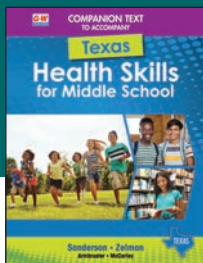
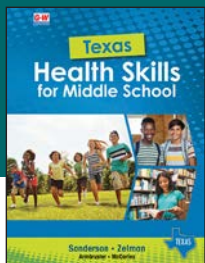


# ***Texas Health Skills for Middle School*** ©2023 by Catherine Sanderson, Lindsay Armbruster, Mary McCarley, and Mark Zelman

## **36-Week Course Planning Guide for Use of Texas Health Skills for Middle School in Grade 6**

Week	Lessons
1	Lesson 1.1: Learning About Health and Wellness Lesson 1.2: Recognizing Factors That Affect Health and Wellness
2	Lesson 1.3: Building Skills for Health and Wellness Lesson 2.2: Moving and Exchanging Substances
3	Lesson 2.3: Digesting and Exchanging Substances Lesson 2.4: Controlling and Regulating the Body
4	Lesson 3.1: Caring for Your Skin, Hair, and Nails Lesson 3.2: Keeping Your Mouth, Eyes, and Ears Healthy
5	Lesson 4.1: Understanding Sleep Lesson 4.3: Developing Strategies for Getting Enough Sleep
6	Lesson 5.1: Being Mentally and Emotionally Healthy Lesson 5.2: Making Sense of Your Emotions
7	Lesson 5.3: Managing Stress
8	Lesson 6.1: Recognizing Mental Illnesses Lesson 6.2: Getting Help for Mental Illnesses
9	Lesson 6.3: Preventing Suicide
10	Lesson 7.1: Getting Enough Nutrients Lesson 7.2: Following a Healthy Eating Pattern
11	Lesson 7.3: Managing Your Weight Lesson 7.4: Having a Healthy Body Image
12	Lesson 8.1: Understanding Physical Activity and Fitness
13	Lesson 8.2: Knowing About Types of Physical Fitness Lesson 8.4: Developing a Personal Physical Activity Plan
14	Lesson 9.1: Tobacco Products and Your Health Lesson 9.2: Understanding Tobacco Use
15	Lesson 9.3: Preventing and Treating Tobacco Use
16	Lesson 10.1: The Effects of Alcohol Lesson 10.2: Preventing and Treating Alcohol Use



# *Texas Health Skills for Middle School* ©2023 by Catherine Sanderson, Lindsay Armbruster, Mary McCarley, and Mark Zelman

Week	Lessons
17	Lesson 11.1: Medication Use and Abuse Lesson 11.2: Drug Abuse
18	Lesson 11.3: Preventing and Treating Medication and Drug Abuse
19	Lesson 12.1: Communicable Diseases Lesson 12.2: Noncommunicable Diseases
20	Lesson 12.3: Preventing Diseases
21	Lesson 13.1: Promoting Safety in the Home Lesson 13.2: Promoting Safety in the Community
22	Lesson 13.3: Knowing Basic First Aid
23	Lesson 14.1: Common Hazards in the Environment Lesson 14.2: Pollution Prevention and Greener Living
24	Lesson 15.1: What Is a Healthy Relationship?
25	Lesson 15.2: Family Relationships
26	Lesson 15.3: Peer Relationships Lesson 15.4: Bullying and Cyberbullying
27	Lesson 16.1: Child Development
28	Lesson 16.2: Adulthood and Aging
29	Companion Text Lesson 17.1: The Beginning of Life
30	Companion Text Lesson 17.2: Adolescence and Puberty Companion Text Lesson 17.3: Sexual Feelings and Behavior
31	Companion Text Lesson 17.4: Dating Relationships
32	Companion Text Lesson 18.1: Abuse and Neglect
33	Companion Text Lesson 18.2: Other Types of Violence Companion Text Lesson 18.3: Unwanted Sexual Activity
34	Companion Text Lesson 19.1: Pregnancy Prevention
35	Companion Text Lesson 19.2: Teen Pregnancy and Parenthood
36	Companion Text Lesson 20.1: Sexually Transmitted Infections (STIs) Companion Text Lesson 20.2: HIV/AIDS