**Week 1:**

**MEH -Standard** **1** - **Create Positive Stress Management Strategies**

**Day 1 & 2 Identify the body’s Physical and Psychological Responses to stressful situations and positive coping mechanisms**

**Day 3 Plan Effective Methods to deal with Anxiety.**

**MEH -Standard 2 – Create Help seeking strategies for depression and Mental Disorders**

**Day 4 & 5 Identify causes and symptoms of depression and mental disorders.**

**Week 2:**

**Day 6 Design useful help-seeking strategies for depression and mental disorders.**

**Day 7 Unit Assessment**

**ATOD – Standard 1 – Understand the health risks associated with alcohol, tobacco, and other drugs.**

**Day 8 & 9 Analyze the role of family, community, and cultural norms in deciding the use of ATOD.**

**Predict the effects of substance abuse on other people as well as society as a whole.**

**ATOD – Standard 2 – Apply risk reduction behaviors to protect self and others from ATOD.**

**Day 10 Identify ways to avoid riding in a car or engaging in other risky behaviors with someone who is under the influence of ATOD.**

**Week 3:**

**Day 11 Use strategies for avoiding Binge Drinking.**

**ATOD – Standard 1 – Understand the health risks associated with alcohol, tobacco, and other drugs.**

**Day 12 Contrast prescription medicines, non prescription medicines, and illegal substances in terms of their use and abuse.**

**Day 13 Explain the short and long term effects of PED’s on health and eligibility of sports.**

**Day 14 Summarize the consequences of ATOD on pregnancy.**

**Day 15 Unit Assessment**

**Week 4:**

**PCH – Standard 1 – Analyze wellness/disease prevention and recognition of symptoms.**

**Day 16 Recognize that individuals have some control over risk for communicable and chronic diseases.**

**Design strategies for reducing risks for chronic diseases.**

**Day 17 Explain procedures for health screenings, checkups, and other early detections methods for measures in terms of their health related benefits.**

**Select measures to get adequate sleep and rest.**

**Day 18 Recognize early warning signs of skin cancer and the importance of early detection.**

**Day 19 Summarize the procedures for organ donation, local and state resources, and benefits.**

**Day 20 Unit Assessment**

**Week 5:**

**ICR – Standard 1 – Understand healthy and effective interpersonal communication and relationships.**

**Day 21 Illustrate the ability to respond to others with empathy.**

**Day 22 Classify negotiation and collaboration skills as helpful or harmful in solving problems or resolving conflicts.**

**Illustrate strategies for resolving interpersonal conflict without harming self or others.**

**Day 23 Summarize principles of healthy dating.**

**Explain how power and control in relationships can contribute to aggression and violence.**

**ICR – Standard 2 – Evaluate abstinence from sexual intercourse as a positive choice for young people.**

**Day 24 Critique skills and strategies that are used to promote abstinence from sexual activity in terms of their effectiveness.**

**Day 25 Explain the consequences of early and unprotected sexual behaviors**

**Exemplify decision-making skills and problem solving regarding safe and effective us of methods to prevent unintended pregnancy. (See Standard 3)**

**Week 6:**

**ICR – Standard 3 – Create strategies that develop and maintain reproductive and sexual health.**

**Day 26 Illustrate skills related to safe and effective use of methods to prevent STDs as well as access resources for testing and treatment.**

**Day 27 Unit Assessment (Unit’s 3 & 4)**

**NUTRITION – Standard 2 – Create strategies to consume a variety of nutrient dense foods and beverages in moderation.**

**Day 28 & 29 Recall the number of servings recommended from each food group and the need for balanced nutrition.**

**Day 30 Summarize the effects of hydration and dehydration and preventive measures for dehydration**

**NUTRITION – Standard 1 – Analyze strategies using tools (MyPlate, Dietary Guidelines, Food Facts Label) to plan healthy nutrition and fitness.**

**Recognize the benefits of folic acid and other vitamins and minerals.**

**Day 31 Contrast various Fad/Pop-Culture diets that are promoted in the media.**

**NUTRITION – Standard 4 – Apply lifelong nutrition and health-related fitness concepts to enhance quality of life.**

**Week 5:**

**Day 32 Implement a personal plan to improve current habits to achieve balanced nutrition and fitness.**

**\*Unit 5 Assessment will be on Final Exam (Comprehensive)\***