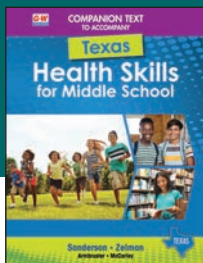
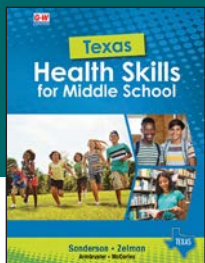


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## **9-Week Course Planning Guide for Use of Texas Health Skills for Middle School in Grades 7-8**

Week	Lessons
1	<p>Lesson 1.1: Learning About Health and Wellness</p> <p>Lesson 1.2: Recognizing Factors That Affect Health and Wellness</p> <p>Lesson 1.3: Building Skills for Health and Wellness</p> <p>Lesson 2.1: Supporting and Moving the Body</p> <p>Lesson 3.1: Caring for Your Skin, Hair, and Nails</p>
2	<p>Lesson 5.1: Being Mentally and Emotionally Healthy</p> <p>Lesson 5.2: Making Sense of Your Emotions</p> <p>Lesson 5.3: Managing Stress</p> <p>Lesson 6.1: Recognizing Mental Illnesses</p> <p>Lesson 6.2: Getting Help for Mental Illnesses</p> <p>Lesson 6.3: Preventing Suicide</p>
3	<p>Lesson 7.1: Getting Enough Nutrients</p> <p>Lesson 7.2: Following a Healthy Eating Pattern</p> <p>Lesson 7.3: Managing Your Weight</p> <p>Lesson 7.4: Having a Healthy Body Image</p> <p>Lesson 8.1: Understanding Physical Activity and Fitness</p> <p>Lesson 8.4: Developing a Personal Physical Activity Plan</p>
4	<p>Lesson 9.1: Tobacco Products and Your Health</p> <p>Lesson 9.2: Understanding Tobacco Use</p> <p>Lesson 9.3: Preventing and Treating Tobacco Use</p> <p>Lesson 10.1: The Effects of Alcohol</p> <p>Lesson 10.2: Preventing and Treating Alcohol Use</p>
5	<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> <p>Lesson 12.1: Communicable Diseases</p> <p>Lesson 12.2: Noncommunicable Diseases</p> <p>Lesson 12.3: Preventing Diseases</p>



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Week	Lessons
6	<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> <p>Lesson 14.1: Common Hazards in the Environment</p> <p>Lesson 15.1: What Is a Healthy Relationship?</p> <p>Lesson 15.2: Family Relationships</p>
7	<p>Lesson 15.3: Peer Relationships</p> <p>Lesson 15.4: Bullying and Cyberbullying</p> <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>
8	<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> <p>Companion Text Lesson 18.1: Abuse and Neglect</p> <p>Companion Text Lesson 18.2: Other Types of Violence</p>
9	<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>