### Lifetime Health Chapter Overview

#### Unit 1: Health and Wellness

The purpose of this chapter is to learn about the major health issues we face today and the risk factors involved in these issues; the components of health and how one’s behavior affects his/her health; and how society addresses health issues that affect the entire population.

**Chapter 1**
**Leading a Healthy Life**

**Read pages 6-21**
- **Health and Wellness** Sec 2: pp. 11-16/Review-pg. 16
- **Health and Teens** Sec 1: pp. 6-10/Review-pg. 10
- **Health in Your Community** Sec 3: pp. 17-20/Review-pg. 20
- **Nutrition**

**Due Date**
**September 5, 2017**

**Guest-speakers**: (In room E-207)
1. Donate Life: **Thursday, October 5, 2017**
2. National Alliance on Mental Illness: TBA
3. Alcoholics Anonymous: TBA

**Quarter I Tasks**: 9/5-11/17
- Create An Authentic Learning Unit (1 week)
- Write Your Autobiography (3 weeks)
- Document Your Stress Management (1 day/week)
- Quarterly Exam

**Quarter II Tasks**: 11/20-1/26
- Engage In Genius Hour (20% Time) (1 day/week)
- Final Project (1 week)
- Final Exam

### Chapter 2: Skills for a Health Life

The purpose of this chapter is to learn about a set of 10 tools called life skills that will help one lead a healthy life.

**Chapter 2**
**Skills for a Health Life**

**Read pages 26-42**
- **Building Life Skills** Sec 1: pp. 26-28/Review-pg. 28
- **Making Great Decisions** Sec 2: pp. 29-32/Review-pg. 32
- **Resisting Pressure from Others** Sec 3. pp. 33-37/Review-pg. 37
- **Setting Healthy Goals** Sec 4: pp. 38-42/Review-pg. 42
- **Global Health**

**Due Date**
**September 20**

**Rosh Hashanah**: School Closed: 9/21-2/22

**Columbus Day**: School Closed: 10/9

### Chapter 3: Self-Esteem and Mental Health

The purpose of this chapter is to learn about self-esteem, how self-esteem develops, and how it can be improved; the characteristics of good mental health, how to manage emotions; and mental disorders and different types of treatment for mental disorders.

**Chapter 3**
**Self-Esteem and Mental Health**

**Read pages 50-72**
- **Building Your Self-Esteem** Sec 1: pp. 50-54/Review-pg. 54
- **Using Good Communication** Sec 2: pp. 55-60/Review-pg. 60
- **Mental and Emotional Health** Sec 3. pp. 61-67/Review-pg. 67
- **Understanding Mental Disorders** Sec 4: pp. 68-72/Review-pg. 72

**Due Date**
**October 10**

**WPHS Open House**
10/19 at 7 p.m.

**No After-School Help or Classes** during Faculty/Department Meetings & Early Release Days (ERD):
- 9/13 and 9/27
- 10/5, 10/11, 10/18, & 10/25
- 11/15 & 11/15
- 12/6
- 1/10 & 1/24
### Chapter 4
Managing Stress and Coping with Loss

*The purpose of this chapter is to learn how to identify stress and how to manage it, how to cope with a loss, list facts on suicide, warning signs of suicide, and steps that one can take to help oneself or a friend who may be suicidal.*

Read pages 78-96

- **Stress and Your Health**
  Sec 1: pp. 78-82/Review-pg. 82
- **Dealing with Stress**
  Sec 2: pp. 83-88/Review-pg. 88
- **Coping with Loss**
  Sec 3: pp. 89-92/Review-pg. 92
- **Preventing Suicide**
  Sec 4: pp. 93-96/Review-pg. 96

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### October 31

**Election Day/SCD:**
School Closed: 11/7

**Quarterly Exam:** 11/17
Chapters 1-4 must be completed

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### Chapter 5
Preventing Violence and Abuse

*The purpose of this chapter is to learn how to resolve conflict without violence, how to recognize and prevent abuse, how to protect themselves from sexual abuse and violence, and how to seek help if one is ever sexually abused.*

Read pages 102-118

- **Conflict Resolution & Violence Prevention**
  Sec 1: pp. 102-108/Review-pg. 108
- **Recognizing & Preventing Abuse**
  Sec 2: pp. 108-114/Review-pg. 114
- **Sexual Abuse and Violence**
  Sec 3: pp. 114-118/Review-pg. 118

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### November 20

**Quarter II:** 11/20 – 1/26/2017

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### Unit 6: Reproductive Health

**Chapter 18**

*The purpose of this chapter is to learn about the functions of the male and female reproductive system, how to keep your reproductive system healthy, pregnancy, and early child development.*

Reproduction, Pregnancy, and Development
Read pages 428-443

- **Male Reproductive System**
  Sec 1: pp. 430-435/Review-pg. 435
- **Female Reproductive System**
  Sec 2: pp. 436-442/Review-pg. 442
- **Pregnancy and Early Development**
  Sec 3: pp. 443-450/Review-pg. 450
- **Contraceptive methods**

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**Chapter 17**

Marriage, Parenthood, & Families

*The purpose of this section is to learn about the responsibilities of parenthood and how parents’ behavior can affect their children.*

Read pages 410-422

- **Parenthood**
  Sec 2: pp. 415-417/Review-pg. 417
### Chapter 19: Building Responsible Relationships

The purpose of this section is to learn about sexual abstinence, understand the benefits of abstinence, and discuss contraceptive options.

Read pages 456-468
- Benefits of Abstinence
  Chapter 19 Review—pp. 470-471 (#’s 1-20)

### Chapter 20: Risks of Adolescent Sexual Activity

The purpose of this chapter is to learn about the risks and responsibilities of being a sexually active teen, how the long-term consequences of these risks can prevent teens from achieving their life goals, and the causes, transmission, symptoms, treatments, and prevention of sexually transmitted diseases (STDs).

Read pages 476-490
- What are the risks?
  Sec 1: pp. 476-479/Review—pg. 479
- What are sexually Transmitted Diseases?
  Sec 2: pp. 480-483/Review—pg. 483
  Common STDs
  Sec 3: pp. 484-490/Review—pg. 490

### Chapter 21: HIV and AIDS

The purpose of this chapter is to learn about HIV infection and AIDS, the increase in the number of HIV cases in teens, the transmission, symptoms, testing, treatment, and prevention of HIV infection and AIDS.

Read pages 496-510
- HIV and AIDS Today
  Sec 1: pp. 496-499/Review—pg. 499
- Understanding HIV and AIDS
  Sec 2: pp. 500-504/Review—pg. 504
- Protecting Yourself from HIV and AIDS
  Sec 3. pp. 505-510/Review—pg. 510

### Unit 3: Drugs

Chapter 9

Understanding Drugs and Medicines

The purpose of this chapter is to learn what makes a drug a medicine, why certain drugs are classified as drugs of abuse, the benefits that medicines offer when taken correctly, the risks of misusing medicines, why certain medicines and drugs are addictive, and how addiction can be avoided and treated.

Read pages 218-234
- Drugs
  Sec 1: pp. 218-221/Review—pg. 221
- Drugs as Medicines
  Sec 2: pp. 222-229/Review—pg. 229
- Drugs and the Brain
  Sec 3: pp. 230-234/Review—pg. 234
**Chapter 11**  
**Tobacco**

The purpose of this chapter is to learn about the dangers associated with tobacco, including short- and long-term effects of tobacco on the body, the benefits of living a tobacco-free life, as well as ways to refuse tobacco and tips for quitting.

Read pages 264-
- Tobacco Use  
  Sec 1: pp.264-266/Review-pg. 266
- Dangers of Tobacco Use  
  Sec 2: pp. 267-271/Review-pg. 271
- A Tobacco-Free Life  
  Sec 3: pp. 272-278/Review-pg. 278

**Chapter 10**  
**Alcohol**

The purpose of this chapter is to learn about how alcohol affects the individual, the family, and society, the risks of teenage drinking, the disease alcoholism, the support groups available to aid an alcoholic and his or her family and friends, the ways to refuse alcohol, and the ways to become a positive peer influence for avoiding the dangers of alcohol.

Read pages 242-258
- Alcohol affects the body  
  Sec 1: pp. 242-246/Review pg. 246
- Alcoholism affects the family and society  
  Sec 2: pp. 247-252/Review pg. 252
- Teens and Alcohol  
  Sec 3: pp. 253-258/Review pg. 258

**Chapter 12**  
**Illegal Drugs**

The purpose of this chapter is to learn about the dangers of drug abuse, the commonly abused drugs, how to avoid drugs, and treatment for drug addiction.

Read pages 284
- Drugs of Abuse  
  Sec 1: pp. 284-286/Review-pg. 286
- Commonly Abused Drugs  
  Sec 2: pp. 287-294/Review-pg. 294
- Other Drugs of Abuse  
  Sec 3: pp. 295-300/Review-pg. 300
- A Drug-Free Life  
  Sec 4: pp. 301-308

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**Save the Dates:**
- Final Project: 1/12/2018
- Final Exam: 1/25/2018

Final exams are cumulative and include questions from all chapters.

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**The Successful Student:**
- Creates goals
- Makes school a priority
- Finds balance
- Takes responsibility for their learning
- Develops a study plan
- Attends class
- Participates
- Talks to their teachers
- Uses family and friends for support
- Asks for help if needed

*Dates are tentative and subject to changes.*