

Content Strands	1 Understanding Your Health	2 Skills for a Healthy Life	3 Mental and Emotional Health	4 Mental and Emotional Problems	5 Relationships: The Teen Years	6 Promoting Social Health	7 Conflict Resolution	8 Violence Prevention	9 Physical Activity and Fitness	10 Nutrition for Health
Personal Health	<p>Recognizing health and wellness (1)</p> <p>Balancing the health triangle (1)</p> <p>Practicing behaviors to maintain wellness (1)</p> <p>Being aware of physical, mental, emotional, and social changes during adolescence (2)</p> <p>Knowing the role of hormones during puberty (2)</p> <p>Developing good health habits (2) (3)</p> <p>Understanding consequences of safe, risky, or harmful behaviors (3)</p> <p>Avoiding cumulative risks (3)</p> <p>Getting regular medical and dental checkups (3)</p> <p>Choosing abstinence (3)</p> <p>Assuming responsibility for personal health behaviors (3)</p> <p>Analyzing internal and external influences that affect personal health decisions (BHS)</p> <p>Using a personal health inventory to find out of the health triangle is in balance (HOH)</p>	<p>Understanding short-term and long-term consequences of decisions you make (1)</p> <p>Using the goal-setting process (1)</p> <p>Following the steps of the decision-making process to make responsible decisions (1)</p> <p>Setting realistic goals to improve your physical, mental/emotional, and social health (1) (HSA)</p> <p>Developing good character traits, such as trustworthiness, respect, responsibility, fairness, caring, and citizenship (2)</p> <p>Developing health skills that positively affect your physical, mental/emotional, and social life (3)</p> <p>Analyzing internal and external influences that affect your health (3)</p> <p>Developing skills for managing stress (3)</p> <p>Saying no to unhealthy choices (BHS)</p>	<p>Assuming responsibility for expressing emotions in healthy ways (2)</p> <p>Practicing healthful behaviors to manage anger (HSA)</p> <p>Dealing with excessive stress to improve personal health (3)</p> <p>Recognizing how the body responds to stress (3)</p> <p>Practicing healthful behaviors to manage stress (3) (HSA)</p> <p>Using time-management skills to cope with stress (BHS)</p>	<p>Getting appropriate treatment for mental and emotional disorders (1)</p> <p>Sharing feelings with parents or trusted adults (1)</p> <p>Seeking help with feelings of depression or suicide (2)</p> <p>Recognizing how to deal with mental/emotional disorders (3)</p>	<p>Developing relationships with friends (1)</p> <p>Using communication skills to meet new people (HSA)</p> <p>Choosing individual dating or group dating (1)</p> <p>Using nonverbal communication skills (2)</p> <p>Developing listening and speaking skills for effective verbal communication (2)</p> <p>Recognizing influences of peer pressure (3)</p> <p>Using refusal skills to say no to negative peer pressure (3) (HSA)</p> <p>Recognizing limits that keep you safe and protect your health (4)</p> <p>Choosing abstinence for physical and emotional well-being (4)</p> <p>Setting goals for avoiding negative peer pressure (BHS)</p>	<p>Practicing traits of good character, including trust, respect, patience, and tolerance, to build relationships (1)</p> <p>Recognize that everyone takes on different roles (1)</p> <p>Taking on roles and responsibilities within the family (2)</p>	<p>Recognizing kinds of conflict (1)</p> <p>Using decision-making skills to manage conflicts (HSA)</p> <p>Recognizing physical and emotional signs of growing conflict (2)</p> <p>Managing stress by dealing with anger (HSA) (2)</p> <p>Using the T.A.L.K. strategy to resolve conflicts (3) (BHS)</p>	<p>Avoiding unsafe situations to protect self from violence (1)</p> <p>Using T.A.L.K. strategy to resolve conflict (1)</p> <p>Seeking help for dealing with physical and emotional consequences of violence (2)</p> <p>Avoiding unsafe situations that could lead to violence (2)</p> <p>Dealing with bullying (3)</p> <p>Communicating appropriately to express feelings (HSA)</p> <p>Recognizing and dealing with abuse (4) (5)</p> <p>Using decision-making strategies to deal with harassment (BHS)</p> <p>Knowing how to use nonviolent responses in a threatening situation (HOH)</p>	<p>Knowing that physical activity strengthens your bones, improves coordination and balance, and helps maintain a healthy weight (1)</p> <p>Practicing healthful behaviors to ensure a balanced physical health triangle (HSA)</p> <p>Keeping a positive attitude while improving on fitness (2)</p> <p>Setting fitness goals with strategies to improve and maintain the health triangle (3)</p> <p>Developing and following a written fitness plan for meeting fitness goals (3)</p> <p>Accessing information for measuring heart rate (HSA)</p> <p>Using the F.I.T.T. principle to build fitness levels (3)</p> <p>Practicing proper conditioning exercises to avoid injury (4)</p> <p>Following healthy eating habits and drinking plenty of water while participating in sports (4)</p> <p>Using proper clothing and gear to prevent injuries (4)</p> <p>Practicing healthful behaviors by taking actions to stay healthy and avoid risky behaviors (BHS)</p>	<p>Choosing healthy foods to prevent certain health problems (1)</p> <p>Choosing foods containing complex carbohydrates to provide your body with daily energy it needs (2)</p> <p>Choosing high-fiber foods to reduce your risk of certain types of cancer and heart disease (2)</p> <p>Choosing protein foods to help the body build, repair, and maintain cells and tissues (2)</p> <p>Choosing foods with unsaturated fats to lower your body's level of cholesterol (2)</p> <p>Choosing foods that provide the vitamins and minerals your body needs (2)</p> <p>Drinking ample amounts of water to keep the body hydrated (2)</p> <p>Using the MyPyramid food guidance system to help you make healthful food choices (3)</p> <p>Planning healthy meals and snacks to promote good nutrition and to help you maintain a healthy weight (4)</p>
Consumer and Community Health	<p>Making positive contributions to your community through community service (2)</p>	<p>Using the six-step process to work on a group goal (1) (HSA)</p> <p>Using decision-making skills in order to be a smart consumer (1)</p> <p>Practicing elements of good character: trustworthiness, respect, responsibility, fairness, caring, and citizenship (2)</p> <p>Advocating positive health behaviors (3)</p> <p>Practicing refusal skills (BHS)</p>	<p>Meeting your emotional needs by volunteering in the community (2)</p> <p>Recognizing that being social can reduce stress (3)</p> <p>Helping others cope with loss or grief in healthy ways (4)</p>	<p>Accessing information about mental and emotional disorders (1)</p> <p>Creating friendships by volunteering for a community project (1)</p> <p>Seeking appropriate treatment for emotional problems (1)</p> <p>Seeking help for or giving support for people with symptoms of suicide or depression (2)</p> <p>Seeking counseling from mental health providers (3)</p> <p>Advocating help for mental and emotional problems (3)</p>	<p>Practicing abstinence shows respect for the physical and emotional well-being of others (4)</p>	<p>Advocating building healthy relationships in the community (1) (HSA)</p> <p>Recognizes the importance of building relationships with people from different ethnic and cultural backgrounds (1)</p>	<p>Dealing with conflicts with peers (1)</p> <p>Developing positive relationships with people in authority, peers, and other friends (1)</p> <p>Using decision-making skills to resolve conflicts (HSA)</p> <p>Recognizing and dealing with bullies (1)</p>	<p>Analyzing factors that cause teen violence (1)</p> <p>Advocating zero tolerance to deal with school violence (1)</p> <p>Knows how to protect oneself from violence in the community (1)</p> <p>Advocating the prevention of youth violence (2)</p> <p>Advocating for safety and victims' rights (2)</p> <p>Dealing with bullying to keep the community safe (3)</p> <p>Seeking help when dealing with physical, emotional, and sexual abuse and neglect (4) (5)</p> <p>Advocating professional help to break the cycle of physical, emotional, and sexual abuse and neglect (5)</p> <p>Advocating safety in communities (5)</p>	<p>Advocating for physical activity (1)</p> <p>Advocating ways to avoid injury and minimize injury while being physically active (4)</p>	<p>Taking steps to ensure foods are handled carefully and are safe for consumption (3)</p>

SCOPE AND SEQUENCE TEEN HEALTH COURSE 3

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Family Life	Recognizing the importance of having good relationships with friends and family (1) Seeking emotional help from family and friends (2) Keeping positive relationships with family and friends (2)	Describing the role that family can play in helping to achieve goals (1) Practicing elements of good character: trustworthiness, respect, responsibility, fairness, caring, and citizenship (2) Promoting good communication skills between family and friends (3) (HOH) Using conflict-resolution skills to deal with family conflict (3)	Developing a positive self-concept and personality (1) Recognizing the emotional needs to be loved and to belong (2) Helping family members cope with loss and grief (4)	Sharing your feelings with parents and friends (1) (3) Getting family therapy for troubled family relationships (3) (4)	Identifying qualities of good friendships (1) Discusses sexual feelings with parents and other trusted adults (4)	Developing social skills by learning to care for and share with others (2) Learning roles and responsibilities in the family (2) Recognizing types of families (2) Meeting family needs for physical, mental/emotional, and social health (2) Dealing with changes in family roles and responsibilities (2) Recognizing and seeking help for physical, mental/emotional, and sexual abuse (2) Recognizing that marriage requires mental and emotional maturity (3) Recognizing that parenthood involves a life-long commitment to meet physical, mental/emotional, and social needs of a child (3) (HOH) Using communicating skills to build and maintain healthy relationships in the family (BHS)	Dealing with conflicts with parents or guardians over limits, responsibilities, and expectations (1) Developing positive relationships toward family members (1) Using the T.A.L.K. strategy to resolve conflicts within the family (3)	Encouraging family to be involved in protecting the family and community from violence (1) Knowing how to protect oneself from violence at home (1) Seeking help for dealing with emotional, physical, and sexual abuse and neglect in the family (4) (5)		Including parents or guardians in helping you make good food choices (3)
Mental and Emotional Health	Choosing behaviors that promote good mental/emotional health (1) Dealing with changes in mental and emotional development in adolescence (2) Developing relationships with others (2) Analyzing positive peer influences (2) Choosing abstinence to protect your mental and emotional health (3) Analyzing internal and external influences that affect decisions (BHS)	Practicing elements of good character: trustworthiness, respect, responsibility, fairness, caring, and citizenship (2) Learning to show respect for yourself and others (2) Promoting good communication skills between family and friends (3) Practicing refusal skills to help you say no to unhealthy behaviors (3) Using conflict-resolution skills to solve conflicts (3) Recognizing that a positive attitude encourages good mental/emotional health (3) Expressing emotions in healthy ways (3)	Developing a positive self-concept and personality (1) Building self-esteem and resilience (1) Understanding and managing your feelings (1) Using defense mechanisms to deal with strong emotions (2) Expressing emotions of anxiety, fear, and anger in healthy ways (2) Practicing helpful behaviors in managing anger (HSA) Meeting your emotional needs in healthy ways (2) Identifying and managing stress in healthy ways (3) (HSA) Developing strategies for coping with loss or grief (4) Developing stress-management skills (BHS)	Dealing with anxiety disorders (1) Identifying personality disorders, mood disorders, and schizophrenia (1) Recognizing and dealing with symptoms of suicide (2) Providing emotional support for persons who need it (2) Developing communication skills to help people who need emotional support (HSA) Getting therapy for emotional problems (3) Using communication skills to listen to people with emotional needs (BHS)	Identifying positive and negative influences of cliques (1) Distinguishing between positive and negative peer pressure (1) Recognizing that meeting new people while volunteering in the community can build self-confidence (1) Using refusal skills helps build self-respect (3) Recognizing that becoming sexually active requires an emotional commitment (4)	Developing healthy relationships to meet emotional and practical needs (1) Analyzing roles and responsibilities in relationships (1) Practicing traits of good character to care for relationships: trust, respect, patience, and tolerance (1) Analyzing roles and responsibilities of family members to meet mental and emotional needs of family members (2) Recognizing responsibilities of parenthood to commit to providing for mental and emotional needs of a child (3)	Dealing with conflicts with peers (1) Developing positive relationships with people in authority, peers, and other friends (1) Using decision-making skills to resolve conflicts (HSA) Recognizing and dealing with bullies (1) Analyzing behaviors that cause negative behaviors (1) Dealing with anger and jealousy in appropriate ways (2) Dealing with problems to prevent conflicts from escalating (2) Practicing helpful behaviors to prevent conflicts from growing (2) Managing stress by releasing anger (HSA) Practicing conflict-resolution skills (3) Using the mediation process to resolve conflicts (3) Resolving conflicts by using the T.A.L.K. strategy (BHS)	Recognizing that the emotional injuries caused by violence can be even more painful and long-lasting than the injuries caused by physical violence (2) Dealing with harassment (3) Seeking help when dealing with harassment (3) Dealing with feelings associated with physical, emotional, and sexual abuse and neglect (4)	Know that physically active teens handle stress better, have higher self-esteem, are able to think more clearly, and concentrate better in school (1)	Knowing that emotions influence food choices (1)

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Nutrition and Physical Activity	Practicing behaviors that promote good physical health (1) Avoiding risky behavior of sedentary lifestyle in favor of physical activity (3)	Recognizing that eating well-balanced meals and healthy snacks are part of a healthy life (3) Identifying that getting regular physical activity is part of a healthy life (3)	Using physical activity to manage stress (3)						Recognizing the importance of physical activity to personal, mental/emotional, and social health (1) Practicing healthful behaviors to ensure a balanced physical health triangle (HSA) Advocating physical activity for everyone (1) Using exercise to build heart and lung endurance, muscle strength and muscle endurance, flexibility, and body composition (2) Using a well-balanced diet to improve body composition (2) Setting fitness goals (3) Developing a written fitness plan to keep on task for meeting fitness goals (3) Accessing information for measuring heart rate (HSA) Using the F.I.T.T. principle to build fitness levels (3) Using proper nutrition, including eating habits and drinking plenty of water, while playing sports (4) Advocating ways to avoid injury and minimize risks while being physically active (4)	Recognizing the role of food (1) Eating well-balanced meals to promote good health and prevent diseases (1) Analyzing influences that determine your food choices (1) Choosing foods with nutrients you need for a healthy body and good nutrition (2) Practicing healthy behaviors that include choosing foods with nutrients you need, such as whole-grain foods (HSA) Recognizing the body's need for water to function properly (2) Using the MyPyramid food guidance system to help you to develop healthy eating habits and increase your level of activity (3)
Tobacco, Alcohol, and Other Drugs	Avoiding risky behaviors of using alcohol, tobacco, or other drugs (3) Choosing abstinence to avoid risks associated with using alcohol, tobacco, and other drugs (3)	Recognizing that avoiding tobacco, alcohol, and other drugs are healthful habits (3)		Recognize drug use as a potential sign of suicide (2) Recognize the drug treatment therapy can correct chemical imbalances in the brain and can provide relief for depression and other mental disorders (3)	Recognizing that negative peer pressure may influence teens to use alcohol, tobacco, and other drugs (3)	Recognize that substance abuse affects all family members (2)	Avoiding use of alcohol and drugs to prevent conflicts from growing (2)	Analyzing the impact of drug use on violent behavior (1) Recognizing alcohol and drug use in teens as a sign that abuse may be occurring (4)		

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Injury Prevention and Safety	<p>Taking precautions to avoid risks (3)</p> <p>Choosing abstinence to prevent injury and to be safe (3)</p>	<p>Using the six-step process to work on a group goal (1)</p> <p>Using decision-making skills in order to be a smart consumer (1)</p> <p>Practicing elements of good character: trustworthiness, respect, responsibility, fairness, caring, and citizenship (2)</p> <p>Choosing to wear a safety belt when riding in a car (3)</p> <p>Using conflict-resolution skills to prevent conflicts from getting out of hand (3)</p>			<p>Recognizing that aggressive communication can lead to violence (3)</p>	<p>Knows that physical abuse can cause injuries or death (2)</p>	<p>Knows that when conflicts involve weapons, they can lead to injury or death (1)</p>	<p>Recognizing factors that contribute to violence (1)</p> <p>Avoiding gangs, weapons, and drugs to prevent violence (1)</p> <p>Advocating for zero tolerance to protect from violence (1)</p> <p>Dealing with bullying to prevent injuries and stay safe (3)</p> <p>Recognizing suicide attempts as a sign that abuse may be occurring (4)</p>	<p>Using the F.I.T.T. principle to build fitness levels safely and to avoid injury (3)</p> <p>Choosing warm-up and cool-down activities to avoid injuries to muscles (3)</p> <p>Practicing appropriate conditioning exercises and techniques to avoid injury (4)</p> <p>Using proper clothing and gear to protect from injuries (4) (BHS)</p> <p>Taking appropriate action when dealing with injuries (P.R.I.C.E., (4)</p>	
Disease Prevention	<p>Getting regular medical and dental checkups to prevent some diseases (3)</p>				<p>Recognizing that setting limits can prevent illness (4)</p> <p>Practicing abstinence from sexual activity prevents STDs/STIs (4)</p>					<p>Developing healthy eating habits to help prevent certain diseases (1) (4)</p> <p>Making sure foods are handled safely to prevent food borne illnesses (3)</p>
Environmental Health		<p>Protecting the environment as a good citizen (2)</p>						<p>Advocating nonviolence in schools and community (1)</p> <p>Dealing with bullying to keep the community safe (3)</p> <p>Advocating safety in family and community environments (5)</p>		

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11 Your Body Image	12 Alcohol	13 Tobacco	14 Drugs	15 Personal Care and Consumer Choices	16 Your Body Systems	17 Growth and Development	18 Communicable Diseases	19 Noncommunicable Diseases	20 Safety and Emergencies	21 Environmental Health
<p>Developing a healthy body image and high self-esteem by having a positive attitude and healthy lifestyle (1) Reaching and maintaining your appropriate weight (1) Accessing information to help you determine your body mass index (HSA) Recognizing that eating disorders contribute to poor nutrition and serious health consequences (2) Seeking treatment for eating disorders (2) Accessing and analyzing information to make healthy choices (BHS)</p>	<p>Analyzing how alcohol use affects personal health (1) (3) Recognizing reasons to avoid using alcohol (1) Using refusal skills to say no to using alcohol (HSA) Recognizing that using alcohol can lead to participating in risky behaviors, resulting in serious health consequences (3) Analyzing symptoms and consequences of alcoholism and alcohol abuse (4) Recognizing the costs of alcoholism and alcohol abuse to personal health and well-being (4) Choosing to be alcohol free (5) Using decision-making skills to help someone be alcohol free (BHS)</p>	<p>Analyzing the harmful effects of using tobacco products on personal health (1) (2) Using the decision-making process to advocate for a smoke-free environment (HSA) Taking steps to break the habit of using tobacco (3) Saying no to using tobacco (3) Recognizing dangers of being exposed to secondhand smoke (4) Committing to staying tobacco free (5) Using goal-setting steps to say no to tobacco (BHS)</p>	<p>Recognizing that abusing medicines and drugs is harmful to all parts of your health triangle (1) (2) (3) Practicing healthful behaviors by handling medicines safely at home (HSA) (3) Analyzing the effects of abusing narcotics, stimulants, and depression drugs on personal health (3) Setting personal goals to remain drug free (3) Analyzing the effects of using hallucinogens and inhalants on personal health (4) Using decision-making skills to seek help for self or a friend, when necessary, for drug abuse (5) Using refusal skills to say no to using drugs inappropriately (6) (BHS)</p>	<p>Practicing healthful behaviors by taking care of your skin, hair, nails, teeth, eyes, and ears (1) Making wise choices when choosing health care products (1) (2) Protecting health by seeking help regularly from health care providers (1) (4) Learning and practicing consumer skills (2) Analyzing influences before making consumer purchases (HSA) (2) Managing consumer problems (2) Using medicines wisely (3) Recognizing types of medicines and how they work (3) Recognizing risks and side effects caused by some medicines (3) Recognizing types of health care settings and providers (4) Covering the costs of health care (4) Advocating for public awareness of public health agencies (5) Accessing reliable online information about health (BHS)</p>	<p>Understanding the functions of the skeletal system and how to care for it (1) Understanding the functions of the muscular system and how to care for it (2) Understanding the functions of the circulatory system and how to care for it (3) Understanding the functions of the respiratory system and how to care for it (4) Recognizing and properly treating problems of the respiratory system (4) Understanding the functions of the nervous system and how to care for it (5) Understanding the functions of the digestive and excretory systems and how to care for them (6) (HSA) Setting goals for developing healthy habits to care for your digestive and excretory systems (6) Understanding the functions of the endocrine system and how to care for it (7) Understanding the functions of the reproductive system and how to care for it (8)</p>	<p>Understanding the process of growth and development from a single cell to intricate body systems (1) Practicing healthful behaviors to ensure healthy growth and development of a fetus, including avoiding harmful substances (1) Understanding the stages of birth (1) Understanding how heredity and environment impact a person's growth and development (2) Practicing healthful behaviors to foster good physical development from childhood through adolescence (3) Practicing healthful behaviors that foster productive living and a balanced health triangle in adulthood (4) Setting goals to accomplish during adulthood (4) Setting goals to stay healthy and avoid risky behaviors during puberty (BHS)</p>	<p>Understanding how communicable diseases spread and practicing healthful behaviors to avoid the spread of communicable diseases (1) (HSA) Understanding how your body protects you from most pathogens, bacteria, and viruses (2) Understanding the importance of the lymphatic system (2) Understanding how vaccines help protect your body from disease (2) Using the decision-making process to make healthful decisions (2) Practicing healthful behaviors to prevent spreading communicable diseases (3) Understanding STDs and how they are spread, treated, and prevented (4) Understanding the importance of seeking medical attention for treatment of STDs (4) Setting goals to protect yourself and others from getting and spreading communicable diseases (BHS)</p>	<p>Practicing healthful behaviors and making healthy lifestyle choices to avoid getting some noncommunicable diseases (1) Practicing healthful behaviors to reduce the risks of getting some cancers (2) Seeking help for diagnosing and treating cancer (2) Practicing healthful behaviors to reduce the risk of heart disease and other cardiovascular diseases (3) Seeking treatment for heart disease (3) Practicing healthful behaviors to reduce the risks of getting diabetes and arthritis (4) Practicing healthful behaviors to manage the symptoms of diabetes and arthritis (4) Understanding the importance of seeking treatment for allergic reactions and asthma (5) Practicing behaviors to manage allergies and asthma (5) Setting goals to establish lifelong health habits to control diabetes (BHS)</p>	<p>Developing safe habits to avoid accidents and prevent injuries at home and school (1) Learning and following strategies to be safe at home and at school (1) Understanding the risks of participating in activities using bicycles, skates, skateboards, scooters, and motorized vehicles (2) Following guidelines to keep you safe while walking or running (2) Practicing safety procedures when participating in outdoor activities (2) Practicing safety rules in weather emergencies (3) Being prepared to give basic first aid in emergencies (4) (5) (6) Knowing and taking universal precautions when giving first aid (4) Calling for help in emergencies (4) (5) (6)</p>	<p>Practicing behaviors to protect the environment, including reducing, reusing, and recycling (2) (HSA)</p>
<p>Seeking help from health care providers for treatment of eating disorders (2) Advocating help for people with eating disorders (2) Accessing and analyzing information for making healthy choices about weight-gain and weight-loss products (BHS)</p>	<p>Advocating for teens to choose alternatives to alcohol use (1) Know that volunteering in the community is a good alternative to drinking alcohol (1) Recognizing the costs of alcoholism and alcohol abuse to consumers and community health (3) (4) Getting help for people who have problems with alcohol use (5) Making decisions to help someone stay alcohol free (BHS)</p>	<p>Analyzing influences on teens to use tobacco products (1) Analyzing costs to society for people using tobacco (4) Advocating for the reduction in tobacco use to reduce costs to society (4) Analyzing influences of tobacco use (5)</p>	<p>Analyzing effects of using illegal drugs, including marijuana, club drugs, and anabolic steroids (2) Analyzing effects of using narcotics, stimulants, and depressants (3) Analyzing effects of using hallucinogens and inhalants (4) Advocating professional help for persons who may be abusing drugs (5) Recognizing the positive benefits for being drug free (6)</p>	<p>Making wise choices when choosing health care products (1) (2) Protecting health by seeking help regularly from health care providers (1) (4) Learning and practicing consumer skills (2) Analyzing influences before making consumer purchases (HSA) (2) Managing consumer problems (2) Using medicines wisely (3) Recognizing types of medicines and how they work (3) Recognizing risks and side effects caused by some medicines (3) Recognizing types of health care settings and providers (4) Covering the costs of health care (4) Advocating for public awareness of public health agencies (5) Accessing reliable online information about health (BHS)</p>	<p>Accessing information about caring for the reproductive system (8) Accessing viable information about the body's systems (BHS)</p>	<p>Accessing information about the physical and emotional changes that occur during pregnancy (1) Accessing information to learn how heredity increases risks of getting some diseases (HSA) Knowing that social age is the age measured by lifestyle and connection to others (4)</p>	<p>Understanding how communicable diseases spread from one person to another (1) Practicing healthful behaviors to prevent spreading communicable diseases, including the common cold, flu, mononucleosis, hepatitis, tuberculosis, pneumonia, and strep throat (3) Advocating sexual abstinence to avoid contracting STDs (4) Setting goals to protect yourself and others from getting and spreading communicable diseases (BHS)</p>	<p>Advocating for a healthy environment to avoid some serious health problems (1) Advocating for early diagnosis and treatment of cancer (2) Advocating for making healthy choices to reduce the risks of getting some cancers (HSA)</p>	<p>Recognizing and taking steps to prevent home accidents, including falls, poisoning, electrical shock, fire hazards, and gun accidents (1) Advocating safety rules in the home (1) Accessing information about safety rules and equipment for outdoor sports and activities (2) Understanding safety rules for weather emergencies (3) Advocating for first-aid training in the community (6)</p>	<p>Accessing information about the dangers of lead paint to the environment (1) Understanding how government agencies are committed to preventing and reducing pollution (2) Participating in community activities to reduce, reuse, and recycle (2)</p>

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	<p>Recognizing how alcohol use can lead to unwanted pregnancies (4) Recognizing that alcohol use can seriously damage unborn babies (4) Recognizing the costs of alcoholism and alcohol abuse to family life (5) Analyzing how alcohol use affects family life (5) Getting help for family members with problems related to alcohol use (5) Using communication skills to help family members who have problems with using alcohol (HSA) (BHS)</p>	<p>Recognizing effects of tobacco use on pregnant mothers and unborn babies, and to others exposed to secondhand smoke (4) Analyzing influences and effects of family members who smoke on teen tobacco use (5)</p>	<p>Practicing healthful behaviors by handling medicines safely at home (HSA) Engaging in healthful activities with the family to avoid pressure to use drugs (6) Being observant of family members who may be abusing drugs (5)</p>			<p>Knowing how to advocate for healthy pregnancies (2) Understanding the role of heredity in a person's growth and development (2) Understanding how heredity puts some family members at risk for getting some diseases (2) Understanding the importance of practicing healthful behaviors during pregnancy (2) Setting goals to accomplish during adulthood (4) Coping with the highs and lows of puberty (BHS)</p>	<p>Understanding how communicable diseases spread from one person to another (1) Practicing healthful behaviors to prevent spreading communicable diseases, including the common cold, flu, mononucleosis, hepatitis, tuberculosis, pneumonia, and strep throat (3)</p>	<p>Understanding how heredity increases risks of getting some diseases (1) Practicing healthful behaviors to reduce risks of heart disease (3) Following guidelines for proper nutrition and physical activity to reduce risks of getting diabetes and arthritis (4) Practicing healthful behaviors to manage symptoms of diabetes and arthritis (4)</p>	<p>Recognizing and taking steps to prevent home accidents, including falls, poisonings, electrical shocks, fire hazards, and gun accidents (1) Practicing safety rules on the road and outdoors (2) Understanding safety rules and strategies to use in weather emergencies (3) (HSA) Being prepared to administer basic first aid in emergencies (4) Knowing and taking universal precautions when administering first aid (4) Calling for help in emergencies (4) Practicing healthful behaviors to reduce risks of fire in the home (BHS)</p>	<p>Leading family efforts to protect the environment by recycling and conserving resources (2) Setting family goals to improve rates of reducing, reusing, and recycling (2) Practicing healthful behaviors by thinking of ways to reduce wastes and help the environment (BHS)</p>
<p>Recognizing that eating disorders may be brought on by feelings of low self-esteem and poor body image (2)</p>	<p>Recognizing how alcohol use affects mental and emotional health (1) (2) Analyzing how alcohol addiction affects mental and emotional health (4) Recognizing the costs of alcoholism and alcohol abuse to mental and emotional health (4)</p>	<p>Recognizing the psychological symptoms of withdrawal (3) Analyzing why teens use tobacco (5)</p>	<p>Analyzing psychological effects of using narcotics, stimulants, and depressants (3) (HOH) Analyzing mental and emotional effects of using hallucinogens and inhalants (4) (HOH) Recognizing benefits to mental and emotional health for choosing to be drug free (6)</p>		<p>Managing stress to keep your heart healthy (3)</p>	<p>Practicing healthful behaviors to promote good mental and emotional development from childhood through adolescence (3) Managing stress and coping with mood swings (3) (HSA) Analyzing influences in development from childhood through adolescence (3) Practicing behaviors that foster mental and emotional well-being during stages of adulthood (4) Setting goals to accomplish during adulthood (4) Coping with the highs and lows of puberty (BHS)</p>		<p>Managing stress and making healthy lifestyle choices to prevent getting some noncommunicable diseases (1)</p>		

11 Your Body Image	12 Alcohol	13 Tobacco	14 Drugs	15 Personal Care and Consumer Choices	16 Your Body Systems	17 Growth and Development	18 Communicable Diseases	19 Noncommunicable Diseases	20 Safety and Emergencies	21 Environmental Health
<p>Using nutrition and physical activity to help you reach and maintain a healthy weight (1) Recognizing that eating disorders contribute to poor nutrition (2)</p>	<p>Knowing that playing sports is a healthy alternative to drinking alcohol (1) Recognizing how using alcohol affects the body's ability to absorb and use nutrients (2) Analyzing effects of alcoholism on nutrition (2)</p>		<p>Knowing that anabolic steroid use is an illegal and dangerous way to build muscle mass and has many negative side effects (2)</p>	<p>Developing healthy eating habits to keep your body healthy and strong (1)</p>	<p>Consuming nutritious foods to take care of the skeletal system (1) Practicing healthful behaviors by consuming calcium-rich foods (HSA) Practicing healthful behaviors to care for the muscular system, including regular physical activity (2) Practicing good nutrition and keeping physically active to keep the circulatory system healthy (3) Eating healthy foods, exercising regularly, and drinking plenty of water to care for your digestive and excretory systems (6) Practicing good health habits to care for the endocrine system (7)</p>	<p>Practicing healthful behaviors, including eating healthful foods and getting appropriate amounts of exercise during pregnancy (2)</p>	<p>Eating nutritious foods and getting physical activity to prevent some diseases (1)</p>	<p>Eating nutritious foods and getting physical activity to prevent some noncommunicable diseases (1) Engaging in physical activity to reduce risks of getting cancer (2) Making healthful food choices to reduce the risk of heart disease (3) Analyzing influences for making healthy food choices (HSA) Following guidelines for proper nutrition and physical activity to reduce risks of getting diabetes and arthritis (4) Practicing healthful behaviors to manage diabetes and arthritis (4)</p>		
	<p>Analyzing the affects of using alcohol on personal, mental, and emotional health (1) Analyzing why teens use alcohol (1) Analyzing reasons to refuse using alcohol (1) Using refusal skills to say no to using alcohol (HSA) Analyzing the effects of alcohol use on physical health (2) (3) Analyzing how alcohol use may lead to alcohol addiction (4) Recognizing symptoms and consequences of alcohol addiction (4) Recognizing the costs of alcoholism and alcohol abuse (4) Recognizing ways to help others stay alcohol free (5)</p>	<p>Analyzing harmful effects of using tobacco products (1) (2) Analyzing influences on teens to use tobacco products (1) (5) Analyzing effects of being addicted to tobacco (3) Taking steps to break the habit of tobacco use (3) Recognizing costs to society for people using tobacco (4) Choosing to stay tobacco free (5)</p>	<p>Recognizing that all medicines are drugs, but not all drugs are medicines (1) Practicing healthful behaviors by handling medicines safely at home (HSA) Recognizing the danger of becoming addicted to drugs (1) Analyzing the effects of using illegal drugs, including marijuana, club drugs, and anabolic steroids (2) Using reliable information to find out about marijuana myths (HSA) Analyzing effects of using narcotics, stimulants, and depressants (3) Analyzing effects of using hallucinogens and inhalants (4) Advocating for professional help for people abusing drugs (5)</p>		<p>Avoiding using tobacco to keep the heart healthy (3) Taking care of your lungs by avoiding tobacco smoke (4) Protecting the nervous system by avoiding the use of harmful substances like alcohol and drugs (5)</p>	<p>Avoiding harmful substances, including tobacco, alcohol, and other drugs, during pregnancy (1) (2)</p>	<p>Avoiding drug and alcohol use to make healthful decisions (5)</p>	<p>Avoiding use of tobacco, alcohol, and some drugs to prevent getting some noncommunicable diseases (1) Avoiding use of tobacco and alcohol to reduce the risks of cancer (2) Avoiding use of tobacco to reduce the risks of heart disease (3)</p>		

SCOPE AND SEQUENCE TEEN HEALTH COURSE 3

11 Your Body Image	12 Alcohol	13 Tobacco	14 Drugs	15 Personal Care and Consumer Choices	16 Your Body Systems	17 Growth and Development	18 Communicable Diseases	19 Noncommunicable Diseases	20 Safety and Emergencies	21 Environmental Health
	Analyzing why alcohol use can lead to risky behavior (1) Avoiding use of alcohol to help prevent deadly accidents (2) (3) Knowing that it is dangerous to get into a car with a driver who has been drinking (HOH)		Recognizing the injuries caused by drug misuse and abuse (2) Practicing healthful behaviors by handling medicines safely at home (HSA) Analyzing damaging effects to the body caused by using hallucinogens and inhalants (4)	Practicing healthful behaviors and wearing protective gear to prevent injuries to body (1)	Practicing healthful behaviors and wearing protective gear to prevent injuries to the skeletal system (1) Practicing healthful behaviors to keep the muscular system healthy and to prevent injuries (2) Protecting the nervous system from injuries by using protective gear properly (5) Practicing healthful behaviors to prevent repetitive motion injuries (5) Practicing healthful behaviors to protect the reproductive system (8)				Developing safe habits to avoid accidents and prevent injuries (1) Recognizing steps to prevent home accidents (1) Following strategies to prevent accidents at school (1) Using good decision-making skills and following safety rules when traveling in a car (2) Understanding the risks of participating in activities using bicycles, skates, skateboards, scooters, and motorized vehicles (2) Taking preventive actions to be safe when participating in outdoor activities (2) Understanding and practicing safety rules and strategies in weather emergencies (3) Knowing basic first aid (4) (5) (6) Calling for help in emergencies (4) (5) (6) Handling common emergencies (5) Knowing when to call for help in emergencies (5) (6)	
Recognizing that eating disorders could lead to serious medical problems and diseases (2)	Avoiding use of alcohol to prevent some deadly diseases (2) (3)	Analyzing harmful effects of using tobacco products (1) (2)	Analyzing physical effects of using illegal drugs, including marijuana, club drugs, and anabolic steroids (2)	Using medicines appropriately to prevent or cure diseases or to relieve pain (3)	Practicing healthful behaviors to prevent diseases in the body (1) Practicing healthful behaviors to prevent problems with the circulatory system (3) Practicing healthful behaviors to take care of the respiratory system (4) Protecting the nervous system from diseases by practicing healthy behaviors (5) Practicing healthful behaviors by washing hands before preparing meals to prevent the spread of bacteria and to keep from upsetting the digestive system (6) Advocating for strategies to prevent or control diabetes (7) Practicing healthy habits to prevent or control diseases (7)	Understanding how heredity puts some people at risk for getting some diseases (2) (HSA) Practicing healthful behaviors to prevent diseases during pregnancy (2)	Understanding how communicable diseases spread from one person to another (1) Practicing healthful behaviors to prevent spreading communicable diseases, including the common cold, flu, mononucleosis, hepatitis, tuberculosis, pneumonia, and strep throat (3) Understanding STDs and how they are spread (4) Practicing healthful behaviors, including sexual abstinence, to avoid getting STDs (4) Understanding the importance of seeking medical attention for treatment of STDs (4) Understanding how a person can get HIV and AIDS (5) Practicing healthful behaviors to prevent HIV and AIDS (5)	Recognizing noncommunicable diseases (1) Recognizing that some risk factors contribute to a person getting a noncommunicable disease (1) Recognizing that making healthy lifestyle choices may help a person resist getting a disease (1) Understanding how you can protect yourself from some cancers (2) Practicing healthful behaviors to reduce risks of getting some cancers (2) Practicing healthful lifestyle choices to reduce the risk of cardiovascular diseases (3) Understanding the types of heart disease (3) Understanding how diabetes and arthritis affect a person's health (4) Practicing healthful behaviors to reduce the risks of getting diabetes and arthritis (4) Understanding the importance of managing allergies and asthma (5)		Knowing the dangers associated with exposure to lead paint (1) Recognizing the dangers associated with exposure to hazardous waste (1) Knowing the dangers associated with water pollution (1)
Analyzing how people who use alcohol affect the health of the community (2) Recognizing ways to help others who abuse alcohol (5)	Analyzing harmful effects of using tobacco products on the environment (2) Using the decision-making process to advocate for a smoke-free environment (HSA) Advocating for nonsmokers' rights (5)	Analyzing harmful effects of using illegal drugs, including marijuana, club drugs, and anabolic steroids (2) Recognizing the importance of using household chemicals properly (4)	Protecting the skin from the sun's UV rays (1)	Knowing that avoiding polluted air helps promote lung health (4)	Understanding how environment affects a person's growth and development (2) Practicing healthful behaviors that promote a healthy environment during pregnancy (2)	Keeping the environment clean to prevent spread of communicable diseases (1)	Advocating for a healthy environment to avoid some serious health problems (1) Taking precautions to protect your skin from the sun's UV rays, which can cause cancer (2) Analyzing how allergens in the environment cause allergic symptoms in some people (5) Recognizing that some elements in the environment trigger asthmatic conditions for some people (5)	Taking preventive actions to be safe when participating in outdoor activities (2) Understanding and practicing safety rules and strategies in weather emergencies (3)		Understanding the elements of a healthy environment (1) Analyzing effects of air, water, and land pollution on the environment (1) Protecting the environment by reducing, reusing, and recycling (2) Practicing behaviors to protect the air and water (2) Understanding how recycling and pre-cycling conserve energy and natural resources (2)