

Personal Health and Wellness is a valuable, skills-based health education course designed for general education in grades 9 through 12. Personal Health and Wellness helps students develop knowledge, attitudes, and essential skills in a variety of health-related subjects, including mental and emotional health, social health, nutrition, physical fitness, substance use and abuse, disease prevention and treatment, and injury prevention and safety.

Through use of accessible information and project-based learning, students apply the skills they need to stay healthy. These skills include identifying and accessing valid health information, practicing self-management, identifying internal and external influences, communicating effectively, making healthy decisions, setting goals, and advocating. Students who complete Personal Health and Wellness build the skills they need to protect, enhance, and promote their own health and the health of others.

This course is built to state standards.

Length: One Semester

## UNIT 1: MENTAL AND EMOTIONAL HEALTH

- Lesson 1: Introduction to Health
- Lesson 2: Your Mental and Emotional Health
- Lesson 3: Suicide and Violence Prevention
- Lesson 4: Communication Skills
- Lesson 5: Wrap Up: Mental and Emotional Health

## UNIT 2: FITNESS AND NUTRITION

- Lesson 1: Guidelines for Fitness and Nutrition
- Lesson 2: Threats to Fitness and Good Nutrition
- Lesson 3: Planning for Fitness and Good Nutrition
- Lesson 4: Wrap Up: Fitness and Nutrition

## UNIT 3: DRUGS

- Lesson 1: Drug Use and Abuse
- Lesson 2: Living Drug Free
- Lesson 3: Advocating for a Drug-Free Lifestyle
- Lesson 4: Wrap Up: Drugs

## UNIT 4: DISEASE

- Lesson 1: Types of Diseases
- Lesson 2: Preventing Disease
- Lesson 3: Susceptibility, Detection, and Treatment of Disease
- Lesson 4: Wrap Up: Disease

## UNIT 5: INJURIES

- Lesson 1: Safety and Injury Prevention
- Lesson 2: Safety Laws and First Aid
- Lesson 3: Weather and Natural Disaster Safety
- Lesson 4: Wrap Up: Injuries

## UNIT 6: SEXUAL HEALTH

- Lesson 1: Reproductive Health and Relationships
- Lesson 2: Abstinence and Online Safety
- Lesson 3: Recognizing Harmful Relationships
- Lesson 4: Safe Sexuality and Pregnancy
- Lesson 5: Wrap Up: Sexual Health

## **UNIT 7: SEMESTER REVIEW AND EXAM**

- Lesson 1: Semester Wrap Up