Chapter 1  Your Health and Wellness
• Lesson 1  Your Total Health
• Lesson 2  Health Influences and Risk Factors
• Lesson 3  Building Health Skills
• Lesson 4  Making Decisions and Setting Goals
• Lesson 5  Choosing Health Services

Chapter 2  Building Healthy Relationships
• Lesson 1  Practicing Communication Skills
• Lesson 2  Family Relationships
• Lesson 3  Peer Relationships

Chapter 3  Dating Relationships and Abstinence
• Lesson 1  Beginning to Date
• Lesson 2  Healthy Dating Relationships
• Lesson 3  Abstinence and Saying No

Chapter 4  Building Character
• Lesson 1  What is Character?
• Lesson 2  Trustworthiness and Respect
• Lesson 3  Responsibility and Fairness
• Lesson 4  Being a Good Citizen
• Lesson 5  Making a Difference

Chapter 5  Bullying and Cyberbullying
• Lesson 1  Bullying and Harassment
• Lesson 2  Cyberbullying
• Lesson 3  Strategies to Stop Bullying
• Lesson 4  Promoting Safe Schools

Chapter 6  Mental and Emotional Health
• Lesson 1  Mental and Emotional Health
• Lesson 2  Understanding Your Emotions
• Lesson 3  Managing Stress
• Lesson 4  Coping with Loss

Chapter 7  Mental and Emotional Disorders
• Lesson 1  Mental and Emotional Disorders
• Lesson 2  Suicide Prevention
• Lesson 3  Help for Mental and Emotional Disorders

Chapter 8  Conflict Resolution
• Lesson 1  Conflicts in Your Life
• Lesson 2  The Nature of Conflicts
• Lesson 3  Conflict Resolution Skills
• Lesson 4  Peer Mediation

Chapter 9  Violence Prevention
• Lesson 1  Conflicts in Your Life
• Lesson 2  The Nature of Conflicts
• Lesson 3  Conflict Resolution Skills
• Lesson 4  Peer Mediation

Chapter 10  Nutrition
• Lesson 1  Nutrients Your Body Needs
• Lesson 2  Creating a Healthy Eating Plan
• Lesson 3  Managing Your Weight
• Lesson 4  Body Image and Eating Disorders
## What’s Covered

### Chapter 11 Physical Activity
- Lesson 1 Becoming Physically Fit
- Lesson 2 Creating Your Fitness Plan
- Lesson 3 Performing at Your Best
- Lesson 4 Preventing Sports Injuries

### Chapter 12 The Life Cycle
- Lesson 1 Changes During Puberty
- Lesson 2 The Male Reproductive System
- Lesson 3 The Female Reproductive System
- Lesson 4 Infant and Child Development
- Lesson 5 Staying Healthy as You Age

### Chapter 13 Personal Health Care
- Lesson 1 Personal Hygiene and Consumer Choices
- Lesson 2 Taking Care of Your Skin and Hair
- Lesson 3 Caring for Your Mouth and Teeth
- Lesson 4 Protecting Your Eyes and Ears

### Chapter 14 Your Body Systems
- Lesson 1 Your Skeletal and Muscular Systems
- Lesson 2 Your Nervous System
- Lesson 3 Your Circulatory and Respiratory Systems
- Lesson 4 Your Digestive and Excretory Systems
- Lesson 5 Your Endocrine and Reproductive Systems
- Lesson 6 Your Immune System

### Chapter 15 Tobacco
- Lesson 1 Facts About Tobacco
- Lesson 2 Health Risks of Tobacco Use
- Lesson 3 Tobacco Addiction
- Lesson 4 Costs to Society
- Lesson 5 Saying No to Tobacco Use

### Chapter 16 Alcohol
- Lesson 1 Alcohol Use and Teens
- Lesson 2 Effects of Alcohol Use
- Lesson 3 Alcoholism and Alcohol Abuse
- Lesson 4 Getting Help for Alcohol Abuse

### Chapter 17 Drugs
- Lesson 1 Drug Use and Abuse
- Lesson 2 Types of Drugs and Their Effects
- Lesson 3 Staying Drug-Free

### Chapter 18 Using Medicines Wisely
- Lesson 1 Types of Medicines
- Lesson 2 How Medicines Affect Your Body
- Lesson 3 Using Medicines Correctly

### Chapter 19 Communicable Diseases
- Lesson 1 Preventing the Spread of Disease
- Lesson 2 Defense Against Infection
- Lesson 3 Communicable Diseases
- Lesson 4 Sexually Transmitted Diseases
- Lesson 5 HIV/AIDS
Chapter 20 Noncommunicable Diseases
- Lesson 1 Causes of Noncommunicable Diseases
- Lesson 2 Cancer
- Lesson 3 Heart and Circulatory Problems
- Lesson 4 Diabetes and Arthritis
- Lesson 5 Allergies and Asthma

Chapter 21 Safety
- Lesson 1 Building Safe Habits
- Lesson 2 Safety at Home and School
- Lesson 3 Safety on the Road and Outdoors
- Lesson 4 Personal Safety and Online Safety
- Lesson 5 Weather Safety and Natural Disasters
- Lesson 6 First Aid and Emergencies

Chapter 22 Green Schools and Environmental Health
- Lesson 1 Pollution and Health
- Lesson 2 Preventing and Reducing Pollution
- Lesson 3 Protecting the Environment
- Lesson 4 Green Schools

Healthy Relationships and Sexuality
The Teen Health online course consists of 22 chapters. If a district purchases the online course with Healthy Relationships and Sexuality they will also receive the chapters below (HRS 1-3).

HRS 1 The Teen Years
- Lesson 1 Changes During the Teen Years
- Lesson 2 Your Changing Body
- Lesson 3 Developing Your Personal Identity

HRS 2 The Reproductive System
- Lesson 1 The Female Reproductive System
- Lesson 2 The Male Reproductive System

HRS 3 Sexual Feelings and Relationships
- Lesson 1 Responsible Relationships
- Lesson 2 Diversity in Relationships
- Lesson 3 Marriage and Parenthood
- Lesson 4 Pregnancy and Childbirth
- Lesson 5 STDs and HIV/AIDS