***Health Units***

**Unit 1**  **Mental/Emotional Health**

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| Day 1  Dimensions of Health | Day 2  Stress | Day 3  Coping with Loss | Day 4  Depression/Suicide |
| Day 5  Mental Disorders | Day 6  Organ Donation | Day 7  Review | Day 8  Test |

**Unit 2 Nutrition**

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| Day 1  Importance of Nutrition | Day 2  Nutrients | Day 3  Healthy Food Guidelines | Day 4  Nutrient Web quest |
| Day 5  Nutrition Facts/Food Safety | Day 6  Maintaining a Healthy Weight | Day 7  Eating Disorders | Day 8  Review |
| Day 9  Test |  |  |  |

**Unit 3 ATOD (Drugs, Tobacco, and Other Substances)**

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| Day 1  Alcohol is a Drug | Day 2  Alcohol’s Effect on the Body | Day 3  Long Term Risk of Alcohol | Day 4  Tobacco Products and Chemicals | Day 5  Teens and Tobacco |
| Day 6  Risk of Tobacco Use | Day 7  Commonly Abused  Drugs | Day 8  Legal or Illegal Marijuana | Day 9  Review | Day 10  Test |

**Unit 4 RHASE/Relationships**

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| Day 1  Anger and Conflict | Day 2  Codependent Relationships | Day 3  Bullying, Hazing, and Sexual Harassment | Day 4  Love, Infatuation, Dating | Day 5  Reproductive Anatomy |
| Day 6  Goal Setting | Day 7  Decision Making | Day 8  Avoiding Pregnancy | Day 9  Avoiding STD’s | Day 10  Choosing Abstinence |
| Day 11  Pressure/Assertiveness | Day 12  Review | Day 13  Test |  |  |