

Unit 1: Mental Health

Lesson 1: Mental Health

- Topic 1: Kinds of Emotions
- Topic 2: Defense Mechanisms
- Topic 3: Maslow's Triangle
- Topic 4: Mental Health Disorders
- Topic 5: Mental Health and Therapy

Lesson 2: Self Esteem

- Topic 1: High and Low Self-Esteem
- Topic 2: Improving Self-Esteem

Lesson 3: Stress

- Topic 1: Fatigue
- Topic 2: Mental Stress
- Topic 3: Personality Types
- Topic 4: Stress Reduction and Intervention

Lesson 4: Teen Suicide

- Topic 1: Facts and Myths About Suicide

Unit Assessment:

- Unit 1 Exam

Unit 2: Lifetime Development

Lesson 1: Reproduction, Heredity, and Childhood Development

- Topic 1: Reproduction and Development
- Topic 2: Heredity
- Topic 3: DNA
- Topic 4: Stages of Childhood Development

Lesson 2: Adolescence

- Topic 1: Social Changes
- Topic 2: Communication
- Topic 3: Peer Relationships
- Topic 4: Dating
- Topic 5: Sexuality
- Topic 6: Sexual Pressures

Lesson 3: Stages of Adulthood

Topic 1: Aging

Lesson 4: Death

Topic 1: Five Stages in Accepting Death

Topic 2: Grieving

Unit Assessment:

- Unit 2 Exam

Unit 3: Marriage and Family

Lesson 1: Marriage

Topic 1: Successful Marriages

Topic 2: Reasons People Don't Get Married

Topic 3: Marital Problems

Topic 4: Teen Marriage

Topic 5: Divorce

Lesson 2: Parenthood and Family

Topic 1: Attitudinal Change Toward Parenthood

Topic 2: Parental Responsibilities

Topic 3: Families

Topic 4: Family Problems

Unit Assessment:

- Unit 3 Exam

Unit 4: Violence

Lesson 1: Domestic Violence

Topic 1: Domestic Abuse

Topic 2: Spouse and Elder Abuse

Topic 3: Help for Abusive Families

Lesson 2: Violence in Society

Topic 1: Violent Crime

Topic 2: Sexual Assault

Topic 3: Trends in Violent Crimes

Topic 4: Contributors to Increased Violence

Unit Assessment:

- Unit 4 Exam

Unit 5: Environment and Public Health

Lesson 1: Environmental Pollution

- Topic 1: Environmental Pollution**
- Topic 2: Air Pollution**
- Topic 3: Water Pollution**
- Topic 4: Land Waste Disposal**

Lesson 2: Public Health

- Topic 1: Modern Public Health**
- Topic 2: United States Public Health**
- Topic 3: International Public Health**

Lesson 3: Health Care Consumer

- Topic 1: Influences on Consumers**
- Topic 2: Purchasing Health Care Products**
- Topic 3: Consumer Protection**

Lesson 4: Health Care Services

- Topic 1: Types of Health Practice**
- Topic 2: Health Care Facilities**
- Topic 3: Medical Examination**
- Topic 4: Paying for Health Care**

Unit Assessment:

- **Unit 5 Exam**

Unit 6: Safety and Emergency Care

Lesson 1: Safety

- Topic 1: Household Risks**
- Topic 2: Natural Disasters**
- Topic 3: Safety**

Lesson 2: First Aid

- Topic 1: Characteristics of Emergencies**
- Topic 2: Respiratory Problems**
- Topic 3: First Aid for Cardiovascular Emergencies**
- Topic 4: Severe Bleeding**
- Topic 5: Burns**
- Topic 6: Poisoning**
- Topic 7: Insect and Animal Bites**
- Topic 8: Convulsions**
- Topic 9: Objects in the Eye**
- Topic 10: Cold Temperature Emergencies**

Unit Assessment:

- Unit 6 Exam

Final Project

- Research Project (Option 1): Self-Improvement Plan and Journal
- Research Project (Option 2): Youth Violence Essay and Resolution Plan
- Research Project (Option 3A): Community Health Resource Pamphlet
- Community Service Project (Option 3B): Volunteering and Education
- Research Project (Option 4): Culture, Religion, and Family