Lesson 1: Living a Healthy Life
5. Demonstrates the importance of safety and consumer responsibility

Lesson 2: Preventing Infectious Disease
1. List the steps involved in getting tested for HIV and AIDS.
2. Explain the importance of STD and HIV testing and counseling of sexual activity.

Lesson 3: Managing Chronic Disease
1. Demonstrate skills to make proper condom use.
2. Explain how to overcome challenges to condom use.
3. Determine the accessibility of condoms for all age groups.

Lesson 4: Preventing Food-Borne Disease
1. Summarize the benefits of respecting diversity.
2. Summarize the importance of respecting different aspects of health.
3. Define aspects of sexuality, including sexual orientation and gender identity.
4. Describe the positive effects of healthy sexual behavior on relationships.

Lesson 12: Coping with Loss & Grief
1. Summarize feelings associated with loss and bereavement.
2. Summarize strategies for coping with loss.

Lesson 13: Managing Anger
1. Summarize the impacts of anger on emotional health.
2. Summarize how to express anger in healthy and constructive ways.

Lesson 14: Setting Goals for Emotional Health
1. Set realistic, personal goals to enhance positive emotional health.
2. Explain why it’s important to understand the perspectives of others in resolving a conflict situation.

Lesson 15: What Do You Know About Sex?
1. Define the effectiveness of condoms in reducing the risk of pregnancy, HIV, and other STD.
2. Demonstrate negotiation skills to support condom use.

Lesson 16: Roleplaying: Saying NO to Sexual Advances
1. Demonstrate effective refusal skills to reject sexual advances.
2. Demonstrate negotiation skills to support condom use.

Lesson 17: My Commitment to Protect Myself
1. Justify why sexual abstinence is the safest, most effective, and least costly way to prevent pregnancy.

Lesson 18: Skills for Effective Communication
1. Use active listening skills to enhance communication.
2. Identify barriers to emotional health.
3. Analyze the interrelationship of physical, mental/behavioral, and spiritual health.

Lesson 8: Emotionally Healthy Relationships
1. Emotionally healthy relationships are life-long.
2. Explain the importance of partners sharing their emotional health status.

Lesson 11: Negotiating Condom Use
1. Summarize skills that can affect quality of life.
2. Assess personal health and wellness-related practices and behaviors that reduce or prevent health risks.

Lesson 9: Personal Health & Wellness
1. Access valid and reliable health and wellness information.
2. Identify reliable resources for accurate information about sexual health.

Lesson 10: HIV: The Facts
1. Explain the importance of partners sharing their emotional health status.
2. Assess the importance of partners sharing their emotional health status.

Lesson 12: Preventing STDs
1. Make a commitment to help protect from HIV, other STD, and pregnancy.
2. Know the STD/HIV status of oneself and of sexual partners.

Lesson 13: Goal Setting for Emotional Health
1. Set realistic, personal goals to enhance positive emotional health.
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Lesson Objectives with HECAT & NHES Correlations

HECAT & NHES Correlations

Nutrition & Physical Activity

Lesson 1: Nutrition & Health
1. Distinguish food sources that provide key nutrients. (HE1.12.5)
2. Explain the benefits of consuming key nutrients. (HE1.12.6)
3. Describe the relationship between nutrition and overall health. (HE1.12.7)
4. Describe the relationship between diet and chronic diseases. (HE1.12.8)
5. Identify appropriate sources of healthy fats in the diet. (HE1.12.9)
6. Identify the importance of eating healthy and physical activity in maintaining a healthy weight. (HE1.12.10)

Lesson 2: What’s My Mythology?
1. Identify appropriate amounts to eat from each food group recommended by the HITEF system. (HE1.12.11)
2. Explain the importance of eating a variety of foods in daily eating. (HE1.12.12)
3. Analyze the benefits of consuming fruits and vegetables daily. (HE1.12.13)
4. Analyze the benefits of consuming calcium daily. (HE1.12.14)

Lesson 3: Eating Health at Fast-Food Restaurants
1. Summarize how to make healthy food selections at fast-food restaurants. (HE1.12.15)
2. Analyze ways to increase physical activity and decrease inactivity. (HE1.12.16)
3. Analyze the importance of healthy eating habits. (HE1.12.17)

Lesson 4: Physical Activity & Health
1. Summarize the components of health-related fitness. (PA1.12.1, PA1.12.2)
2. Summarize the benefits of maintaining or improving the components of health-related fitness. (PA1.12.3)
3. Summarize the physical, mental, and social health benefits of health-related fitness. (PA1.12.4)
4. Examine an inactive lifestyle can contribute to chronic disease. (PA1.12.5)

Lesson 5: Setting Healthy Eating & Physical Activity Standards
1. Summarize recommended dietary types and moderate, vigorous, and intense physical activity for adults. (PA1.12.6)
2. Analyze ways to increase physical activity and decrease inactivity. (PA1.12.7)

Lesson 6: Setting Healthy Eating & Physical Activity Standards
1. Assess stresses and strains that may need personal coping strategies and physical activity behaviors. (HE1.12.18)
2. Summarize strategies for maintaining or improving a healthy weight. (HE1.12.19)

Lesson 7: Fast-Food & Physical Activity
1. Summarize the importance of good nutrition and physical activity. (HE1.12.20)
2. Differentiate between a positive and negative physical activity behaviors. (HE1.12.21)
3. Explain new activities that can be used to say no to tobacco, alcohol or other drugs. (HE1.12.22)

Lesson 8: Planning Driving-logo
1. Summarize the recommended amounts and types of vegetables to include in a healthy daily diet. (HE1.12.23)
2. Differentiate between a positive and negative physical activity behaviors. (HE1.12.24)
3. Explain new activities that can be used to say no to tobacco, alcohol or other drugs. (HE1.12.25)

Lesson 9: Getting Help for Drug Problems
1. Use available help for a friend with a drug problem. (HE1.12.26)
2. Demonstrate how to get help for a friend with a drug problem. (HE1.12.27)
3. Support others to eat healthy. (HE1.12.28)

Lesson 10: Staying Safe During Physical Activity
1. Explain the benefits of drinking water before, during and after physical activity. (PA1.12.29)
2. Explain ways to reduce risks of injury from performance-enhancing activities. (PA1.12.30)
3. Analyze ways to increase physical activity for healthy growth and development. (PA1.12.31)
4. Identify strategies to enhance the physical activity experience. (PA1.12.32)

Personal Health & Wellness
Lesson 1: Staying Safe During Physical Activity
1. Explain the benefits of drinking water before, during and after physical activity. (PA1.12.29)
2. Explain ways to reduce risks of injury from performance-enhancing activities. (PA1.12.30)
3. Analyze the importance of warming up before and cooling down after physical activity. (PA1.12.31)
4. Discuss the use of safety equipment for specific physical activities. (PA1.12.32)

Tobacco, Alcohol & Other Drug Prevention
Lesson 2: Tobacco & Drug Use
1. Identify the harmful effects of tobacco, alcohol and other drugs. (PA1.12.33)
2. Summarize why individuals choose to use or not use drugs. (PA1.12.34)
3. Analyze the relationship of personal responsibility and drug use. (PA1.12.35)

Lesson 3: Alcohol Use
1. Summarize the negative effects of alcohol use. (PA1.12.36)
2. Summarize the benefits of drinking alcohol. (PA1.12.37)
3. Analyze ways to increase physical activity and decrease inactivity. (PA1.12.38)

Lesson 4: Preventing Cyberbullying
1. Answernot use drugs. (PA1.12.39)
2. Recommend how media can influence choices to use drugs. (PA1.12.40)
3. Summarize the harmful short- and long-term consequences of drug use. (PA1.12.41)
4. Summarize the benefits of using drugs. (PA1.12.42)

Lesson 5: Preventing Bullying
1. Summarize the negative effects of social media on drug use. (PA1.12.43)
2. Analyze the benefits of using social media on drug use. (PA1.12.44)
3. Summarize the benefits of using social media on drug use. (PA1.12.45)

Lesson 6: Alcohol: The Facts
1. Summarize the negative effects of tobacco use. (PA1.12.46)
2. Summarize the benefits of smoking cessation programs. (PA1.12.47)
3. Analyze the adverse effects of alcohol use. (PA1.12.48)

Lesson 7: Marijuana: The Facts
1. Summarize the harmful short- and long-term consequences of marijuana use. (PA1.12.49)
2. Summarize the benefits of using marijuana. (PA1.12.50)

Lesson 8: Drugs & the Law
1. Summarize the laws regarding marijuana use. (PA1.12.51)
2. Summarize the laws regarding alcohol use. (PA1.12.52)
3. Analyze the laws and regulations regarding prescription and over-the-counter drugs. (PA1.12.53)

Lesson 9: Drug Treatments
1. Identify the benefits of drug treatments. (PA1.12.54)
2. Summarize the utilization of drug treatments. (PA1.12.55)
3. Summarize the benefits of drug treatments. (PA1.12.56)

Lesson 10: Anti-Doping provisions
1. Summarize the laws regarding drug use in sports. (PA1.12.57)
2. Summarize the benefits of drug treatments. (PA1.12.58)
3. Summarize the laws regarding drug use in sports. (PA1.12.59)