

Abstinence, Puberty & Personal Health	
Third Edition Lessons	Second Edition Correlation
1: Staying Healthy for a Lifetime	Lesson 1
2: Keeping My Body Healthy	Lesson 2
3: Protecting My Body from Disease	Lesson 3
4: Talking About Sexuality	Lesson 4
5: The Reproductive System: A Body with a Vagina	Lesson 6
6: The Reproductive System: A Body with a Penis	Lesson 7
7: Puberty	Lesson 5
8: The Menstrual Cycle & Pregnancy	Lesson 8
9: Taking Care of Sexual Health	Lesson 9
10: Feelings & Relationships	Lesson 10
11: Benefits of Abstinence	Lesson 11
12: Influences on Abstinence	Lesson 12
13: Peer Power for Abstinence	Lesson 13
Content incorporated into Lesson 12	Lesson 14
14: Resisting Sexual Pressure	Lesson 15
15: Roleplay Practice: Saying NO to Sexual Pressure	Lesson 16
16: Protecting My Future	Lesson 17
Emotional & Mental Health	
Third Edition Lessons	Second Edition Correlation
1: Dimensions of Health	Lesson 1
2: Classroom Rules & Responsibilities	Lesson 2
3: Being Emotionally Healthy	Lesson 3
4: Qualities of Healthy Relationships	Lesson 4
5: Building Healthy Relationships Through Communication	Lesson 5
6: Expressing Feelings in Healthy Ways	Lesson 6
7: Self-Control Skills for Dealing with Troublesome Feelings	NEW
Content incorporated into Lessons 6 and 8	7: Dealing with Troublesome Feelings
8: Getting Help for Troublesome Feelings	Lesson 8
9: What Is Stress?	Lesson 10
10: Reducing Stress	Lesson 11
11: Managing Stress	Lesson 12
12: Dealing with Grief & Loss	Lesson 9
13: Social Media & Emotional Health	NEW
14: Making Healthy Decisions	Lesson 13
15: Setting Goals for Emotional Health	Lesson 14

HIV, STI & Pregnancy Prevention	
Third Edition Lessons	Second Edition Correlation
1: Understanding Sexual Health	Lesson 2 & Lesson 4
2: Sexual Identity & Sexual Stereotyping	Lesson 3
3: What Is Affirmative Consent?	NEW – was a supplemental lesson
4: Healthy Romantic Relationships	Lesson 1
5: Reproduction & Teen Pregnancy	Lesson 5
6: STI Facts	Lesson 6
7: HIV Facts	Lesson 7
8: STI & Responsible Actions	Lesson 8
9: Making Sexual Health Decisions	Lesson 9
Deleted	Lesson 10
10: Resisting Sexual Pressure	Lesson 11
11: Roleplay Practice: Saying NO to Sexual Pressure	Lesson 12
12: Using Condoms for Safer Sex	Lesson 13
13: Negotiating Condom Use	Lesson 14
Deleted	Lesson 15
14: Preventing Pregnancy	Lesson 16 (was available online only)
Nutrition & Physical Activity	
Third Edition Lessons	Second Edition Correlation
1: What are Nutrients?	Lesson 1
2: What Should I Eat & How Much	Lesson 2
3: Assessing My Eating Habits	Lesson 3
4: Reading a Food Label	Lesson 4
5: Eating Breakfast Every Day	Lesson 5
6: Healthy Snacking	Lesson 6
7: Eating Healthy at Fast Food Restaurants	Lesson 7
8: Keeping Food Safe to Eat	Lesson 8
9: What Influences My Food Choices?	Lesson 9
10: Resisting Pressure to Eat Less-Healthy Foods	Lesson 10
11: Body Image Basics	Lesson 11
Deleted	Lesson 12: Positive Body Image Project
12: Dieting Dangers & Healthy Ways to Manage Weight	Lesson 13
13: Eating Disorders	Lesson 14
14: Assessing My Physical Activity	Lesson 15
15: Staying Safe while Getting Fit	Lesson 16
16: My Healthy Eating & Physical Activity Goal	Lesson 17
17: Tracking My Progress	Lesson 18

Tobacco, Alcohol & Other Drug Prevention	
Third Edition Lessons	Second Edition Correlation
1: Teens & Drugs: What's the Truth?	Lesson 1
2: Alcohol: What's the Truth?	Lesson 2
3: Vaping & Other Tobacco Products: What's the Truth?	Lesson 3 (new vaping content added)
4: Marijuana: What's the Truth?	Lesson 4
5: Medicines: What's the Truth?	Lesson 5
6: Experimentation & Addiction: What's the Truth?	Lesson 6
7: Opioids: What's the Truth?	NEW
8: Consequences of Drug Use: How Bad Could It Be?	Lesson 7
9: Influences on My Choices About Drugs	Lesson 8
10: Self-Talk for Being Drug Free	Lesson 9
11: My Peers & Their Feelings About Drugs	Lesson 10
12: Family, School & Community Rules About Drugs	Lesson 11
13: Tobacco Companies: Are They Targeting Youth?	Lesson 12
14: Counter-Advertisements	Lesson 13 & Lesson 14 combined
15: Peer Pressure: Ways to Say NO	Lesson 15 & Lesson 16 combined
16: Roleplay Practice: Resisting Drug Pressure	Lesson 17 & Lesson 18 combined
17: Drug-Free Pledges: Support for Myself & Others	Lesson 19
Violence & Injury Prevention	
Third Edition Lessons	Second Edition Correlation
1: Understanding Risks & Unintentional Injury	Lesson 1
2: Avoiding Motor Vehicle Injuries	Lesson 2
3: Safety Rules to Prevent Common Injuries	Lesson 3
4: Safety Gear & Me	Lesson 4
5: Resisting Dares	Lesson 5
6: Making Safe Decisions	Lesson 6
7: Preparing for School Emergencies	Lesson 7
8: Understanding Violence	Lesson 8 & Lesson 9 combined
9: Understanding Bullying	Lesson 10
10: Taking a Stand Against Bullying	Lesson 11
11: Hazing: A Different Kind of Bullying	Lesson 12
12: Our Code of Conduct	Lesson 13
13: Feelings & Fights	Lesson 14
14: Skills to Resolve Conflict	Lesson 15
15: Conflict Resolution Roleplays	Lesson 16
16: Dealing with Unwanted Touch	NEW – was a supplemental lesson
17: Understanding Sexual Abuse	NEW – was a supplemental lesson