★ Unit One - What is Health?
A. Controllable/Uncontrollable Risk Factors
B. Leading Causes of Death
C. Six Components of Health
D. Goals/Making Good Decisions
E. Communication
F. Stress and How to Deal with it
G. Mental Health
   1. Types of
   2. Causes of
   3. Suicide

★ Unit Two - Nutrition and Fitness
A. Benefits of being active
B. Common injuries and how to treat them
C. Food Labeling
D. Problems with being overweight
E. Eating Disorders
F. Nutrition
   1. Definitions
   2. Six types of nutrients

★ Unit Three - CPR/First Aid
A. How to perform CPR on an adult, child, and infant victim
B. How to help someone who is choking
C. Knowledge of how to use an AED
D. Basic first aid information

★ Unit Four - Diseases and Disorders
A. Causes of Infectious Diseases/Types of Pathogens
B. How infectious diseases are spread
C. How we fight infectious diseases
D. Controllable and Uncontrollable risk factors
E. Disorders and Disabilities
F. Lifestyle (non-infectious diseases)
   1. Heart Disease
   2. Cancer
   3. Diabetes

★ **Unit Five - Alcohol, Drugs, and Tobacco**
   A. Effects of Alcohol
   B. Alcohol Laws
   C. Effects of all tobacco products
   D. Effects of Illegal Drugs and the Most Abused Drugs by Teens

★ **Unit Six - Distracted Driving**
   A. Causes of most teenage motor vehicle accidents
   B. Ways to prevent distracted driving

★ **Unit Seven - Adolescence to Adulthood**
   A. Examine all the different stages of life
   B. Learn to make a budget

★ **Unit Eight - P.A.P.A. (Parenting and Paternity Awareness)**
   A. Effects of being a teenage parent
   B. Statistics
   C. Legal definitions about being a legal father
   D. Healthy dating Characteristics, Healthy Marriage Characteristics, Healthy Family Characteristics

★ **Unit Nine - Dating Violence/Violence**
   A. Definitions and effects of Violence, Abuse, and Domestic Violence
   B. Definition and effect of Sexual Harassment
   C. Definition of Sexual Assault and Rape
   D. Effects of violence on Children

★ **Unit Ten - Human Sexuality**
   A. The importance of abstinence
   B. Male and Female Reproductive systems
   C. Birth and birthing process
   D. STD’s causes and effects
   E. HIV/AIDS causes and effects