

Scope & Sequence

Content Strands	Chapter 1 Understanding Health and Wellness	Chapter 2 Taking Charge of Your Health	Chapter 3 Achieving Mental and Emotional Health
Personal Health	<ul style="list-style-type: none"> • Being responsible for your own health (1-1) • Understanding the health triangle (1-1) • Staying mentally and emotionally healthy (1-1) • The importance of spiritual health (1-1) • Maintaining a balance of wellness (1-1) • Understanding influences (1-2) • Understanding lifestyle factors (1-3) • Becoming health-literate (1-4) 	<ul style="list-style-type: none"> • Building health skills to stay healthy throughout life (2-1) • Learning conflict resolution (2-1) • Accessing information to benefit well-being (2-1) • Setting goals for health (2-2) 	<ul style="list-style-type: none"> • Maintaining mental and emotional health (3-1) • Controlling self-esteem (3-1) • Being aware of personal identity (3-2) • Expressing good character (3-2) • Understanding and dealing with emotions (3-3)
Consumer and Community Health	<ul style="list-style-type: none"> • Impact of community on spiritual health (1-1) • Maintaining social health (1-1) • How social environment influences your health (1-2) • Role of culture in your environment (1-2) • Encountering the media (1-2) • Promoting the health of others (1-2) • The importance of health education (1-4) 	<ul style="list-style-type: none"> • Using advocacy to share information with others (2-1) • Making informed buying decisions (2-3) • Protecting against health fraud (2-4) 	<ul style="list-style-type: none"> • Demonstrating good citizenship (3-2) • Volunteering in the community (3-2)
Injury Prevention and Safety	<ul style="list-style-type: none"> • Understanding the health continuum (1-1) • Recognizing valid health information (1-2) • Identifying health risks (1-3) • Consequences of risk behaviors (1-3) • Reducing risks (1-3) • Developing programs to promote health and prevent disease (1-4) 	<ul style="list-style-type: none"> • Evaluating products (2-3) 	<ul style="list-style-type: none"> • Importance of safety to good mental health (3-1)
Alcohol, Tobacco, and Other Drugs	<ul style="list-style-type: none"> • Avoiding high risk behaviors (1-2) 	<ul style="list-style-type: none"> • Using refusal skills to avoid unsafe or unhealthful behaviors (2-1) 	<ul style="list-style-type: none"> • Avoiding high-risk behavior (3-2)
Nutrition and Physical Activity	<ul style="list-style-type: none"> • Taking actions to stay healthy (1-1) • Participating in health promoting activities (1-3) 	<ul style="list-style-type: none"> • Importance of long-term and short-term goals (2-2) 	<ul style="list-style-type: none"> • Importance of mental/emotional health on physical health and nutrition (3-1) • Taking healthful risks (3-2)
Environmental Health	<ul style="list-style-type: none"> • The influence of environment on health (1-2) 		<ul style="list-style-type: none"> • Advocating for a safe and healthy environment (3-2)
Family Living	<ul style="list-style-type: none"> • The influence of heredity on health (1-2) • Learning from parents' example (1-2) 	<ul style="list-style-type: none"> • Using communication skills to build relationships with others (2-1) • How decision-making affects values (2-2) 	<ul style="list-style-type: none"> • Effects of mental/emotional health on relationships (3-1) • Developing self-esteem (3-1) • Defining identity through family (3-2) • Forming meaningful relationships (3-2)
Growth and Development	<ul style="list-style-type: none"> • Lifelong commitment to wellness (1-1) 	<ul style="list-style-type: none"> • Importance of responsible decision-making and goal-setting (2-2) 	<ul style="list-style-type: none"> • Adapting to changes in life (3-1) • Using Maslow's Hierarchy of needs (3-1) • Evaluating personal development (3-1) • Forming identity in the teen years (3-2) • Effects of hormones during puberty (3-3)
Communicable and Non-communicable Disease	<ul style="list-style-type: none"> • Chronic disorders and the health continuum (1-1) 		<ul style="list-style-type: none"> • Understanding how promoting mental/emotional health helps prevent disease (3-1)

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Chapter 4 Managing Stress and Coping with Loss	Chapter 5 Mental and Emotional Problems	Chapter 6 Skills for Healthy Relationships	Chapter 7 Family Relationships
<ul style="list-style-type: none"> The role of perception in stress (4-1) Understanding the causes of stress (4-1) The body's stress response (4-1) Physical symptoms of stress (4-1) The additive effects of chronic stress (4-2) Dealing with individual stressors (4-2) Experiencing loss and grief (4-3) 	<ul style="list-style-type: none"> Normalcy of experiencing many emotions (5-1) Understanding anxiety (5-1) Recognizing the signs of depression (5-1) Learning about mental and emotional disorders (5-2) Getting help for a mental health problem (5-4) 	<ul style="list-style-type: none"> Building healthy relationships (6-1) Balancing the different roles in life (6-1) Recognizing the qualities of healthy relationships (6-1) Learning effective communication skills (6-1) Having self-respect as a foundation for healthy relationships (6-2) 	<ul style="list-style-type: none"> Influence of family relationships on health (7-1) Boosting self-esteem (7-1) Learning values to develop character (7-1) Talking about feelings (7-2) Making an effort to support family members (7-2) Benefits of individual counseling (7-3)
<ul style="list-style-type: none"> The influence of cultural background on grieving (4-3) 	<ul style="list-style-type: none"> Helping a suicidal friend (5-3) Getting help in the community (5-4) Types of mental health professionals (5-4) 	<ul style="list-style-type: none"> The impact of a strong community on personal health (6-1) Reinforcing ties to the community (6-1) Showing respect through common courtesy (6-2) Demonstrating tolerance and valuing diversity (6-2) Appreciation in relationships (6-3) 	<ul style="list-style-type: none"> Healthy families as the foundation for a healthy society (7-1) Contributing to social development (7-1) Abusive situations and victims (7-3) Dealing with family problems (7-3) Seeking help from community services (7-3)
<ul style="list-style-type: none"> Strategies for avoiding and limiting stress (4-2) Achieving a relaxation response (4-2) Getting adequate rest (4-2) 	<ul style="list-style-type: none"> Using stress management techniques (5-1) Preventing suicide (5-3) Treating mental health problems (5-4) 	<ul style="list-style-type: none"> Understanding bullying and hazing (6-2) 	<ul style="list-style-type: none"> Family as a protective factor (7-1) Setting rules and limits on behavior (7-1) Stopping domestic violence (7-3)
<ul style="list-style-type: none"> The role of dangerous substances in increasing stress (4-2) 	<ul style="list-style-type: none"> Substance abuse and anxiety (5-1) 	<ul style="list-style-type: none"> Harmful behaviors (6-2) 	<ul style="list-style-type: none"> Facing substance abuse in families (7-2)
<ul style="list-style-type: none"> Redirecting energy in stress prevention (4-2) Getting regular physical activity to aid in relaxation (4-2) 	<ul style="list-style-type: none"> Eating disorders (5-2) 		<ul style="list-style-type: none"> Providing for physical needs (7-1)
<ul style="list-style-type: none"> Identifying potential stressors (4-1) 	<ul style="list-style-type: none"> Environmental factors for depression (5-1) Understanding anxiety disorders (5-2) 	<ul style="list-style-type: none"> Playing different roles in relationships (6-1) 	<ul style="list-style-type: none"> Providing a safe environment for expression of emotions (7-1) Domestic violence situations (7-3)
<ul style="list-style-type: none"> Seeking support from family (4-2) Showing empathy in grieving (4-3) Managing shock and grief (4-3) 	<ul style="list-style-type: none"> Talking to parents about problems (5-4) 	<ul style="list-style-type: none"> The importance of relationships with family (6-1) The impact of family relationships on the health triangle (6-1) 	<ul style="list-style-type: none"> The evolving definition of family (7-1) Meeting mental and emotional needs (7-1) Instilling values (7-1) Sharing culture and traditions (7-1) The importance of family counseling (7-3)
		<ul style="list-style-type: none"> Helping to build social skills and values (6-1) Developing traits that strengthen relationships (6-1) Searching for personal identity and developing a value system (6-2) 	<ul style="list-style-type: none"> Gaining health skills as we grow (7-1) Learning important social skills from family (7-1) Coping with change in circumstances (7-2)
<ul style="list-style-type: none"> Stress as an asthma trigger (4-1) 	<ul style="list-style-type: none"> Types of mental disorders (5-2) 		<ul style="list-style-type: none"> Promoting mental/emotional health in preventing disease (7-1)

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Content Strands	Chapter 8 Peer Relationships	Chapter 9 Resolving Conflicts and Preventing Violence	Chapter 10 Nutrition for Health
Personal Health	<ul style="list-style-type: none"> • Building healthy friendships (8-1) • Avoiding unhealthy friendships (8-1) • Responding to peer pressure (8-2) • Practicing assertive communication (8-2) • Establishing healthful dating expectations (8-3) • Choosing abstinence (8-3) • Effects of a sexual relationship on mental/emotional health (8-3) 	<ul style="list-style-type: none"> • Strengthening health by learning to manage conflicts (9-1) • Adjusting attitude and behavior (9-1) • Compromising to resolve conflicts (9-2) • Understanding sexual violence and responding to a sexual attack (9-3) • Protecting yourself from abusive relationships (9-4) • Overcoming abuse through counseling (9-4) 	<ul style="list-style-type: none"> • How food affects your health and quality of life (10-1) • Learning about nutrition (10-1) • How the body uses nutrients (10-2) • Choosing healthier fats (10-2) • Using the MyPyramid guidelines (10-3) • Planning your meals and snacks (10-3)
Consumer and Community Health	<ul style="list-style-type: none"> • Role of positive peer pressure in the community (8-2) 	<ul style="list-style-type: none"> • Understanding interpersonal conflicts (9-1) • Principles of effective mediation (9-2) • Using peer mediation (9-2) • Effects of exposure to violence in the media (9-3) • Forms of hate crimes (9-3) • Forms of abuse in relationships (9-4) 	<ul style="list-style-type: none"> • Role of advertising on food choice (10-1) • Analyzing the ingredient list (10-4) • Evaluating nutritional claims (10-4) • Understanding organic food labels (10-4)
Injury Prevention and Safety	<ul style="list-style-type: none"> • Guidelines for online friendships (8-1) • Learning assertive refusal skills (8-2) • Setting limits on relationships (8-3) • Practicing abstinence (8-3) 	<ul style="list-style-type: none"> • Understanding the causes of violence (9-3) • Availability of weapons and violence (9-3) • Avoiding sexual violence (9-3) • Understanding date rape and acquaintance rape (9-4) • Evaluating gang violence (9-3) 	<ul style="list-style-type: none"> • Avoiding foodborne illnesses (10-4) • Common symptoms of foodborne illnesses (10-4) • Recognizing food allergies (10-4)
Alcohol, Tobacco, and Other Drugs	<ul style="list-style-type: none"> • Resisting negative peer pressure (8-2) • Practicing abstinence (8-3) • Avoiding places with high-risk behaviors (8-3) 	<ul style="list-style-type: none"> • The role of alcohol in violent crime (9-3) • The role of alcohol and drugs in date rape (9-4) 	
Nutrition and Physical Activity	<ul style="list-style-type: none"> • Using positive peer pressure to do physical activities (8-2) 		<ul style="list-style-type: none"> • Understanding nutrients (10-1) • Eating a variety of healthful foods (10-1) • Types of carbohydrates (10-2) • Importance of fiber (10-2) • Role of proteins (10-2) • Understanding fats (10-2) • Balancing food and physical activity (10-3) • Features of the food label (10-4)
Environmental Health	<ul style="list-style-type: none"> • Using positive peer pressure (8-2) • Choosing safe dating locations (8-3) • Avoiding being isolated on dates (8-3) 	<ul style="list-style-type: none"> • Recognizing escalating situations (9-1) 	<ul style="list-style-type: none"> • Environmental influences on food choices (10-1)
Family Living	<ul style="list-style-type: none"> • Making dating decisions (8-3) • Setting limits on dating relationships (8-3) • Discussing risk situations (8-3) • Effects of teen sexual activity on family relationships (8-3) 	<ul style="list-style-type: none"> • Power struggles between teens and parents (9-1) • Risk factors for children from poor families (9-3) • The importance of strong ties to family (9-4) 	<ul style="list-style-type: none"> • Family influence on food choices (10-1)
Growth and Development	<ul style="list-style-type: none"> • Changing friendships (8-1) 	<ul style="list-style-type: none"> • Conflicting attitudes between friends (9-1) 	<ul style="list-style-type: none"> • Importance of nutrients in growth and development (10-1) • Getting a proper balance of nutrients in the teen years (10-1)
Communicable and Non-communicable Disease	<ul style="list-style-type: none"> • Consequences of sexual activity (8-3) 		<ul style="list-style-type: none"> • Lowering risks for threatening conditions as you age (10-1) • Reducing risk of osteoporosis (10-2)

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Chapter 11 Managing Weight and Eating Behaviors	Chapter 12 Physical Activity and Fitness	Chapter 13 Personal Health Care
<ul style="list-style-type: none"> Understanding metabolism (11-1) Measuring BMI (11-1) Benefits of regular physical activity (11-1) Evaluating your body image (11-2) Understanding obesity (11-1) Understanding anorexia nervosa (11-2) Understanding bulimia nervosa (11-2) 	<ul style="list-style-type: none"> Leading a physically active life (12-1) Improving personal fitness (12-1) Promoting mental and emotional health through activity (12-1) The importance of five elements of fitness in personal health (12-2) Identifying specific fitness goals (12-3) Wearing layers to stay warm (12-4) 	<ul style="list-style-type: none"> The main functions of skin (13-1) The main parts of a tooth (13-2) The parts of the eye (13-3) Understanding vision (13-3) The main sections of the ear (13-3) Understanding hearing and balance (13-3)
<ul style="list-style-type: none"> Influences on body image (11-2) Cultural reasons for vegetarianism (11-3) 	<ul style="list-style-type: none"> Making new friends through physical activity (12-1) Making sure helmets are approved by Snell or ANSI (12-4) 	<ul style="list-style-type: none"> Using sunscreen (13-1)
<ul style="list-style-type: none"> Seeking help for an eating disorder (11-2) Avoiding performance enhancers (11-3) Concerns about dietary supplements (11-3) 	<ul style="list-style-type: none"> Risks of being sedentary (12-1) Preventing injury by stretching (12-2) The importance of warm-ups and cool-downs (12-3) Preventing major and minor injuries (12-4) 	<ul style="list-style-type: none"> Protecting skin from UV rays (13-1) Function of nails (13-1) Keeping teeth and mouth healthy (13-2) Wearing protective gear (13-3) Preventing hearing loss (13-3)
<ul style="list-style-type: none"> Substance abuse and family stress (11-2) 	<ul style="list-style-type: none"> Avoiding alcohol and other drugs for total fitness (12-3) 	<ul style="list-style-type: none"> Avoiding tobacco to keep teeth healthy (13-2)
<ul style="list-style-type: none"> The importance of calories in maintaining weight (11-1) Eating a well-balanced diet every day (11-1) Losing weight healthfully (11-1) Gaining weight healthfully (11-1) Recognizing and avoiding fad diets (11-2) Role of dietary supplements (11-3) Preventing dehydration (11-3) 	<ul style="list-style-type: none"> Achieving fitness goals through exercise (12-1) Improving the five elements of fitness (12-2) Evaluating cardiorespiratory fitness (12-2) Measuring flexibility with the sit-and-reach test (12-2) Using the F.I.T.T. formula to plan work-outs (12-3) 	<ul style="list-style-type: none"> Reducing amount of sweet snacks and drinks (13-2) Getting adequate vitamin A (13-3)
	<ul style="list-style-type: none"> Avoiding exercise in extreme weather (12-4) 	<ul style="list-style-type: none"> Being aware of sun exposure (13-1)
<ul style="list-style-type: none"> Help with accepting yourself (11-2) Hereditary nature of eating disorders (11-2) Family's role in recovery (11-2) 	<ul style="list-style-type: none"> Learning skills to improve relationships (12-1) 	<ul style="list-style-type: none"> Positive effects of good hygiene (13-1)
<ul style="list-style-type: none"> Factors that affect nutritional needs (11-3) 	<ul style="list-style-type: none"> Increasing demands on your body (12-3) Improving fitness over time (12-3) 	<ul style="list-style-type: none"> Common skin problems (13-1) Potential hair problems (13-1) Common tooth and mouth problems (13-2) Categories of hearing loss (13-3)
<ul style="list-style-type: none"> Health risks of being overweight (11-1) Health conditions triggered by foods (11-3) 	<ul style="list-style-type: none"> Lowering risk of cardiovascular disease and type 2 diabetes (12-2) Protecting yourself from skin cancer (12-4) 	<ul style="list-style-type: none"> Risks of hepatitis B, hepatitis C, and HIV through body piercing and tattooing (13-1) Identifying early stages of melanoma (13-1)

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Content Strands	Chapter 14 Skeletal, Muscular, and Nervous Systems	Chapter 15 Cardiovascular, Respiratory, and Digestive Systems	Chapter 16 Endocrine and Reproductive Health
Personal Health	<ul style="list-style-type: none"> • How the skeletal system works (14-1) • Components of the skeletal system (14-1) • Understanding the muscular system (14-2) • Understanding muscular problems (14-2) • Importance of the nervous system (14-3) 	<ul style="list-style-type: none"> • How the circulatory system works (15-1) • Types of blood vessels (15-1) • How the lymphatic system works (15-1) • Understanding blood pressure (15-1) • How the respiratory system works (15-2) • The parts of the digestive system (15-3) • How the excretory system works (15-4) • The parts of the urinary system (15-4) 	<ul style="list-style-type: none"> • The functions of the endocrine system (16-1) • The function of the male reproductive system (16-2) • The role of the female reproductive system and its parts (16-3)
Consumer and Community Health	<ul style="list-style-type: none"> • Getting scoliosis screenings (14-1) 	<ul style="list-style-type: none"> • Treating pneumonia with antibiotics (15-2) 	<ul style="list-style-type: none"> • Testicular self-exam (16-2) • Breast self-exam (16-3)
Injury Prevention and Safety	<ul style="list-style-type: none"> • Caring for the skeletal system (14-1) • Types of fractures (14-1) • Wearing appropriate clothes (14-2) • Using proper equipment (14-2) • Warming up and stretching properly (14-2) • Caring for the nervous system (14-3) 	<ul style="list-style-type: none"> • The role of respiratory structures in disease prevention (15-2) • Preventing infection with regular hand washing (15-2) 	<ul style="list-style-type: none"> • The role of the adrenal glands in stress control (16-1) • Wearing equipment to protect the reproductive organs (16-2)
Alcohol, Tobacco, and Other Drugs	<ul style="list-style-type: none"> • Effects of drug and alcohol on the nervous system (14-3) 	<ul style="list-style-type: none"> • Maintaining circulatory health (15-1) • Maintaining respiratory health (15-2) 	<ul style="list-style-type: none"> • Drug use and risk of sterility (16-2)
Nutrition and Physical Activity	<ul style="list-style-type: none"> • Keeping muscles strong and healthy (14-2) • Getting regular exercise (14-2) • Eating high-protein foods (14-2) 	<ul style="list-style-type: none"> • Maintaining circulatory health (15-1) • Maintaining digestive health (15-3) • Keeping the excretory system healthy (15-4) 	<ul style="list-style-type: none"> • Balanced diet for healthy endocrine system (16-2)
Environmental Health		<ul style="list-style-type: none"> • Limiting exposure to environmental pollutants (15-2) 	
Family Living		<ul style="list-style-type: none"> • Role of heredity in cardiovascular problems (15-1) 	<ul style="list-style-type: none"> • Advocating for self-exams for early detection (16-2)
Growth and Development	<ul style="list-style-type: none"> • Understanding ossification (14-1) 	<ul style="list-style-type: none"> • Congenital heart defects (15-1) • The development of varicose veins (15-1) 	<ul style="list-style-type: none"> • How hormones control growth (16-1) • Maturation of the male reproductive system (16-2) • Maturation of the female reproductive system (16-3)
Communicable and Non-communicable Disease	<ul style="list-style-type: none"> • Understanding osteoporosis (14-1) • Understanding muscular dystrophy (14-2) • Diseases of the nervous system (14-3) 	<ul style="list-style-type: none"> • Problems of the cardiovascular system (15-1) • Problems of the lymphatic system (15-1) • Respiratory disorders (15-2) • Functional problems of the digestive system (15-3) 	<ul style="list-style-type: none"> • Problems of the male reproductive system (16-2) • Problems of the female reproductive system (16-3)

Scope & Sequence

Chapter 17 The Beginning of the Life Cycle	Chapter 18 The Life Cycle Continues	Chapter 19 Medicines and Drugs
<ul style="list-style-type: none"> Understanding inherited traits (17-2) Influence of DNA on inherited traits (17-2) Role of the zygote (17-2) Dominant and recessive genes (17-2) Determining gender (17-2) 	<ul style="list-style-type: none"> Understanding changes of adolescence (18-1) Building a personal value system (18-1) Identifying vocational goals (18-1) Gaining control over behavior (18-1) Difference between physical maturity and adulthood (18-2) Health concerns in middle adulthood (18-3) Moving into late adulthood (18-3) 	<ul style="list-style-type: none"> Using medicines to restore health (19-1)
<ul style="list-style-type: none"> The process of childbirth (17-1) Genetically engineering drugs (17-2) 	<ul style="list-style-type: none"> Social changes during adolescence (18-1) Social transitioning in middle adulthood (18-3) Public health policies and programs (18-3) 	<ul style="list-style-type: none"> Using vaccines to prevent or protect against diseases (19-1) Role of antibodies in fighting pathogens (19-1)
<ul style="list-style-type: none"> Importance of prenatal care (17-1) Using caution with cleaning products while pregnant (17-1) Testing for genetic disorders before birth (17-2) Getting health screenings during childhood (17-3) 		<ul style="list-style-type: none"> Minimizing risk by following FDA regulations (19-2) FDA label requirements for OTC and prescription medicines (19-2)
<ul style="list-style-type: none"> Avoiding alcohol while pregnant (17-1) Giving birth to a healthy baby (17-1) Getting doctor approval of over-the-counter medicine (17-1) 	<ul style="list-style-type: none"> Choosing abstinence from tobacco, alcohol, and drugs (18-1) 	<ul style="list-style-type: none"> Negative effects of medicines when misused (19-1) Addictive properties of certain pain relievers (19-1) Dangers of mixing medicines or other drugs (19-2)
<ul style="list-style-type: none"> Nourishment during pregnancy (17-1) Staying fit while pregnant (17-1) Smoking as a risk for low birth weight (17-1) 	<ul style="list-style-type: none"> Maintaining lifelong healthful habits (18-3) 	<ul style="list-style-type: none"> Chemical properties of herbal supplements (19-2)
<ul style="list-style-type: none"> Being aware of hazards in the environment (17-1) Effect of the environment on inherited traits (17-1) 		<ul style="list-style-type: none"> Managing allergic reactions with medicine (19-1)
<ul style="list-style-type: none"> Birth process (17-1) 	<ul style="list-style-type: none"> Building a successful marriage (18-2) Parenting demands (18-2) Challenges of teen parenting (18-2) 	
<ul style="list-style-type: none"> Stages between conception and birth (17-1) How traits are inherited (17-2) Genetics and fetal development (17-2) The four stages of childhood (17-3) Social development in late childhood (17-3) 	<ul style="list-style-type: none"> Role of hormones in adolescence (18-1) Three major stages of adulthood (18-2) Changes during middle adulthood (18-3) Mental/emotional transitions in middle adulthood (18-3) 	<ul style="list-style-type: none"> Avoiding medicine misuse (19-2) Understanding medicine labels (19-2)
<ul style="list-style-type: none"> Fetal Alcohol Syndrome (17-1) Genetic disorders (17-2) Testing for PKU (17-2) Genetic counseling (17-2) Screening for scoliosis (17-3) 	<ul style="list-style-type: none"> Risk of cancer in middle adulthood (18-3) Risk of heart disease in middle adulthood (18-3) Conditions that result from aging (18-3) 	<ul style="list-style-type: none"> Using medicines to prevent or treat chronic ailments (19-1)

Scope & Sequence

Content Strands	Chapter 20 Tobacco	Chapter 21 Alcohol	Chapter 22 Illegal Drugs
Personal Health	<ul style="list-style-type: none"> • Reading and understanding warning labels (20-1) • Physiological and psychological dependence on nicotine (20-1) • Preparing a quit day (20-2) 	<ul style="list-style-type: none"> • Varying intoxicating effects of alcohol (21-1) • Physical and mental effects of alcohol (21-1) • Benefits of living alcohol-free (21-2) • Understanding Blood Alcohol Concentration (BAC) (21-3) 	<ul style="list-style-type: none"> • Perceptions of drug use (22-1) • Effects of illegal drug use on total health (22-1) • Other consequences of drug use (22-1) • Choosing a drug-free life (22-3)
Consumer and Community Health	<ul style="list-style-type: none"> • The cost of tobacco use (20-1) • Factors contributing to reduced use of tobacco (20-2) • Creating a smoke-free society (20-3) 	<ul style="list-style-type: none"> • Alcohol advertising (21-1) • Media messages about alcohol (21-2) • Means of advertising (21-2) • Alcoholism's effects on society (21-3) • Resources and programs for alcoholics and their families (21-3) 	<ul style="list-style-type: none"> • The influence of peer pressure on drug use (22-1) • Relating teen depression and suicide to drug abuse (22-1) • Harming society with drug abuse (22-1) • Types of drug treatment centers (22-4)
Injury Prevention and Safety	<ul style="list-style-type: none"> • Health risks of tobacco use (20-1) • Understanding tobacco products (20-1) • Choosing a tobacco-free lifestyle (20-2) • Strategies for avoiding tobacco (20-2) • The effects of tobacco smoke on nonsmokers (20-3) 	<ul style="list-style-type: none"> • Risks of binge drinking (21-1) • Symptoms of alcohol poisoning (21-1) • Linking alcohol to fatalities (21-2) • Breaking the law (21-2) • Drinking's effect on violent behavior (21-2) • Drinking and driving (21-3) 	<ul style="list-style-type: none"> • Effect of drugs on risky behaviors (22-1) • Avoiding situations where there are drugs (22-1) • Using refusal statements (22-4)
Alcohol, Tobacco, and Other Drugs	<ul style="list-style-type: none"> • How nicotine works (20-1) • The poisonous components of tobacco smoke (20-1) • Types of tobacco products (20-1) • Components of second-hand smoke (20-3) 	<ul style="list-style-type: none"> • Health risks of alcohol use (21-1) • Alcohol's effects on other medicines (21-1) • Choosing to live alcohol-free (21-2) • Impact of alcohol abuse (21-3) • Symptoms of alcoholism (21-3) • Treating alcoholism (21-3) 	<ul style="list-style-type: none"> • Understanding substance abuse (22-1) • Dangers of inhalants (22-2) • Damaging effects of psychoactive drugs (22-3) • Different types of stimulants (22-3) • The effects of depressants (22-3)
Nutrition and Physical Activity	<ul style="list-style-type: none"> • Replacing tobacco use with healthy behaviors (20-2) 	<ul style="list-style-type: none"> • Food slows alcohol passage into bloodstream (21-1) 	<ul style="list-style-type: none"> • Choosing healthy alternatives to drug use (22-4)
Environmental Health	<ul style="list-style-type: none"> • Motivations for tobacco use (20-2) • Enforcing no-smoking policies (20-2) • Reducing effects of second-hand smoke (20-3) 	<ul style="list-style-type: none"> • Banning alcohol in schools (21-2) • Alcohol-free settings (21-2) • Environmental factors for alcoholism (21-3) 	<ul style="list-style-type: none"> • Choosing friends who will help you remain drug-free (22-4) • Enforcing drug-free school zones (22-4)
Family Living	<ul style="list-style-type: none"> • Influence of family values on tobacco use (20-2) 	<ul style="list-style-type: none"> • Influence on alcohol use (21-2) • Losing trust of friends and family (21-2) • Alcohol abuse in families (21-2) 	<ul style="list-style-type: none"> • Help in resisting drug use (22-1) • Effect of substance abuse on families (22-1)
Growth and Development	<ul style="list-style-type: none"> • Short term and long term damage caused by smoking (20-1) • Effect of tobacco smoke on asthma development (20-3) • Health risks to unborn children and infants (20-3) 	<ul style="list-style-type: none"> • Effect of alcohol on brain development (21-1) • Age of drinker and dependency (21-2) • Fetal Alcohol Syndrome (21-3) 	<ul style="list-style-type: none"> • Using drugs while pregnant (22-1) • Fetal death resulting from heroin use (22-3)
Communicable and Non-communicable Disease	<ul style="list-style-type: none"> • Linking smoking to disease (20-1) • Signs of leukoplakia (20-1) • Health problems associated with smoking (20-1) 	<ul style="list-style-type: none"> • Alcohol and increasing risk of contracting STDs (21-2) 	<ul style="list-style-type: none"> • Increased risk of contracting diseases (22-1) • Side effects of steroid use (22-2) • Drugs putting teens at risk for STDs (22-3) • Increased exposure to HIV/AIDS (22-3)

Scope & Sequence

Chapter 23 Communicable Diseases	Chapter 24 Sexually Transmitted Diseases and HIV/AIDS	Chapter 25 Noncommunicable Diseases and Disabilities
<ul style="list-style-type: none"> Understanding communicable diseases (23-1) Protecting yourself by hand washing (23-1) Knowing the body's natural defenses (23-3) Understanding the role of the immune system (23-3) 	<ul style="list-style-type: none"> Committing to abstinence (24-2) Avoiding high-risk behavior (24-2) Responsibly reporting infection (24-2) Practicing refusal skills to avoid high-risk behavior (24-4) 	<ul style="list-style-type: none"> Understanding noncommunicable diseases (25-1) Knowing the risk factors for cardiovascular disease (25-1) Recognizing the risk factors for cancer (25-2) Practicing healthful behavior to reduce risk for cancer (25-2)
<ul style="list-style-type: none"> How diseases are spread (23-1) Understanding immunity (23-3) Developing active immunity (23-3) Role of vaccination in society (23-3) Tracking reportable diseases (23-3) The importance of immunization (23-3) 	<ul style="list-style-type: none"> Risks for contracting STDs (24-1) FDA approval of HPV vaccine (24-2) Controlling the STD epidemic (24-2) HIV/AIDS statistics (24-3) How HIV/AIDS is transmitted (24-3) Treating HIV/AIDS (24-4) 	<ul style="list-style-type: none"> Exposure to carcinogens (25-2) Advertising for allergy medicine (25-3) The rise in incidence of type 2 diabetes (25-3) Accommodating people with physical and mental challenges (25-4) The passing of the Americans with Disabilities Act (25-4)
<ul style="list-style-type: none"> Understanding the causes of communicable diseases (23-1) Taking steps to prevent transmission (23-1) Preventing respiratory disease (23-2) Strategies to aid the immune system in protecting the body (23-3) 	<ul style="list-style-type: none"> Importance of early diagnosis and treatment (24-1) Using vaccines to prevent HPV (24-1) Preventing STDs through abstinence (24-2) Identifying high-risk behavior (24-2) Preventing the spread of HIV/AIDS (24-4) 	<ul style="list-style-type: none"> Recognizing diseases of the heart and their warning signs (25-1) Detecting and treating cancer (25-2) Diagnosing allergens (25-3) Strategies to reduce risk of arthritis (25-3)
<ul style="list-style-type: none"> Abstain from smoking to prevent respiratory infections (23-2) 	<ul style="list-style-type: none"> Transmitting HIV via needle sharing (24-3) 	<ul style="list-style-type: none"> Taking medication properly (25-3)
<ul style="list-style-type: none"> Preventing the spread of disease (23-3) 		<ul style="list-style-type: none"> Making unhealthful food choices (25-1) Committing to regular exercise and weight control (25-1) Debilitating effects of arthritis (25-3) Symptoms of rheumatoid arthritis (25-3) Dealing with physical disabilities (25-4)
<ul style="list-style-type: none"> Airborne transmission of germs (23-1) How salmonella and E. coli are spread (23-4) Understanding recreational water illnesses (23-4) 	<ul style="list-style-type: none"> Knowing about the behaviors of those around you (24-4) 	<ul style="list-style-type: none"> The causes of allergies (25-3) Common triggers of asthma (25-3)
<ul style="list-style-type: none"> Developing passive immunity (23-3) 	<ul style="list-style-type: none"> Transmitting HIV/AIDS from mother to child (24-3) 	
<ul style="list-style-type: none"> How viruses work (23-1) Types of bacteria (23-1) Identifying pneumonia (23-2) Emerging infections (23-4) 	<ul style="list-style-type: none"> Practicing abstinence to avoid STDs (24-1) Abstinence as protection against HIV protection (24-3) 	<ul style="list-style-type: none"> Benign and malignant tumors (25-2) Learning to manage asthma (25-3)
<ul style="list-style-type: none"> How viruses work (23-1) Types of bacteria (23-1) Identifying pneumonia (23-2) Emerging infections (23-4) 	<ul style="list-style-type: none"> Symptoms and treatment for common STDs (24-2) Understanding the transmission of HIV/AIDS (24-3) Diagnosing HIV/AIDS (24-4) 	<ul style="list-style-type: none"> Types of cardiovascular disease (25-1) Different forms of cancer and their characteristics (25-2) Type 1 and Type 2 diabetes (25-3)

Scope & Sequence

Content Strands	Chapter 26 Safety and Injury Prevention	Chapter 27 First Aid and Emergencies	Chapter 28 Community and Environmental Health
Personal Health	<ul style="list-style-type: none"> Protecting personal safety (26-1) Learning self-defense (26-1) Recognizing Internet hazards (26-1) Wearing a Personal Flotation Device, PFD (26-3) Driving responsibly and following the rules of the road (26-4) 	<ul style="list-style-type: none"> Learning and using proper first aid procedures (27-1) Protecting yourself during a severe storm (27-4) 	<ul style="list-style-type: none"> Using the health care system (28-1) Seeing a physician regularly (28-1) Being aware of your medical history (28-1) Improving indoor air quality (28-2) Conserving to protect the environment (28-3)
Consumer and Community Health	<ul style="list-style-type: none"> Safety tips on electricity (26-2) Making neighborhoods safer (26-2) Setting laws to protect workers (26-2) Road safety (26-4) Protecting young drivers with graduated license programs (26-4) Noticing pedestrians (26-4) 	<ul style="list-style-type: none"> Contacting a poison control center (27-3) What to expect during a natural disaster (27-4) National services for weather emergencies and natural disasters (27-4) 	<ul style="list-style-type: none"> Receiving health care in a variety of settings (28-1) Paying for health insurance (28-1) Promoting public health (28-1) National Health Agencies' role in providing health services and education (28-1) Effects of global warming (28-2)
Injury Prevention and Safety	<ul style="list-style-type: none"> Following safety tips to prevent injury (26-1) Taking precautions online (26-1) Breaking the accident chain (26-2) Planning a fire escape route (26-2) Reducing risk of injury due to falls (26-2) Taking precautions to prevent poisoning (26-2) Keeping guns out of reach of children (26-2) Important rules for outdoor activity (26-3) Following water safety precautions (26-3) Paying attention while driving (26-4) 	<ul style="list-style-type: none"> Steps for responding to an emergency (27-1) Universal precautions for first aid (27-1) Identifying the types of open wounds (27-1) Treatment for burns (27-1) Performing CPR (27-2) Recognizing the universal sign for choking (27-1) Delivering first aid to a shock victim (27-2) Responding to unconscious victims (27-3) Maintaining an emergency survival kit (27-4) 	<ul style="list-style-type: none"> Importance of Occupational Safety and Health Administration (28-1) Common sources of indoor air pollution (28-2) Improving indoor air quality (28-2) Identifying hazardous waste (28-3)
Alcohol, Tobacco, and Other Drugs	<ul style="list-style-type: none"> Avoiding riding with drivers who have been using alcohol or other drugs (26-4) 		<ul style="list-style-type: none"> Cigarette smoke as a source of air pollution (28-2)
Nutrition and Physical Activity	<ul style="list-style-type: none"> Taking self-defense classes (26-1) Tips for camping and hiking (26-3) Participating in winter activities (26-3) Staying safe while swimming and diving (26-3) Bike riding safety (26-4) 	<ul style="list-style-type: none"> Drinking bottled water in case of contaminated water supply (27-4) 	<ul style="list-style-type: none"> Knowing your lifestyle and habits (28-1)
Environmental Health	<ul style="list-style-type: none"> Taking safety precautions at home (26-2) Reducing risk of falls (26-2) Storing guns safely (26-2) Making school a safer place (26-2) Respecting the environment (26-3) Preparing for winter sports (26-3) 	<ul style="list-style-type: none"> Exposure to poisonous plants (27-3) Paying attention to weather warnings (27-4) Recognizing a hurricane or tornado (27-4) 	<ul style="list-style-type: none"> Role of the Environmental Protection Agency (EPA) (28-1) Understanding air pollution (28-2) Causes and effects of global warming (28-2) Common sources of indoor air pollution (28-2)
Family Living	<ul style="list-style-type: none"> Preventing fires in the household (26-2) Taking precautions with firearms (26-2) 	<ul style="list-style-type: none"> Securing the home in case of evacuation (27-4) 	<ul style="list-style-type: none"> Knowing if health problems run in your family (28-1) Role of the Food and Nutrition Service (28-1)
Growth and Development	<ul style="list-style-type: none"> Influence of emotional state on driving (26-4) Protecting self from road rage (26-4) 	<ul style="list-style-type: none"> Learning CPR for adults and infants (27-2) 	<ul style="list-style-type: none"> Learning CPR for adults, children, and infants (28-2) How to help an adult, child, or infant who is choking (28-2)
Communicable and Non-communicable Disease	<ul style="list-style-type: none"> Techniques for preventing chronic injury due to computer use (26-2) 	<ul style="list-style-type: none"> Risks of giving first aid when there is blood present (27-1) 	<ul style="list-style-type: none"> Relationship between air pollution and chronic respiratory disorders (28-2)