

Semester One						Orientation Week						Semester Two					
M	T	W	TH	F		Classroom expectations and rules						M	T	W	TH	F	
August_2023						Unit 1: Resiliency Education (Mental Health)						January_2024					
	1	2	3	4		Essential Topics and Vocabulary						1	2	3	4	5	
7	8	9	10	11		Dimensions of Health (Physical, Mental, Social, and Intellectual); Mental Stress, Self-esteem; Decision-Making; Short and Long Term Consequences; Goal Setting (SMART); Refusal Skills; Problem Solving; Empathy; Peer Pressure; Coping Skills, Growth Mindset; Grit						8	9	10	11	12	
14	15	16	17	18								15	16	17	18	19	
21	22	23	24	25								22	23	24	25	26	
28	29	30	31									29	30	31			
September_2023						Unit 2: Substance Abuse Prevention						February_2024					
				1		Essential Topics and Vocabulary									1	2	
4	5	6	7	8		2nd Hand Smoke; Decision-Making; Short and Long Term Consequences; Goal Setting (SMART); Over-the-Counter Medications; Refusal Skills; Problem Solving; Driving under the influence (DUI); Media Influences (ex. Vaping and Tobacco Ads); Alcohol Abuse and Misuse; Illegal Substances; Substance Use and Abuse; Opioids, Tobacco; Vaping; Short and Long-term Effects of Alcohol; Drug Classifications; Marijuana/THC Potency						5	6	7	8	9	
11	12	13	14	15								12	13	14	15	16	
18	19	20	21	22								19	20	21	22	23	
25	26	27	28	29								26	27	28	29		
October_2023						Unit 3: Nutrition, Personal Health and Safety						March_2024					
2	3	4	5	6		Essential Topics and Vocabulary										1	
9	10	11	12	13		Physical activity, eating habits, adequate sleep; health professionals, Internet Safety, CPR, Environmental Factors; Heredity; Calorie Expenditure, Weight Management, Disease prevention through Hygiene; Decision-Making; Short and Long Term Consequences; Goal Setting (SMART); Bike and Pedestrian Safety, Firearm Safety; Trusted Adults; Human Trafficking Awareness; Body Image and Social Media; Cyberbullying; Appropriate Resources						4	5	6	7	8	
16	17	18	19	20								11	12	13	14	15	
23	24	25	26	27								18	19	20	21	22	
30	31											25	26	27	28	29	
November_2023						Unit 4: Reproductive Health (formerly Human Sexuality)						April_2024					
	1	2	3			Essential Topics and Vocabulary						1	2	3	4	5	
6	7	8	9	10		Infectious Diseases and Disease Transmission, HIV, care of reproductive health organs/systems; Teen Dating Violence and Abuse; Decision-Making; Short and Long Term Consequences including Teenage Pregnancy; Goal Setting (SMART); Refusal Skills; Problem Solving; Abstinence; Human Trafficking Awareness						8	9	10	11	12	
13	14	15	16	17								15	16	17	18	19	
20	21	22	23	24								22	23	24	25	26	
27	28	29	30									May_2024					
December_2023						DWT DAY						29	30	1	2	3	
				1								6	7	8	9	10	
4	5	6	7	8								13	14	15	16	17	
11	12	13	14	15								20	21	22	23	24	
18	19	20	21	22		END OF SEMESTER CELEBRATIONS/REVIEW PRIOR						27	28	29	30		
						NO CLASSES											