Teacher Guide Contents

Welcome to HealthSmart® ........................................ v
How to Use the Teacher Guide .............................. x
Supercharging a HealthSmart® Lesson .................. xvi

Lessons
Lesson 1: Living a Healthy Life .............................. 1
* Lesson 2: Preventing Infectious Disease ................. 11
Lesson 3: Preventing Chronic Disease ................... 27
Lesson 4: Getting Appropriate Health Care .............. 43
* Lesson 5: Researching Health Habits .................... 57
* Lesson 6: Setting a Goal to Improve My Personal Health 71
Lesson 7: Understanding Sexuality ....................... 83
Lesson 8: Review of the Reproductive Systems .......... 101
Lesson 9: Taking Care of Your Sexual Health .......... 115
Lesson 10: Abstinence: What’s in It for Me? .......... 127
* Lesson 11: Influences on Sexual Choices ............ 139
* Lesson 12: Countering Media Pressure ................. 151
Lesson 13: Setting Limits to Support Abstinence ...... 163
* Lesson 14: Making Decisions to Support Abstinence 177
* Lesson 15: Resisting Sexual Pressure ................. 193
* Lesson 16: Roleplay Practice: Saying NO to Sexual Activity 207

Unit Assessment
Activity 1: What I Know About Abstinence, Personal
& Sexual Health ........................................... 219
Activity 2: Picture of Health Gallery Walk ............. 233

Scoring Rubrics .................................................. 251

Health Terms Glossary ........................................ 275

* These lessons focus on specific health skills.