






Health READY® “At a Glance” Curriculum Map

UNIT TOPIC	6 th Grade	7 th Grade	8 th Grade	High School	Health READY® Plus
Mental, Emotional, and Social Health 	<ul style="list-style-type: none"> Stress Stress management Personal boundaries Communication skills 	<ul style="list-style-type: none"> Healthy vs. unhealthy relationships Disordered eating Body image Depression Stress Communication skills 	<ul style="list-style-type: none"> Self-harm Behaviors (warning signs, risk factors, protective factors) that Influence Mental Health Interpersonal communication skills 	<ul style="list-style-type: none"> Positive and negative effects of social media Signs and symptoms of mental illnesses Types of mental health services 	<ul style="list-style-type: none"> All content mindmaps from grades 6-9 Problem-based learning scenario <i>“How can we improve mental health services and reduce homelessness?”</i>
Body Systems 	<ul style="list-style-type: none"> Circulatory system Major structures and functions 	<ul style="list-style-type: none"> Digestive system Major structures and functions 	<ul style="list-style-type: none"> Brain and nervous system Major structures and functions 	<ul style="list-style-type: none"> Endocrine system Lymphatic system Major structures and functions 	<ul style="list-style-type: none"> All major structures and functions All content mindmaps from grades 6-9 Problem-based learning scenario <i>“How can we stop the spread of infection?”</i>

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Substance Abuse Prevention 	<ul style="list-style-type: none"> • Why teenagers use or avoid drugs or alcohol • Effective refusal skills • Nicotine products • Dangers of secondhand smoke 	<ul style="list-style-type: none"> • Risky behaviors associated with substance use • Addiction vs. misuse • Prescription and nonprescription misuse 	<ul style="list-style-type: none"> • Short- and long-term health issues and effects related to substance use • Signs and symptoms of substance abuse • Causes of addiction • Substance use/abuse impact on others 	<ul style="list-style-type: none"> • Consequences of binge drinking • Facts about opioids • Why teens are more vulnerable to heroin and prescription opioids • Signs and symptoms for opioid addiction • Prevention strategies • Refusal and negotiation skills 	<ul style="list-style-type: none"> • All content mindmaps from grades 6-9 • Problem-based learning scenario <i>How can we reduce substance abuse?</i>
Injury Prevention 	<ul style="list-style-type: none"> • Leading childhood injuries • Strategies to prevent injuries <ul style="list-style-type: none"> ○ Home ○ Water ○ Fire ○ Pedestrian ○ Bicycle ○ ATV ○ School ○ Internet 	<ul style="list-style-type: none"> • Basic first aid and emergency procedures for common injuries • Potential safety issues with online gaming and social media use 	<ul style="list-style-type: none"> • CPR skills • Traumatic and non-traumatic brain injuries • Common signs/symptoms of a concussion • Behaviors that contribute to potential injuries 	<ul style="list-style-type: none"> • Behaviors that contribute to injuries • Risks of sharing personal information online • Controllable and uncontrollable risk factors • CPR skills and use of automated 	<ul style="list-style-type: none"> • All content mindmaps from grades 6-9 • Problem-based learning scenario <i>"How can we reduce the death toll from natural disasters in low-income countries and those living in extreme poverty?"</i>


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	<ul style="list-style-type: none"> o Cyber-bullying 			<ul style="list-style-type: none"> external defibrillator (AED) • First aid skills for choking, bleeding, contusions, fractures, and anaphylactic shock • Lyme disease <ul style="list-style-type: none"> o Symptoms o Treatment 	
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Nutrition 	<ul style="list-style-type: none"> • Healthy eating • Portion sizes • Recommended daily allowance • Food labels • Sugar facts • Macronutrients 	<ul style="list-style-type: none"> • Micronutrients • Food allergy vs. food sensitivity • Purpose of the Food and Drug Administration (FDA) 	<ul style="list-style-type: none"> • Nutrients needed for proper brain function • Health risks posed by food contaminants • Proper food preparation and food storage • Food labeling 	<ul style="list-style-type: none"> • Fat-soluble and water-soluble vitamins • Food and non-food sources of vitamins • Vitamin and mineral supplements • Dietary guidelines • Dietary Reference Intakes (DRI's) 	<ul style="list-style-type: none"> • All content mindmaps from grades 6 • Problem-based learning scenario <i>“How can we fix world hunger problems?”</i>


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Violence Prevention 	<ul style="list-style-type: none"> • Forms of abuse • Effects of bullying, cyberbullying, harassment, and violence • Prevention strategies • Resistance skills • Media influence • Youth violence • Gang-related behaviors and avoiding gang involvement 	<ul style="list-style-type: none"> • What is human trafficking, assault, and harassment • Risks associated with weapon use • Gang-related behaviors 	<ul style="list-style-type: none"> • Role of social media in human trafficking • What to do and how to identify human trafficking • Resisting gang involvement • Social justice issues and how they contribute to one’s health 	<ul style="list-style-type: none"> • Who are the traffickers? • Who are the victims? • How to spot human trafficking • Types of gangs • Gang-related behaviors • Laws and law enforcement • Policies protecting personal health • Where to seek help 	<ul style="list-style-type: none"> • All content mindmaps from grades • Problem-based learning scenario <i>“How can we prevent unintentional injuries and violence?”</i>
Disease Prevention and Health Promotion 	<ul style="list-style-type: none"> • Communicable vs. non-communicable diseases • Common chronic diseases • Lifestyle behaviors to help reduce chronic disease • Vaccinations • Vision care • Dental care • Hearing care 	<ul style="list-style-type: none"> • Impact of sleep and rest on physical, social, and emotional health • What is active transportation • Physical, mental, and social health benefits of physical activity 	<ul style="list-style-type: none"> • Differences between rest, sleep, sleep deprivation, and sleep debt • Social and environmental factors impacting personal, physical, and mental health 	<ul style="list-style-type: none"> • Chronic Disease • Stroke • Heart Disease • Infectious Diseases • How immunizations can help prevent disease • Importance of health screenings • Organ Donation • Lyme Disease 	<ul style="list-style-type: none"> • All content mindmaps from grades • Problem-based learning scenario <i>“How can we increase physical activity in children?”</i>

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<p data-bbox="117 280 323 440">Community and Environmental Health</p> 	<ul data-bbox="359 280 653 1097" style="list-style-type: none"> • What is a healthy community? • Importance of environmental health • Environmental risk factors for disease • Strategies to protect the environment • Global environmental health issues • Human behaviors that contribute to air, water, and soil pollution 	<ul data-bbox="682 280 976 659" style="list-style-type: none"> • How environmental health is essential to personal and community health • Ways to conserve and promote the conservation of natural resources 	<ul data-bbox="1018 280 1312 1140" style="list-style-type: none"> • Renewable resources • Sustainable energy • How humans and the environment are interdependent • Natural disasters and emergency situations that can impact communities • How to prepare for natural disasters • The mission of the Environmental Protection Agency (EPA) 	<ul data-bbox="1354 280 1648 837" style="list-style-type: none"> • Health-related social issues • Social determinants of health • Strategies for improving health-related social issues • The mission of the Environmental Protection Agency (EPA) 	<ul data-bbox="1690 280 1984 594" style="list-style-type: none"> • All content mindmaps from grades • Problem-based learning scenario <i>“How can we protect our natural resources?”</i>

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Reproductive Health 	<ul style="list-style-type: none"> • Social, physical, emotional, and cognitive changes during adolescence • Common male and female puberty concerns 	<ul style="list-style-type: none"> • Male and female reproductive systems <ul style="list-style-type: none"> ○ Parts ○ Functions 	<ul style="list-style-type: none"> • Human reproduction • Sexual abstinence • Abstinence skills • Signs and symptoms of pregnancy • Parenting responsibilities 	<ul style="list-style-type: none"> • Sexually transmitted diseases • FDA approved birth control (risks and effectiveness) • Abstinence skills and benefits 	<ul style="list-style-type: none"> • All content mindmaps from grades • Problem-based learning scenario aligned with the 8 national health standards

Student Ambassador Project: Optional Unit

1. Assign to students who opt-out of reproductive health unit
2. Assign to students for extra credit

Task: Students develop a “Passion Project” to help others live a quality and healthy lifestyle. Students reflect on previous Health READY® units, topics, activities, and content mindmaps to determine what is the most concerning health issue in their school and/or community.