

6th Grade	7th Grade	8th Grade
Communication Skills	Nutrition	Alcohol
Decision Making	Fitness	Tobacco
Setting Goals	Muscular System	Drug Use- Marijuana and Illegal Drugs
Understanding Your Emotions	Skeletal System	Drug Use- Narcotics/Stimulants/Depressants
Managing Stress	Circulatory System	Getting Help
Coping with Loss	Respiratory System	Staying Drug Free
Mental/Emotional Disorders	Nervous System	
Changes During Teen Years (puberty and social changes)	Concussions	