Skills for Health is a valuable, skills-based health education course designed for general education in grades 9 through 12. Skills for Health helps students develop knowledge, attitudes, and essential skills in a variety of health-related subjects, including mental and emotional health; nutrition; physical activity; substance use and abuse; injury prevention and safety; and personal health, environmental conservation, and community health resources.

Through use of accessible information and real-life simulations, students apply the seven health skills. These include access to valid health information; self-management; analysis of internal and external influences; interpersonal communication; decision-making; goal setting; and advocacy. Students who complete Skills for Health build the skills they need to protect, enhance, and promote their own health and the health of others.

The content is based on the National Science Teachers Association (NSTA) standards and is aligned to state standards.

Length: One Semester

**UNIT 1: BUILDING SKILLS FOR HEALTH**

**LESSON 1: WHAT IS HEALTH?**

**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: 0 hr 20 min*

*Scoring: 10 points*

**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: 0 hr 30 min*

**Journal: Public vs. Private**
Share what health means to you and rank your own physical, mental, emotional, and social health.

*Duration: 0 hr 15 min*

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

*Duration: 0 hr 20 min Scoring: 10 points*
LESSON 2: BUILDING SKILLS FOR HEALTH

**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: 0 hr 30 min*

**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: 0 hr 30 min*

**Study: Health Skill #3: Making Healthy Decisions**
Learn the six decision-making steps, and consider an example of someone using the decision-making model.
*Duration: 0 hr 15 min*

**Study: Health Skill #4: Goal Setting**
Learn the benefits of setting goals, the difference and connection between long- and short-term goals, and how to set goals.
*Duration: 0 hr 15 min*

**Study: Health Skill #5: Interpersonal Communication**
Learn the components of interpersonal communication, including verbal and nonverbal forms, as well as listening, refusal, and conflict-resolution skills.
*Duration: 0 hr 15 min*

**Study: Health Skill #6: Self-Management**
Learn behavior practices that can protect your health.
*Duration: 0 hr 15 min*

**Study: Health Skill #7: Advocacy**
Learn what advocacy is and how to become a health advocate.
*Duration: 0 hr 15 min*

**Journal: The Seven Skills**
Reflect on the seven health skills you have just learned.
*Duration: 0 hr 15 min*

**Quiz: Assess Your Learning**
Take a quiz to assess your understanding of the material.
*Duration: 0 hr 20 min Scoring: 10 points*

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LESSON 3: BUILDING SKILLS FOR HEALTH WRAP-UP

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Review: Building Skills for Health
Prepare for the unit test by reviewing key concepts and skills.

*Duration: 1 hr*

Test (CS): Building Skills for Health
Take a computer-scored test to assess what you have learned in this unit.

*Duration: 0 hr 20 min Scoring: 20 points*

Test (TS): Building Skills for Health
Take a teacher-scored test to assess what you have learned in this unit.

*Duration: 0 hr 45 min Scoring: 30 points*

LESSON 4: DIAGNOSTIC

Diagnostic: Building Skills for Health
Take a diagnostic unit test that will generate a study plan based on your responses.

*Duration: 0 hr 30 min Scoring: 20 points*

UNIT 2: THOUGHTS AND FEELINGS

LESSON 1: MIRROR, MIRROR, ON THE WALL

Study: Self Smart
Define the concept of sense of self and related key terms such as attitudes, self-esteem, self-respect, and empowerment.

*Duration: 0 hr 30 min*

Journal: Sense of Self
Describe your sense of self and internal and external factors that influence it.

*Duration: 0 hr 15 min*

Study: Enhancing Your Sense of Self
Learn strategies to enhance your sense of self.

*Duration: 0 hr 30 min*

Discuss: I Am, I Am
Discuss your self-perception, your goals for self-improvement, and how having a positive attitude has helped you achieve a goal.

*Duration: 0 hr 20 min Scoring: 25 points*
Lesson 2: Effective Communication

Study: Communication Is More Than Talking
Learn about interpersonal communication, including listening and speaking skills, “I” messages, feedback, refusal skills, paralanguage, and nonverbal communication.

Duration: 0 hr 30 min
Scoring: 20 points

Practice: Analyzing Communication
Complete an assignment related to the various communication skills you have just learned.

Duration: 0 hr 30 min
Scoring: 20 points

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

Duration: 0 hr 20 min
Scoring: 10 points

Lesson 3: Managing Stress

Study: What Is Stress?
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: 0 hr 30 min

Discuss: Coping with Stress
Discuss positive and negative stressors in your life and healthy ways you have dealt with stress in the past.

Duration: 0 hr 20 min
Scoring: 10 points

Practice: Plan to Manage Stress Healthfully
Practice self-management health skills by developing a personal stress-management plan.

Duration: 0 hr 30 min
Scoring: 20 points

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

Duration: 0 hr 20 min
Scoring:
LESSON 4: SUPPORT FOR MENTAL AND EMOTIONAL PROBLEMS

Study: Emotional Problems: The Big Three
Define and learn the signs and symptoms of common mental health problems.
*Duration: 0 hr 30 min*

Journal: What Questions Do You Have?
Write down your thoughts about teen depression, suicidal thinking, and eating disorders. Write down any unanswered questions you might still have.
*Duration: n/a hr n/a min*

Study: Getting Help
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: 0 hr 30 min*

Quiz: Assess Your Learning
Take a quiz to assess your understanding of the material.
*Duration: 0 hr 20 min Scoring: 10 points*

LESSON 5: THOUGHTS AND FEELINGS WRAP-UP

Review: Thoughts and Feelings
Prepare for the unit test by reviewing key concepts and skills.
*Duration: 1 hr*

Test (CS): Thoughts and Feelings
Take a computer-scored test to assess what you have learned in this unit.
*Duration: 0 hr 20 min Scoring: 40 points*

Test (TS): Thoughts and Feelings
Take a teacher-scored test to assess what you have learned in this unit.
*Duration: 0 hr 45 min Scoring: 30 points*

LESSON 6: DIAGNOSTIC
Diagnostic: Thoughts and Feelings
Take a diagnostic unit test that will generate a study plan based on your responses.

*Duration: 0 hr 30 min Scoring: 20 points*

**UNIT 3: NUTRITION**

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**LESSON 1: WHY EAT HEALTHFULLY?**

**Study: What a Body Needs**
Learn about the nutrients the body needs, such as protein, carbohydrates, fats, vitamins, minerals, and water. Discover good sources of each nutrient.

*Duration: 0 hr 30 min*

**Study: The Benefits of Healthy Eating**
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: 0 hr 30 min*

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

*Duration: 0 hr 20 min Scoring: 10 points*

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**LESSON 2: THINK BEFORE YOU SWALLOW**

**Study: Ready, Willing, and Label**
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: 0 hr 30 min*

**Study: Understanding Our Food Choices**
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: 0 hr 30 min*

**Practice: Your Meal Plan**
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: 0 hr 30 min Scoring: 20 points*
LESSON 3: MANAGING YOUR WEIGHT

Study: Determining Your Healthy Weight
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: 0 hr 30 min

Study: Healthy Food, Healthy Choices
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.

Duration: 0 hr 30 min

Journal: Managing Your Weight
Keep track of one day's calorie intake and expenditure and reflect on your experience.

Duration: 0 hr 15 min

Discuss: Environmental Changes
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.

Quiz: Assess Your Learning
Take a quiz to assess your understanding of the material.
LESSON 5: NUTRITION WRAP-UP

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

Duration: 1 hr

Test (CS): Nutrition
Take a computer-scored test to assess what you have learned in this unit.

Duration: 0 hr 30 min
Scoring: 40 points

Test (TS): Nutrition
Take a teacher-scored test to assess what you have learned in this unit.

Duration: 0 hr 45 min
Scoring: 30 points

LESSON 6: DIAGNOSTIC

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

Duration: 0 hr
30 min Scoring: 20 points

UNIT 4: PHYSICAL ACTIVITY

LESSON 1: WHY IS PHYSICAL ACTIVITY IMPORTANT?

Study: All About Physical Activity
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: 0 hr 30 min

Practice: How Physically Active Am I?
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: 0 hr 30 min Scoring: 20 points
Quiz: Assess Your Learning
Take a quiz to assess your understanding of the material.
*Duration: 0 hr 20 min Scoring: 10 points*

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**LESSON 2: WHAT IS PHYSICAL FITNESS?**

**Study: Physical Fitness and Health-Related Fitness**
Learn about physical fitness. Explore the five components of health-related fitness. Learn types of exercises for each component of health-related fitness.
*Duration: 0 hr 30 min*

**Discuss: Teens and Health-Related Fitness**
Discuss health-related fitness as it pertains to teens.
*Duration: 0 hr 20 min*  
**Scoring: 10 points**

**Study: Skill-Related Fitness**
Learn about the six skills that are related to fitness: agility, balance, coordination, reaction time, speed, and power.
*Duration: 0 hr 15 min*

**Study: The FITT Formula**
Learn the concepts of the FITT formula and how to apply it to your own exercise plan.
*Duration: 0 hr 15 min*

**Study: Heart Rate**
Learn about resting and target heart rates and why they are important to monitor.
*Duration: 0 hr 15 min*

**Journal: How Physically Fit Are You?**
Complete fitness challenges, including a one-mile-walk, step, and sit-and-reach tests, sit-ups, and pull-ups.
*Duration: 0 hr 30 min*

**Quiz: Assess Your Learning**
Take a quiz to assess your understanding of the material.
*Duration: 0 hr 20 min Scoring: 10 points*

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**LESSON 3: BEING PHYSICALLY ACTIVE**
Study: What Influences Physical Activity?
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: 0 hr 20 min

Journal: Influences and Barriers
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: 0 hr 15 min

Practice: My Physical Activity Goal
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: 0 hr 30 min Scoring: 20 points

Quiz: Assess Your Learning
Take a quiz to assess your understanding of the material.
Duration: 0 hr 20 min Scoring:
10 points

LESSON 4: PHYSICALLY ACTIVE, INJURY FREE, AND QUACKPROOF

Study: Preparing for Physical Activity
Learn to prepare for physical activity, including choosing appropriate clothing, equipment, and gear, and protecting yourself from the elements.
Duration: 0 hr 15 min

Study: Why Warm Up and Cool Down?
Learn about the importance of warming up before and cooling down after physical activity. Learn some warm-up and cool-down exercises.
Duration: 0 hr 15 min

Study: What's Quackery?
Learn about quackery and advertising techniques that quacks typically use. Learn how to be an informed consumer and to avoid scams.
Duration: 0 hr 15 min

Quiz: Assess Your Learning
Take a quiz to assess your understanding of the material.
Duration: 0 hr 20 min Scoring:
10 points

LESSON 5: PHYSICAL ACTIVITY WRAP-UP
Review: Physical Activity
Prepare for the unit test by reviewing key concepts and skills.

*Duration: 1 hr*

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

*Duration: 0 hr 30 min Scoring: 40 points*

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

*Duration: 0 hr 45 min Scoring: 30 points*

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**LESSON 6: DIAGNOSTIC**

Diagnostic: Physical Activity
Take a diagnostic unit test that will generate a study plan based on your responses.

*Duration: 0 hr 30 min Scoring: 20 points*

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**UNIT 5: ALCOHOL, TOBACCO, AND OTHER DRUGS**

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**LESSON 1: ALCOHOL**

**Study: Things to Know about Alcohol**
Learn about alcohol, the effects of alcohol on the body's systems, and the effects of binge drinking.

*Duration: 0 hr 30 min*

**Study: Alcohol and Your Mind**
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: 0 hr 30 min*

**Study: Influences on Drinking Alcohol**
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: 0 hr 30 min*

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

*Duration: 0 hr 20 min Scoring: 10 points*
LESSON 2: TOBACCO

Study: Tobacco: To Be Avoided
Learn about tobacco's harmful effects, advertising, and tobacco laws;
Duration: 0 hr 30 min

Study: Powerful Influences
Learn about influences on smoking, anti-smoking groups, and how to quit smoking.
Duration: 0 hr 30 min

Practice: Communicating About Tobacco
Answer questions about tobacco-related situations using your health skills.
Duration: 0 hr 30 min Scoring: 20 points

Quiz: Assess Your Learning
Take a quiz to assess your understanding of the material.
Duration: 0 hr 20 min Scoring: 10 points

LESSON 3: OTHER DRUGS

Study: Gray Matter
Learn about the short- and long-term effects of drugs on the brain and nervous system.
Duration: 0 hr 30 min

Study: Different Types of Drugs
Learn about the different types of drugs and their effects.
Duration: 0 hr 15 min

Study: Drug Use and Abuse
Learn about drug use and abuse. Learn four factors that influence drug abuse. Find out where to get help with drug addiction.
Duration: 0 hr 30 min

Journal: What Are Your Attitudes?
Write about your attitudes toward alcohol, tobacco, and other drug use, and about what influences those attitudes.
Duration: 0 hr 15 min

Discuss: Drug Attitudes and Actions
Discuss attitudes about alcohol, tobacco, and other drugs, and changes you would like to make to drug-related attitudes and behaviors.
Quiz: Assess Your Learning
Take a quiz to assess your understanding of the material.

Duration: 0 hr 20 min  Scoring: 10 points

LESSON 4: TAKE A STAND, MAKE A DIFFERENCE

Study: Youth Advocacy
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: 0 hr 30 min

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: 0 hr 15 min  Scoring: 20 points

LESSON 5: ALCOHOL, TOBACCO, AND OTHER DRUGS WRAP-UP

Review: Alcohol, Tobacco, and Other Drugs
Prepare for the unit test by reviewing key concepts and skills.

Duration: 0 hr 20 min

Test (CS): Alcohol, Tobacco, and Other Drugs
Take a computer-scored test to assess what you have learned in this unit.

Duration: 0 hr 20 min  Scoring: 40 points

Test (TS): Alcohol, Tobacco, and Other Drugs
Take a teacher-scored test to assess what you have learned in this unit.

Duration: 0 hr 45 min  Scoring: 30 points

LESSON 6: DIAGNOSTIC

Diagnostic: Alcohol, Tobacco, and Other Drugs
Take a diagnostic unit test that will generate a study plan based on your responses.
UNIT 6: INJURY PREVENTION AND SAFETY

LESSON 1: INJURIES AND TAKING RISKS

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: 0 hr 30 min

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.
Duration: 0 hr 30 min

Practice: A Preventable Death
Practice identifying and averting unhealthy risks.
Duration: 0 hr 30 min Scoring: 20 points

Quiz: Assess Your Learning
Take a quiz to assess your understanding of the material.
Duration: 0 hr 20 min Scoring:
10 points

LESSON 2: PREVENTING VIOLENCE

Study: Violence Is a Form of Intentional Injury
Learn definitions and give examples of bullying, dating violence, sexual harassment and assault, weapon use, and domestic violence.
Duration: 0 hr 30 min

Study: Anger Without Violence
Learn strategies for preventing types of violence.
Duration: 0 hr 30 min

Practice: Prevent, Avoid, or Resolve?
Respond to scenarios that illustrate types of violence. Select the appropriate steps for preventing, avoiding, or resolving each violent situation.
Duration: 0 hr 30 min Scoring: 20 points

Quiz: Assess Your Learning
Take a quiz to assess your understanding of the material.
LESSON 3: SAVE A LIFE OR A LIMB

Study: First Aid for Every Injury
Learn first aid procedures for common injuries. Learn about blood-handling precautions that prevent the spread of blood-borne infections.
Duration: 0 hr 30 min

Study: Save a Life with Emergency Aid
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: 0 hr 30 min

Quiz: Assess Your Learning
Take a quiz to assess your understanding of the material.
Duration: 0 hr 20 min Scoring:
10 points

LESSON 4: BE SAFE, THINK SAFE

Study: Safety in Unusual Events
Learn about how to stay safe during natural disasters.
Duration: 0 hr 30 min

Journal: Natural Disasters and Acts of Terror
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: 0 hr 15 min

Discuss: What Would You Do?
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: 0 hr 20 min Scoring: 10 points

Quiz: Assess Your Learning
Take a quiz to assess your understanding of the material.
Duration: 0 hr 20 min Scoring:
10 points
LESSON 5: INJURY PREVENTION AND SAFETY WRAP-UP

Review: Injury Prevention and Safety
Prepare for the unit test by reviewing key concepts and skills.
*Duration: 0 hr 20 min*

Test (CS): Injury Prevention and Safety
Take a computer-scored test to assess what you have learned in this unit.
*Duration: 0 hr 30 min Scoring: 40 points*

Test (TS): Injury Prevention and Safety
Take a teacher-scored test to assess what you have learned in this unit.
*Duration: 0 hr 45 min Scoring: 30 points*

LESSON 6: DIAGNOSTIC

Diagnostic: Injury Prevention and Safety
Take a diagnostic unit test that will generate a study plan based on your responses.
*Duration: 0 hr 30 min Scoring: 20 points*

UNIT 7: SOCIAL AND SEXUAL HEALTH

LESSON 1: RELATIONSHIPS

Study: Family Relationships and Friendships
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: 0 hr 30 min*

Study: Romantic Relationships
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: 0 hr 30 min*

Quiz: Assess Your Learning
Take a quiz to assess your understanding of the material.
*Duration: 0 hr 20 min Scoring: 10 points*
LESSON 2: THE REPRODUCTIVE SYSTEMS

Study: The Female Reproductive System
Learn about the female reproductive system.
Duration: 0 hr 30 min

Study: Female Puberty and Menarche
Learn about the menstrual cycle, the roles of estrogen and progesterone, ovulation, and factors that can affect the menstrual cycle.
Duration: 0 hr 30 min

Study: Female Reproductive Health
Learn about female reproductive health issues.
Duration: 0 hr 30 min

Study: The Male Reproductive System
Learn about the male reproductive system.
Duration: 0 hr 30 min

Study: Male Puberty
Learn about physical changes that males undergo during puberty.
Duration: 0 hr 30 min

Study: Male Reproductive Health
Learn about male reproductive health issues.
Duration: 0 hr 30 min

Practice: Reproductive Health
Using Health Skill No. 7, advocacy, choose a reproductive health issue and write about it.
Duration: 0 hr 30 min Scoring: 20 points

Quiz: Assess Your Learning
Take a quiz to assess your understanding of the material.
Duration: 0 hr 20 min Scoring: 10 points

LESSON 3: MAKING DECISIONS ABOUT SEX

Study: Facts about Teenage Sex
Learn facts about sex and risks associated with the decision to have sex, including STDs, pregnancy, and HIV.
Duration: 0 hr 30 min

Study: Dealing with Pressures to Have Sex
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: 0 hr 30 min

Practice: Dear Blabby: Refusal Skills
Pretend you are a syndicated columnist. Answer a letter that talks about saying no to sex.

Duration: 0 hr 30 min Scoring: 20 points

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

Duration: 0 hr 20 min Scoring: 10 points

LESSON 4: MARRIAGE, PARENTHOOD, AND PREVENTING PREGNANCY

Study: Things to Know about Marriage
Learn about marriage, how to predict marital success, the risks involved in teenage marriage, and how to decide whether to marry.

Duration: 0 hr 30 min

Study: Pregnancy and Parenthood
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: 0 hr 30 min

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: 0 hr 15 min

Study: Preventing Pregnancy — What Works
Learn about which pregnancy-prevention techniques work.

Duration: 0 hr 30 min

Study: Preventing Pregnancy — What Doesn't Work
Learn about methods that fail to prevent pregnancy.

Duration: 0 hr 30 min

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

Duration: 0 hr 20 min Scoring: 10 points
LESSON 5: SOCIAL AND SEXUAL HEALTH WRAP-UP

Review: Social and Sexual Health
Prepare for the unit test by reviewing key concepts and skills.
Duration: 1 hr

Test (CS): Social and Sexual Health
Take a computer-scored test to assess what you have learned in this unit.
Duration: 0 hr 30 min Scoring: 40 points

Test (TS): Social and Sexual Health
Take a teacher-scored test to assess what you have learned in this unit.
Duration: 0 hr 45 min Scoring: 30 points

LESSON 6: DIAGNOSTIC

Diagnostic: Social and Sexual Health
Take a diagnostic unit test that will generate a study plan based on your responses.
Duration: 0 hr 30 min Scoring: 20 points

UNIT 8: PERSONAL, COMMUNITY, AND ENVIRONMENTAL HEALTH

LESSON 1: CAUSES OF DISEASES AND DISORDERS

Study: Things to Know about Diseases and Disorders
Learn definitions and examples of hereditary diseases, congenital disorders, infectious diseases, and noninfectious diseases.
Duration: 0 hr 30 min

Practice: Disease Prevention Know-How
Categorize certain hereditary, congenital, and infectious diseases and disorders. Indicate an appropriate prevention strategy for each.
Duration: 0 hr 30 min Scoring: 20 points

Study: Reduce Your Risk
Learn about noninfectious diseases with a genetic component. Explore prevention strategies for diseases such as cancer and heart disease. Learn about risk reduction.
Duration: 0 hr 30 min

Quiz: Assess Your Learning
LESSON 2: YOUR PERSONAL ROLE IN DISEASE PREVENTION

Study: What Influences Your Health?
Examine the influences of behavior choices, environment, genetics, and health care on disease.
Duration: 0 hr 30 min

Study: Preventing STDs is a Lifestyle Decision
Learn to prevent sexually transmitted infections.
Duration: 0 hr 30 min

Quiz: Assess Your Learning
Take a quiz to assess your understanding of the material.
Duration: 0 hr 20 min Scoring:
10 points

LESSON 3: COMMUNITY HEALTH

Study: Things to Know about Community Health
Learn about community health and about negative and positive factors that influence it.
Duration: 0 hr 30 min

Quiz: Assess Your Learning
Take a quiz to assess your understanding of the material.
Duration: 0 hr 20 min Scoring:
10 points

LESSON 4: YOU AND THE ENVIRONMENT

Study: The Environment and Your Health
Learn how individual behaviors affect the environment. Learn how environmental factors affect individual health.
Duration: 0 hr 30 min

Journal: Your Environmental Score
Write about how you protect, ignore, or trash the environment in your daily life. Assign your behavior a score.
Practice: Advocate for Change
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: 0 hr 30 min
Scoring: 20 points

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

Duration: 0 hr 20 min Scoring: 10 points

LESSON 5: PERSONAL, COMMUNITY, AND ENVIRONMENTAL HEALTH WRAP-UP

Review: Personal, Community, and Environmental Health
Prepare for the unit test by reviewing key concepts and skills.

Duration: 0 hr 20 min

Test (CS): Personal, Community, and Environmental Health
Take a computer-scored test to assess what you have learned in this unit.

Duration: 0 hr 20 min Scoring: 40 points

Test (TS): Personal, Community, and Environmental Health
Take a teacher-scored test to assess what you have learned in this unit.

Duration: 0 hr 45 min Scoring: 30 points

LESSON 6: DIAGNOSTIC

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

Duration: 0 hr 30 min Scoring: 20 points

UNIT 9: SKILLS FOR HEALTH REVIEW AND EXAM

LESSON 1: SKILLS FOR HEALTH
Review: Skills for Health
Prepare for the semester exam by reviewing key concepts covered in Skills for Health.

*Duration: 4 hr*

Exam: Skills for Health
Take a computer-scored exam to demonstrate your mastery of concepts and skills covered in Skills for Health.

*Duration: 0 hr 50 min Scoring: 75 points*

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*