

The purpose of this course is to provide students with the opportunity to gain the knowledge and skills necessary to become health literate and practice responsible behaviors to promote healthy living. This comprehensive course focuses on making wise personal decisions and respecting and promoting the health of others.

Semester One					Orientation Week					Semester Two										
M	T	W	TH	F	Classroom expectations and rules										M	T	W	TH	F	
AUGUST 2019					Unit 1: Mental Health					JANUARY 2020										
			1	2	Course Standards - CPALMS					Essential Topics and Vocabulary							1	2	3	
5	6	7	8	9	HE.7.B.4.1	HE.7.B.5.2	HE.7.B.6.3	HE.7.C.2.2	Health, Wellness, Communication, Passive, Assertive, Aggressive, I-Messages, You message, Self esteem, Negotiation, Communities, Values, Media, Valid Cultural, Norms, Stress, Stressor, Distress, Eustress, Psychosomatic Illness, Anticipated Stress/Anxiety, Adrenaline, Bully, Bystander, Upstander, Sexting, Anonymous, Empathy, Goal, IDEAL Decision Making process, Consequences, Self injury, Mental Illness, Autism, Anxiety, Mood Disorder, Schizophrenia, Depression, Heredity, A.C.T., Suicide	6	7	8	9	10						
12	13	14	15	16	HE.7.B.4.4	HE.7.B.4.3	HE.7.B.4.2	HE.7.C.1.8		13	14	15	16	17						
19	20	21	22	23	HE.7.B.6.2	HE.7.B.6.1	HE.7.B.5.5	HE.7.B.5.4		20	21	22	23	24						
26	27	28	29	30	HE.7.C.1.7	HE.7.C.1.4	HE.7.C.1.3	HE.7.C.1.2		27	28	29	30	31						
SEPTEMBER 2019					HE.7.P.7.1	HE.7.C.2.9	HE.7.C.2.6	FEBRUARY 2020												
2	3	4	5	6	Unit 2: Substance Abuse Prevention					3	4	5	6	7						
9	10	11	12	13	Course Standards - CPALMS					Essential Topics and Vocabulary					10	11	12	13	14	
16	17	18	19	20	Course Standards - CPALMS					Essential Topics and Vocabulary					17	18	19	20	21	
23	24	25	26	27	HE.7.B.3.1	HE.7.B.3.3	HE.7.B.3.4	HE.7.B.4.4		Influence, Legal, Illegal, Addiction, Withdrawal, Nicotine, Prescription Drugs, Over the Counter Drugs, Misuse, Abuse, Physical Dependence, Psychological Dependence, Overdose, Tolerance, Carcinogen, Secondhand Smoke, ENDS, Alcohol Poisoning, Binge Drinking, Cirrhosis, FAS, FASD, BAC, Recovery, DUI, Intoxicatin/Inebriation, Black Out, Hangover, Triggers, Reaction Time, Relapse, THC, Short-term, Long-term, Opiate, Opioid, Hallucinogen, Steroid, Depressant, Stimulant, Inhalant, Narcotic, Refusal Skills	24	25	26	27	28					
30					HE.7.C.1.2	HE.7.C.1.1	HE.7.B.5.5	HE.7.B.5.4			MARCH 2020									
OCTOBER 2019					HE.7.C.2.1	HE.7.C.1.8	HE.7.C.1.4	HE.7.C.1.3	2		3	4	5	6						
	1	2	3	4	HE.7.C.2.8	HE.7.C.2.5	HE.7.C.2.3	HE.7.C.2.2	9		10	11	12	13						
7	8	9	10	11	HE.7.P.8.3	HE.7.P.8.2	HE.7.P.7.1	HE.7.C.2.9	16		17	18	19	20						
14	15	16	17	18	Unit 3: Human Sexuality						23	24	25	26	27					
21	22	23	24	25	Course Standards - CPALMS						Essential Topics and Vocabulary					30	31			
28	29	30	31		Course Standards - CPALMS						Essential Topics and Vocabulary					APRIL 2020				
NOVEMBER 2019					HE.7.B.4.2	HE.7.B.4.4	HE.7.B.5.2	HE.7.B.5.5	Puberty, Adolescent, Abstinence, Penis, Scrotum, Testes, Sperm, Testosterone, Epididymis, Vas Deferens, Seminal Vesicles, Prostate Gland, Cowper's Gland, Erection, Semen, Ejaculation, Nocturnal Emission, Sex Cell, Vagina, Urethra, Uterus, Cervix, Ovary, Estrogen, Progesterone, Fallopian Tubes, Endometrium, Hymen, Clitoris, Labia Minora, Labia Majora, Ovulation, Menstruation, Menstrual Cycle, TSS, Intercourse, Fertilization/Conception, Pregnancy, Embryo, Fetus, Fetal Development, Delivery Methods, Labor, Contractions, FAS, FASD, STI/STD, Bacterial/Virial Infection, Barrier/Condom, Sexting, Dating Violence, Rape/Sexual Assault, Human Trafficking				1	2	3					
				1	HE.7.P.7.1	HE.7.C.2.9	HE.7.C.2.8	HE.7.C.2.7			6	7	8	9	10					
4	5	6	7	8	HE.7.C.2.5	HE.7.C.2.3	HE.7.C.2.2	HE.7.C.2.1		13	14	15	16	17						
11	12	13	14	15	HE.7.C.1.8	HE.7.C.1.6	HE.7.C.1.5	HE.7.C.1.2		20	21	22	23	24						
18	19	20	21	22	HE.7.C.1.1	HE.7.B.6.1						27	28	29	30					
25	26	27	28	29						MAY 2020										
DECEMBER 2019														1						
2	3	4	5	6	Unit 4: Nutrition					4	5	6	7	8						
9	10	11	12	13	Course Standards - CPALMS					Essential Topics and Vocabulary					11	12	13	14	15	
16	17	18	19	20	HE.7.B.3.1	HE.7.C.1.1	HE.7.C.1.2	HE.7.C.1.3		Nutrient, Essential, Hydration, Metabolism, Digestive System, Calorie, Portion, Serving, Food and Drug Administration, RDA, Nutrition Facts Label, Ingredients, BMI, Eating Disorder, Bulimia Nervosa, Anorexia Nervosa, Binge Eating, Heredity, Influence, Consumption, Vegan, Vegetarian, Hypertension, Osteoporosis, Diabetes, Obesity, Cholesterol, Heart Disease	18	19	20	21	22					
23	24	25	26	27	HE.7.P.7.2	HE.7.P.7.1	HE.7.C.2.9	HE.7.C.2.8	25		26	27	28	29						
30	31				HE.7.B.5.2	HE.7.C.2.5	HE.7.C.1.4	HE.7.C.1.7												
Pre School Work Days					HE.7.C.2.7	HE.7.C.1.8	HE.7.C.2.3	HE.7.C.2.2												
					HE.7.C.2.1															
DWT DAY																				
END OF SEMESTER CELEBRATIONS/REVIEW PRIOR CONTENT/COOPERATIVE GAMES																				
NO CLASSES																				