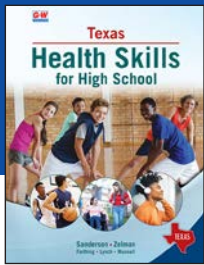


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 by Catherine Sanderson, Mark Zelman, Melanie Lynch,
 Melissa Munsell, and Diane Farthing

9-Week Course Planning Guide for Use of Texas Health Skills for High School in Health II

Week	Lessons
1	Lesson 1.3: Environmental Factors Affecting Health and Wellness Lesson 2.2: Using Health Information Lesson 2.3: Accessing Health Services Lesson 2.4: Advocating for Community and Public Health Lesson 3.1: Communicating Effectively Lesson 3.2: Resolving Conflicts
2	Lesson 4.3: Building Your Self-Esteem Lesson 4.4: Expressing Your Emotions Lesson 5.2: Establishing a Positive Mind-Set Lesson 5.3: Developing Empathy and Resilience Lesson 6.1: What Is Stress? Lesson 6.3: Managing Stress
3	Lesson 7.2: Getting Help for Mental Illnesses Lesson 7.3: Preventing and Coping with Suicide Lesson 8.2: Establishing a Healthy Eating Pattern Lesson 8.3: Choosing and Preparing Nutritious Foods Lesson 8.4: Managing Your Weight
4	Lesson 9.2: Disordered Eating and Eating Disorders Lesson 9.3: Improving Your Body Image Lesson 10.1: Understanding Physical Activity and Fitness Lesson 10.2: Getting Enough Physical Activity Lesson 10.3: Staying Safe During Physical Activity Lesson 11.1: Health Effects of Vaping and Tobacco



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Week	Lessons
5	Lesson 11.2: Preventing and Treating Tobacco Use 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
6	Lesson 13.4: Preventing and Treating Medication and Drug Abuse Lesson 14.1: Qualities of a Healthy Relationship Lesson 14.2: Supporting Family and Community Relationships Lesson 14.4 Bullying and Cyberbullying Lesson 15.1: Preventing Accidents and Injuries Lesson 15.2: Handling Dangerous Situations
7	Lesson 15.3: Being Safe on the Internet Lesson 17.3: Preventing and Treating Communicable Diseases Lesson 18.1: What Are Noncommunicable Diseases? Lesson 18.4: Other Noncommunicable Diseases Lesson 19.1: Understanding Development Lesson 19.3: Adulthood and the Nature of Aging
8	Companion Text Lesson 20.3: Conception, Pregnancy, and Birth Companion Text Lesson 20.4: Adolescence and Puberty 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