

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

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### 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*

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## 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 30 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

*Core > Skills for Health*

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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*

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**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**

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**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*

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### **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: 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*

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## **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:*

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## 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*

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## 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*

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## 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*

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**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: 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.

*Duration: 0 hr 30*

*min Scoring: 25 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 4: FOOD SAFETY****Study: Food Sickness and Safety**

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: 0 hr 30 min*

**Quiz: Assess Your Learning**

Take a quiz to assess your understanding of the material.

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

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## 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*

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## 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

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### 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*

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### **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*

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## **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*

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## **LESSON 5: PHYSICAL ACTIVITY WRAP-UP**

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**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*

**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*

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## 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*

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## 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.

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*Duration: 0 hr 30 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*

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## **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*

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## **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*

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## **LESSON 6: DIAGNOSTIC**

### **Diagnostic: Alcohol, Tobacco, and Other Drugs**

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

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## UNIT 6: INJURY PREVENTION AND SAFETY

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### 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

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### 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.

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

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### **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*

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### **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*

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## 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*

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## 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

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### 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*

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## 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*

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## 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

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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*

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## 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*

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## 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

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## 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**

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Take a quiz to assess your understanding of the material.

*Duration: 0 hr 20 min Scoring:*

*10 points*

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## 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*

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## 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*

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## 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.

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*Duration: 0 hr 15 min*

**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*

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**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*

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**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**

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**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*