



Chapter 1 Your Health and Wellness

- Lesson 1 Your Total Health
- Lesson 2 Health Influences and Risk Factors
- Lesson 3 Building Health Skills
- Lesson 4 Making Decisions and Setting Goals
- Lesson 5 Choosing Health Services

Chapter 2 Building Healthy Relationships

- Lesson 1 Practicing Communication Skills
- Lesson 2 Family Relationships
- Lesson 3 Peer Relationships

Chapter 3 Dating Relationships and Abstinence

- Lesson 1 Beginning to Date
- Lesson 2 Healthy Dating Relationships
- Lesson 3 Abstinence and Saying No

Chapter 4 Building Character

- Lesson 1 What is Character?
- Lesson 2 Trustworthiness and Respect
- Lesson 3 Responsibility and Fairness
- Lesson 4 Being a Good Citizen
- Lesson 5 Making a Difference

Chapter 5 Bullying and Cyberbullying

- Lesson 1 Bullying and Harassment
- Lesson 2 Cyberbullying
- Lesson 3 Strategies to Stop Bullying
- Lesson 4 Promoting Safe Schools

Chapter 6 Mental and Emotional Health

- Lesson 1 Mental and Emotional Health
- Lesson 2 Understanding Your Emotions
- Lesson 3 Managing Stress
- Lesson 4 Coping with Loss

Chapter 7 Mental and Emotional Disorders

- Lesson 1 Mental and Emotional Disorders
- Lesson 2 Suicide Prevention
- Lesson 3 Help for Mental and Emotional Disorders

Chapter 8 Conflict Resolution

- Lesson 1 Conflicts in Your Life
- Lesson 2 The Nature of Conflicts
- Lesson 3 Conflict Resolution Skills
- Lesson 4 Peer Mediation

Chapter 9 Violence Prevention

- Lesson 1 Conflicts in Your Life
- Lesson 2 The Nature of Conflicts
- Lesson 3 Conflict Resolution Skills
- Lesson 4 Peer Mediation

Chapter 10 Nutrition

- Lesson 1 Nutrients Your Body Needs
- Lesson 2 Creating a Healthful Eating Plan
- Lesson 3 Managing Your Weight
- Lesson 4 Body Image and Eating Disorders



Chapter 11 Physical Activity

- Lesson 1 Becoming Physically Fit
- Lesson 2 Creating Your Fitness Plan
- Lesson 3 Performing at Your Best
- Lesson 4 Preventing Sports Injuries

Chapter 12 The Life Cycle

- Lesson 1 Changes During Puberty
- Lesson 2 The Male Reproductive System
- Lesson 3 The Female Reproductive System
- Lesson 4 Infant and Child Development
- Lesson 5 Staying Healthy as You Age

Chapter 13 Personal Health Care

- Lesson 1 Personal Hygiene and Consumer Choices
- Lesson 2 Taking Care of Your Skin and Hair
- Lesson 3 Caring for Your Mouth and Teeth
- Lesson 4 Protecting Your Eyes and Ears

Chapter 14 Your Body Systems

- Lesson 1 Your Skeletal and Muscular Systems
- Lesson 2 Your Nervous System
- Lesson 3 Your Circulatory and Respiratory Systems
- Lesson 4 Your Digestive and Excretory Systems
- Lesson 5 Your Endocrine and Reproductive Systems
- Lesson 6 Your Immune System

Chapter 15 Tobacco

- Lesson 1 Facts About Tobacco
- Lesson 2 Health Risks of Tobacco Use
- Lesson 3 Tobacco Addiction
- Lesson 4 Costs to Society
- Lesson 5 Saying No to Tobacco Use

Chapter 16 Alcohol

- Lesson 1 Alcohol Use and Teens
- Lesson 2 Effects of Alcohol Use
- Lesson 3 Alcoholism and Alcohol Abuse
- Lesson 4 Getting Help for Alcohol Abuse

Chapter 17 Drugs

- Lesson 1 Drug Use and Abuse
- Lesson 2 Types of Drugs and Their Effects
- Lesson 3 Staying Drug-Free

Chapter 18 Using Medicines Wisely

- Lesson 1 Types of Medicines
- Lesson 2 How Medicines Affect Your Body
- Lesson 3 Using Medicines Correctly

Chapter 19 Communicable Diseases

- Lesson 1 Preventing the Spread of Disease
- Lesson 2 Defense Against Infection
- Lesson 3 Communicable Diseases
- Lesson 4 Sexually Transmitted Diseases
- Lesson 5 HIV/AIDS



Chapter 20 Noncommunicable Diseases

- Lesson 1 Causes of Noncommunicable Diseases
- Lesson 2 Cancer
- Lesson 3 Heart and Circulatory Problems
- Lesson 4 Diabetes and Arthritis
- Lesson 5 Allergies and Asthma

Chapter 21 Safety

- Lesson 1 Building Safe Habits
- Lesson 2 Safety at Home and School
- Lesson 3 Safety on the Road and Outdoors
- Lesson 4 Personal Safety and Online Safety
- Lesson 5 Weather Safety and Natural Disasters
- Lesson 6 First Aid and Emergencies

Chapter 22 Green Schools and Environmental Health

- Lesson 1 Pollution and Health
- Lesson 2 Preventing and Reducing Pollution
- Lesson 3 Protecting the Environment
- Lesson 4 Green Schools

Healthy Relationships and Sexuality

The Teen Health online course consists of 22 chapters. If a district purchases the online course with Healthy Relationships and Sexuality they will also receive the chapters below (HRS 1-3).

HRS 1 The Teen Years

- Lesson 1 Changes During the Teen Years
- Lesson 2 Your Changing Body
- Lesson 3 Developing Your Personal Identity

HRS 2 The Reproductive System

- Lesson 1 The Female Reproductive System
- Lesson 2 The Male Reproductive System

HRS 3 Sexual Feelings and Relationships

- Lesson 1 Responsible Relationships
- Lesson 2 Diversity in Relationships
- Lesson 3 Marriage and Parenthood
- Lesson 4 Pregnancy and Childbirth
- Lesson 5 STDs and HIV/AIDS