



# ***SCOPE & SEQUENCE***

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

<b><u>CORE CONCEPTS</u></b>	<b><u>NHES</u></b>
<b>Unit One – Introduction to Health and Wellness</b> Program Introduction Assessing Health Literacy Making Healthy Choices Social Norms Personal Health and Behavior Inventory Setting Goals Personal Health Goal	<b>1, 2, 6, 7, 8</b>
<b>Unit Two – Emotions and Behaviors</b> Self-Image/ Self-Esteem Self-Esteem and Emotions Dealing with Emotions Living Your Values Assertive, Aggressive, Passive Behavior Skits	<b>1, 2, 4, 7</b>
<b>Unit Three – Communication</b> Effective Communication Active Listening Saying “NO” Skits	<b>1, 4, 7</b>
<b>Unit Four – Decision Making and Problem Solving</b> Decision-Making Model Living with Decisions Mind Mapping Perspective Using Both Sides of the Brain	<b>4, 5, 7</b>

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