**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