

Health II Maryland is a comprehensive, skills-based one-semester course designed for general education in grades 9–12. Maryland Health II helps students develop knowledge, attitudes, and essential skills across a range of health concepts, including personal wellness, mental and emotional health, healthy eating, substance abuse prevention, disease prevention and control, violence prevention and safety, and safe and healthy relationships. Through the use of accessible information and interactive learning, students are equipped with the skills they need to lead healthy lives. These skills include identifying and accessing valid health information, practicing self-management, analyzing internal and external influences, communicating effectively, making healthy decisions, setting goals, and advocating effectively. Students who complete Health II Maryland gain the knowledge and skills they need to protect, enhance, and promote their own health and the health of others. This course is built to meet the High School II standards in the Maryland Comprehensive Health Education Framework.

Length: One Semester

Unit 1: Mental and Emotional Health

- Getting and Staying Healthy
- Influences and Challenges
- Wrap-Up: Mental and Emotional Health

Unit 2: Health of Self and Others

- Awareness and Advocacy
- Communicating for Good Health
- Wrap-Up: Health of Self and Others

Unit 3: Healthy Eating

- Nutrition
- Planning for Healthy Eating
- Wrap-Up: Healthy Eating

Unit 4: Substance Abuse Prevention

- Influences and Risks of Substance Use
- Support for Individuals and Communities
- Wrap-Up: Substance Abuse Prevention

Unit 5: Disease Prevention and Control

- Types of Diseases
- Policies and Technology
- Wrap-Up: Disease Prevention and Control

Unit 6: Safety and Violence Prevention

- Influences on Safety and Violence
- Public Safety and Emergency Responses

- Sexual Violence
- Wrap-Up: Safety and Violence Prevention

Unit 7: Family Life and Human Sexuality

- Reproductive Health and Relationships
- Safe Sexuality and Pregnancy
- Wrap-Up: Family Life and Human Sexuality

Unit 8: Semester Review and Exam

- Semester Wrap-Up
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