

2019-20 Contemporary Health A-E

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CA Contemporary Health	Unit/Sections
Mental and Emotional Health: Alcohol, Tobacco, and other Drugs	Unit A
Alcohol Use and Its Dangers	1
Nicotine, Tobacco, and their Dangers	2
Prescription, Nonprescription, and Illegal Drugs	3
A Substance-Free Lifestyle	4
The Importance of Mental and Emotional Health	5
Mental and Emotional Problems	6
Stress and Stress Management	7
Grief, Loss, and Depression and Suicide	8
Bullying	9
Seeking Help in Your Community	10
Unit A Test	
Growth, Development, and Sexual Health	Unit B
Puberty, Gender Identity, and Sexual Orientation	1
Abstinence, Safe Sex, and Making Informed Decisions	2
Conception, Pregnancy, and Birth	3
Sexually Transmitted Infections, HIV, and AIDS	4
Sexual Harassment and Sexual Assault	5
Unit B Test	
Personal and Community Health	Unit C
Communicable Disease	1
Non-Communicable Disease	2
Preventative Medical and Dental Care	3
Personal Hygiene and Health	4
Environmental Health and Safety	5
Making Informed Healthcare Decisions	6
Health Care in the Community	7
Safety and Injury Prevention	8
First Aid	9
Safe Driving Habits	10
Disaster Preparedness	11
Unit C Test	
Nutrition and Physical Activity	Unit D
Health and Wellness	1
Guidlines for Health Eating	2
Nutrition and Health	3
Nutrition and Physical Fitness in Your Community	4

2019-20 Contemporary Health A-E

Nutrition and Physical Activity	Unit D
Choosing and Preparing Healthy Foods	5
Maintaining a Healthy Body Composition and Body Image	6
Physical Fitness and Health	7
Setting Healthy Goals	8
Unit D Test	
Skills for Healthy Relationships	Unit E
Skills for Healthy Relationships	1
Healthy Family Relationships	2
Understanding Relationships with Peers	3
Healthy Relationships: Dating and Marriage	4
Parenting	5
Conflict Resolution and Decision-Making Skills	6
Unit E Test	