Health I Maryland is a comprehensive, skills-based one-semester course designed for general education in grades 9–12. Maryland Health I helps students develop knowledge, attitudes, and essential skills across a range of health concepts, including mental and emotional health, social health, nutrition, physical fitness, substance use and abuse, disease prevention and treatment, injury 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, identifying internal and external influences, communicating effectively, making healthy decisions, and setting goals. Students who complete Health I Maryland gain the knowledge and skills they need to protect, enhance, and promote their own health. This course is built to meet the High School I standards in the Maryland Comprehensive Health Education Framework.

Length: One Semester

Unit 1: Mental and Emotional Health

- Introduction to Health
- Your Mental and Emotional Health
- Challenges to Mental Health
- Communication Skills
- Wrap-Up: Mental and Emotional Health

Unit 2: Fitness and Nutrition

- Guidelines for Fitness and 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
- Susceptibility, Detection, and Treatment of Disease
- Wrap-Up: Disease

Unit 5: Injuries

- Safety
- Injury Prevention and First Aid
- Recognizing Harmful Relationships
- Wrap-Up: Injuries

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Unit 6: Sexual Health

- Reproductive Health and Relationships
- Healthy Relationships and Abstinence
- Safe Sexuality and Pregnancy
- Wrap-Up: Sexual Health

Unit 7: Semester Review and Exam

- Semester Wrap-Up

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