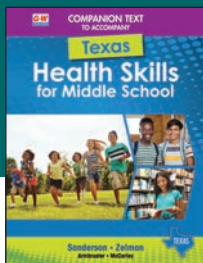
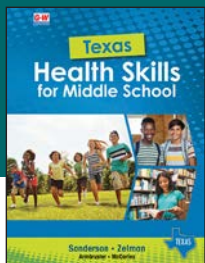


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 by Catherine Sanderson, Lindsay Armbruster,  
 Mary McCarley, and Mark Zelman

## 36-Week Course Planning Guide for Use of Texas Health Skills for Middle School in Grades 7-8

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
3	Lesson 2.1: Supporting and Moving the Body
4	Lesson 3.1: Caring for Your Skin, Hair, and Nails
5	Lesson 5.1: Being Mentally and Emotionally Healthy Lesson 5.2: Making Sense of Your Emotions
6	Lesson 5.3: Managing Stress
7	Lesson 6.1: Recognizing Mental Illnesses Lesson 6.2: Getting Help for Mental Illnesses
8	Lesson 6.3: Preventing Suicide
9	Lesson 7.1: Getting Enough Nutrients Lesson 7.2: Following a Healthy Eating Pattern
10	Lesson 7.3: Managing Your Weight Lesson 7.4: Having a Healthy Body Image
11	Lesson 8.1: Understanding Physical Activity and Fitness
12	Lesson 8.4: Developing a Personal Physical Activity Plan
13	Lesson 9.1: Tobacco Products and Your Health Lesson 9.2: Understanding Tobacco Use
14	Lesson 9.3: Preventing and Treating Tobacco Use
15	Lesson 10.1: The Effects of Alcohol
16	Lesson 10.2: Preventing and Treating Alcohol Use
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



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Week	Lessons
<b>21</b>	Lesson 13.1: Promoting Safety in the Home Lesson 13.2: Promoting Safety in the Community
<b>22</b>	Lesson 13.3: Knowing Basic First Aid
<b>23</b>	(continued) Lesson 13.3: Knowing Basic First Aid Lesson 14.1: Common Hazards in the Environment
<b>24</b>	Lesson 15.1: What Is a Healthy Relationship?
<b>25</b>	Lesson 15.2: Family Relationships
<b>26</b>	Lesson 15.3: Peer Relationships Lesson 15.4: Bullying and Cyberbullying
<b>27</b>	Lesson 16.1: Child Development
<b>28</b>	Lesson 16.2: Adulthood and Aging
<b>29</b>	Companion Text Lesson 17.1: The Beginning of Life
<b>30</b>	Companion Text Lesson 17.2: Adolescence and Puberty Companion Text Lesson 17.3: Sexual Feelings and Behavior
<b>31</b>	Companion Text Lesson 17.4: Dating Relationships
<b>32</b>	Companion Text Lesson 18.1: Abuse and Neglect
<b>33</b>	Companion Text Lesson 18.2: Other Types of Violence Companion Text Lesson 18.3: Unwanted Sexual Activity
<b>34</b>	Companion Text Lesson 19.1: Pregnancy Prevention
<b>35</b>	Companion Text Lesson 19.2: Teen Pregnancy and Parenthood
<b>36</b>	Companion Text Lesson 20.1: Sexually Transmitted Infections (STIs) Companion Text Lesson 20.2: HIV/AIDS