***Health Units***

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

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

**Unit 2 Nutrition**

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

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

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

**Unit 4 RHASE/Relationships**

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