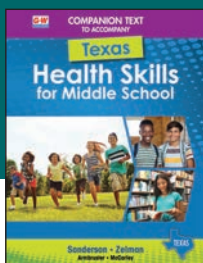
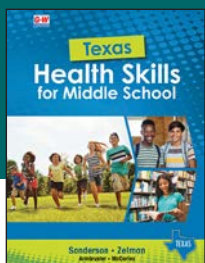


# ***Texas Health Skills for Middle School*** ©2023 by Catherine Sanderson, Lindsay Armbruster, Mary McCarley, and Mark Zelman

## **9-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 Lesson 1.3: Building Skills for Health and Wellness Lesson 2.2: Moving and Exchanging Substances Lesson 2.3: Digesting and Exchanging Substances Lesson 2.4: Controlling and Regulating the Body
2	Lesson 3.1: Caring for Your Skin, Hair, and Nails Lesson 3.2: Keeping Your Mouth, Eyes, and Ears Healthy Lesson 4.1: Understanding Sleep Lesson 4.3: Developing Strategies for Getting Enough Sleep Lesson 5.1: Being Mentally and Emotionally Healthy Lesson 5.2: Making Sense of Your Emotions Lesson 5.3: Managing Stress
3	Lesson 6.1: Recognizing Mental Illnesses Lesson 6.2: Getting Help for Mental Illnesses Lesson 6.3: Preventing Suicide Lesson 7.1: Getting Enough Nutrients Lesson 7.2: Following a Healthy Eating Pattern Lesson 7.3: Managing Your Weight Lesson 7.4: Having a Healthy Body Image
4	Lesson 8.1: Understanding Physical Activity and Fitness Lesson 8.2: Knowing About Types of Physical Fitness Lesson 8.4: Developing a Personal Physical Activity Plan Lesson 9.1: Tobacco Products and Your Health Lesson 9.2: Understanding Tobacco Use Lesson 9.3: Preventing and Treating Tobacco Use



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

Week	Lessons
5	<p>Lesson 10.1: The Effects of Alcohol</p> <p>Lesson 10.2: Preventing and Treating Alcohol Use</p> <p>Lesson 11.1: Medication Use and Abuse</p> <p>Lesson 11.2: Drug Abuse</p> <p>Lesson 11.3: Preventing and Treating Medication and Drug Abuse</p>
6	<p>Lesson 12.1: Communicable Diseases</p> <p>Lesson 12.2: Noncommunicable Diseases</p> <p>Lesson 12.3: Preventing Diseases</p> <p>Lesson 13.1: Promoting Safety in the Home</p> <p>Lesson 13.2: Promoting Safety in the Community</p> <p>Lesson 13.3: Knowing Basic First Aid</p>
7	<p>Lesson 14.1: Common Hazards in the Environment</p> <p>Lesson 14.2: Pollution Prevention and Greener Living</p> <p>Lesson 15.1: What Is a Healthy Relationship?</p> <p>Lesson 15.2: Family Relationships</p> <p>Lesson 15.3: Peer Relationships</p> <p>Lesson 15.4: Bullying and Cyberbullying</p>
8	<p>Lesson 16.1: Child Development</p> <p>Lesson 16.2: Adulthood and Aging</p> <p>Companion Text Lesson 17.1: The Beginning of Life</p> <p>Companion Text Lesson 17.2: Adolescence and Puberty</p> <p>Companion Text Lesson 17.3: Sexual Feelings and Behavior</p> <p>Companion Text Lesson 17.4: Dating Relationships</p>
9	<p>Companion Text Lesson 18.1: Abuse and Neglect</p> <p>Companion Text Lesson 18.2: Other Types of Violence</p> <p>Companion Text Lesson 18.3: Unwanted Sexual Activity</p> <p>Companion Text Lesson 19.1: Pregnancy Prevention</p> <p>Companion Text Lesson 19.2: Teen Pregnancy and Parenthood</p> <p>Companion Text Lesson 20.1: Sexually Transmitted Infections (STIs)</p> <p>Companion Text Lesson 20.2: HIV/AIDS</p>