Personal Health and Wellness is a one-semester course designed to build the skills students in grades 9 through 12 need to protect, enhance, and promote their own health and the health of others. This skills-based course helps students develop knowledge, attitudes, and essential skills in a variety of health-related subjects, including mental and emotional health, social health, nutrition, physical fitness, substance use and abuse, disease prevention and treatment, and injury prevention and safety. With accessible information and interactive learning, the course teaches students to apply the skills they need to stay healthy. These skills include identifying and accessing valid health information, practicing self-management, identifying internal and external influences, communicating effectively, making healthy decisions, setting goals, and advocating for themselves and others.

There are no required materials for this course.

Length: One Semester

Unit 1: Mental and Emotional Health

- Introduction to Health
- Your Mental and Emotional Health
- Suicide and Violence Prevention
- Communication Skills
- Wrap Up: Mental and Emotional Health

Unit 2: Fitness and Nutrition

- Guidelines for Fitness and Nutrition
- Threats to Fitness and Good Nutrition
- Planning for Fitness and Good Nutrition
- Wrap Up: Fitness and Nutrition

Unit 3: Drugs

- Drug Use and Abuse
- Living Drug-Free
- Advocating for a Drug-Free Lifestyle
- Wrap-Up: Drugs

Unit 4: Disease

- Types of Diseases
- Preventing Disease
- Susceptibility, Detection, and Treatment of Disease
- Wrap Up: Disease

Unit 5: Injuries

- Safety and Injury Prevention
- Safety Laws and First Aid

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- Weather and Natural Disaster Safety
- Wrap Up: Injuries

Unit 6: Sexual Health

- Reproductive Health and Relationships
- Abstinence and Online Safety
- Recognizing Harmful Relationships
- Safe Sexuality and Pregnancy
- Wrap Up: Sexual Health

Unit 7: Semester Review and Exam

- Semester Wrap Up

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