

Scope and Sequence *Teen Health Course 2*

Content Strands	1 Understanding Health and Wellness	2 Taking Charge of Your Health	3 Physical Activity and Fitness	4 Nutrition	5 Mental and Emotional Health	6 Building Healthy Relationships	7 Resolving Conflicts and Preventing Violence	8 Tobacco
Personal Health	<p>Understanding the health triangle: physical, mental/emotional, and social health (1)</p> <p>Taking responsibility for health (1)</p> <p>Getting regular medical and dental checkups (1)</p> <p>Getting enough sleep (1)</p> <p>Recognizing wellness (1)</p> <p>Taking action to reach goals (1)</p> <p>Using self-management skills to analyze personal behaviors (2)</p> <p>Making good decisions and setting goals(2)</p> <p>Analyzing influences on personal health (2)</p> <p>Using refusal skills to resist peer pressure to engage in a risk behavior (2)</p> <p>Analyzing consequences of risk behaviors (4)</p> <p>Understanding types</p>	<p>Assuming responsibility for personal health (1)</p> <p>Understanding the importance of decision-making skills on health (1) (HOH)</p> <p>Understanding the decision-making process (1)</p> <p>Evaluating personal values using H.E.L.P. criteria (1)</p> <p>Developing long-term vs. short-term goals (2)</p> <p>Using goal-setting skills to improve health (2)</p> <p>Developing an effective goal-setting plan (2) (BHS)</p> <p>Developing good character (3)</p>	<p>Understanding the benefits of physical activity for maintaining personal health (1)</p> <p>Practicing healthful behaviors to care for the skeletal and muscular systems (2)</p> <p>Practicing healthful behaviors to care for the circulatory system (3)</p> <p>Developing a personal fitness plan (4)</p> <p>Determining a heart rate (4)</p> <p>Using goal-setting skills to plan, monitor, and evaluate a personal fitness plan (4)</p> <p>Recognizing potential health problems associated with physical activity (6)</p> <p>Using decision-making skills to choose appropriate exercises for personal fitness goals (BHS)</p>	<p>Following the <i>Dietary Guidelines for Americans</i> to choose healthy foods (1)</p> <p>Analyzing personal influences on food choices (2)</p> <p>Using MyPyramid to plan a personal diet (2)</p> <p>Planning healthful meals and snacks (3)</p> <p>Practicing healthful behaviors to prevent foodborne illness (3)</p> <p>Caring for teeth (4)</p> <p>Caring for the digestive and excretory systems (4)</p> <p>Calculating body mass index (BMI) (5)</p> <p>Understanding the benefits of a healthy weight (6)</p> <p>Analyzing strategies for maintaining a healthy weight (6)</p>	<p>Analyzing influence of personal behavior on personality (1)</p> <p>Understanding self-concept (2)</p> <p>Practicing healthful behaviors to boost self-esteem (2)</p> <p>Understanding fear and anger management skills (3)</p> <p>Identifying positive vs. negative stress (4)</p> <p>Avoiding stress (4)</p> <p>Managing stress in healthy ways (4) (BHS)</p>	<p>Understanding the benefits of effective communication (1)</p> <p>Identifying types of communication (1)</p> <p>Developing communication skills through effective speaking and listening strategies (1) (BHS)</p> <p>Identifying positive vs. negative peer pressure (3)</p> <p>Using the H.E.L.P. criteria to recognize peer pressure (3)</p> <p>Analyzing strategies for resisting peer pressure (3)</p> <p>Using refusal skills (S.T.O.P. strategy) to resist peer pressure (4)</p> <p>Choosing abstinence to avoid consequences of risky behaviors (4)</p>	<p>Using conflict-resolution skills to resolve a disagreement (2) (BHS)</p> <p>Analyzing strategies to avoid joining a gang (3)</p> <p>Reducing risk of violence to self (3)</p> <p>Recognizing warning signs of abuse (4)</p> <p>Seeking help for personal abuse (4)</p>	<p>Practicing healthful behaviors to care for the respiratory system (2)</p> <p>Using refusal skills to avoid tobacco use (5)</p>

<p>Consumer and Community Health</p>	<p>Accessing reliable health information (2) Analyzing influences on purchasing decisions (2) Being an advocate (2) Analyzing the influence of the media on health (3) Advocating to promote healthful behaviors in others (BHS)</p>	<p>Accessing reliable information to make informed decisions (1) Analyzing the influence of community attitudes on decisions (1) Analyzing the influence of media on decisions (1) Practicing good citizenship (3) Analyzing the influence of role models on character (3) Accessing information to get involved in the community (3)</p>	<p>Recognizing that physical activity can bring people of diverse backgrounds together (1) Choosing appropriate sports gear (4) (5) Choosing an appropriate sunscreen (4) (6)</p>	<p>Analyzing food labels (1) Analyzing influences of the media, cost, and convenience on food choices (2) (BHS) Accessing information to make healthy food choices when eating out (3)</p>	<p>Showing respect for others (1) Analyzing the influence of media on self-esteem (2) Accessing information on help for mental/emotional problems (6)</p>	<p>Recognizing when to compromise (3) Recognizing the three conflict-resolution styles (HOH)</p>	<p>Recognizing that prejudice can cause conflict (1) Analyzing the influence of the media on dating violence (3) Accessing information on how schools protect against violence (3) Analyzing community strategies for violence prevention (3) Accessing information on available community intervention for abusers and the abused (4) Practicing how to mediate a conflict (BHS)</p>	<p>Advocating to encourage others to avoid tobacco use (1) Accessing information on the laws regulating the tobacco industry (3) Analyzing the influence of media on tobacco use (3) Accessing information to promote a tobacco-free community (4) Accessing information on smoking restrictions in public places (4) Analyzing tobacco costs to society (4) Seeking community support to quit smoking (5) Analyzing media messages about tobacco (BHS)</p>
<p>Family Life</p>	<p>Showing respect and support for family members (1) Being a good friend (1) Developing communication skills (2) Using conflict-resolution skills to promote healthy relationships (2) Analyzing the influence of heredity on health (3) Analyzing the influence of family's culture on health (3) Analyzing the influence of friends</p>	<p>Analyzing the influence of family and culture on decisions (1) Showing good character with family and friends (3)</p>		<p>Analyzing the influence of family and culture on food choices (2) Understanding that family attitude influences how people see themselves (5)</p>	<p>Analyzing the influence of heredity on personality (1) Analyzing the influence of family on self-esteem (2) Managing anger by talking with someone (3) Practicing empathy (1) Managing stress by talking with someone (4) Supporting another to prevent suicide (5) Using families as support (6)</p>	<p>Using communication skills to strengthen relationships (1) (2) Recognizing family types and roles (2) Analyzing the influence of family on values (2) Using coping skills with family changes (2) Analyzing strategies to strengthen relationships (2) Understanding the importance of friends (3) Seeking qualities of a good friend (3) Choosing friends with same values (3)</p>	<p>Recognizing that for teens, most conflicts occur at home and at school (1) Understanding the importance of conflict-resolution skills to relationships (2) Analyzing the influence of family on violence (3) Seeking help for abuse by family members and friends (4) Seeking help from parents for abuse (4)</p>	<p>Analyzing the influence of family and peers on tobacco use (3) Choosing friends who are tobacco free (3)</p>

<p>ntal & Emotional He</p>	<p>Understanding how to face challenges in a positive, yet realistic way (1) Understanding the mind-body connection (1) Recognizing how to solve problems and handle the daily events of life (1) Identifying positive vs. negative stress (2) Managing stress (2) Taking responsibility for actions (4)</p>	<p>Making responsible decisions as part of the maturity process (1) Understanding that goals give a sense of purpose and boost self-confidence (2) Acting responsibly to show good character (3)</p>	<p>Understanding how exercise increases self-confidence and makes a person more mentally alert, and reduces stress (1) Understanding the benefits of physical activity and sleep (1) Understanding how stress affects the heart (3) Practicing healthful behaviors for mental conditioning (5)</p>	<p>Understanding the importance of developing a positive body image (5) Understanding eating disorders and negative body image (6)</p>	<p>Recognizing that social and physical needs influence mental health (1) Knowing the signs of good mental health (1) Building resiliency (1) Understanding the benefits of self-esteem (2) Understanding how positive self-esteem, attitudes, and behaviors promote health (2) Recognizing emotions (3) Managing emotions in healthy ways (3) Identifying reactions to grief (3) Understanding the stress response and fatigue (4) Recognizing the causes of mental and emotional disorders (5) Describing several types of mental and emotional disorders (5)</p>	<p>Showing responsibility as a family member (2) Taking on more responsibility as part of the maturity process (4) Choosing abstinence to show respect for self and others (4) Using communication skills to express emotions (BHS)</p>	<p>Identifying strong emotions as a sign of conflict (1) Recognizing forms of emotional abuse (4) Understanding effects of abuse on emotional health (4)</p>	<p>Understanding the psychological dependence on tobacco (3)</p>
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<p>Nutrition and Physical Activity</p>	<p>Eating a well-balanced diet (1) Getting regular physical activity (1) Encouraging others to be physically active (1)</p>	<p>Setting a physical activity goal (2) Showing respect for self by eating healthy (3)</p>	<p>Understanding the five elements of physical fitness(1) Recognizing the difference between aerobic and anaerobic exercise (1) Understanding the benefits of physical activity to physical, mental/emotional, and social health (1) Exercising for strength, endurance, and flexibility (1) Understanding the relationship and importance of physical activity and weight management (1) Understanding the importance of good nutrition (2) (3) (5) Identifying the phases of a workout (4) Using the F.I.T.T. formula (4) Choosing individual or team sports (5) Understanding the basics of weight training (5) Understanding the importance of drinking plenty of water (5) Understanding the importance of proper sports conditioning (5)</p>	<p>Identifying types of nutrients (1) Understanding the importance drinking plenty of water (1) Understanding the importance of physical activity (1) (4) Understanding the importance eating a variety of foods (1) (2) (3) (4) (6) Understanding the importance fiber and a healthful diet (1) (4) Understanding the importance limiting fats, added sugar, and salt (1) (3) Understanding the importance of eating breakfast (3) Choosing nutrient-dense foods (1) Balancing calories eaten with physical activity (1) Identifying causes and health consequences of eating disorders (6) Creating a food diary (HOH)</p>	<p>Understanding the benefits of physical activity to mental and emotional health (3) Eating healthy to manage stress (4) Understanding the importance of being physically active to manage stress (4)</p>			<p>Getting regular physical activity to care for respiratory health (2) Identifying physical activity and healthful snacking as alternatives to tobacco use (5)</p>
<p>Tobacco, Alcohol, and Other Drugs</p>	<p>Avoiding tobacco, alcohol, and drugs (1)</p>	<p>Choosing to avoid tobacco use (1)</p>	<p>Choosing to avoid tobacco use (3) Choosing to avoid anabolic steroid use (5) Choosing to avoid stimulants (5)</p>			<p>Understanding the dangers of using tobacco, alcohol, and other drugs (4) Choosing abstinence from tobacco, alcohol, and other drugs (4)</p>	<p>Relating alcohol and drug use to violence (3) Relating alcohol and drug use to abuse (4)</p>	<p>Identifying the harmful substances in tobacco (1) Identifying the forms of tobacco (1) Understanding that smoking causes respiratory problems (2) (HOH) Understanding nicotine addiction and withdrawal (3) Recognizing reasons teens use tobacco (3) Identifying benefits of not using tobacco (5) Understanding the guidelines for quitting tobacco use (5)</p>

Injury Prevention and Safety	Wearing protective gear during physical activities (1) Wear a safety belt when riding in a vehicle (1) (4) Follow safety rules at school (1) Practicing prevention to avoid unnecessary risks (1) (4)		Wearing appropriate gear (4) Taking steps to exercise safely (4) Preventing injuries (5) (6) Treating injuries using the P.R.I.C.E. procedure (6)		Recognizing signs of suicide (5)	Following family rules for health and safety (2)	Identifying causes of conflicts (1) Recognizing conflict (1) Identifying signs that a conflict may escalate (2) Analyzing strategies to resolve conflict (2) Identifying types of violent crimes (3) Analyzing causes of violence (3) Understanding the relationship between violence and availability of weapons (3) Identifying forms of bullying (3) Analyzing strategies to avoid bullying (3) Identifying types, causes, and effects of abuse (4) Analyzing the reasons victims of abuse stay silent (4)	
Disease Prevention	Practicing healthful behaviors to avoid illness and disease (2)		Understanding the relationship between physical activity and blood pressure (1) Determining that physical activity reduces risk for heart disease and cancer (1) Analyzing anabolic steroid use and risk of heart disease and cancer (5)	Recognizing that eating too much saturated fat increases the risk of developing various diseases (1) Understanding that vitamins can help fight disease (1)	Recognizing anxiety and mood disorders (5)	Understanding the health consequences of tobacco, alcohol, and other drug use (4) Choosing abstinences to avoid STDs (4)		Understanding the health consequences of tobacco use (1) (2) Understanding the diseases of the respiratory system (2) Understanding that tobacco use increases the risk of cancer (2) Understanding the health consequences of secondhand smoke (4)
Environmental Health	Analyzing the influence of the environment on health (3)	Practicing good citizenship by protecting the environment (3)			Analyzing the influence of the environment on personality (1)			Avoiding areas with polluted air or tobacco smoke (2) Understanding secondhand smoke and the environment (4) Keeping the environment healthy by staying tobacco free (5)