### Orientation Week

- **August 2023**
  - **Unit 1: Resiliency Education (Mental Health)**
    - **Essential Topics and Vocabulary**
      - Dimensions of Health (Physical, Mental, Social, and Intellectual); Mental Stress, Self-esteem; Decision-Making; Short and Long Term Consequences; Goal Setting (SMART); Refusal Skills; Problem Solving; Empathy; Peer Pressure; Coping Skills, Growth Mindset; Grit
  
- **September 2023**
  - **Unit 2: Substance Abuse Prevention**
    - **Essential Topics and Vocabulary**
      - 2nd Hand Smoke; Decision-Making; Short and Long Term Consequences; Goal Setting (SMART); Over-the-Counter Medications; Refusal Skills; Problem Solving; Driving under the influence (DUI); Media Influences (ex. Vaping and Tobacco Ads); Alcohol Abuse and Misuse; Illegal Substances; Substance Use and Abuse; Opioids, Tobacco; Vaping; Short and Long-term Effects of Alcohol; Drug Classifications; Marijuana/THC Potency
  
- **October 2023**
  - **Unit 3: Nutrition, Personal Health and Safety**
    - **Essential Topics and Vocabulary**
      - Physical activity, eating habits, adequate sleep; health professionals, Internet Safety, CPR, Environmental Factors; Heredity; Calorie Expenditure, Weight Management, Disease prevention through Hygiene; Decision-Making; Short and Long Term Consequences; Goal Setting (SMART); Bike and Pedestrian Safety, Firearm Safety; Trusted Adults; Human Trafficking Awareness; Body Image and Social Media; Cyberbullying; Appropriate Resources
  
- **November 2023**
  - **Unit 4: Reproductive Health (formerly Human Sexuality)**
    - **Essential Topics and Vocabulary**
      - Infectious Diseases and Disease Transmission, HIV, care of reproductive health organs/systems; Teen Dating Violence and Abuse; Decision-Making; Short and Long Term Consequences including Teenage Pregnancy; Goal Setting (SMART); Refusal Skills; Problem Solving; Abstinence; Human Trafficking Awareness

### School Year Calendar

- **Semester One**
  - **August 2023**
  - **September 2023**
  - **October 2023**
  - **November 2023**

- **Semester Two**
  - **January 2024**
  - **February 2024**
  - **March 2024**
  - **April 2024**
  - **May 2024**

### Important Dates

- **DWT Day**
- **End of Semester Celebrations/Review Prior**
- **No Classes**

**Pinellas County Schools**

**2023 - 2024**