**Scope and Sequence:**

 **1st Six Weeks**

UNIT I – A Healthy Foundation

 Chapter 1 – Living a Healthy Life – Intro

 Chapter 5 – Nutrition and Your Health

 Chapter 24 – Communicable Diseases

 Chapter 6 - Managing Weight and Body Composition

UNIT II – Promoting Safe and Healthy Relationships

 Chapter 10 – Skills for Healthy Relationships

 Chapter 11 – Family Relationships

 Chapter 12 – Peer Relationships

Parenting and Paternity Awareness (State-Mandated)

 Sessions 6 – What it Takes to Be a Parent

 Session 7 – Single Parenting

 Session 8 – Healthy Married Parenting

 Session 9 – Parents Who Won’t Pay

 Session 10- Love, Marriage, and a Baby Carriage

 Session 11 – Choosing Healthy Relationships

 Session 12 – Marriage and Families

 Session 13 – Looking at Relationship Violence

 Session 14 – Building Strong Families

**2nd Six Weeks**

UNIT III –Suicide Prevention Curriculum: Jason Foundation

 Chapter 13 - Violence Prevention

UNIT IV - Tobacco, Alcohol, and Other Drugs

 Chapter 21- Tobacco

 Chapter 22 – Alcohol

 Chapter 23 – Medicines and Drugs

**3rd Six Weeks**

UNIT V - Personal Care, Body Systems, and Diseases

 Chapter 18 – Endocrine and Reproductive Systems

 Chapter 25 – Sexually Transmitted Infections and HIV/AIDS

 Abstinence Emphasized – Sex Education

UNIT VI – Growth and Development

 Chapter 19 – Prenatal Development and Birth

 Chapter 20 – Adolescence and the Life Cycle

Parenting and Paternity Awareness (State-Mandated)

 Session 1 – Introduction to P.A.P.A.

 Session 2 – What is a Parent?

 Session 3 – Establishing Paternity

 Session 4 – Benefits of Legal Fatherhood

 Session 5 – What Can You Expect?

UNIT VII – Optional Injury Prevention and Environmental Health

 Chapter 28 – First Aid and Emergencies