

Your Health

(Available in English and Spanish)

SCOPE OF COURSE

The focus of this course is on topics and issues encountered by teens. Students will have a chance to: assess their own personal health and the health of other teens, review the health of their community, evaluate the risks they face and practice reducing those risks, build their skills to be healthy and stay healthy, consider the relationships they are part of or want to be part of, and create their own health plans to care for themselves both now and in the future. The first edition requires a textbook, the second edition does not. The non-textbook version of the course is also available in Spanish.

SEQUENCE OF SKILLS

UNIT 1 – How Are You Feeling?

- Introduction to health and definitions
- The triangle of health
- Body systems
- Hygiene and good manners
- Fitness, exercise, and nutrients

UNIT 2 – How Does Your Community Feel?

- Community and health; kinds of communities
- A look at the Hispanic and teenage community
- Communicable and non-communicable diseases
- Vulnerable communities
- Community programs that help
- Community projects by different organizations
- Advocating for legislation that favors health in our communities

UNIT 3 – What Is Your Risk?

- Safety and risks
- Nutrition, physical activity, and personal attitude towards exercise
- Health and legal consequences for teenage use of drugs, tobacco, and alcohol
- Injuries and suicide
- Abstinence; risks, sexual behaviors, and sexually transmitted diseases
- Eating disorders and body image
- Role and power of media, family, and friends
- Personal safety and mental health
- Preventive strategies
- Home and family safety

UNIT 4 – How Is Your Emotional I.Q.?

- Emotional health
- Building resilience, balance, and self-control
- Emotions and decision-making
- Managing anger and stress
- Conflict resolution and peace-making
- Recognizing and preventing violence
- Improving attitudes; self-esteem and affirmations

UNIT 5 - What Is Your Plan?

- Habits and responsibility
- Prevention vs. cure
- Self-care and setting your health goals
- Health and your future employment; health care benefits
- Mental health and depression
- Role models
- Your life story and dreams