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| Time Frame | Topic/Unit | Skills/Concepts | Major Assessments | Core Standards | Resources |
| Week 1-4 | Unit 1  **Emotional/Mental Health** | * Express feelings in a healthy way. * Engage in activities that are mentally and emotionally healthful. * Prevent and manage emotional stress and anxiety in healthy ways. * Use self control and impulse control strategies to promote health. * Get help for troublesome thoughts, feelings or actions for oneself and others. * Show tolerance and acceptance of differences in others. * Establish and maintain healthy relationships. | What I know about emotional and mental health unit exam. | NHES Performance Indicators: 1.8.3, 2.8.4, 7.8.1, 1.8.1, 2.8.1, 2.8.3, 1.8.2, 6.8.1, 4.8.1, 1.8.7, 7.8.3, 3.8.4, 2.8.5, 2.8.6, 2.8.7, 8.8.2, 4.8.4, 6.8.2, 6.8.3, 6.8.4, 1.8.5, 5.8.1, 5.8.2, 5.8.3, 5.8.4, 5.8.5, 5.8.6, 5.8.7. | * Healthsmart * Michigan Model |
| Week 5-7 | Unit 2  **Nutrition and Physical Activity** | * Eat the appropriate number of servings from each food group each day. * Eat a variety of foods within each food group everyday. * Eat an abundance of fruits and vegetables every day, balance caloric intake with caloric expenditure, support others to eat healthy. * Choose to eat whole grain products and fat free or low fat milk or equivalent milk products regularly. * Drink plenty of water everyday, prepare food in healthful ways. * Limit foods and beverages high in added sugars, solid fat, and sodium. * Eat breakfast everyday, eat healthy snacks, eat healthy foods when dining out. * Follow an eating plan for healthy growth and development. * Practice behaviors that prevent food borne illnesses. * Prevent health problems that result from fads or trends. * Engage in moderate to vigorous physical activity for at least 60 minutes each day. | What I know about nutrition and physical activity. | NHES Performance Indicators: 1.8.3, 2.8.4, 7.8.1, 1.8.1, 2.8.1, 2.8.3, 1.8.2, 6.8.1, 4.8.1, 1.8.7, 7.8.3, 3.8.4, 2.8.5, 2.8.6, 2.8.7, 8.8.2, 4.8.4, 6.8.2, 6.8.3, 6.8.4, 1.8.5, 5.8.1, 5.8.2, 5.8.3, 5.8.4, 5.8.5, 5.8.6, 5.8.7. | * Healthsmart * Michigan Model |
| Week 8-10 | Unit 3  **Violence and Injury Prevention** | * Understanding risks and unintentional injury. * Avoiding motor vehicle injuries. * Safety rules to prevent common injuries. * Safety gear and how it relates to students. * Resisting dares. * Making safe decisions. * Preparing for emergencies. * Understanding violence. * Understanding bullying, taking a stand against bullying, hazing. * Skills to resolve conflict. * Dealing with unwanted touch. * Understanding sexual abuse. | What I know about violence and injury prevention. | NHES Performance Indicators: 1.8.3, 2.8.4, 7.8.1, 1.8.1, 2.8.1, 2.8.3, 1.8.2, 6.8.1, 4.8.1, 1.8.7, 7.8.3, 3.8.4, 2.8.5, 2.8.6, 2.8.7, 8.8.2, 4.8.4, 6.8.2, 6.8.3, 6.8.4, 1.8.5, 5.8.1, 5.8.2, 5.8.3, 5.8.4, 5.8.5, 5.8.6, 5.8.7. | * Healthsmart * Michigan Model |
| Week 1-4 | Unit 4  **Abstinence, Puberty, and Personal Health** | * Keeping your body healthy, staying healthy for a lifetime. * Protecting my body from disease. * Talking about sexuality. * The reproductive system. * Puberty. * The menstrual cycle and pregnancy. * Taking care of sexual health. * Feelings and relationships. * Benefits of abstinence, influences on abstinence. * Resisting sexual pressure. * Protecting students’ futures. | What I know about abstinence, puberty, and personal health. | NHES Performance Indicators: 1.8.3, 2.8.4, 7.8.1, 1.8.1, 2.8.1, 2.8.3, 1.8.2, 6.8.1, 4.8.1, 1.8.7, 7.8.3, 3.8.4, 2.8.5, 2.8.6, 2.8.7, 8.8.2, 4.8.4, 6.8.2, 6.8.3, 6.8.4, 1.8.5, 5.8.1, 5.8.2, 5.8.3, 5.8.4, 5.8.5, 5.8.6, 5.8.7. | * Healthsmart * Michigan Model |
| Week 5-7 | Unit 5  **HIV, STI, and Pregnancy Prevention** | * Understanding sexual health. * Sexual identity and sexual stereotyping. * What is affirmative consent. * Healthy romantic relationships. * Reproduction and teen pregnancy. * STI facts, HIV facts. * STI and responsible actions. * Making sexual health decisions. * Resisting sexual pressure. * Preventing pregnancy. | What I know about HIV, STI and pregnancy prevention. | NHES Performance Indicators: 1.8.3, 2.8.4, 7.8.1, 1.8.1, 2.8.1, 2.8.3, 1.8.2, 6.8.1, 4.8.1, 1.8.7, 7.8.3, 3.8.4, 2.8.5, 2.8.6, 2.8.7, 8.8.2, 4.8.4, 6.8.2, 6.8.3, 6.8.4, 1.8.5, 5.8.1, 5.8.2, 5.8.3, 5.8.4, 5.8.5, 5.8.6, 5.8.7. | * Healthsmart * Michigan Model |
| Week 8-10 | Unit 6  **Tobacco, Alcohol and Other Drug Prevention** | * Teens and drugs, what’s the truth? * Alcohol, what’s the truth? * Tobacco and vaping, what’s the truth? * Marijuana, what’s the truth? * Medicines, what’s the truth? * Experimentation, what’s the truth? * Opioids, what’s the truth? * Consequences of drug use. * Influences on my choices about drugs, * Family, school and community rules about drugs. * Tobacco and vape companies, who are they targeting? * Saying no to peer pressure. | What I know about tobacco, alcohol, and other drugs. | NHES Performance Indicators: 1.8.3, 2.8.4, 7.8.1, 1.8.1, 2.8.1, 2.8.3, 1.8.2, 6.8.1, 4.8.1, 1.8.7, 7.8.3, 3.8.4, 2.8.5, 2.8.6, 2.8.7, 8.8.2, 4.8.4, 6.8.2, 6.8.3, 6.8.4, 1.8.5, 5.8.1, 5.8.2, 5.8.3, 5.8.4, 5.8.5, 5.8.6, 5.8.7. | * Healthsmart * Michigan Model |