

| | Unit Goals | Key Skills | Class Periods |
|---|---|---|---------------|
| The Value of Good Health | To introduce the LST HS program and how it is relevant to students' health. | Cooperative learning; using assessment rubrics; self-analysis. | 1 |
| Decision-Making for Health | To teach how to make decisions that benefit personal health practices. | Self-reflection and assessment; analysis of health risks; decision analysis. | 1 |
| Risk-Taking and Substance Abuse | To counter myths and misconceptions about drugs, their rate of usage, and effects; to increase awareness of effects of drug use on physical, mental, and emotional health. | Researching, analyzing, and applying data. | 1 |
| The Media and Health | To increase awareness of how the media influences our health behavior; to increase resistance to media manipulation and influence. | Content analysis of media techniques; comparing media messages to previous knowledge; oral presentations and projects. | 2 |
| Managing Stress, Anger, and Other Emotions | To teach recognition of stress and anger triggers and how they relate to behavior; how substance use is related to stress; techniques for managing stress and anger. | Self-reflection and assessment of stress and anger triggers and responses; resulting risky behaviors; analysis and practice of five techniques for managing stress and anger. | 1 |
| Family Communications | To increase awareness of changing roles in the family; to teach how to communicate effectively with family members. | Identifying developmental changes in oneself; interviewing family member; communication skills. | 2 |
| Healthy Relationships | To increase awareness of what students are attracted to in others and what attracts others to them; skills for effective social interaction; resolving conflicts in close personal relationships. | Reflecting on actions taken in personal relationships; verbal and non-verbal assertiveness; making social contacts; practicing conflict resolution. | 2 |
| Total Class Periods | | | 10 |