

	A	B	C	D	E	F
1	Scope and Sequence Teen Health Course 1 © 2009					
2	Content Strands	1 Your Health and Wellness	2 Mental and Emotional Wellness	3 Healthy Relationships	4 Nutrition	5 Physical Activity
3	Personal Health	Balancing your health triangle (1) Taking care of your body (1) Developing good health habits (1) Know that health is a combinations of physical, mental/emotional, and social health (1) (HOH) Recognizing factors that influence your health (2) Making healthy choices (2) Practicing healthy behaviors that promote good health (3) Know the sic steps of the decision-making process (4) (HSA) Choosing health goals to enhance personal health (5) Know how to set and reach both short-term and long-term goals (5)	Understanding and developing a positive self-concept (1) Developing positive self-esteem (1) Becoming resilient (1) Developing good character (2) Identifying positive role models (2) Understanding how emotions affect your health triangle (3) Expressing your emotions healthfully (3) Recognizing positive and negative stress and knowing how to manage stress (4) Identifying stressors and their impact on health (4) Recognizing and seeking help to deal with emotional problems (5) Responding to emotions in healthy ways (BHS)	Using verbal and nonverbal communication skills to communicate effectively (1) Coping with changes in the family (2) Recognizing and getting help for abuse and neglect (2) Building strong friendships by making healthful decisions (3) Saying no to negative peer pressure (3) Practicing refusal skills to avoid harmful situations (4) Choosing abstinence to avoid harmful behaviors (4) Using good communication skills to prevent and resolve conflicts (5) Protecting yourself from violence (5)	Analyzing food consumption in relation to physical activity (2) Analyzing what influences your eating habits (2) (3) Using the <i>Dietary Guidelines for Americans</i> for guidance in developing a healthy lifestyle (3) Creating food plans using a variety of healthy foods (3) Making wise choices of food and healthy snacks (3) Making goals for healthy eating and living (3) Achieving a healthful weight and avoiding weight problems (4) Developing a positive body image (4) Avoiding eating disorders (4)	Participating in physical activities for physical, mental, emotional, and social benefits (1) Measuring fitness level based on strength, endurance, and flexibility (1) Establishing fitness as an important goal for life (1) Setting goals for physical fitness (2) Choosing activities to meet physical fitness goals (2) Using the F.I.T.T. principle and appropriate training techniques for workouts (2) Choosing the proper sports gear to avoid injuries (3) Drinking plenty of water when exercising (3) Treating injuries using the P.R.I.C.E. method (3) Creating and meeting a physical fitness goal (BHS)

	A	B	C	D	E	F
1	Scope and Sequence Teen Health Course 1 © 2009					
2	Content Strands	1 Your Health and Wellness	2 Mental and Emotional Wellness	3 Healthy Relationships	4 Nutrition	5 Physical Activity
3	Personal Health	Balancing your health triangle (1) Taking care of your body (1) Developing good health habits (1) Know that health is a combinations of physical, mental/emotional, and social health (1) (HOH) Recognizing factors that influence your health (2) Making healthy choices (2) Practicing healthy behaviors that promote good health (3) Know the sic steps of the decision-making process (4) (HSA) Choosing health goals to enhance personal health (5) Know how to set and reach both short-term and long-term goals (5)	Understanding and developing a positive self-concept (1) Developing positive self-esteem (1) Becoming resilient (1) Developing good character (2) Identifying positive role models (2) Understanding how emotions affect your health triangle (3) Expressing your emotions healthfully (3) Recognizing positive and negative stress and knowing how to manage stress (4) Identifying stressors and their impact on health (4) Recognizing and seeking help to deal with emotional problems (5) Responding to emotions in healthy ways (BHS)	Using verbal and nonverbal communication skills to communicate effectively (1) Coping with changes in the family (2) Recognizing and getting help for abuse and neglect (2) Building strong friendships by making healthful decisions (3) Saying no to negative peer pressure (3) Practicing refusal skills to avoid harmful situations (4) Choosing abstinence to avoid harmful behaviors (4) Using good communication skills to prevent and resolve conflicts (5) Protecting yourself from violence (5)	Analyzing food consumption in relation to physical activity (2) Analyzing what influences your eating habits (2) (3) Using the <i>Dietary Guidelines for Americans</i> for guidance in developing a healthy lifestyle (3) Creating food plans using a variety of healthy foods (3) Making wise choices of food and healthy snacks (3) Making goals for healthy eating and living (3) Achieving a healthful weight and avoiding weight problems (4) Developing a positive body image (4) Avoiding eating disorders (4)	Participating in physical activities for physical, mental, emotional, and social benefits (1) Measuring fitness level based on strength, endurance, and flexibility (1) Establishing fitness as an important goal for life (1) Setting goals for physical fitness (2) Choosing activities to meet physical fitness goals (2) Using the F.I.T.T. principle and appropriate training techniques for workouts (2) Choosing the proper sports gear to avoid injuries (3) Drinking plenty of water when exercising (3) Treating injuries using the P.R.I.C.E. method (3) Creating and meeting a physical fitness goal (BHS)
	Teen Health Course 1	Recognize that peers influence decisions about personal health (2) Recognize that media and technology influence personal decisions about health (2) Advocate for healthful behaviors and choices (3) Accessing reliable health information from reliable	Advocating for good citizenship (2) Advocating for help for people with emotional problems (5) Seeking health care providers to help deal with emotional problems (5) Scope and Sequence Know how to use the decision-making process to help a troubled friend (5) (HAS)	Using good communication skills to communicate ideas and information with people (1) Communicating through body language (1) Communicating safely online Advocating the use of refusal skills (S.T.O.P. strategy) (4) Advocate for nonviolent ways	Analyzing what influences your eating habits (2) (3) Accessing nutrition information from food labels (3) Advocating for friends who may have eating disorders (4)	Advocating for physical fitness for teens and the community (1)

	A	B	C	D	E	F
1	Scope and Sequence Teen Health Course 1 © 2009					
2	Content Strands	1 Your Health and Wellness	2 Mental and Emotional Wellness	3 Healthy Relationships	4 Nutrition	5 Physical Activity
3	Personal Health	Balancing your health triangle (1) Taking care of your body (1) Developing good health habits (1) Know that health is a combinations of physical, mental/emotional, and social health (1) (HOH) Recognizing factors that influence your health (2) Making healthy choices (2) Practicing healthy behaviors that promote good health (3) Know the sic steps of the decision-making process (4) (HSA) Choosing health goals to enhance personal health (5) Know how to set and reach both short-term and long-term goals (5)	Understanding and developing a positive self-concept (1) Developing positive self-esteem (1) Becoming resilient (1) Developing good character (2) Identifying positive role models (2) Understanding how emotions affect your health triangle (3) Expressing your emotions healthfully (3) Recognizing positive and negative stress and knowing how to manage stress (4) Identifying stressors and their impact on health (4) Recognizing and seeking help to deal with emotional problems (5) Responding to emotions in healthy ways (BHS)	Using verbal and nonverbal communication skills to communicate effectively (1) Coping with changes in the family (2) Recognizing and getting help for abuse and neglect (2) Building strong friendships by making healthful decisions (3) Saying no to negative peer pressure (3) Practicing refusal skills to avoid harmful situations (4) Choosing abstinence to avoid harmful behaviors (4) Using good communication skills to prevent and resolve conflicts (5) Protecting yourself from violence (5)	Analyzing food consumption in relation to physical activity (2) Analyzing what influences your eating habits (2) (3) Using the <i>Dietary Guidelines for Americans</i> for guidance in developing a healthy lifestyle (3) Creating food plans using a variety of healthy foods (3) Making wise choices of food and healthy snacks (3) Making goals for healthy eating and living (3) Achieving a healthful weight and avoiding weight problems (4) Developing a positive body image (4) Avoiding eating disorders (4)	Participating in physical activities for physical, mental, emotional, and social benefits (1) Measuring fitness level based on strength, endurance, and flexibility (1) Establishing fitness as an important goal for life (1) Setting goals for physical fitness (2) Choosing activities to meet physical fitness goals (2) Using the F.I.T.T. principle and appropriate training techniques for workouts (2) Choosing the proper sports gear to avoid injuries (3) Drinking plenty of water when exercising (3) Treating injuries using the P.R.I.C.E. method (3) Creating and meeting a physical fitness goal (BHS)
	Teen Health Course 1	Recognize that peers influence decisions about personal health (2) Recognize that media and technology influence personal decisions about health (2) Advocate for healthful behaviors and choices (3) Accessing reliable health information from reliable	Advocating for good citizenship (2) Advocating for help for people with emotional problems (5) Seeking health care providers to help deal with emotional problems (5) Scope and Sequence Know how to use the decision-making process to help a troubled friend (5) (HAS)	Using good communication skills to communicate ideas and information with people (1) Communicating through body language (1) Communicating safely online Advocating the use of refusal skills (S.T.O.P. strategy) (4) Advocate for nonviolent ways	Analyzing what influences your eating habits (2) (3) Accessing nutrition information from food labels (3) Advocating for friends who may have eating disorders (4)	Advocating for physical fitness for teens and the community (1)

	A	B	C	D	E	F
1	Scope and Sequence Teen Health Course 1 © 2009					
2	Content Strands	1 Your Health and Wellness	2 Mental and Emotional Wellness	3 Healthy Relationships	4 Nutrition	5 Physical Activity
3	Personal Health	Balancing your health triangle (1) Taking care of your body (1) Developing good health habits (1) Know that health is a combinations of physical, mental/emotional, and social health (1) (HOH) Recognizing factors that influence your health (2) Making healthy choices (2) Practicing healthy behaviors that promote good health (3) Know the sic steps of the decision-making process (4) (HSA) Choosing health goals to enhance personal health (5) Know how to set and reach both short-term and long-term goals (5)	Understanding and developing a positive self-concept (1) Developing positive self-esteem (1) Becoming resilient (1) Developing good character (2) Identifying positive role models (2) Understanding how emotions affect your health triangle (3) Expressing your emotions healthfully (3) Recognizing positive and negative stress and knowing how to manage stress (4) Identifying stressors and their impact on health (4) Recognizing and seeking help to deal with emotional problems (5) Responding to emotions in healthy ways (BHS)	Using verbal and nonverbal communication skills to communicate effectively (1) Coping with changes in the family (2) Recognizing and getting help for abuse and neglect (2) Building strong friendships by making healthful decisions (3) Saying no to negative peer pressure (3) Practicing refusal skills to avoid harmful situations (4) Choosing abstinence to avoid harmful behaviors (4) Using good communication skills to prevent and resolve conflicts (5) Protecting yourself from violence (5)	Analyzing food consumption in relation to physical activity (2) Analyzing what influences your eating habits (2) (3) Using the <i>Dietary Guidelines for Americans</i> for guidance in developing a healthy lifestyle (3) Creating food plans using a variety of healthy foods (3) Making wise choices of food and healthy snacks (3) Making goals for healthy eating and living (3) Achieving a healthful weight and avoiding weight problems (4) Developing a positive body image (4) Avoiding eating disorders (4)	Participating in physical activities for physical, mental, emotional, and social benefits (1) Measuring fitness level based on strength, endurance, and flexibility (1) Establishing fitness as an important goal for life (1) Setting goals for physical fitness (2) Choosing activities to meet physical fitness goals (2) Using the F.I.T.T. principle and appropriate training techniques for workouts (2) Choosing the proper sports gear to avoid injuries (3) Drinking plenty of water when exercising (3) Treating injuries using the P.R.I.C.E. method (3) Creating and meeting a physical fitness goal (BHS)
	Teen Health Course 1	Recognize that peers influence decisions about personal health (2) Recognize that media and technology influence personal decisions about health (2) Advocate for healthful behaviors and choices (3) Accessing reliable health information from reliable	Advocating for good citizenship (2) Advocating for help for people with emotional problems (5) Seeking health care providers to help deal with emotional problems (5) Scope and Sequence Know how to use the decision-making process to help a troubled friend (5) (HAS)	Using good communication skills to communicate ideas and information with people (1) Communicating through body language (1) Communicating safely online Advocating the use of refusal skills (S.T.O.P. strategy) (4) Advocate for nonviolent ways	Analyzing what influences your eating habits (2) (3) Accessing nutrition information from food labels (3) Advocating for friends who may have eating disorders (4)	Advocating for physical fitness for teens and the community (1)

	A	B	C	D	E	F
1	Scope and Sequence Teen Health Course 1 © 2009					
2	Content Strands	1 Your Health and Wellness	2 Mental and Emotional Wellness	3 Healthy Relationships	4 Nutrition	5 Physical Activity
3	Personal Health	Balancing your health triangle (1) Taking care of your body (1) Developing good health habits (1) Know that health is a combinations of physical, mental/emotional, and social health (1) (HOH) Recognizing factors that influence your health (2) Making healthy choices (2) Practicing healthy behaviors that promote good health (3) Know the sic steps of the decision-making process (4) (HSA) Choosing health goals to enhance personal health (5) Know how to set and reach both short-term and long-term goals (5)	Understanding and developing a positive self-concept (1) Developing positive self-esteem (1) Becoming resilient (1) Developing good character (2) Identifying positive role models (2) Understanding how emotions affect your health triangle (3) Expressing your emotions healthfully (3) Recognizing positive and negative stress and knowing how to manage stress (4) Identifying stressors and their impact on health (4) Recognizing and seeking help to deal with emotional problems (5) Responding to emotions in healthy ways (BHS)	Using verbal and nonverbal communication skills to communicate effectively (1) Coping with changes in the family (2) Recognizing and getting help for abuse and neglect (2) Building strong friendships by making healthful decisions (3) Saying no to negative peer pressure (3) Practicing refusal skills to avoid harmful situations (4) Choosing abstinence to avoid harmful behaviors (4) Using good communication skills to prevent and resolve conflicts (5) Protecting yourself from violence (5)	Analyzing food consumption in relation to physical activity (2) Analyzing what influences your eating habits (2) (3) Using the <i>Dietary Guidelines for Americans</i> for guidance in developing a healthy lifestyle (3) Creating food plans using a variety of healthy foods (3) Making wise choices of food and healthy snacks (3) Making goals for healthy eating and living (3) Achieving a healthful weight and avoiding weight problems (4) Developing a positive body image (4) Avoiding eating disorders (4)	Participating in physical activities for physical, mental, emotional, and social benefits (1) Measuring fitness level based on strength, endurance, and flexibility (1) Establishing fitness as an important goal for life (1) Setting goals for physical fitness (2) Choosing activities to meet physical fitness goals (2) Using the F.I.T.T. principle and appropriate training techniques for workouts (2) Choosing the proper sports gear to avoid injuries (3) Drinking plenty of water when exercising (3) Treating injuries using the P.R.I.C.E. method (3) Creating and meeting a physical fitness goal (BHS)
	Teen Health Course 1	Recognize that peers influence decisions about personal health (2) Recognize that media and technology influence personal decisions about health (2) Advocate for healthful behaviors and choices (3) Accessing reliable health information from reliable	Advocating for good citizenship (2) Advocating for help for people with emotional problems (5) Seeking health care providers to help deal with emotional problems (5) Scope and Sequence Know how to use the decision-making process to help a troubled friend (5) (HAS)	Using good communication skills to communicate ideas and information with people (1) Communicating through body language (1) Communicating safely online Advocating the use of refusal skills (S.T.O.P. strategy) (4) Advocate for nonviolent ways	Analyzing what influences your eating habits (2) (3) Accessing nutrition information from food labels (3) Advocating for friends who may have eating disorders (4)	Advocating for physical fitness for teens and the community (1)

	A	B	C	D	E	F
1	Scope and Sequence <i>Teen Health Course 1</i> © 2009					
2	Content Strands	1 Your Health and Wellness	2 Mental and Emotional Wellness	3 Healthy Relationships	4 Nutrition	5 Physical Activity
3	Personal Health	Balancing your health triangle (1) Taking care of your body (1) Developing good health habits (1) Know that health is a combinations of physical, mental/emotional, and social health (1) (HOH) Recognizing factors that influence your health (2) Making healthy choices (2) Practicing healthy behaviors that promote good health (3) Know the sic steps of the decision-making process (4) (HSA) Choosing health goals to enhance personal health (5) Know how to set and reach both short-term and long-term goals (5)	Understanding and developing a positive self-concept (1) Developing positive self-esteem (1) Becoming resilient (1) Developing good character (2) Identifying positive role models (2) Understanding how emotions affect your health triangle (3) Expressing your emotions healthfully (3) Recognizing positive and negative stress and knowing how to manage stress (4) Identifying stressors and their impact on health (4) Recognizing and seeking help to deal with emotional problems (5) Responding to emotions in healthy ways (BHS)	Using verbal and nonverbal communication skills to communicate effectively (1) Coping with changes in the family (2) Recognizing and getting help for abuse and neglect (2) Building strong friendships by making healthful decisions (3) Saying no to negative peer pressure (3) Practicing refusal skills to avoid harmful situations (4) Choosing abstinence to avoid harmful behaviors (4) Using good communication skills to prevent and resolve conflicts (5) Protecting yourself from violence (5)	Analyzing food consumption in relation to physical activity (2) Analyzing what influences your eating habits (2) (3) Using the <i>Dietary Guidelines for Americans</i> for guidance in developing a healthy lifestyle (3) Creating food plans using a variety of healthy foods (3) Making wise choices of food and healthy snacks (3) Making goals for healthy eating and living (3) Achieving a healthful weight and avoiding weight problems (4) Developing a positive body image (4) Avoiding eating disorders (4)	Participating in physical activities for physical, mental, emotional, and social benefits (1) Measuring fitness level based on strength, endurance, and flexibility (1) Establishing fitness as an important goal for life (1) Setting goals for physical fitness (2) Choosing activities to meet physical fitness goals (2) Using the F.I.T.T. principle and appropriate training techniques for workouts (2) Choosing the proper sports gear to avoid injuries (3) Drinking plenty of water when exercising (3) Treating injuries using the P.R.I.C.E. method (3) Creating and meeting a physical fitness goal (BHS)
	Teen Health Course 1	Recognize that peers influence decisions about personal health (2) Recognize that media and technology influence personal decisions about health (2) Advocate for healthful behaviors and choices (3) Accessing reliable health information from reliable	Advocating for good citizenship (2) Advocating for help for people with emotional problems (5) Seeking health care providers to help deal with emotional problems (5) Scope and Sequence Know how to use the decision-making process to help a troubled friend (5) (HAS)	Using good communication skills to communicate ideas and information with people (1) Communicating through body language (1) Communicating safely online Advocating the use of refusal skills (S.T.O.P. strategy) (4) Advocate for nonviolent ways	Analyzing what influences your eating habits (2) (3) Accessing nutrition information from food labels (3) Advocating for friends who may have eating disorders (4)	Advocating for physical fitness for teens and the community (1)

	A	B	C	D	E	F
1	Scope and Sequence Teen Health Course 1 © 2009					
2	Content Strands	1 Your Health and Wellness	2 Mental and Emotional Wellness	3 Healthy Relationships	4 Nutrition	5 Physical Activity
3	Personal Health	<p>Balancing your health triangle (1)</p> <p>Taking care of your body (1)</p> <p>Developing good health habits (1)</p> <p>Know that health is a combinations of physical, mental/emotional, and social health (1) (HOH)</p> <p>Recognizing factors that influence your health (2)</p> <p>Making healthy choices (2)</p> <p>Practicing healthy behaviors that promote good health (3)</p> <p>Know the sic steps of the decision-making process (4) (HSA)</p> <p>Choosing health goals to enhance personal health (5)</p> <p>Know how to set and reach both short-term and long-term goals (5)</p>	<p>Understanding and developing a positive self-concept (1)</p> <p>Developing positive self-esteem (1)</p> <p>Becoming resilient (1)</p> <p>Developing good character (2)</p> <p>Identifying positive role models (2)</p> <p>Understanding how emotions affect your health triangle (3)</p> <p>Expressing your emotions healthfully (3)</p> <p>Recognizing positive and negative stress and knowing how to manage stress (4)</p> <p>Identifying stressors and their impact on health (4)</p> <p>Recognizing and seeking help to deal with emotional problems (5)</p> <p>Responding to emotions in healthy ways (BHS)</p>	<p>Using verbal and nonverbal communication skills to communicate effectively (1)</p> <p>Coping with changes in the family (2)</p> <p>Recognizing and getting help for abuse and neglect (2)</p> <p>Building strong friendships by making healthful decisions (3)</p> <p>Saying no to negative peer pressure (3)</p> <p>Practicing refusal skills to avoid harmful situations (4)</p> <p>Choosing abstinence to avoid harmful behaviors (4)</p> <p>Using good communication skills to prevent and resolve conflicts (5)</p> <p>Protecting yourself from violence (5)</p>	<p>Analyzing food consumption in relation to physical activity (2)</p> <p>Analyzing what influences your eating habits (2) (3)</p> <p>Using the <i>Dietary Guidelines for Americans</i> for guidance in developing a healthy lifestyle (3)</p> <p>Creating food plans using a variety of healthy foods (3)</p> <p>Making wise choices of food and healthy snacks (3)</p> <p>Making goals for healthy eating and living (3)</p> <p>Achieving a healthful weight and avoiding weight problems (4)</p> <p>Developing a positive body image (4)</p> <p>Avoiding eating disorders (4)</p>	<p>Participating in physical activities for physical, mental, emotional, and social benefits (1)</p> <p>Measuring fitness level based on strength, endurance, and flexibility (1)</p> <p>Establishing fitness as an important goal for life (1)</p> <p>Setting goals for physical fitness (2)</p> <p>Choosing activities to meet physical fitness goals (2)</p> <p>Using the F.I.T.T. principle and appropriate training techniques for workouts (2)</p> <p>Choosing the proper sports gear to avoid injuries (3)</p> <p>Drinking plenty of water when exercising (3)</p> <p>Treating injuries using the P.R.I.C.E. method (3)</p> <p>Creating and meeting a physical fitness goal (BHS)</p>
	Teen Health Course 1	<p>Recognize that peers influence decisions about personal health (2)</p> <p>Recognize that media and technology influence personal decisions about health (2)</p> <p>Advocate for healthful behaviors and choices (3)</p> <p>Accessing reliable health information from reliable</p>	<p>Advocating for good citizenship (2)</p> <p>Advocating for help for people with emotional problems (5)</p> <p>Seeking health care providers to help deal with emotional problems (5)</p> <p>Know how to use the decision-making process to help a troubled friend (5) (HAS)</p>	<p>Using good communication skills to communicate ideas and information with people (1)</p> <p>Communicating through body language (1)</p> <p>Communicating safely online (1)</p> <p>Advocating the use of refusal skills (S.T.O.P. strategy) (4)</p> <p>Advocate for nonviolent ways</p>	<p>Analyzing what influences your eating habits (2) (3)</p> <p>Accessing nutrition information from food labels (3)</p> <p>Advocating for friends who may have eating disorders (4)</p>	<p>Advocating for physical fitness for teens and the community (1)</p>

	A	B	C	D	E	F
1	Scope and Sequence Teen Health Course 1 © 2009					
2	Content Strands	1 Your Health and Wellness	2 Mental and Emotional Wellness	3 Healthy Relationships	4 Nutrition	5 Physical Activity
3	Personal Health	Balancing your health triangle (1) Taking care of your body (1) Developing good health habits (1) Know that health is a combinations of physical, mental/emotional, and social health (1) (HOH) Recognizing factors that influence your health (2) Making healthy choices (2) Practicing healthy behaviors that promote good health (3) Know the sic steps of the decision-making process (4) (HSA) Choosing health goals to enhance personal health (5) Know how to set and reach both short-term and long-term goals (5)	Understanding and developing a positive self-concept (1) Developing positive self-esteem (1) Becoming resilient (1) Developing good character (2) Identifying positive role models (2) Understanding how emotions affect your health triangle (3) Expressing your emotions healthfully (3) Recognizing positive and negative stress and knowing how to manage stress (4) Identifying stressors and their impact on health (4) Recognizing and seeking help to deal with emotional problems (5) Responding to emotions in healthy ways (BHS)	Using verbal and nonverbal communication skills to communicate effectively (1) Coping with changes in the family (2) Recognizing and getting help for abuse and neglect (2) Building strong friendships by making healthful decisions (3) Saying no to negative peer pressure (3) Practicing refusal skills to avoid harmful situations (4) Choosing abstinence to avoid harmful behaviors (4) Using good communication skills to prevent and resolve conflicts (5) Protecting yourself from violence (5)	Analyzing food consumption in relation to physical activity (2) Analyzing what influences your eating habits (2) (3) Using the <i>Dietary Guidelines for Americans</i> for guidance in developing a healthy lifestyle (3) Creating food plans using a variety of healthy foods (3) Making wise choices of food and healthy snacks (3) Making goals for healthy eating and living (3) Achieving a healthful weight and avoiding weight problems (4) Developing a positive body image (4) Avoiding eating disorders (4)	Participating in physical activities for physical, mental, emotional, and social benefits (1) Measuring fitness level based on strength, endurance, and flexibility (1) Establishing fitness as an important goal for life (1) Setting goals for physical fitness (2) Choosing activities to meet physical fitness goals (2) Using the F.I.T.T. principle and appropriate training techniques for workouts (2) Choosing the proper sports gear to avoid injuries (3) Drinking plenty of water when exercising (3) Treating injuries using the P.R.I.C.E. method (3) Creating and meeting a physical fitness goal (BHS)
	Teen Health Course 1	Recognize that peers influence decisions about personal health (2) Recognize that media and technology influence personal decisions about health (2) Advocate for healthful behaviors and choices (3) Accessing reliable health information from reliable	Advocating for good citizenship (2) Advocating for help for people with emotional problems (5) Seeking health care providers to help deal with emotional problems (5) Scope and Sequence Know how to use the decision-making process to help a troubled friend (5) (HAS)	Using good communication skills to communicate ideas and information with people (1) Communicating through body language (1) Communicating safely online Advocating the use of refusal skills (S.T.O.P. strategy) (4) Advocate for nonviolent ways	Analyzing what influences your eating habits (2) (3) Accessing nutrition information from food labels (3) Advocating for friends who may have eating disorders (4)	Advocating for physical fitness for teens and the community (1)

	A	B	C	D	E	F
1	Scope and Sequence Teen Health Course 1 © 2009					
2	Content Strands	1 Your Health and Wellness	2 Mental and Emotional Wellness	3 Healthy Relationships	4 Nutrition	5 Physical Activity
3	Personal Health	Balancing your health triangle (1) Taking care of your body (1) Developing good health habits (1) Know that health is a combinations of physical, mental/emotional, and social health (1) (HOH) Recognizing factors that influence your health (2) Making healthy choices (2) Practicing healthy behaviors that promote good health (3) Know the sic steps of the decision-making process (4) (HSA) Choosing health goals to enhance personal health (5) Know how to set and reach both short-term and long-term goals (5)	Understanding and developing a positive self-concept (1) Developing positive self-esteem (1) Becoming resilient (1) Developing good character (2) Identifying positive role models (2) Understanding how emotions affect your health triangle (3) Expressing your emotions healthfully (3) Recognizing positive and negative stress and knowing how to manage stress (4) Identifying stressors and their impact on health (4) Recognizing and seeking help to deal with emotional problems (5) Responding to emotions in healthy ways (BHS)	Using verbal and nonverbal communication skills to communicate effectively (1) Coping with changes in the family (2) Recognizing and getting help for abuse and neglect (2) Building strong friendships by making healthful decisions (3) Saying no to negative peer pressure (3) Practicing refusal skills to avoid harmful situations (4) Choosing abstinence to avoid harmful behaviors (4) Using good communication skills to prevent and resolve conflicts (5) Protecting yourself from violence (5)	Analyzing food consumption in relation to physical activity (2) Analyzing what influences your eating habits (2) (3) Using the <i>Dietary Guidelines for Americans</i> for guidance in developing a healthy lifestyle (3) Creating food plans using a variety of healthy foods (3) Making wise choices of food and healthy snacks (3) Making goals for healthy eating and living (3) Achieving a healthful weight and avoiding weight problems (4) Developing a positive body image (4) Avoiding eating disorders (4)	Participating in physical activities for physical, mental, emotional, and social benefits (1) Measuring fitness level based on strength, endurance, and flexibility (1) Establishing fitness as an important goal for life (1) Setting goals for physical fitness (2) Choosing activities to meet physical fitness goals (2) Using the F.I.T.T. principle and appropriate training techniques for workouts (2) Choosing the proper sports gear to avoid injuries (3) Drinking plenty of water when exercising (3) Treating injuries using the P.R.I.C.E. method (3) Creating and meeting a physical fitness goal (BHS)
	Teen Health Course 1	Recognize that peers influence decisions about personal health (2) Recognize that media and technology influence personal decisions about health (2) Advocate for healthful behaviors and choices (3) Accessing reliable health information from reliable	Advocating for good citizenship (2) Advocating for help for people with emotional problems (5) Seeking health care providers to help deal with emotional problems (5) Scope and Sequence Know how to use the decision-making process to help a troubled friend (5) (HAS)	Using good communication skills to communicate ideas and information with people (1) Communicating through body language (1) Communicating safely online Advocating the use of refusal skills (S.T.O.P. strategy) (4) Advocate for nonviolent ways	Analyzing what influences your eating habits (2) (3) Accessing nutrition information from food labels (3) Advocating for friends who may have eating disorders (4)	Advocating for physical fitness for teens and the community (1)

	A	G	H	I	J	K
1	Scope and Sequence <i>Teen I</i>					
2	Content Strands	6 Personal Health	7 Your Body Systems	8 Growth and Development	9 Tobacco	10 Alcohol and Other Drugs
3	Personal Health	<p>Practicing good hygiene (1)</p> <p>Preventing problems with your teeth and gums (1)</p> <p>Having regular dental checkups (1)</p> <p>Practicing healthful behaviors for healthy skin, hair, and nails (1)</p> <p>Advocating for healthy teeth and gums (1)</p> <p>Practicing healthful behaviors to care for and protect your eyes and ears (2)</p> <p>Choosing health products wisely (3)</p> <p>Recognizing how medicines affect the body (4)</p> <p>Using medicines safely and responsibly (4)</p> <p>Getting regular health checkups to prevent health problems and to maintain wellness (5)</p>	<p>Practice healthy behaviors to care for your body systems for good health and wellness (1)</p> <p>Caring for the skeletal and muscular systems (2) (HSA)</p> <p>Maintaining the health of your digestive and excretory systems (3)</p> <p>Caring for your circulatory, respiratory, and nervous systems (4)</p> <p>Practicing healthful behaviors to maintain healthy body systems (BHS)</p>	<p>Recognizing physical, mental, emotional, and social changes that occur in adolescence (1)</p> <p>Recognizing how hormones produced by the endocrine system bring about changes in the body in adolescence (1) (2)</p> <p>Caring for your body's reproductive system during puberty (2)</p> <p>Learning how a baby develops from fertilization through birth (3)</p> <p>Recognizing the stages of the life cycle (3)</p> <p>Accessing information for coping with physical, emotional, mental, and social changes during puberty (BHS)</p>	<p>Analyzing how using tobacco harms the body and affects personal appearance (1)</p> <p>Analyzing how addiction to tobacco affects the body (1)</p> <p>Recognizing that using all forms of tobacco is harmful to your personal health (1)</p> <p>Using refusal skills to say no to using tobacco (3)</p>	<p>Recognizing the risks to personal health caused by alcohol consumption (1)</p> <p>Analyzing the risks to personal health caused by alcohol addiction (2)</p> <p>Analyzing the short-term and long-term health risks caused by using illegal drugs, marijuana, inhalants, stimulants, anabolic steroids, narcotics, and hallucinogens (3)</p> <p>Recognizing the health dangers of abusing drugs (4)</p> <p>Learning healthy ways to avoid using alcohol and other illegal drugs (5)</p> <p>Using refusal skills to avoid using alcohol and drugs (5)</p> <p>Using the decision-making skills to avoid drug abuse (BHS)</p>

	A	G	H	I	J	K
1	Scope and Sequence <i>Teen I</i>					
2	Content Strands	6 Personal Health	7 Your Body Systems	8 Growth and Development	9 Tobacco	10 Alcohol and Other Drugs
3	Personal Health	<p>Practicing good hygiene (1)</p> <p>Preventing problems with your teeth and gums (1)</p> <p>Having regular dental checkups (1)</p> <p>Practicing healthful behaviors for healthy skin, hair, and nails (1)</p> <p>Advocating for healthy teeth and gums (1)</p> <p>Practicing healthful behaviors to care for and protect your eyes and ears (2)</p> <p>Choosing health products wisely (3)</p> <p>Recognizing how medicines affect the body (4)</p> <p>Using medicines safely and responsibly (4)</p> <p>Getting regular health checkups to prevent health problems and to maintain wellness (5)</p>	<p>Practice healthy behaviors to care for your body systems for good health and wellness (1)</p> <p>Caring for the skeletal and muscular systems (2) (HSA)</p> <p>Maintaining the health of your digestive and excretory systems (3)</p> <p>Caring for your circulatory, respiratory, and nervous systems (4)</p> <p>Practicing healthful behaviors to maintain healthy body systems (BHS)</p>	<p>Recognizing physical, mental, emotional, and social changes that occur in adolescence (1)</p> <p>Recognizing how hormones produced by the endocrine system bring about changes in the body in adolescence (1) (2)</p> <p>Caring for your body's reproductive system during puberty (2)</p> <p>Learning how a baby develops from fertilization through birth (3)</p> <p>Recognizing the stages of the life cycle (3)</p> <p>Accessing information for coping with physical, emotional, mental, and social changes during puberty (BHS)</p>	<p>Analyzing how using tobacco harms the body and affects personal appearance (1)</p> <p>Analyzing how addiction to tobacco affects the body (1)</p> <p>Recognizing that using all forms of tobacco is harmful to your personal health (1)</p> <p>Using refusal skills to say no to using tobacco (3)</p>	<p>Recognizing the risks to personal health caused by alcohol consumption (1)</p> <p>Analyzing the risks to personal health caused by alcohol addiction (2)</p> <p>Analyzing the short-term and long-term health risks caused by using illegal drugs, marijuana, inhalants, stimulants, anabolic steroids, narcotics, and hallucinogens (3)</p> <p>Recognizing the health dangers of abusing drugs (4)</p> <p>Learning healthy ways to avoid using alcohol and other illegal drugs (5)</p> <p>Using refusal skills to avoid using alcohol and drugs (5)</p> <p>Using the decision-making skills to avoid drug abuse (BHS)</p>
	Teen Health Course 1	<p>Having regular dental checkups (1)</p> <p>Having regular eye exams and vision screenings (2)</p> <p>Recognizing and analyzing influences when choosing health products (3)</p> <p>Reading product labels and comparison shopping (3)</p> <p>Using your skills as a health</p>	<p>Accessing information to find the correct safety gear to protect your body (1)</p>	<p>Advocate caring for the body during puberty (2)</p> <p>Accessing information about genetic disorders (3)</p>	<p>Advocating to others about the risks to health caused by using tobacco (1)</p> <p>Analyzing how peers and advertising influence decisions about using tobacco (2)</p> <p>Accessing information about teen tobacco use (2)</p> <p>Using refusal skills to stay tobacco free (3)</p>	<p>Advocating to others about the dangers of consuming alcohol (1)</p> <p>Analyzing factors that influence teens to drink alcohol (1)</p> <p>Recognizing the importance of using prescribed medicines appropriately (3)</p> <p>Distinguishing between prescribed medicines and</p>

	A	G	H	I	J	K
1	Scope and Sequence <i>Teen I</i>					
2	Content Strands	6 Personal Health	7 Your Body Systems	8 Growth and Development	9 Tobacco	10 Alcohol and Other Drugs
3	Personal Health	<p>Practicing good hygiene (1)</p> <p>Preventing problems with your teeth and gums (1)</p> <p>Having regular dental checkups (1)</p> <p>Practicing healthful behaviors for healthy skin, hair, and nails (1)</p> <p>Advocating for healthy teeth and gums (1)</p> <p>Practicing healthful behaviors to care for and protect your eyes and ears (2)</p> <p>Choosing health products wisely (3)</p> <p>Recognizing how medicines affect the body (4)</p> <p>Using medicines safely and responsibly (4)</p> <p>Getting regular health checkups to prevent health problems and to maintain wellness (5)</p>	<p>Practice healthy behaviors to care for your body systems for good health and wellness (1)</p> <p>Caring for the skeletal and muscular systems (2) (HSA)</p> <p>Maintaining the health of your digestive and excretory systems (3)</p> <p>Caring for your circulatory, respiratory, and nervous systems (4)</p> <p>Practicing healthful behaviors to maintain healthy body systems (BHS)</p>	<p>Recognizing physical, mental, emotional, and social changes that occur in adolescence (1)</p> <p>Recognizing how hormones produced by the endocrine system bring about changes in the body in adolescence (1) (2)</p> <p>Caring for your body's reproductive system during puberty (2)</p> <p>Learning how a baby develops from fertilization through birth (3)</p> <p>Recognizing the stages of the life cycle (3)</p> <p>Accessing information for coping with physical, emotional, mental, and social changes during puberty (BHS)</p>	<p>Analyzing how using tobacco harms the body and affects personal appearance (1)</p> <p>Analyzing how addiction to tobacco affects the body (1)</p> <p>Recognizing that using all forms of tobacco is harmful to your personal health (1)</p> <p>Using refusal skills to say no to using tobacco (3)</p>	<p>Recognizing the risks to personal health caused by alcohol consumption (1)</p> <p>Analyzing the risks to personal health caused by alcohol addiction (2)</p> <p>Analyzing the short-term and long-term health risks caused by using illegal drugs, marijuana, inhalants, stimulants, anabolic steroids, narcotics, and hallucinogens (3)</p> <p>Recognizing the health dangers of abusing drugs (4)</p> <p>Learning healthy ways to avoid using alcohol and other illegal drugs (5)</p> <p>Using refusal skills to avoid using alcohol and drugs (5)</p> <p>Using the decision-making skills to avoid drug abuse (BHS)</p>
	Teen Health Course 1	<p>Having regular dental checkups (1)</p> <p>Having regular eye exams and vision screenings (2)</p> <p>Recognizing and analyzing influences when choosing health products (3)</p> <p>Reading product labels and comparison shopping (3)</p> <p>Using your skills as a health</p>	<p>Accessing information to find the correct safety gear to protect your body (1)</p>	<p>Advocate caring for the body during puberty (2)</p> <p>Accessing information about genetic disorders (3)</p>	<p>Advocating to others about the risks to health caused by using tobacco (1)</p> <p>Analyzing how peers and advertising influence decisions about using tobacco (2)</p> <p>Accessing information about teen tobacco use (2)</p> <p>Using refusal skills to stay tobacco free (3)</p>	<p>Advocating to others about the dangers of consuming alcohol (1)</p> <p>Analyzing factors that influence teens to drink alcohol (1)</p> <p>Recognizing the importance of using prescribed medicines appropriately (3)</p> <p>Distinguishing between prescribed medicines and</p>

	A	G	H	I	J	K
1	Scope and Sequence <i>Teen I</i>					
2	Content Strands	6 Personal Health	7 Your Body Systems	8 Growth and Development	9 Tobacco	10 Alcohol and Other Drugs
3	Personal Health	Practicing good hygiene (1) Preventing problems with your teeth and gums (1) Having regular dental checkups (1) Practicing healthful behaviors for healthy skin, hair, and nails (1) Advocating for healthy teeth and gums (1) Practicing healthful behaviors to care for and protect your eyes and ears (2) Choosing health products wisely (3) Recognizing how medicines affect the body (4) Using medicines safely and responsibly (4) Getting regular health checkups to prevent health problems and to maintain wellness (5)	Practice healthy behaviors to care for your body systems for good health and wellness (1) Caring for the skeletal and muscular systems (2) (HSA) Maintaining the health of your digestive and excretory systems (3) Caring for your circulatory, respiratory, and nervous systems (4) Practicing healthful behaviors to maintain healthy body systems (BHS)	Recognizing physical, mental, emotional, and social changes that occur in adolescence (1) Recognizing how hormones produced by the endocrine system bring about changes in the body in adolescence (1) (2) Caring for your body's reproductive system during puberty (2) Learning how a baby develops from fertilization through birth (3) Recognizing the stages of the life cycle (3) Accessing information for coping with physical, emotional, mental, and social changes during puberty (BHS)	Analyzing how using tobacco harms the body and affects personal appearance (1) Analyzing how addiction to tobacco affects the body (1) Recognizing that using all forms of tobacco is harmful to your personal health (1) Using refusal skills to say no to using tobacco (3)	Recognizing the risks to personal health caused by alcohol consumption (1) Analyzing the risks to personal health caused by alcohol addiction (2) Analyzing the short-term and long-term health risks caused by using illegal drugs, marijuana, inhalants, stimulants, anabolic steroids, narcotics, and hallucinogens (3) Recognizing the health dangers of abusing drugs (4) Learning healthy ways to avoid using alcohol and other illegal drugs (5) Using refusal skills to avoid using alcohol and drugs (5) Using the decision-making skills to avoid drug abuse (BHS)
	Teen Health Course 1	Having regular dental checkups (1) Having regular eye exams and vision screenings (2) Recognizing and analyzing influences when choosing health products (3) Reading product labels and comparison shopping (3) Using your skills as a health	Accessing information to find the correct safety gear to protect your body (1)	Advocate caring for the body during puberty (2) Accessing information about genetic disorders (3)	Advocating to others about the risks to health caused by using tobacco (1) Analyzing how peers and advertising influence decisions about using tobacco (2) Accessing information about teen tobacco use (2) Using refusal skills to stay tobacco free (3)	Advocating to others about the dangers of consuming alcohol (1) Analyzing factors that influence teens to drink alcohol (1) Recognizing the importance of using prescribed medicines appropriately (3) Distinguishing between prescribed medicines and

	A	G	H	I	J	K
1	Scope and Sequence <i>Teen I</i>					
2	Content Strands	6 Personal Health	7 Your Body Systems	8 Growth and Development	9 Tobacco	10 Alcohol and Other Drugs
3	Personal Health	<p>Practicing good hygiene (1)</p> <p>Preventing problems with your teeth and gums (1)</p> <p>Having regular dental checkups (1)</p> <p>Practicing healthful behaviors for healthy skin, hair, and nails (1)</p> <p>Advocating for healthy teeth and gums (1)</p> <p>Practicing healthful behaviors to care for and protect your eyes and ears (2)</p> <p>Choosing health products wisely (3)</p> <p>Recognizing how medicines affect the body (4)</p> <p>Using medicines safely and responsibly (4)</p> <p>Getting regular health checkups to prevent health problems and to maintain wellness (5)</p>	<p>Practice healthy behaviors to care for your body systems for good health and wellness (1)</p> <p>Caring for the skeletal and muscular systems (2) (HSA)</p> <p>Maintaining the health of your digestive and excretory systems (3)</p> <p>Caring for your circulatory, respiratory, and nervous systems (4)</p> <p>Practicing healthful behaviors to maintain healthy body systems (BHS)</p>	<p>Recognizing physical, mental, emotional, and social changes that occur in adolescence (1)</p> <p>Recognizing how hormones produced by the endocrine system bring about changes in the body in adolescence (1) (2)</p> <p>Caring for your body's reproductive system during puberty (2)</p> <p>Learning how a baby develops from fertilization through birth (3)</p> <p>Recognizing the stages of the life cycle (3)</p> <p>Accessing information for coping with physical, emotional, mental, and social changes during puberty (BHS)</p>	<p>Analyzing how using tobacco harms the body and affects personal appearance (1)</p> <p>Analyzing how addiction to tobacco affects the body (1)</p> <p>Recognizing that using all forms of tobacco is harmful to your personal health (1)</p> <p>Using refusal skills to say no to using tobacco (3)</p>	<p>Recognizing the risks to personal health caused by alcohol consumption (1)</p> <p>Analyzing the risks to personal health caused by alcohol addiction (2)</p> <p>Analyzing the short-term and long-term health risks caused by using illegal drugs, marijuana, inhalants, stimulants, anabolic steroids, narcotics, and hallucinogens (3)</p> <p>Recognizing the health dangers of abusing drugs (4)</p> <p>Learning healthy ways to avoid using alcohol and other illegal drugs (5)</p> <p>Using refusal skills to avoid using alcohol and drugs (5)</p> <p>Using the decision-making skills to avoid drug abuse (BHS)</p>
	Teen Health Course 1	<p>Having regular dental checkups (1)</p> <p>Having regular eye exams and vision screenings (2)</p> <p>Recognizing and analyzing influences when choosing health products (3)</p> <p>Reading product labels and comparison shopping (3)</p> <p>Using your skills as a health</p>	<p>Accessing information to find the correct safety gear to protect your body (1)</p>	<p>Advocate caring for the body during puberty (2)</p> <p>Accessing information about genetic disorders (3)</p>	<p>Advocating to others about the risks to health caused by using tobacco (1)</p> <p>Analyzing how peers and advertising influence decisions about using tobacco (2)</p> <p>Accessing information about teen tobacco use (2)</p> <p>Using refusal skills to stay tobacco free (3)</p>	<p>Advocating to others about the dangers of consuming alcohol (1)</p> <p>Analyzing factors that influence teens to drink alcohol (1)</p> <p>Recognizing the importance of using prescribed medicines appropriately (3)</p> <p>Distinguishing between prescribed medicines and</p>

	A	G	H	I	J	K
1	Scope and Sequence <i>Teen I</i>					
2	Content Strands	6 Personal Health	7 Your Body Systems	8 Growth and Development	9 Tobacco	10 Alcohol and Other Drugs
3	Personal Health	<p>Practicing good hygiene (1)</p> <p>Preventing problems with your teeth and gums (1)</p> <p>Having regular dental checkups (1)</p> <p>Practicing healthful behaviors for healthy skin, hair, and nails (1)</p> <p>Advocating for healthy teeth and gums (1)</p> <p>Practicing healthful behaviors to care for and protect your eyes and ears (2)</p> <p>Choosing health products wisely (3)</p> <p>Recognizing how medicines affect the body (4)</p> <p>Using medicines safely and responsibly (4)</p> <p>Getting regular health checkups to prevent health problems and to maintain wellness (5)</p>	<p>Practice healthy behaviors to care for your body systems for good health and wellness (1)</p> <p>Caring for the skeletal and muscular systems (2) (HSA)</p> <p>Maintaining the health of your digestive and excretory systems (3)</p> <p>Caring for your circulatory, respiratory, and nervous systems (4)</p> <p>Practicing healthful behaviors to maintain healthy body systems (BHS)</p>	<p>Recognizing physical, mental, emotional, and social changes that occur in adolescence (1)</p> <p>Recognizing how hormones produced by the endocrine system bring about changes in the body in adolescence (1) (2)</p> <p>Caring for your body's reproductive system during puberty (2)</p> <p>Learning how a baby develops from fertilization through birth (3)</p> <p>Recognizing the stages of the life cycle (3)</p> <p>Accessing information for coping with physical, emotional, mental, and social changes during puberty (BHS)</p>	<p>Analyzing how using tobacco harms the body and affects personal appearance (1)</p> <p>Analyzing how addiction to tobacco affects the body (1)</p> <p>Recognizing that using all forms of tobacco is harmful to your personal health (1)</p> <p>Using refusal skills to say no to using tobacco (3)</p>	<p>Recognizing the risks to personal health caused by alcohol consumption (1)</p> <p>Analyzing the risks to personal health caused by alcohol addiction (2)</p> <p>Analyzing the short-term and long-term health risks caused by using illegal drugs, marijuana, inhalants, stimulants, anabolic steroids, narcotics, and hallucinogens (3)</p> <p>Recognizing the health dangers of abusing drugs (4)</p> <p>Learning healthy ways to avoid using alcohol and other illegal drugs (5)</p> <p>Using refusal skills to avoid using alcohol and drugs (5)</p> <p>Using the decision-making skills to avoid drug abuse (BHS)</p>
	Teen Health Course 1	<p>Having regular dental checkups (1)</p> <p>Having regular eye exams and vision screenings (2)</p> <p>Recognizing and analyzing influences when choosing health products (3)</p> <p>Reading product labels and comparison shopping (3)</p> <p>Using your skills as a health</p>	<p>Accessing information to find the correct safety gear to protect your body (1)</p>	<p>Advocate caring for the body during puberty (2)</p> <p>Accessing information about genetic disorders (3)</p>	<p>Advocating to others about the risks to health caused by using tobacco (1)</p> <p>Analyzing how peers and advertising influence decisions about using tobacco (2)</p> <p>Accessing information about teen tobacco use (2)</p> <p>Using refusal skills to stay tobacco free (3)</p>	<p>Advocating to others about the dangers of consuming alcohol (1)</p> <p>Analyzing factors that influence teens to drink alcohol (1)</p> <p>Recognizing the importance of using prescribed medicines appropriately (3)</p> <p>Distinguishing between prescribed medicines and</p>

	A	G	H	I	J	K
1	Scope and Sequence <i>Teen I</i>					
2	Content Strands	6 Personal Health	7 Your Body Systems	8 Growth and Development	9 Tobacco	10 Alcohol and Other Drugs
3	Personal Health	<p>Practicing good hygiene (1)</p> <p>Preventing problems with your teeth and gums (1)</p> <p>Having regular dental checkups (1)</p> <p>Practicing healthful behaviors for healthy skin, hair, and nails (1)</p> <p>Advocating for healthy teeth and gums (1)</p> <p>Practicing healthful behaviors to care for and protect your eyes and ears (2)</p> <p>Choosing health products wisely (3)</p> <p>Recognizing how medicines affect the body (4)</p> <p>Using medicines safely and responsibly (4)</p> <p>Getting regular health checkups to prevent health problems and to maintain wellness (5)</p>	<p>Practice healthy behaviors to care for your body systems for good health and wellness (1)</p> <p>Caring for the skeletal and muscular systems (2) (HSA)</p> <p>Maintaining the health of your digestive and excretory systems (3)</p> <p>Caring for your circulatory, respiratory, and nervous systems (4)</p> <p>Practicing healthful behaviors to maintain healthy body systems (BHS)</p>	<p>Recognizing physical, mental, emotional, and social changes that occur in adolescence (1)</p> <p>Recognizing how hormones produced by the endocrine system bring about changes in the body in adolescence (1) (2)</p> <p>Caring for your body's reproductive system during puberty (2)</p> <p>Learning how a baby develops from fertilization through birth (3)</p> <p>Recognizing the stages of the life cycle (3)</p> <p>Accessing information for coping with physical, emotional, mental, and social changes during puberty (BHS)</p>	<p>Analyzing how using tobacco harms the body and affects personal appearance (1)</p> <p>Analyzing how addiction to tobacco affects the body (1)</p> <p>Recognizing that using all forms of tobacco is harmful to your personal health (1)</p> <p>Using refusal skills to say no to using tobacco (3)</p>	<p>Recognizing the risks to personal health caused by alcohol consumption (1)</p> <p>Analyzing the risks to personal health caused by alcohol addiction (2)</p> <p>Analyzing the short-term and long-term health risks caused by using illegal drugs, marijuana, inhalants, stimulants, anabolic steroids, narcotics, and hallucinogens (3)</p> <p>Recognizing the health dangers of abusing drugs (4)</p> <p>Learning healthy ways to avoid using alcohol and other illegal drugs (5)</p> <p>Using refusal skills to avoid using alcohol and drugs (5)</p> <p>Using the decision-making skills to avoid drug abuse (BHS)</p>
	Teen Health Course 1	<p>Having regular dental checkups (1)</p> <p>Having regular eye exams and vision screenings (2)</p> <p>Recognizing and analyzing influences when choosing health products (3)</p> <p>Reading product labels and comparison shopping (3)</p> <p>Using your skills as a health</p>	<p>Accessing information to find the correct safety gear to protect your body (1)</p>	<p>Advocate caring for the body during puberty (2)</p> <p>Accessing information about genetic disorders (3)</p>	<p>Advocating to others about the risks to health caused by using tobacco (1)</p> <p>Analyzing how peers and advertising influence decisions about using tobacco (2)</p> <p>Accessing information about teen tobacco use (2)</p> <p>Using refusal skills to stay tobacco free (3)</p>	<p>Advocating to others about the dangers of consuming alcohol (1)</p> <p>Analyzing factors that influence teens to drink alcohol (1)</p> <p>Recognizing the importance of using prescribed medicines appropriately (3)</p> <p>Distinguishing between prescribed medicines and</p>

	A	G	H	I	J	K
1	Scope and Sequence <i>Teen I</i>					
2	Content Strands	6 Personal Health	7 Your Body Systems	8 Growth and Development	9 Tobacco	10 Alcohol and Other Drugs
3	Personal Health	<p>Practicing good hygiene (1)</p> <p>Preventing problems with your teeth and gums (1)</p> <p>Having regular dental checkups (1)</p> <p>Practicing healthful behaviors for healthy skin, hair, and nails (1)</p> <p>Advocating for healthy teeth and gums (1)</p> <p>Practicing healthful behaviors to care for and protect your eyes and ears (2)</p> <p>Choosing health products wisely (3)</p> <p>Recognizing how medicines affect the body (4)</p> <p>Using medicines safely and responsibly (4)</p> <p>Getting regular health checkups to prevent health problems and to maintain wellness (5)</p>	<p>Practice healthy behaviors to care for your body systems for good health and wellness (1)</p> <p>Caring for the skeletal and muscular systems (2) (HSA)</p> <p>Maintaining the health of your digestive and excretory systems (3)</p> <p>Caring for your circulatory, respiratory, and nervous systems (4)</p> <p>Practicing healthful behaviors to maintain healthy body systems (BHS)</p>	<p>Recognizing physical, mental, emotional, and social changes that occur in adolescence (1)</p> <p>Recognizing how hormones produced by the endocrine system bring about changes in the body in adolescence (1) (2)</p> <p>Caring for your body's reproductive system during puberty (2)</p> <p>Learning how a baby develops from fertilization through birth (3)</p> <p>Recognizing the stages of the life cycle (3)</p> <p>Accessing information for coping with physical, emotional, mental, and social changes during puberty (BHS)</p>	<p>Analyzing how using tobacco harms the body and affects personal appearance (1)</p> <p>Analyzing how addiction to tobacco affects the body (1)</p> <p>Recognizing that using all forms of tobacco is harmful to your personal health (1)</p> <p>Using refusal skills to say no to using tobacco (3)</p>	<p>Recognizing the risks to personal health caused by alcohol consumption (1)</p> <p>Analyzing the risks to personal health caused by alcohol addiction (2)</p> <p>Analyzing the short-term and long-term health risks caused by using illegal drugs, marijuana, inhalants, stimulants, anabolic steroids, narcotics, and hallucinogens (3)</p> <p>Recognizing the health dangers of abusing drugs (4)</p> <p>Learning healthy ways to avoid using alcohol and other illegal drugs (5)</p> <p>Using refusal skills to avoid using alcohol and drugs (5)</p> <p>Using the decision-making skills to avoid drug abuse (BHS)</p>
	Teen Health Course 1	<p>Having regular dental checkups (1)</p> <p>Having regular eye exams and vision screenings (2)</p> <p>Recognizing and analyzing influences when choosing health products (3)</p> <p>Reading product labels and comparison shopping (3)</p> <p>Using your skills as a health</p>	<p>Accessing information to find the correct safety gear to protect your body (1)</p>	<p>Advocate caring for the body during puberty (2)</p> <p>Accessing information about genetic disorders (3)</p>	<p>Advocating to others about the risks to health caused by using tobacco (1)</p> <p>Analyzing how peers and advertising influence decisions about using tobacco (2)</p> <p>Accessing information about teen tobacco use (2)</p> <p>Using refusal skills to stay tobacco free (3)</p>	<p>Advocating to others about the dangers of consuming alcohol (1)</p> <p>Analyzing factors that influence teens to drink alcohol (1)</p> <p>Recognizing the importance of using prescribed medicines appropriately (3)</p> <p>Distinguishing between prescribed medicines and</p>

	A	G	H	I	J	K
1	Scope and Sequence <i>Teen I</i>					
2	Content Strands	6 Personal Health	7 Your Body Systems	8 Growth and Development	9 Tobacco	10 Alcohol and Other Drugs
3	Personal Health	<p>Practicing good hygiene (1)</p> <p>Preventing problems with your teeth and gums (1)</p> <p>Having regular dental checkups (1)</p> <p>Practicing healthful behaviors for healthy skin, hair, and nails (1)</p> <p>Advocating for healthy teeth and gums (1)</p> <p>Practicing healthful behaviors to care for and protect your eyes and ears (2)</p> <p>Choosing health products wisely (3)</p> <p>Recognizing how medicines affect the body (4)</p> <p>Using medicines safely and responsibly (4)</p> <p>Getting regular health checkups to prevent health problems and to maintain wellness (5)</p>	<p>Practice healthy behaviors to care for your body systems for good health and wellness (1)</p> <p>Caring for the skeletal and muscular systems (2) (HSA)</p> <p>Maintaining the health of your digestive and excretory systems (3)</p> <p>Caring for your circulatory, respiratory, and nervous systems (4)</p> <p>Practicing healthful behaviors to maintain healthy body systems (BHS)</p>	<p>Recognizing physical, mental, emotional, and social changes that occur in adolescence (1)</p> <p>Recognizing how hormones produced by the endocrine system bring about changes in the body in adolescence (1) (2)</p> <p>Caring for your body's reproductive system during puberty (2)</p> <p>Learning how a baby develops from fertilization through birth (3)</p> <p>Recognizing the stages of the life cycle (3)</p> <p>Accessing information for coping with physical, emotional, mental, and social changes during puberty (BHS)</p>	<p>Analyzing how using tobacco harms the body and affects personal appearance (1)</p> <p>Analyzing how addiction to tobacco affects the body (1)</p> <p>Recognizing that using all forms of tobacco is harmful to your personal health (1)</p> <p>Using refusal skills to say no to using tobacco (3)</p>	<p>Recognizing the risks to personal health caused by alcohol consumption (1)</p> <p>Analyzing the risks to personal health caused by alcohol addiction (2)</p> <p>Analyzing the short-term and long-term health risks caused by using illegal drugs, marijuana, inhalants, stimulants, anabolic steroids, narcotics, and hallucinogens (3)</p> <p>Recognizing the health dangers of abusing drugs (4)</p> <p>Learning healthy ways to avoid using alcohol and other illegal drugs (5)</p> <p>Using refusal skills to avoid using alcohol and drugs (5)</p> <p>Using the decision-making skills to avoid drug abuse (BHS)</p>
	Teen Health Course 1	<p>Having regular dental checkups (1)</p> <p>Having regular eye exams and vision screenings (2)</p> <p>Recognizing and analyzing influences when choosing health products (3)</p> <p>Reading product labels and comparison shopping (3)</p> <p>Using your skills as a health</p>	<p>Accessing information to find the correct safety gear to protect your body (1)</p>	<p>Advocate caring for the body during puberty (2)</p> <p>Accessing information about genetic disorders (3)</p>	<p>Advocating to others about the risks to health caused by using tobacco (1)</p> <p>Analyzing how peers and advertising influence decisions about using tobacco (2)</p> <p>Accessing information about teen tobacco use (2)</p> <p>Using refusal skills to stay tobacco free (3)</p>	<p>Advocating to others about the dangers of consuming alcohol (1)</p> <p>Analyzing factors that influence teens to drink alcohol (1)</p> <p>Recognizing the importance of using prescribed medicines appropriately (3)</p> <p>Distinguishing between prescribed medicines and</p>

	A	L	M
1	Scope and Sequence <i>Teen I</i>		
2	Content Strands	11 Preventing Diseases	12 Safety and the Environment
3	Personal Health	Practicing healthy behaviors to reduce risks of communicable diseases (2) Practicing abstinence to protect from getting STDs and HIV (3) Practicing good health habits to reduce risks of getting some noncommunicable diseases (4) Managing stress to decrease risks of heart disease (4) Avoiding substances and conditions that cause allergic and asthmatic reactions (4) Seeking and following medical advice regarding medical conditions (4) Setting health goals for protecting your health (BHS)	Learning and practicing behaviors that keep you safe (1) Practicing conflict resolution skills to avoid violence (2) Recognizing factors in the environment that affect your personal health (3) Protecting your skin by using sunscreen and bug protection (3) Practicing healthful behaviors to keep you safe in outdoor activities (3) Reducing stress while dealing with a medical emergency (5) Protecting personal health by protecting the environment (6)

	A	L	M
1	Scope and Sequence <i>Teen I</i>		
2	Content Strands	11 Preventing Diseases	12 Safety and the Environment
3	Personal Health	Practicing healthy behaviors to reduce risks of communicable diseases (2) Practicing abstinence to protect from getting STDs and HIV (3) Practicing good health habits to reduce risks of getting some noncommunicable diseases (4) Managing stress to decrease risks of heart disease (4) Avoiding substances and conditions that cause allergic and asthmatic reactions (4) Seeking and following medical advice regarding medical conditions (4) Setting health goals for protecting your health (BHS)	Learning and practicing behaviors that keep you safe (1) Practicing conflict resolution skills to avoid violence (2) Recognizing factors in the environment that affect your personal health (3) Protecting your skin by using sunscreen and bug protection (3) Practicing healthful behaviors to keep you safe in outdoor activities (3) Reducing stress while dealing with a medical emergency (5) Protecting personal health by protecting the environment (6)
	Teen Health Course 1	Advocating behaviors that protect against the spread of communicable diseases (2) Advocating abstinence to avoid the spread of STDs and HIV (3) Accessing valid information about STDs and HIV (3) Getting regular medical checkups (4)	Recognizing strategies that prevent violence in the community (2) Practicing behaviors that keep you safe in the community (2) Being prepared to give first aid when needed (5) Calling for help in an emergency (5)

	A	L	M
1	Scope and Sequence <i>Teen I</i>		
2	Content Strands	11 Preventing Diseases	12 Safety and the Environment
3	Personal Health	Practicing healthy behaviors to reduce risks of communicable diseases (2) Practicing abstinence to protect from getting STDs and HIV (3) Practicing good health habits to reduce risks of getting some noncommunicable diseases (4) Managing stress to decrease risks of heart disease (4) Avoiding substances and conditions that cause allergic and asthmatic reactions (4) Seeking and following medical advice regarding medical conditions (4) Setting health goals for protecting your health (BHS)	Learning and practicing behaviors that keep you safe (1) Practicing conflict resolution skills to avoid violence (2) Recognizing factors in the environment that affect your personal health (3) Protecting your skin by using sunscreen and bug protection (3) Practicing healthful behaviors to keep you safe in outdoor activities (3) Reducing stress while dealing with a medical emergency (5) Protecting personal health by protecting the environment (6)
	Teen Health Course 1	Advocating behaviors that protect against the spread of communicable diseases (2) Advocating abstinence to avoid the spread of STDs and HIV (3) Accessing valid information about STDs and HIV (3) Getting regular medical checkups (4)	Recognizing strategies that prevent violence in the community (2) Practicing behaviors that keep you safe in the community (2) Being prepared to give first aid when needed (5) Calling for help in an emergency (5)

	A	L	M
1	Scope and Sequence <i>Teen I</i>		
2	Content Strands	11 Preventing Diseases	12 Safety and the Environment
3	Personal Health	Practicing healthy behaviors to reduce risks of communicable diseases (2) Practicing abstinence to protect from getting STDs and HIV (3) Practicing good health habits to reduce risks of getting some noncommunicable diseases (4) Managing stress to decrease risks of heart disease (4) Avoiding substances and conditions that cause allergic and asthmatic reactions (4) Seeking and following medical advice regarding medical conditions (4) Setting health goals for protecting your health (BHS)	Learning and practicing behaviors that keep you safe (1) Practicing conflict resolution skills to avoid violence (2) Recognizing factors in the environment that affect your personal health (3) Protecting your skin by using sunscreen and bug protection (3) Practicing healthful behaviors to keep you safe in outdoor activities (3) Reducing stress while dealing with a medical emergency (5) Protecting personal health by protecting the environment (6)
	Teen Health Course 1	Advocating behaviors that protect against the spread of communicable diseases (2) Advocating abstinence to avoid the spread of STDs and HIV (3) Accessing valid information about STDs and HIV (3) Getting regular medical checkups (4)	Recognizing strategies that prevent violence in the community (2) Practicing behaviors that keep you safe in the community (2) Being prepared to give first aid when needed (5) Calling for help in an emergency (5)

Scope and Sequence

	A	L	M
1	Scope and Sequence <i>Teen I</i>		
2	Content Strands	11 Preventing Diseases	12 Safety and the Environment
3	Personal Health	Practicing healthy behaviors to reduce risks of communicable diseases (2) Practicing abstinence to protect from getting STDs and HIV (3) Practicing good health habits to reduce risks of getting some noncommunicable diseases (4) Managing stress to decrease risks of heart disease (4) Avoiding substances and conditions that cause allergic and asthmatic reactions (4) Seeking and following medical advice regarding medical conditions (4) Setting health goals for protecting your health (BHS)	Learning and practicing behaviors that keep you safe (1) Practicing conflict resolution skills to avoid violence (2) Recognizing factors in the environment that affect your personal health (3) Protecting your skin by using sunscreen and bug protection (3) Practicing healthful behaviors to keep you safe in outdoor activities (3) Reducing stress while dealing with a medical emergency (5) Protecting personal health by protecting the environment (6)
	Teen Health Course 1	Advocating behaviors that protect against the spread of communicable diseases (2) Advocating abstinence to avoid the spread of STDs and HIV (3) Accessing valid information about STDs and HIV (3) Getting regular medical checkups (4)	Recognizing strategies that prevent violence in the community (2) Practicing behaviors that keep you safe in the community (2) Being prepared to give first aid when needed (5) Calling for help in an emergency (5)

Scope and Sequence

	A	L	M
1	Scope and Sequence <i>Teen I</i>		
2	Content Strands	11 Preventing Diseases	12 Safety and the Environment
3	Personal Health	Practicing healthy behaviors to reduce risks of communicable diseases (2) Practicing abstinence to protect from getting STDs and HIV (3) Practicing good health habits to reduce risks of getting some noncommunicable diseases (4) Managing stress to decrease risks of heart disease (4) Avoiding substances and conditions that cause allergic and asthmatic reactions (4) Seeking and following medical advice regarding medical conditions (4) Setting health goals for protecting your health (BHS)	Learning and practicing behaviors that keep you safe (1) Practicing conflict resolution skills to avoid violence (2) Recognizing factors in the environment that affect your personal health (3) Protecting your skin by using sunscreen and bug protection (3) Practicing healthful behaviors to keep you safe in outdoor activities (3) Reducing stress while dealing with a medical emergency (5) Protecting personal health by protecting the environment (6)
	Teen Health Course 1	Advocating behaviors that protect against the spread of communicable diseases (2) Advocating abstinence to avoid the spread of STDs and HIV (3) Accessing valid information about STDs and HIV (3) Getting regular medical checkups (4)	Recognizing strategies that prevent violence in the community (2) Practicing behaviors that keep you safe in the community (2) Being prepared to give first aid when needed (5) Calling for help in an emergency (5)

Scope and Sequence

	A	L	M
1	Scope and Sequence <i>Teen I</i>		
2	Content Strands	11 Preventing Diseases	12 Safety and the Environment
3	Personal Health	Practicing healthy behaviors to reduce risks of communicable diseases (2) Practicing abstinence to protect from getting STDs and HIV (3) Practicing good health habits to reduce risks of getting some noncommunicable diseases (4) Managing stress to decrease risks of heart disease (4) Avoiding substances and conditions that cause allergic and asthmatic reactions (4) Seeking and following medical advice regarding medical conditions (4) Setting health goals for protecting your health (BHS)	Learning and practicing behaviors that keep you safe (1) Practicing conflict resolution skills to avoid violence (2) Recognizing factors in the environment that affect your personal health (3) Protecting your skin by using sunscreen and bug protection (3) Practicing healthful behaviors to keep you safe in outdoor activities (3) Reducing stress while dealing with a medical emergency (5) Protecting personal health by protecting the environment (6)
	Teen Health Course 1	Advocating behaviors that protect against the spread of communicable diseases (2) Advocating abstinence to avoid the spread of STDs and HIV (3) Accessing valid information about STDs and HIV (3) Getting regular medical checkups (4)	Recognizing strategies that prevent violence in the community (2) Practicing behaviors that keep you safe in the community (2) Being prepared to give first aid when needed (5) Calling for help in an emergency (5)

	A	L	M
1	Scope and Sequence <i>Teen I</i>		
2	Content Strands	11 Preventing Diseases	12 Safety and the Environment
3	Personal Health	Practicing healthy behaviors to reduce risks of communicable diseases (2) Practicing abstinence to protect from getting STDs and HIV (3) Practicing good health habits to reduce risks of getting some noncommunicable diseases (4) Managing stress to decrease risks of heart disease (4) Avoiding substances and conditions that cause allergic and asthmatic reactions (4) Seeking and following medical advice regarding medical conditions (4) Setting health goals for protecting your health (BHS)	Learning and practicing behaviors that keep you safe (1) Practicing conflict resolution skills to avoid violence (2) Recognizing factors in the environment that affect your personal health (3) Protecting your skin by using sunscreen and bug protection (3) Practicing healthful behaviors to keep you safe in outdoor activities (3) Reducing stress while dealing with a medical emergency (5) Protecting personal health by protecting the environment (6)
	Teen Health Course 1	Advocating behaviors that protect against the spread of communicable diseases (2) Advocating abstinence to avoid the spread of STDs and HIV (3) Accessing valid information about STDs and HIV (3) Getting regular medical checkups (4)	Recognizing strategies that prevent violence in the community (2) Practicing behaviors that keep you safe in the community (2) Being prepared to give first aid when needed (5) Calling for help in an emergency (5)

	A	L	M
1	Scope and Sequence <i>Teen I</i>		
2	Content Strands	11 Preventing Diseases	12 Safety and the Environment
3	Personal Health	Practicing healthy behaviors to reduce risks of communicable diseases (2) Practicing abstinence to protect from getting STDs and HIV (3) Practicing good health habits to reduce risks of getting some noncommunicable diseases (4) Managing stress to decrease risks of heart disease (4) Avoiding substances and conditions that cause allergic and asthmatic reactions (4) Seeking and following medical advice regarding medical conditions (4) Setting health goals for protecting your health (BHS)	Learning and practicing behaviors that keep you safe (1) Practicing conflict resolution skills to avoid violence (2) Recognizing factors in the environment that affect your personal health (3) Protecting your skin by using sunscreen and bug protection (3) Practicing healthful behaviors to keep you safe in outdoor activities (3) Reducing stress while dealing with a medical emergency (5) Protecting personal health by protecting the environment (6)
	Teen Health Course 1	Advocating behaviors that protect against the spread of communicable diseases (2) Advocating abstinence to avoid the spread of STDs and HIV (3) Accessing valid information about STDs and HIV (3) Getting regular medical checkups (4)	Recognizing strategies that prevent violence in the community (2) Practicing behaviors that keep you safe in the community (2) Being prepared to give first aid when needed (5) Calling for help in an emergency (5)