

BUILDING HEALTHY RELATIONSHIPS

FRONTMATTER: Your Health and Wellness*

- Lesson 1 Your Total Health
- Lesson 2 Health Influences and Risk Factors
- Lesson 3 Building Health Skills
- Lesson 4 Making Decisions and Setting Goals
- Lesson 5 Choosing Health Services

Chapter 1 Building Healthy Relationships

- Lesson 1 Practicing Communication Skills
- Lesson 2 Family Relationships
- Lesson 3 Peer Relationships

Chapter 2 Dating Relationships and Abstinence

- Lesson 1 Beginning to Date
- Lesson 2 Healthy Dating Relationships
- Lesson 3 Abstinence and Saying No

BUILDING CHARACTER AND PREVENTING BULLYING

FRONTMATTER: Your Health and Wellness*

- Lesson 1 Your Total Health
- Lesson 2 Health Influences and Risk Factors
- Lesson 3 Building Health Skills
- Lesson 4 Making Decisions and Setting Goals
- Lesson 5 Choosing Health Services

Chapter 1 Building Character

- Lesson 1 What is Character?
- Lesson 2 Trustworthiness and Respect
- Lesson 3 Responsibility and Fairness
- Lesson 4 Being a Good Citizen
- Lesson 5 Making a Difference

Chapter 2 Bullying and Cyberbullying

- Lesson 1 Bullying and Harassment
- Lesson 2 Cyberbullying
- Lesson 3 Strategies to Stop Bullying
- Lesson 4 Promoting Safe Schools

MENTAL AND EMOTIONAL HEALTH

FRONTMATTER: Your Health and Wellness*

- Lesson 1 Your Total Health
- Lesson 2 Health Influences and Risk Factors
- Lesson 3 Building Health Skills
- Lesson 4 Making Decisions and Setting Goals
- Lesson 5 Choosing Health Services

Chapter 1 Mental and Emotional Health

- Lesson 1 Mental and Emotional Health
- Lesson 2 Understanding Your Emotions
- Lesson 3 Managing Stress
- Lesson 4 Coping with Loss

Chapter 2 Mental and Emotional Disorders

- Lesson 1 Mental and Emotional Disorders
- Lesson 2 Suicide Prevention
- Lesson 3 Help for Mental and Emotional Disorders





CONFLICT RESOLUTION AND VIOLENCE PREVENTION

FRONTMATTER: Your Health and Wellness*

- Lesson 1 Your Total Health
- Lesson 2 Health Influences and Risk Factors
- Lesson 3 Building Health Skills
- Lesson 4 Making Decisions and Setting Goals
- Lesson 5 Choosing Health Services

Chapter 1 Conflict Resolution

- Lesson 1 Conflicts in Your Life
- Lesson 2 The Nature of Conflicts
- Lesson 3 Conflict Resolution Skills
- Lesson 4 Peer Mediation

Chapter 2 Violence Prevention

- Lesson 1 Understanding Violence
- Lesson 2 Violence Prevention
- Lesson 3 Abuse
- Lesson 4 Preventing and Coping with Abuse

NUTRITION AND PHYSICAL ACTIVITY

FRONTMATTER: Your Health and Wellness*

- Lesson 1 Your Total Health
- Lesson 2 Health Influences and Risk Factors
- Lesson 3 Building Health Skills
- Lesson 4 Making Decisions and Setting Goals
- Lesson 5 Choosing Health Services

Chapter 1 Nutrition

- Lesson 1 Nutrients Your Body Needs
- Lesson 2 Creating a Healthful Eating Plan
- Lesson 3 Managing Your Weight
- Lesson 4 Body Image and Eating Disorders

Chapter 2 Physical Activity

- Lesson 1 Becoming Physically Fit
- Lesson 2 Creating Your Fitness Plan
- Lesson 3 Performing at Your Best
- Lesson 4 Preventing Sports Injuries

HEALTH DURING THE LIFE CYCLE

FRONTMATTER: Your Health and Wellness*

- Lesson 1 Your Total Health
- Lesson 2 Health Influences and Risk Factors
- Lesson 3 Building Health Skills
- Lesson 4 Making Decisions and Setting Goals
- Lesson 5 Choosing Health Services

Chapter 1 The Life Cycle

- Lesson 1 Changes During Puberty
- Lesson 2 The Male Reproductive System
- Lesson 3 The Female Reproductive System
- Lesson 4 Infant and Child Development
- Lesson 5 Staying Healthy as You Age

Chapter 2 Personal Health Care

- Lesson 1 Personal Hygiene and Consumer Choices
- Lesson 2 Taking Care of Your Skin and Hair
- Lesson 3 Caring for Your Mouth and Teeth
- Lesson 4 Protecting Your Eyes and Ears

YOUR BODY SYSTEMS

FRONTMATTER: Your Health and Wellness*

- Lesson 1 Your Total Health
- Lesson 2 Health Influences and Risk Factors
- Lesson 3 Building Health Skills
- Lesson 4 Making Decisions and Setting Goals
- Lesson 5 Choosing Health Services





Chapter 1 Your Body Systems

- Lesson 1 Your Skeletal and Muscular Systems
- Lesson 2 Your Nervous System
- Lesson 3 Your Circulatory and Respiratory Systems
- Lesson 4 Your Digestive and Excretory Systems
- Lesson 5 Your Endocrine and Reproductive Systems
- Lesson 6 Your Immune System

TOBACCO, ALCOHOL, AND OTHER DRUGS

FRONTMATTER: Your Health and Wellness*

- Lesson 1 Your Total Health
- Lesson 2 Health Influences and Risk Factors
- Lesson 3 Building Health Skills
- Lesson 4 Making Decisions and Setting Goals
- Lesson 5 Choosing Health Services

Chapter 1 Tobacco

- Lesson 1 Facts About Tobacco
- Lesson 2 Health Risks of Tobacco Use
- Lesson 3 Tobacco Addiction
- Lesson 4 Costs to Society
- Lesson 5 Saying No to Tobacco Use

Chapter 2 Alcohol

- Lesson 1 Alcohol Use and Teens
- Lesson 2 Effects of Alcohol Use
- Lesson 3 Alcoholism and Alcohol Abuse
- Lesson 4 Getting Help for Alcohol Abuse

Chapter 3 Drugs

- Lesson 1 Drug Use and Abuse
- Lesson 2 Types of Drugs and Their Effects
- Lesson 3 Staying Drug-Free

Chapter 4 Using Medicines Wisely

- Lesson 1 Types of Medicines
- Lesson 2 How Medicines Affect Your Body
- Lesson 3 Using Medicines Correctly

PREVENTING DISEASES

FRONTMATTER: Your Health and Wellness*

- Lesson 1 Your Total Health
- Lesson 2 Health Influences and Risk Factors
- Lesson 3 Building Health Skills
- Lesson 4 Making Decisions and Setting Goals
- Lesson 5 Choosing Health Services

Chapter 1 Communicable Diseases

- Lesson 1 Preventing the Spread of Disease
- Lesson 2 Defense Against Infection
- Lesson 3 Communicable Diseases
- Lesson 4 Sexually Transmitted Diseases
- Lesson 5 HIV/AIDS

Chapter 2 Noncommunicable Diseases

- Lesson 1 Causes of Noncommunicable Diseases
- Lesson 2 Cancer
- Lesson 3 Heart and Circulatory Problems
- Lesson 4 Diabetes and Arthritis
- Lesson 5 Allergies and Asthma



^{*} Each module contains the same front matter section, titled Your Health and Wellness. This content is relevant to the entire program. It teaches the 10 Health Skills that are the foundation of the Teen Health program



SAFETY AND A HEALTHY ENVIRONMENT

FRONTMATTER: Your Health and Wellness*

- Lesson 1 Your Total Health
- Lesson 2 Health Influences and Risk Factors
- Lesson 3 Building Health Skills
- Lesson 4 Making Decisions and Setting Goals
- Lesson 5 Choosing Health Services

Chapter 1 Safety

- Lesson 1 Building Safe Habits
- Lesson 2 Safety at Home and School
- Lesson 3 Safety on the Road and Outdoors
- Lesson 4 Personal Safety and Online Safety
- Lesson 5 Weather Safety and Natural Disasters
- · Lesson 6 First Aid and Emergencies

Chapter 2 Green Schools and Environmental Health

- Lesson 1 Pollution and Health
- Lesson 2 Preventing and Reducing Pollution
- Lesson 3 Protecting the Environment
- Lesson 4 Green Schools

HEALTHY RELATIONSHIPS AND SEXUALITY

FRONTMATTER: Your Health and

Wellness*

- Lesson 1 Your Total Health
- Lesson 2 Health Influences and Risk Factors
- Lesson 3 Building Health Skills
- Lesson 4 Making Decisions and Setting Goals
- Lesson 5 Choosing Health Services

HRS 1 The Teen Years

- Lesson 1 Changes During the Teen Years
- Lesson 2 Your Changing Body
- Lesson 3 Developing Your Personal Identity

HRS 2 The Reproductive System

- Lesson 1 The Female Reproductive System
- Lesson 2 The Male Reproductive System

HRS 3 Sexual Feelings and Relationships

- Lesson 1 Responsible Relationships
- Lesson 2 Diversity in Relationships
- Lesson 3 Marriage and Parenthood
- Lesson 4 Pregnancy and Childbirth
- Lesson 5 STDs and HIV/AIDS

