

Unit	Essential Skills	SHAPE Standard(s)
Dimensions of a healthy individual (Physical, Emotional, social, intellectual)	Students will identify each component of a healthy individual	Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health
Goal Setting	Students can write a goal using the PPPS (Personal, Possible, Positive, Specific)	Standard 6: Students will demonstrate the ability to use goal setting skills to enhance health
Decision Making	Students can navigate through decision making while being able to reflect on all outcomes.	Standard 5: Students will demonstrate the ability to use decision making skills to enhance health
Emotions	Students can identify a variety of emotions and apply strategies to manage each	Standard 4: Students will demonstrate the ability to use decision making skills to enhance health
Communication	Students will understand passive, assertive, and aggressive communication	Standard 4: Students will demonstrate the ability to use decision making skills to enhance health
Bonding/relationships	Students can identify a variety of positive and negative friendship qualities and recognize what is important to them	Standard 8: Students will demonstrate the ability to advocate for personal, family and community health.
Managing mistakes	Students can identify when a "mistake" is made and apply appropriate coping strategies when situations arise while accepting consequences.	Standard 7: Students will demonstrate the ability to practice health enhancing behaviors and avoid or reduce health requests.
Peer pressure	Students can recognize peer pressure and know when to walk away.	Standard 2: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors
Alcohol	Students can understand the effects of alcohol on the body (physical, emotional, social, intellectual)	Standard 2: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors
Tobacco	Students will understand the effects of tobacco on the body. (Physical, emotional, social, intellectual)	Standard 4: Students will demonstrate the ability to use decision making skills to enhance health
Marijuana	Students will understand the effects of tobacco on the body. (Physical, emotional, social, intellectual)	Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health

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Components of a Healthy individual (physical, emotional, social, intellectual).	Students will recognize and differentiate a variety of healthy traits within each component.	Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.
Goal Setting	Students can write a specific health goal pertinent to their life using the PPPS (Personal, Possible, Positive, Specific).	Standard 6: Students will demonstrate the ability to use goal-setting skills to enhance health.
Decision Making	Students can navigate through the decision making process following the model and apply it to a situation in their own life.	Standard 5: Students will demonstrate the ability to use decision-making skills to enhance health.
Emotions	Student can identify a variety of emotions, recognizing body language and apply strategies while learning how to advocate their emotional needs.	Standard 4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
Communication	Students will understand what assertive, passive, and aggressive communication styles are and can differentiate and recognized when each should be used.	Standard 4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
Bonding/Relationships	Students can identify appropriate peer pressure refusal strategies in a variety of situations within their friendship circles.	Standard 8: Students will demonstrate the ability to advocate for personal, family, and community health.
Alcohol	Students can analyze how media can influence health behaviors.	Standard 2: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
Tobacco	Students can apply peer pressure refusal strategies in situations relating to tobacco.	Standard 4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks. Standard 5: Students will demonstrate the ability to use decision-making skills to enhance health.
Marijuana	Students will demonstrate an understanding of harmful effects of marijuana on the body.	Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health. Standard 7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
Inhalants/ Street Drugs	Students can identify the difference between a healthy and unhealthy risk. Students will understand the unhealthy risks of street drugs.	Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health. Standard 7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

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Introduction to Health		
Stress Management	Decision Making	Predict the potential short-term impact of each alternative on self and others.
Nutrition	Analyze influences - Decision Making	Explain how appropriate health care can promote personal health. Examine how the family influences the health of adolescents. Choose healthy alternatives over unhealthy alternatives when making a decision. Explain the importance of assuming responsibility for personal health behaviors. State a health-enhancing position on a topic and support it with accurate information.
Physical Fitness	Analyze influences - Accessing Val	Analyze the relationship between healthy behaviors and personal health. Describe how peers influence healthy and unhealthy behaviors. Analyze how the school and community can affect personal health practices and behaviors. Determine the accessibility of products that enhance health. Demonstrate healthy practices and behaviors that will maintain or improve the health of self and others.
Screen Time	Goal Setting - Health Enhancing Bi	Examine the likelihood of injury or illness if engaging in unhealthy behaviors. Assess personal health practices. Develop a goal to adopt, maintain, or improve a personal health practice. Apply strategies and skills needed to attain a personal health goal. Demonstrate healthy practices and behaviors that will maintain or improve the health of self and others.
Tobacco	Communication - Decision Making	Examine the potential seriousness of injury or illness if engaging in unhealthy behaviors. Demonstrate refusal and negotiation skills that avoid or reduce health risks. Demonstrate how to ask for assistance to enhance the health of self and others. Identify circumstances that can help or hinder healthy decision making. Demonstrate how to influence and support others to make positive health choices. State a health-enhancing position on a topic and support it with accurate information.
HG&D	Decision Making	Analyze the outcomes of a health-related decision.

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Introduction to Health		
Stress Management	Accessing Valid Information - Decis	Describe the interrelationships of emotional, intellectual, physical, and social health in adolescence. Access valid health information from home, school, and community. Locate valid and reliable health products and services. Predict the potential short-term impact of each alternative on self and others.
Nutrition	Analyze Influences - Goal Setting -	Describe ways to reduce or prevent injuries and other adolescent health problems. Analyze how messages from media influence health behaviors. Explain how school and public health policies can influence health promotion and disease prevention. Assess personal health practices. Apply strategies and skills needed to attain a personal health goal. Describe how personal health goals can vary with changing abilities, priorities, and responsibilities. Demonstrate behaviors to avoid or reduce health risks to self and others.
Depression & Suicide	Analyze Influences - Advocate	Analyze how the environment affects personal health. Analyze the influence of technology on personal and family health. Work cooperatively to advocate for healthy individuals, families, and schools. Demonstrate how to influence and support others to make positive health choices.
AOD	Communication - Decision Making	Describe how family history can affect personal health. Demonstrate refusal and negotiation skills that avoid or reduce health risks. Demonstrate how to ask for assistance to enhance the health of self and others. Identify circumstances that can help or hinder healthy decision making. Choose healthy alternatives over unhealthy alternatives when making a decision.
Blue Zones		Explain how the perceptions of norms influence healthy and unhealthy behaviors.
HG&D	Communication - Decision Making	Describe the benefits of and barriers to practicing healthy behaviors. Apply effective verbal and nonverbal communication skills to enhance health. Distinguish between healthy and unhealthy alternatives to health-related issues or problems.