Health Education – Middle School Course Outline

6th grade

The Health Triangle

Relationships

Peer Pressure/Bullying

Immune system/Communicable disease

HIV/AIDS

Lifestyle Diseases

Nutrition

Human Development/Reproduction/Puberty

7th grade

Drug unit

- drug abuse and addiction

-tobacco, alcohol, marijuana, inhalants, prescription drugs, heroin

-all vocabulary

Mental Health

Stress

Self-esteem/body image/eating disorders

Values
8th grade

Mental Health -
Depression/Self Injury/Suicide
Stress Management
Self Esteem Project – Picture My Life
Healthy vs. Unhealthy Relationships
Human Development/Reproductive system
Pregnancy prevention/Abstinence
STIs