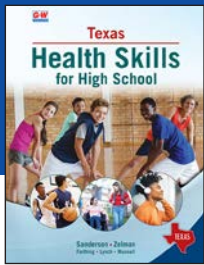


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 by Catherine Sanderson, Mark Zelman, Melanie Lynch,
 Melissa Munsell, and Diane Farthing

36-Week Course Planning Guide for Use of Texas Health Skills for High School in Health I

Week	Lessons
1	Lesson 1.1: What Are Health and Wellness? Lesson 1.3: Environmental Factors Affecting Health and Wellness
2	Lesson 2.1: Making Decisions and Setting Goals
3	Lesson 2.2: Using Health Information Lesson 2.3: Accessing Health Services
4	Lesson 3.1: Communicating Effectively Lesson 3.2: Resolving Conflicts
5	Lesson 3.3: Resisting Pressure
6	Lesson 4.3: Building Your Self-Esteem
7	Lesson 5.3: Developing Empathy and Resilience
8	Lesson 6.1: What Is Stress? Lesson 6.2: Health Effects of Stress
9	Lesson 7.2: Getting Help for Mental Illnesses Lesson 7.3: Preventing and Coping with Suicide
10	Lesson 8.1: What Is Nutrition?
11	Lesson 8.2: Establishing a Healthy Eating Pattern Lesson 8.3: Choosing and Preparing Nutritious Foods
12	Lesson 8.4: Managing Your Weight
13	Lesson 9.2: Disordered Eating and Eating Disorders
14	Lesson 10.1: Understanding Physical Activity and Fitness
15	Lesson 11.1: Health Effects of Vaping and Tobacco
16	Lesson 11.2: Preventing and Treating Tobacco Use
17	Lesson 12.1: Health Effects of Alcohol
18	Lesson 12.2: Preventing and Treating Alcohol Abuse
19	Lesson 13.1: Safe Medication Use Lesson 13.2: Medication Misuse and Abuse
20	Lesson 13.3: Drug Abuse Lesson 13.4: Preventing and Treating Medication and Drug Abuse



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Week	Lessons
21	Lesson 14.1: Qualities of a Healthy Relationship
22	Lesson 14.2: Supporting Family and Community Relationships Lesson 14.3: Developing Peer Relationships
23	Lesson 14.4 Bullying and Cyberbullying
24	Lesson 15.1: Preventing Accidents and Injuries Lesson 15.3: Being Safe on the Internet
25	Lesson 15.4: Providing First Aid
26	Lesson 17.3: Preventing and Treating Communicable Diseases
27	Lesson 18.1: What Are Noncommunicable Diseases?
28	Lesson 18.2: Cardiovascular Diseases Lesson 18.3: Cancer
29	Lesson 19.1: Understanding Development
30	Companion Text Lesson 20.2: The Female Reproductive System Companion Text Lesson 20.3: Conception, Pregnancy, and Birth
31	Companion Text Lesson 20.5: Teen Pregnancy and Parenthood
32	Companion Text Lesson 21.1: Understanding Romantic Relationships Companion Text Lesson 21.2: Practicing Sexual Abstinence
33	Companion Text Lesson 22.1: Sexual Harassment and Assault
34	Companion Text Lesson 22.2: Abuse and Neglect Companion Text Lesson 22.3: Violence in the Community
35	Companion Text Lesson 23.1: Common STIs Companion Text Lesson 23.2: Preventing and Treating STIs
36	Companion Text Lesson 23.3: HIV/AIDS