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Module One: Personal Well-Being - Buy | Free Access for HS Members

- Lesson #1: Defining "healthy"
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- Lesson #2: The Health Principles
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- Lesson #3: Envision Your Best Life
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- Lesson #4: Project Vision Board
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- Lesson #5: Making Your Vision a Reality (A Crash Course on the Health Skills)
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- Lesson #6: Check Yourself
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Module Two: Identity and Empathy (Cultural Health) - Buy | Free Access for Members

- **Lesson #1**: Examining Cultural Health
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- **Lesson #2:** Your Identity (Understanding Self)
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- Lesson #3: Empathy (Understanding Others)
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- Lesson #4: Building Empathy Skills
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- **Lesson #5:** Empathy Expedition
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Module Three: Taking Care of Your Mental Well-Being - Buy | Free Access for HS Members

- Lesson #1: An Introduction to Mental and Emotional Health
 - o **Buy** Free Access for HS Members
- Lesson #2: Mental Health Perceptions
 - o **Buy** Free Access for HS Members
- Lesson #3: The Mental Health Bucket
 - o **Buy** Free Access for HS Members
- Lesson #4: Managing Your Mental Health
 - o **Buy** Free Access for HS Members
- Lesson #5: When You're Not Okay
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- Lesson #6: Accessing Valid Information on Mental Health Disorders
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- **Lesson #7:** Accessing Valid Mental Health Services
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- Lesson #8: Examining Mental Health Disorders
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- Lesson #9: Supporting Someone with Mental Illness
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- Summative Activity: Mental Wellness First Aid Kit
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- Bonus Unit: Mental Health Advocacy
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Module Four: Nurturing Social Connections - Buy | Free Access for HS Members

- Lesson #1: Why Relationships Matter
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- Lesson #2: What Makes a Relationship Good
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- Lesson #3: Skills We Need To Make Social Connections
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- Lesson #4: Social Skill: Communication
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- Lesson #5: Social Skill: Boundaries
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- Lesson #6: Relationship Red Flags
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- Lesson #7: Recognizing Harmful Relationships
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- Lesson #8: Bullying
 - o **Buy** Free Access for HS Members
- Lessons #9: Navigating Toxic Relationships
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- Summative Activity: School Policy Change: Social Climate
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Module Five: Physical Health: Caring for Your Body - Buy | Free Access for HS Members

- Lesson #1: Defining Physical Health Perceptions
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- Lesson #2: Examining Physical Health
 - o **Buy** | Free Access for HS Members
- Lesson #3: Body Care Sleep
 - o **Buy** | <u>Free Access for HS Members</u>
- Lesson #4: Body Care Movement
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- Lesson #5: Body Care Hygiene
 - Buy | <u>Free Access for HS Members</u>
- Lesson #6: Body Care Nourishment
 - Buy | Free Access for HS Members
- Lesson #7: Body Care Your Relationship with Food
 - o **Buy** | Free Access for HS Members
- Summative Activity, Part #1: Assessing Your Physical Health
 - o Buy | Free Access for HS Members
- Summative Activity, Part #2: Writing a Physical Health Goal
 - o **Buy** | Free Access for HS Members

Module Six: Body Image - Buy | Free Access for Members

- Lesson #1: What is Body Image?
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- Lesson #2: An Enriching Body Image
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- Lesson #3: What Shapes Body Image
 - **Buy** | Free Access for HS Members
- Lesson #4: Examining Your Body Image
 - o **Buy** | Free Access for HS Members
- Lesson #5: Building a Healthy Relationship with Your Body
 - o Buy | Free Access for HS Members
- Culminating Activity: You are More Than a Body!
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<u>Module Seven: Social Media Literacy</u> - <u>Buy</u> | <u>Free Access for Members</u>

- Lesson #1: Social Media Basics
 - o Buy | Free Access for HS Members
- Lesson #2: How Social Media Works

- o Buy | Free Access for HS Members
- Lesson #3: Is Social Media an Influence?
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- Lesson #4: Social Media as Social Connection
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- Lesson #5: Social Media and Your Well-Being
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- Lesson #6: Digital Citizenship
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- Summative Activity: The Great Debate Does social media positively or negatively
 - o **Buy** | Free Access for HS Members
- Impact the well-being of teenagers?
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Module Eight: Substance Use - Buy | Free Access for HS Members

- Lesson #1: Cultural Perceptions on Substance Use
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- Lesson #2: Why People Use AOD
 - o **Buy** | Free Access for HS Members
- Lesson #3: Accessing Valid AOD Information
 - o **Buy** Free Access for HS Members
- Lesson #4: AOD and Your Well-Being
 - o **Buy** | Free Access for HS Members
- Lesson #5: Healthy AOD Habits
 - o **Buy** | Free Access for HS Members
- Lesson #6: Harmful Relationship with AOD
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- Lesson #7: Media Audit: AOD
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- Summative Project: AOD Peer Advocacy Project
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Module Nine: Sex Ed / Sexual Health - Buy | Free Access for HS Members

- Lesson #1: Defining Sexual Health
 - **Buy** | Free Access for HS Members
- Lesson #2: What is Sexuality?
 - o **Buy** | Free Access for HS Members
- Lesson #3: Uncovering Sexual Values
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- Lesson #4: Understanding What "Sex" Means and the Sexual Response
 - o **Buy** | Free Access for HS Members
- Lesson #5: Living Your Best Life
 - o Buy | Free Access for HS Members
- Lesson #6: Reviewing Anatomy & Reproduction
 - o **Buy** | Free Access for HS Members
- Lesson #7: Periods
 - o Buy | Free Access for HS Members
- Lesson #8: Preventing Pregnancy & Infections
 - o Buy | Free Access for HS Members
- Lesson #9: Digital Breakout: Accessing Valid Information and Care
 - o **Buy** | Free Access for HS Members
- Lesson #10: Abstinence
 - o Buy | Free Access for HS Members
- Lesson #11: Intimacy
 - o **Buy** | Free Access for HS Members
- Lesson #12: Healthy Relationships
 - o Buy | Free Access for HS Members
- Lesson #13: Learning How to Communicate
 - o Buy | Free Access for HS Members
- Lesson #14: Crushes, Liking, Someone, & Being in Love
 - o Buy | Free Access for HS Members
- Lesson #15: Healthy Dating Relationships
 - o Buy | Free Access for HS Members
- Lesson #16: Breaking Up
 - **Buy** Free Access for HS Members
- Lesson #17: Digital Relationship & Sexting
 - o **Buy** | <u>Free Access for HS Members</u>
- Lesson #18: Meaningful, Pleasurable, and Healthy Sexual Experiences
 - Buy Free Access for HS Members
- Lesson #19: What is Consent?
 - Buy | Free Access for HS Members
- Lesson #20: How to Ask for Consent
 - Buy | Free Access for HS Members
- Lesson #21: Confidently Grant or Great Consent
 - o **Buy** | Free Access for HS Members
- Lesson #22: Sexual Health While Under the Influence
 - o Buy | Free Access for HS Members
- Lesson #23: Media Literacy: Becoming a Critical Media Consumer
 - o Buy | <u>Free Access for HS Members</u>
- Lesson #24: Making Healthy Decisions About Pornography
 - o Buy Free Access for HS Members
- Lesson #25: Making Sexual Health Decisions

o Buy | Free Access for HS Members

Module Ten: Your Future: Financial Literacy - Buy | Free Access for HS Members

- Lesson #1: What is financial health?
 - o **Buy** | Free Access for HS Members
- Lesson #2: Being Financially Literate / Managing Your Money
 - **Buy** | Free Access for HS Members
- Lesson #3: How to budget and track your spending Following a budget & save
 - o <u>Buy</u> | <u>Free Access for HS Members</u>

Module Eleven: Your Future: Career Exploration - Buy | Free Access for HS Members

- Lesson #1: How a Job Impacts Your Health
 - **Buy** Free Access for HS Members
- Lesson #2: What makes a job great?
 - o **Buy** Free Access for HS Members
- Lesson #3: Career Exploration
 - o **Buy** Free Access for HS Members

Summative Project - Buy | Free Access for HS Members

- Summative Project Design a Health Class
 - **Buy** Free Access for HS Members

*Supplemental Unit: The Health Skills - Buy | Free Access for Members

- Lesson #1: Analyzing Health Influences
- Lesson #2: Accessing Valid Information
- Lesson #3: Communication Skills for Relationships
- Lesson #4: Navigating Social Conflict
- Lesson #5: Making Healthy Decisions
- Lesson #6: Making Decisions in Real Life
- Lesson #7: How to Make Healthy Decisions
- Lesson #8: Assess Your Health
- Lesson #9: Writing Health Goals
- Lesson #10: Taking Control of My Health
- Lesson #11: Healthy Habits

- Lesson #12: What is Advocacy?
- Lesson #13: How to Advocate
- Lesson #14: Advocating for Your Health