Scoring:   Points Earned: _____

Activity 2.5.3: Test (TST) - Thoughts and Feelings
Take a teacher-scored test to assess what you have learned in this unit.
Duration: 45 min   Scoring:   Points Earned: _____

Lesson 2.6: Diagnostic
Activity 2.6.1: Diag - Thoughts and Feelings
Take a diagnostic unit test that will generate a study plan based on your responses.
Duration: 30 min   Scoring:   Points Earned: _____

Unit 3: Nutrition
Lesson 3.1: Why Eat Healthfully?
Activity 3.1.1: Study - What a Body Needs
(Documents: Study Sheet)
Learn about the nutrients the body needs such as protein carbohydrates fats vitamins minerals and water. Discover good sources of each nutrient.
Duration: 30 min

Activity 3.1.2: Study - The Benefits of Healthy Eating
(Documents: Study Sheet)
Learn about non-disease-related benefits of eating healthfully as well as ways to prevent or reduce the risk of diseases such as cancer cardiovascular disease osteoporosis diabetes and obesity.
Duration: 30 min

Activity 3.1.3: Quiz - Assess Your Learning
Take a quiz to assess your understanding of the material.
Duration: 20 min   Scoring:   Points Earned: _____

Lesson 3.2: Think Before You Swallow
Activity 3.2.1: Study - Ready Willing and Label
(Documents: In Focus, Study Sheet)
Learn to interpret food labels and understand key food-label terms. Learn why trans fat is included on labels and why it is a health issue. Learn the meaning of food-label claims. Learn about FDA-approved health claims.
Duration: 30 min

Activity 3.2.2: Study - Understanding Our Food Choices
(Documents: Study Sheet)
Consider your personal food likes and dislikes. Learn about factors that influence the foods you eat. Learn about healthful snacks and how to plan for healthful meals both at home and when dining out.
Duration: 30 min

Activity 3.2.3: Practice - Your Meal Plan
(Documents: Practice Assignment)
Using Health Skill No. 4 setting goals plan for one day’s worth of healthful meals and snacks. Explain what is healthful about each meal or snack.
Duration: 30 min  Scoring:  Points Earned: ____

Activity 3.2.4: Quiz - Assess Your Learning
Take a quiz to assess your understanding of the material.
Duration: 20 min  Scoring:  Points Earned: ____

Lesson 3.3: Managing Your Weight
Activity 3.3.1: Study - Determining Your Healthy Weight
(Documents: Study Sheet)
Learn key terms and concepts associated with weight and body composition. Learn about essential body fat healthy weight in adolescents and the obesity epidemic. Visit the Web site of the Center for Disease Control and Prevention and calculate your BMI.
Duration: 30 min

Activity 3.3.2: Study - Healthy Food Healthy Choices
(Documents: Study Sheet)
Learn how many calories you should eat and how the body expends calories. Learn how to maintain a healthy weight. Identify risky weight-loss strategies. Learn about healthy strategies for losing or gaining weight.
**Activity 3.3.3: Journal - Managing Your Weight**
(Document: Journal)
Keep track of one day's calorie intake and expenditure and reflect on your experience.

Duration: 15 min

**Activity 3.3.4: Discuss - Environmental Changes**
(Document: Discussion)
Discuss how your environment encourages or discourages obesity. Discuss ways in which you might change your environment in order to reduce the risk of becoming overweight or obese.

Duration: 30 min  Scoring: 25  Points Earned: _____

**Activity 3.3.5: Quiz - Assess Your Learning**
Take a quiz to assess your understanding of the material.

Duration: 20 min  Scoring: 10  Points Earned: _____

Lesson 3.4: Food Safety

**Activity 3.4.1: Study - Food Sickness and Safety**
(Document: Study Sheet)
Learn about the most common food-borne illnesses and how to prevent them by using the four simple steps to food safety: clean separate cook and chill.

Duration: 30 min

**Activity 3.4.2: Quiz - Assess Your Learning**
Take a quiz to assess your understanding of the material.

Duration: 20 min  Scoring: 10  Points Earned: _____

Lesson 3.5: Nutrition Wrap-Up

**Activity 3.5.1: Review - Nutrition**
(Document: Review)
Prepare for the unit test by reviewing key concepts and skills.

Duration: 1 hr

**Activity 3.5.2: Test (CST) - Nutrition**
Take a computer-scored test to assess what you have learned in this unit.
Duration: 30 min  Scoring: 40  Points Earned: _____

☐ **Activity 3.5.3: Test (TST) - Nutrition**
  Take a teacher-scored test to assess what you have learned in this unit.
  Duration: 45 min  Scoring: 30  Points Earned: _____

**Lesson 3.6: Diagnostic**

☐ **Activity 3.6.1: Diag - Nutrition**
  Take a diagnostic unit test that will generate a study plan based on your responses.
  Duration: 30 min  Scoring: 20  Points Earned: _____ (optional)

**Unit 4: Physical Activity**

**Lesson 4.1: Why Is Physical Activity Important?**

(Document: Project)

☐ **Activity 4.1.1: Study - All About Physical Activity**

(Document: Study Sheet)

  Learn about physical activity and the benefits of being active including health-related mental spiritual and social benefits. Explore the difference between moderate and vigorous physical activity. Familiarize yourself with the physical activity pyramid.
  Duration: 30 min

☐ **Activity 4.1.2: Practice - How Physically Active Am I?**

(Document: Practice Assignment)

  Track your physical activities for five days. Write one paragraph about how well you follow the recommendations for physical activity or how you could improve.
  Duration: 30 min  Scoring: 20  Points Earned: _____

☐ **Activity 4.1.3: Quiz - Assess Your Learning**

  Take a quiz to assess your understanding of the material.
  Duration: 20 min  Scoring: 10  Points Earned: _____

**Lesson 4.2: What Is Physical Fitness?**

☐ **Activity 4.2.1: Study - Physical Fitness and Health-Related Fitness**

(Document: Study Sheet)

  Learn about physical fitness. Explore the five components of health-
related fitness. Learn types of exercises for each component of health-related fitness.

**Duration: 30 min**

- **Activity 4.2.2: Discuss - Teens and Health-Related Fitness**
  (Documents: Discussion)
  Discuss health-related fitness as it pertains to teens.
  **Duration: 20 min**  **Scoring:**  **Points Earned:**  _____ 10

- **Activity 4.2.3: Study - Skill-Related Fitness**
  (Documents: Study Sheet)
  Learn about the six skills that are related to fitness: agility balance coordination reaction time speed and power.
  **Duration: 15 min**

- **Activity 4.2.4: Study - The FITT Formula**
  (Documents: Study Sheet)
  Learn the concepts of the FITT formula and how to apply it to your own exercise plan.
  **Duration: 15 min**

- **Activity 4.2.5: Study - Heart Rate**
  (Documents: Study Sheet)
  Learn about resting and target heart rates and why they are important to monitor.
  **Duration: 15 min**

- **Activity 4.2.6: Journal - How Physically Fit Are You?**
  (Documents: Journal)
  Complete fitness challenges including a one-mile-walk step and sit-and-reach tests sit-ups and pull-ups.
  **Duration: 30 min**

- **Activity 4.2.7: Quiz - Assess Your Learning**
  Take a quiz to assess your understanding of the material.
  **Duration: 20 min**  **Scoring:**  **Points Earned:**  _____ 10

**Lesson 4.3: Being Physically Active**

- **Activity 4.3.1: Study - What Influences Physical Activity?**
  (Documents: Study Sheet)
Learn what factors influence your level of physical activity. Learn how to identify and overcome obstacles to engaging in physical activity. Explore physical activities that you can participate in throughout your life. Learn to set goals for physical activity.

Duration: 20 min

☐ Activity 4.3.2: Journal - Influences and Barriers
(Document: Journal)
Write about factors that influence your level of physical activity obstacles to being active and ways to overcome them. Answer questions in order to identify physical activities in which you can participate.

Duration: 15 min

☐ Activity 4.3.3: Practice - My Physical Activity Goal
(Document: Practice Assignment)
Determine how and where you can incorporate physical activities into your life on a daily or weekly basis. Monitor your progress toward that goal for one week.

Duration: 30 min   Scoring:   Points Earned: _____
20

☐ Activity 4.3.4: Quiz - Assess Your Learning
Take a quiz to assess your understanding of the material.

Duration: 20 min   Scoring:   Points Earned: _____
10

Lesson 4.4: Physically Active Injury Free and Quackproof

☐ Activity 4.4.1: Study - Preparing for Physical Activity
(Document: Study Sheet)
Learn to prepare for physical activity including choosing appropriate clothing equipment and gear and protecting yourself from the elements.

Duration: 15 min

☐ Activity 4.4.2: Study - Why Warm Up and Cool Down?
(Document: Study Sheet)
Learn about the importance of warming up before and cooling down after physical activity. Learn some warm-up and cool-down exercises.

Duration: 15 min

☐ Activity 4.4.3: Study - What's Quackery?
(Document: Study Sheet)
Learn about quackery and advertising techniques that quacks typically
use. Learn how to be an informed consumer and to avoid scams.

**Duration: 15 min**

**Activity 4.4.4: Quiz - Assess Your Learning**
Take a quiz to assess your understanding of the material.

**Duration: 20 min**  **Scoring: 10**

**Lesson 4.5: Physical Activity Wrap-Up**

**Activity 4.5.1: Review - Physical Activity**
(Documents: Review)
Prepare for the unit test by reviewing key concepts and skills.

**Duration: 1 hr**

**Activity 4.5.2: Test (CST) - Physical Activity**
Take a computer-scored test to assess what you have learned in this unit.

**Duration: 30 min**  **Scoring: 40**

**Activity 4.5.3: Test (TST) - Physical Activity**
Take a teacher-scored test to assess what you have learned in this unit.

**Duration: 45 min**  **Scoring: 30**

**Lesson 4.6: Diagnostic**

**Activity 4.6.1: Diag - Physical Activity**
Take a diagnostic unit test that will generate a study plan based on your responses.

**Duration: 30 min**  **Scoring: 20**

(Option)

**Unit 5: Alcohol Tobacco and Other Drugs**

**Lesson 5.1: Alcohol**

**Activity 5.1.1: Study - Things to Know about Alcohol**
(Documents: Study Sheet)
Learn about alcohol the effects of alcohol on the body's systems and the effects of binge drinking.

**Duration: 30 min**

**Activity 5.1.2: Study - Alcohol and Your Mind**
(Documents: Study Sheet)
Learn about alcohol's effects on thinking and decision-making and how drinking can lead to negative outcomes. Learn about organizations such
as Alcoholics Anonymous or Al-Anon.

Duration: 30 min

☐ Activity 5.1.3: Study - Influences on Drinking Alcohol
(Document: Study Sheet)
Learn about the influences on alcohol consumption. Explore alcohol-related topics such as social pressures advertising and the media and legal and policy factors.

Duration: 30 min

☐ Activity 5.1.4: Quiz - Assess Your Learning
Take a quiz to assess your understanding of the material.

Duration: 20 min  Scoring: Points Earned: _____

Lesson 5.2: Tobacco

☐ Activity 5.2.1: Study - Tobacco: To Be Avoided
(Document: Study Sheet)
Learn about tobacco's harmful effects advertising and tobacco laws;

Duration: 30 min

☐ Activity 5.2.2: Study - Powerful Influences
(Document: Study Sheet)
Learn about influences on smoking anti-smoking groups and how to quit smoking.

Duration: 30 min

☐ Activity 5.2.3: Practice - Communicating About Tobacco
(Document: Practice Assignment)
Answer questions about tobacco-related situations using your health skills.

Duration: 30 min  Scoring: Points Earned: _____

☐ Activity 5.2.4: Quiz - Assess Your Learning
Take a quiz to assess your understanding of the material.

Duration: 20 min  Scoring: Points Earned: _____

Lesson 5.3: Other Drugs

☐ Activity 5.3.1: Study - Gray Matter
(Document: Study Sheet)
Learn about the short- and long-term effects of drugs on the brain and
nervous system.

**Duration:** 30 min

- **Activity 5.3.2: Study - Different Types of Drugs**
  (Documents: Study Sheet)
  Learn about the different types of drugs and their effects.
  **Duration:** 15 min

- **Activity 5.3.3: Study - Drug Use and Abuse**
  (Documents: Study Sheet)
  Learn about drug use and abuse. Learn four factors that influence drug abuse. Find out where to get help with drug addiction.
  **Duration:** 30 min

- **Activity 5.3.4: Journal - What Are Your Attitudes?**
  (Documents: Journal)
  Write about your attitudes toward alcohol tobacco and other drug use and about what influences those attitudes.
  **Duration:** 15 min

- **Activity 5.3.5: Discuss - Drug Attitudes and Actions**
  (Documents: Discussion)
  Discuss attitudes about alcohol tobacco and other drugs and changes you would like to make to drug-related attitudes and behaviors.
  **Duration:** 30 min  
  **Scoring:** Points Earned: _____  
  10

- **Activity 5.3.6: Quiz - Assess Your Learning**
  Take a quiz to assess your understanding of the material.
  **Duration:** 20 min  
  **Scoring:** Points Earned: _____  
  10

**Lesson 5.4: Take a Stand Make a Difference**

- **Activity 5.4.1: Study - Youth Advocacy**
  (Documents: Study Sheet)
  Review health skills including communication goal setting decision-making and advocacy. Learn about youth-advocacy efforts. Consider which advocacy effort is best suited to problems in your school neighborhood or community.
  **Duration:** 30 min

- **Activity 5.4.2: Practice - Advocacy Project**
Think about what kinds of advocacy projects you might want to start or get involved with considering the needs of your community.

Duration: 15 min  Scoring:  Points Earned: _____

Lesson 5.5: Alcohol Tobacco and Other Drugs Wrap-Up

Activity 5.5.1: Review - Alcohol Tobacco and Other Drugs

Prepare for the unit test by reviewing key concepts and skills.

Duration: 20 min

Activity 5.5.2: Test (CST) - Alcohol Tobacco and Other Drugs

Take a computer-scored test to assess what you have learned in this unit.

Duration: 20 min  Scoring:  Points Earned: _____

Activity 5.5.3: Test (TST) - Alcohol Tobacco and Other Drugs

Take a teacher-scored test to assess what you have learned in this unit.

Duration: 45 min  Scoring:  Points Earned: _____

Lesson 5.6: Diagnostic

Activity 5.6.1: Diag - Alcohol Tobacco and Other Drugs

Take a diagnostic unit test that will generate a study plan based on your responses.

Duration: 30 min  Scoring:  Points Earned: _____

Unit 6: Injury Prevention and Safety

Lesson 6.1: Injuries and Taking Risks

Activity 6.1.1: Study - No Such Things as Accidents?

Define intentional and unintentional injury. Learn about the types and frequency of injuries that occur most often during adolescence.

Duration: 30 min

Activity 6.1.2: Study - Intentional and Preventable

Categorize certain injuries as intentional unintentional preventable or unpreventable. Explain how to avert each preventable injury. Define risk and risk-taking. Give examples of healthy risks and unhealthy risks.
**Lesson 6.1: Healthy Risks and Decisions**

- **Activity 6.1.3: Practice - A Preventable Death**
  (Documents: Practice Assignment)
  Practice identifying and averting unhealthy risks.
  Duration: 30 min   Scoring:   Points Earned: _____

- **Activity 6.1.4: Quiz - Assess Your Learning**
  Take a quiz to assess your understanding of the material.
  Duration: 20 min   Scoring:   Points Earned: _____

**Lesson 6.2: Preventing Violence**

- **Activity 6.2.1: Study - Violence Is a Form of Intentional Injury**
  (Documents: Study Sheet)
  Learn definitions and give examples of bullying, dating violence, sexual harassment, and assault weapon use and domestic violence.
  Duration: 30 min

- **Activity 6.2.2: Study - Anger Without Violence**
  (Documents: Study Sheet)
  Learn strategies for preventing types of violence.
  Duration: 30 min

- **Activity 6.2.3: Practice - Prevent Avoid or Resolve?**
  (Documents: Practice Assignment)
  Respond to scenarios that illustrate types of violence. Select the appropriate steps for preventing, avoiding, or resolving each violent situation.
  Duration: 30 min   Scoring:   Points Earned: _____

- **Activity 6.2.4: Quiz - Assess Your Learning**
  Take a quiz to assess your understanding of the material.
  Duration: 20 min   Scoring:   Points Earned: _____

**Lesson 6.3: Save a Life or a Limb**

- **Activity 6.3.1: Study - First Aid for Every Injury**
  (Documents: Study Sheet)
  Learn first aid procedures for common injuries. Learn about blood-handling precautions that prevent the spread of blood-borne infections.
Lesson 6.3: Save a Life with Emergency Aid

**Activity 6.3.2: Study - Save a Life with Emergency Aid**

*Documents: Study Sheet*

Apply the steps of decision-making to learn when to use emergency procedures and what to do for shock and poisoning. Observe an animated demonstration of each procedure. Learn about where you can get further training and certification in emergency-aid procedures.

Duration: 30 min

**Activity 6.3.3: Quiz - Assess Your Learning**

Take a quiz to assess your understanding of the material.

Duration: 20 min  Scoring:  Points Earned: _____

Lesson 6.4: Be Safe Think Safe

**Activity 6.4.1: Study - Safety in Unusual Events**

*Documents: Study Sheet*

Learn about how to stay safe during natural disasters.

Duration: 30 min

**Activity 6.4.2: Journal - Natural Disasters and Acts of Terror**

*Documents: Journal*

List natural disasters that could occur where you live and that you might have already experienced. Write about what worries you most about these events and what preparations you will take in order to stay safe.

Duration: 15 min

**Activity 6.4.3: Discuss - What Would You Do?**

*Documents: Discussion*

Discuss natural disasters that you have experienced. Discuss worries or concerns you might have about potential natural disasters or terrorist acts. Consider what preparation or information would make you feel safer.

Duration: 20 min  Scoring:  Points Earned: _____

**Activity 6.4.4: Quiz - Assess Your Learning**

Take a quiz to assess your understanding of the material.

Duration: 20 min  Scoring:  Points Earned: _____

Lesson 6.5: Injury Prevention and Safety Wrap-Up

**Activity 6.5.1: Review - Injury Prevention and Safety**
(Documents: Review)

Prepare for the unit test by reviewing key concepts and skills.
Duration: 20 min

☐ Activity 6.5.2: Test (CST) - Injury Prevention and Safety
Take a computer-scored test to assess what you have learned in this unit.
Duration: 30 min  Scoring:  Points Earned: ______ 40

☐ Activity 6.5.3: Test (TST) - Injury Prevention and Safety
Take a teacher-scored test to assess what you have learned in this unit.
Duration: 45 min  Scoring:  Points Earned: ______ 30

Lesson 6.6: Diagnostic

☐ Activity 6.6.1: Diag - Injury Prevention and Safety
Take a diagnostic unit test that will generate a study plan based on your responses.
Duration: 30 min  Scoring:  Points Earned: ______ 20  (optional)

Unit 7: Social and Sexual Health

Lesson 7.1: Relationships

☐ Activity 7.1.1: Study - Family Relationships and Friendships
(Documents: Study Sheet)
Learn about types of family relationships. Understand what families provide. Explore friendship and different qualities of friendships. Learn how to initiate maintain and end friendships.
Duration: 30 min

☐ Activity 7.1.2: Study - Romantic Relationships
(Documents: Study Sheet)
Learn about dating and how to establish dating rules and limits. Acquire some dating skills. Learn about resources that can provide you with relationship help.
Duration: 30 min

☐ Activity 7.1.3: Quiz - Assess Your Learning
Take a quiz to assess your understanding of the material.
Duration: 20 min  Scoring:  Points Earned: ______ 10

Lesson 7.2: The Reproductive Systems
Activity 7.2.1: Study - The Female Reproductive System
(Document: Study Sheet)
Learn about the female reproductive system.
Duration: 30 min

Activity 7.2.2: Study - Female Puberty and Menarche
(Document: Study Sheet)
Learn about the menstrual cycle, the roles of estrogen and progesterone, ovulation, and factors that can affect the menstrual cycle.
Duration: 30 min

Activity 7.2.3: Study - Female Reproductive Health
(Document: Study Sheet)
Learn about female reproductive health issues.
Duration: 30 min

Activity 7.2.4: Study - The Male Reproductive System
(Document: Study Sheet)
Learn about the male reproductive system.
Duration: 30 min

Activity 7.2.5: Study - Male Puberty
(Document: Study Sheet)
Learn about physical changes that males undergo during puberty.
Duration: 30 min

Activity 7.2.6: Study - Male Reproductive Health
(Document: Study Sheet)
Learn about male reproductive health issues.
Duration: 30 min

Activity 7.2.7: Practice - Reproductive Health
(Document: Practice Assignment)
Using Health Skill No. 7 advocacy, choose a reproductive health issue and write about it.
Duration: 30 min  Scoring: 20  Points Earned: _____

Activity 7.2.8: Quiz - Assess Your Learning
Take a quiz to assess your understanding of the material.
Duration: 20 min  Scoring:  Points Earned: _____
Lesson 7.3: Making Decisions about Sex

☐ Activity 7.3.1: Study - Facts about Teenage Sex
(Documents: Study Sheet, Study Sheet)
Learn facts about sex and risks associated with the decision to have sex including STDs pregnancy and HIV.
Duration: 30 min

☐ Activity 7.3.2: Study - Dealing with Pressures to Have Sex
(Documents: In Focus, In Focus, Study Sheet)
Learn how to say no to sex. Explore alternatives to sex tactics for delaying sex how to set personal limits and how to avoid certain sexual situations. Learn about the importance of respecting others' sexual limits and decisions.
Duration: 30 min

☐ Activity 7.3.3: Practice - Dear Blabby: Refusal Skills
(Documents: Practice Assignment)
Pretend you are a syndicated columnist. Answer a letter that talks about saying no to sex.
Duration: 30 min
Scoring: Points Earned: ______

☐ Activity 7.3.4: Quiz - Assess Your Learning
Take a quiz to assess your understanding of the material.
Duration: 20 min
Scoring: Points Earned: ______

Lesson 7.4: Marriage Parenthood and Preventing Pregnancy

☐ Activity 7.4.1: Study - Things to Know about Marriage
(Documents: Study Sheet)
Learn about marriage how to predict marital success the risks involved in teenage marriage and how to decide whether to marry.
Duration: 30 min

☐ Activity 7.4.2: Study - Pregnancy and Parenthood
(Documents: Study Sheet)
Learn about pregnancy as well as the responsibilities of parenthood the risks and consequences of teenage pregnancy and parenthood and how to decide whether to have children.
Duration: 30 min
Activity 7.4.3: Journal - Interview a Parent

Interview a parent or guardian. Speak with him or her about the experience of being a parent. Write a short paragraph about one thing you learned from the interview.

Duration: 15 min

Activity 7.4.4: Study - Preventing Pregnancy — What Works

Learn about which pregnancy-prevention techniques work.

Duration: 30 min

Activity 7.4.5: Study - Preventing Pregnancy — What Doesn't Work

Learn about methods that fail to prevent pregnancy.

Duration: 30 min

Activity 7.4.6: Quiz - Assess Your Learning

Take a quiz to assess your understanding of the material.

Duration: 20 min
Scoring: Points Earned: _____

Lesson 7.5: Social and Sexual Health Wrap-Up

Activity 7.5.1: Review - Social and Sexual Health

Prepare for the unit test by reviewing key concepts and skills.

Duration: 1 hr

Activity 7.5.2: Test (CST) - Social and Sexual Health

Take a computer-scored test to assess what you have learned in this unit.

Duration: 30 min
Scoring: Points Earned: _____

Activity 7.5.3: Test (TST) - Social and Sexual Health

Take a teacher-scored test to assess what you have learned in this unit.

Duration: 45 min
Scoring: Points Earned: _____

Lesson 7.6: Diagnostic

Activity 7.6.1: Diag - Social and Sexual Health

Take a diagnostic unit test that will generate a study plan based on your responses.
Unit 8: Personal Community and Environmental Health

Lesson 8.1: Causes of Diseases and Disorders

☐ Activity 8.1.1: Study - Things to Know about Diseases and Disorders
(Documents: In Focus, Study Sheet)
   Learn definitions and examples of hereditary diseases, congenital disorders, infectious diseases, and noninfectious diseases.
   Duration: 30 min

☐ Activity 8.1.2: Practice - Disease Prevention Know-How
(Documents: Practice Assignment)
   Categorize certain hereditary, congenital, and infectious diseases and disorders. Indicate an appropriate prevention strategy for each.
   Duration: 30 min

☐ Activity 8.1.3: Study - Reduce Your Risk
(Documents: Study Sheet)
   Learn about noninfectious diseases with a genetic component. Explore prevention strategies for diseases such as cancer and heart disease. Learn about risk reduction.
   Duration: 30 min

☐ Activity 8.1.4: Quiz - Assess Your Learning
   Take a quiz to assess your understanding of the material.
   Duration: 20 min

Lesson 8.2: Your Personal Role in Disease Prevention

☐ Activity 8.2.1: Study - What Influences Your Health?
(Documents: Study Sheet)
   Examine the influences of behavior choices, environment, genetics, and health care on disease.
   Duration: 30 min

☐ Activity 8.2.2: Study - Preventing STDs is a Lifestyle Decision
(Documents: Study Sheet)
   Learn to prevent sexually transmitted infections.
   Duration: 30 min
Activity 8.2.3: Quiz - Assess Your Learning
Take a quiz to assess your understanding of the material.
Duration: 20 min  Scoring: 10  Points Earned: _____

Lesson 8.3: Community Health
Activity 8.3.1: Study - Things to Know about Community Health
(Documents: Study Sheet)
Learn about community health and about negative and positive factors that influence it.
Duration: 30 min

Activity 8.3.2: Quiz - Assess Your Learning
Take a quiz to assess your understanding of the material.
Duration: 20 min  Scoring: 10  Points Earned: _____

Lesson 8.4: You and the Environment
Activity 8.4.1: Study - The Environment and Your Health
(Documents: Study Sheet)
Learn how individual behaviors affect the environment. Learn how environmental factors affect individual health.
Duration: 30 min

Activity 8.4.2: Journal - Your Environmental Score
(Documents: Journal)
Write about how you protect ignore or trash the environment in your daily life. Assign your behavior a score.
Duration: 15 min

Activity 8.4.3: Practice - Advocate for Change
(Documents: Audio Transcript, Practice Assignment)
Walk around your neighborhood and complete an environmental inventory. Choose one aspect of your environment that needs improvement. Create a plan for advocating for that change.
Duration: 30 min  Scoring: 20  Points Earned: _____

Activity 8.4.4: Quiz - Assess Your Learning
Take a quiz to assess your understanding of the material.
Duration: 20 min  Scoring: 10  Points Earned: _____
Lesson 8.5: Personal Community and Environmental Health Wrap-Up

☐ Activity 8.5.1: Review - Personal Community and Environmental Health

(Documents: Review)
Prepare for the unit test by reviewing key concepts and skills.
   Duration: 20 min

☐ Activity 8.5.2: Test (CST) - Personal Community and Environmental Health
Take a computer-scored test to assess what you have learned in this unit.
   Duration: 20 min   Scoring: 40  Points Earned: _____

☐ Activity 8.5.3: Test (TST) - Personal Community and Environmental Health
Take a teacher-scored test to assess what you have learned in this unit.
   Duration: 45 min   Scoring: 30  Points Earned: _____

Lesson 8.6: Diagnostic

☐ Activity 8.6.1: Diag - Personal Community and Environmental Health
Take a diagnostic unit test that will generate a study plan based on your responses.
   Duration: 30 min   Scoring: 20  Points Earned: _____
   (optional)

Unit 9: Skills for Health Review and Exam

Lesson 9.1: Skills for Health

☐ Activity 9.1.1: Review - Skills for Health
(Documents: Review)
Prepare for the semester exam by reviewing key concepts covered in Skills for Health.
   Duration: 4 hrs

☐ Activity 9.1.2: Exam - Skills for Health
Take a computer-scored exam to demonstrate your mastery of concepts and skills covered in Skills for Health.
   Duration: 50 min   Scoring: 75  Points Earned: _____

☐ Activity 9.1.3: Final Exam - Skills for Health
Take a teacher-scored exam to demonstrate your mastery of concepts and skills covered in Skills for Health.

**Duration:** 1 hr 10 min

**Scoring:** 75

**Points Earned:** _____

**Appendix B: Additional Activities**

**B.1: Extra Credit**

**Scoring:** 15

**Points Earned:** _____