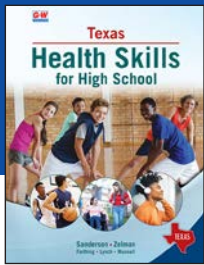


***Texas Health Skills for High School* ©2023**
 by Catherine Sanderson, Mark Zelman, Melanie Lynch,
 Melissa Munsell, and Diane Farthing

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



***Texas Health Skills for High School* ©2023**
 by Catherine Sanderson, Mark Zelman, Melanie Lynch,
 Melissa Munsell, and Diane Farthing

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