



SCOPE & SEQUENCE

The following highlights the core concepts covered by the unit and alignments with the revised National Health Education Standards (NHES).

CORE CONCEPTS

NHES

Unit One – Introduction to Health and Wellness

1, 2, 6, 7, 8

Program Introduction
Assessing Health Literacy
Making Healthy Choices
Social Norms
Personal Health and Behavior Inventory
Setting Goals
Personal Health Goal

Unit Two – Emotions and Behaviors

1, 2, 4, 7

Self-Image/ Self-Esteem
Self-Esteem and Emotions
Dealing with Emotions
Living Your Values
Assertive, Aggressive, Passive Behavior
Skits

Unit Three – Communication

1, 4, 7

Effective Communication
Active Listening
Saying “NO”
Skits

Unit Four – Decision Making and Problem Solving

4, 5, 7

Decision-Making Model
Living with Decisions
Mind Mapping
Perspective
Using Both Sides of the Brain

Unit Five – Alcohol, Tobacco and Other Drugs	1, 2, 3, 4, 5, 7, 8
Drug Use and Abuse	
Signs of Drug Dependence	
Underage Drinking	
Researching Drug Information	
Skits	
External Influences	
Be Media Smart	
Unit Six – Stress Management	1, 4, 5, 7
Stress	
Depression	
Teen Suicide	
Stress Management	
Relaxation Techniques	
Unit Seven – Social and Anti-Social Behaviors	2, 4, 7
Healthy Relationships	
Hurtful Relationships	
Conflict Resolution	
Dating Violence	
Social Skills	
Antisocial Behaviors	
Unit Eight – Injury and Violence Prevention	1, 2, 3, 4, 6, 7
Unintentional Injuries	
Leading Killers	
Immediate and Long-Term Effects	
Online Safety	
Bullying	
Unit Nine – Physical Activity and Nutrition	1, 2, 3, 4, 7, 8
Physical Activity	
Fitness	
F.I.T.T. Concept	
Skits	
Dietary Guidelines	
MyPlate	
Nutrition Facts Labels	
Nutrients	
Nutrition Review	
Unit Ten – Environment	1, 2, 3, 4, 8
Caring for Our Planet	
Climate Change	
Advocacy Project	
Poster Presentation	

Unit Eleven – Growth and Development

1, 2, 3, 4, 5, 6, 7

Introduction to Puberty

Changes in Puberty

Reproductive Health

STDs/STIs

Skits

Benefits of Abstinence

Gender Roles and Stereotypes

Responsibility in Relationships

Life Goals Timeline



For more information:

www.hlconline.org

Donna Betzer at 504/299-1966

dbetzer@hlconline.org