



Life fluent

HIGH SCHOOL CURRICULUM

SCOPE & SEQUENCE

welcome.

Welcome to LifeFluent's High School Health Curriculum!

If you've ever taught teens, you've seen it.

Students don't check out because topics are awkward. They check out when they don't see **why it matters to them.**

The moment it feels real to their life, everything shifts.

This comprehensive curriculum was created by health teachers who've tried it all and finally figured out how to reach GenZ..students who don't need more information, they need help making sense of it.

This curriculum focuses on reflection, real connection, and helping students figure out what to trust and where to turn..

Everything is fully aligned with **NHES standards**, with a focus on practicing skills like communication, decision-making, and critical thinking in ways that actually stick.



High School Curriculum

YOUR FULL-YEAR ROADMAP

MODULE 1. Intro to Health & Foundations

Start the year strong with classroom culture, expectations, and student self-awareness. Focus on values, goal-setting, and what “health” actually means in real life.

MODULE 2. Identity & Belonging

Students explore who they are, how identity is shaped, and where they fit in. Covers diversity, stereotypes, and the difference between fitting in vs belonging.

MODULE 3. Healthy Communication & Relationships Skills

Build real-life social skills students actually need. Covers active listening, empathy, collaboration, constructive criticism, and conflict resolution.

MODULE 4. Body Systems & Physical Health

Foundational understanding of how the body works. Includes muscles, nervous system, digestion, sleep, and interactive system-based activities.

MODULE 5. Sexual Health

Clear, modern, and relevant sex education. Covers consent, contraception, STIs, relationships, decision-making, and media influences (including porn vs reality).

MODULE 6. Nutrition & Lifestyle

Practical nutrition students can actually apply. Includes macronutrients, label reading, sugar, meal planning, Blue Zones, and diet culture awareness.

MODULE 7. Mental Health

Focus on coping, emotional awareness, and real-world challenges. Covers stress, anxiety, depression, social media impact, self-harm prevention, and how to seek help.

MODULE 8. Cyber Safety & Digital Life

Modern risks and behaviors in online spaces. Includes screen time, cyberbullying, sexting, digital identity, and online decision-making.

MODULE 9. Drugs, Alcohol & Substance Use (ATOD)

Honest, scenario-based approach to substance use. Covers alcohol, vaping, drugs, addiction, media influence, and real-life decision-making.





Intro To Health

National Health Education Standards



Standard 2.12.6 - Evaluate the effect of media on personal and family health.

Standard 4.12.1 - Use skills for communicating effectively with family, peers, and others to enhance health.

Standard 6.12.2 - Develop a plan to attain a personal health goal that addresses strengths, needs, and risks. values.

Week 1	Back To School	Prep
Day 1	Day One Teambuilding, Syllabus + Class Contract Book Cover- Get To Know You Activity	Printing + Art Supplies
Day 2	Intro to Health Class Start Healthy Living World Cafe Intro	Printing
Day 3	World Cafe - Healthy Living	Classroom Set-Up
Day 4	Health Literacy - Spotting Misinformation	Printing or Fully Digital
Day 5	Values and Decision Making	Printing



Letter To Parents



Identity & Belonging

**National
Health
Education
Standards**



Standard 2: 2.12.1, 2.12.2, 2.12.3, 2.12.7, 2.12.8

Standard 4: 4.12.1, 4.12.2, 4.12.3

Standard 7: 7.12.2

Week 1	Identity & Belonging	Prep
Day 1	WHO AM I? Identity Cube Lesson	Printing & Cutting
Day 2	Diversity Lesson	Printing
Day 3	Stereotypes -Who Would You Hire	Printing
Day 4	Belonging vs Fitting in Intro Lesson	Printing
Day 5	Ice Breaker Games for Warm Up Belonging vs Fitting in Project Making	Magazine, markers



Healthy Communications



National Health Education Standards

Standard 1: 1.12.3, 1.12.8, 1.12.9

Standard 2: 2.12.1, 2.12.2, 2.12.3, 2.12.5, 2.12.6, 2.12.8

Standard 3: 3.12.1

Standard 4: 4.12.1, 4.12.2, 4.12.3

Standard 5: 5.12.1, 5.12.2, 5.12.6, 5.12.7

Standard 7: 7.12.2, 7.12.3

Standard 8: 8.12.2

Week 1	Connection & Collaboration	Prep
Day 1	Build Your Village Teen Loneliness	Printing or Fully Digital
Day 2	Collaboration Game: Steal or Share	Printing or Fully Digital
Day 3	Ice Breaker Warm up Active Listening Lesson	Printing + Cutting
Day 4	Empathy / Empathetic Responses	Printing
Day 5	Communications Stations Activity	Printing

Week 2	Conflict Resolution	Prep
Day 6	Constructive Criticism	Printing
Day 7	Cultural Appropriation Simulation Prep	Printing + Cutting
Day 8	Cultural Appropriation Meeting	Arranging Room



Body Systems

 National Health Education Standards	Standard 1: 1.8.1, 1.12.1, 1.12.7 Standard 2: 2.12.1 Standard 3: 3.12.2 Standard 6: 6.12.1, 6.12.2 Standard 7: 7.8.2, 7.12.2 Standard 8: 8.12.3
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Week 1	Intro To Body Systems	Prep
Day 1	Bell Ringers - Body Systems Intro to Body Systems	Printing
Day 2	Muscles Day 1	Printing, Art Supplies
Day 3	Muscles Day 2	None
Day 4	Nervous System Stations Activity	Printing + Classroom Set-Up
Day 5	Body Systems Webquest	Printing or None

Week 2	Intro to Body Systems	Prep
Day 6	Sleep Lesson	Printing
Day 7	Carbs Journey - Digestive System	Classroom Set-Up
Day 8	Skin - Integumentary System	Printing
Day 9	Body Systems Jeopardy	None



Sexual Health

 National Health Education Standards	Standard 1: 1.12.1, 1.12.5–1.12.9 Standard 2: 2.12.2, 2.12.3, 1.12.5, 2.12.7, 2.12.10 Standard 3: 3.12.1 Standard 5: 5.12.1, 5.12.2, 5.12.4, 5.12.5, 5.12.6, 5.12.7 Standard 6: 6.12.1 Standard 7: 7.12.1, 7.12.2, 7.12.3 Standard 8: 8.12.3
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Week 1	Sex Ed Basics	Prep
Day 1	Bell Ringers Intro to Sex Ed, Why Sex Ed Matters	Printing
Day 2	Intro to Sex Ed Day 2 + Assessment	None
Day 3	Gender Identity / Expression & Sexual Orientation Hexagonal Thinking Activity	Printing (Cutting optional)
Day 4	Birth Control 101 Video Birth Control Activity (Start)	Printing
Day 5	Birth Control Activity (Finish) *Bring actual forms of BC to class to show students*	Bring Birth Control Props

Week 2	Sex Ed Basics Part 2	Prep
Day 6	STIS Guess Who Game	Printing or Digital
Day 7	Sexual Health Web-Quest	Printing or Digital
Day 8	Heads Up Sexual Health Edition *Review Material From the Start*	Printing or Digital
Day 9	Consent	Printing
Day 10	Porn vs Reality	Printing



Sexual Health

Week 3	Healthy Relationships	Prep
Day 11	Sexting Mock Trial: Prep Day	Printing
Day 12	Sexting Mock Trial: Trial Day	NONE
Day 13	Sexual Health Choice Board Project (Intro)	Printing Or Digital
Day 14	Healthy Relationships Lesson	Printing
Day 15	Healthy Relationships THAT'S NOT LOVE Homework: Parent/Other Trusted Adult Interview on Healthy Relationships	Printing

Week 4	Healthy Decision Making	Prep
Day 16	Healthy Relationships Stations Activity	Printing
Day 17	Am I Ready For Sex? Healthy Decisions	Printing
Day 18	Sexual Health Project Presentations + Closing reflection of objectives from day 1	NONE
Day 19	MENSTRUATION BOARD GAME - BONUS DAY	Printing + Cutting (Lamination Recommended)



Nutrition

 National Health Education Standards	Standard 1: ALL Standard 2: 2.12.2, 2.12.3, 1.12.5, 2.12.7, 2.12.10 Standard 3: 3.12.1 Standard 5: 5.12.1, 5.12.2, 5.12.4, 5.12.5, 5.12.6, 5.12.7 Standard 6: 6.12.1 Standard 7: 7.12.1, 7.12.2, 7.12.3 Standard 8: 8.12.3
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Week 1	Nutrients	Prep
Day 1	Bell Ringers Nutrition 101 Slides 1-15	Printing
Day 2	Ice Breaker: Food Themed Nutrition 101: Carb Slides	Printing
Day 3	The Journey of a Carb	Printing + Cutting
Day 4	Nutrition 101 (Protein & Fats)	NONE
Day 5	Nutrition 101 (Vitamins & Minerals) Nutrition Uno Cards Hand Out Study List For Day 6 Quiz	Printing + Cutting

Week 2	Balanced Diet	Prep
Day 6	Sugar Lesson & Activity	Printing + Cutting + Materials
Day 7	Nutritional Guidelines Inverted Food Pyramid Nutrition Quiz	Printing
Day 8	Nutrition Challenge: Meal Planning At Sea	Printing
Day 9	Decoding Nutrition Labels	Printing + Cutting
Day 10	Blue Zones Field Trip	NONE



Nutrition

Week 3	Blue Zones	Prep
Day 11	Blue Zone Research Project Introduction	Printing
Day 12	The Truth About Fad Diets	NONE
Day 13	LIVE TO 100: Blue Zone Movie Guide	Printing
Day 14	Blue Zone Prep Day	NONE
Day 15	Blue Zone Presentation Day	NONE

Week 4	Exam	Prep
Day 16	Caffeine Lesson	Printing and Cutting
Day 17	FED UP: Movie guide	Printing
Day 18	Nutrition Bingo + Review for exam	Printing
Day 19	Nutrition Exam	Printing Or Digital



Mental Health



National Health Education Standards

Standard 1: 1.8.1, 1.12.1, 1.12.7

Standard 2: 2.12.1

Standard 3: 3.12.2

Standard 6: 6.12.1, 6.12.2

Standard 7: 7.8.2, 7.12.2

Standard 8: 8.12.3

Week 1	Mental Health 101, Coping Skills	Prep
Day 1	Mental Health Bell Ringers (Use Daily) Mental Health 101 Lesson	Printing
Day 2	Stress Lesson	Printing + Cutting (High Prep)
Day 3	Managing Stress Station Activity	Printing
Day 4	Mental Health and AI	Printing
Day 5	Social Media's Impact on Mental Health - World Cafe Discussion - Part I	Printing
Week 2	Mental Illness & Seeking Help	Prep
Day 6	Social Media's Impact on Mental Health - World Cafe Discussion - Part 2 Homework: Parent Interview on Emotional Resilience	Room Setup
Day 7	Anxiety Disorders Lesson	NONE
Day 8	Depression	NONE
Day 9	Eating Disorders Mental Health Choice Board Activity PREP	NONE
Day 10	Self Harm & Suicide Prevention Lesson Suicide Prevention WebQuest (Homework)	Printing or Digital



Mental Health

Week 3	Application + Exam	Prep
Day 11	Talking to Friends about Mental Health Part 1	NONE
Day 12	Talking to Friends About Mental Health Part 2	NONE
Day 13	Jeopardy Review Give Study Guide from the Exam	Printing Or Digital
Day 14	Mindfulness Scavenger Hunt Mental Health Exam	Printing
Day 15	Mental Health Choice Board Presentations	Printing



Cyber Safety



National Health Education Standards

Standard 1: 1.12.3, 1.12.7, 1.12.9

Standard 2: 2.12.2, 2.12.4, 2.12.5, 2.12.6, 2.12.7

Standard 3: 3.12.1

Standard 4: 4.12.1, 4.12.3

Standard 6: 6.12.1

Week 1	Social Media	Prep
Day 1	Social Media's Impact On Mental Health, World Cafe Day 1 (Also in mental health unit)	Printing
Day 2	Social Media's Impact On Mental Health, World Cafe Day 2	Room Setup
Day 3	Screen Time Activity Mapping Online Life	Printing
Day 4	Social Media Scavenger Hunt Cyber Safety Sorting Activity	Printing + Cutting
Day 5	Cyber Safety Escape Room	Printing or None

Week 2	Harassment & Risky Choices	Prep
Day 6	Cyberbullying Gallery Walk Lesson	Printing + Cutting
Day 7	Sexting Mock Trial (also in the Sex Ed Unit but goes well here as well) Day 1 *Optional*	Printing
Day 8	Sexting Mock Trial Day 2 *Optional*	Room Setup
Day 9	Teen Gambling Lesson	NONE



Drugs & Alcohol (ATOD)



National Health Education Standards

Standard 1: 1.12.1, 1.12.3, 1.12.4, 1.12.5, 1.12.8, 1.12.9

Standard 2: 2.12.3, 2.12.5, 2.12.6, 2.12.8, 2.12.9

Standard 4: 4.12.2

Standard 5: 5.12.1, 5.12.2, 5.12.3, 5.12.4, 5.12.5, 5.12.6, 5.12.7

Standard 7: 7.12.1, 7.12.2, 7.12.3

Standard 8: 8.12.1, 8.12.3, 8.12.4

Week 1	Alcohol	Prep
Day 1	ATOD Bell Ringers Alcohol Lesson	Printing
Day 2	Alcohol in the Media Lesson	Printing
Day 3	Alcohol Project From Media Lesson	Printing
Day 4	Alcohol Project Presentation	NONE
Day 5	Alcohol Stations Activity	Printing

Week 2	Smoking & Drugs	Prep
Day 6	Cannabis Self-Guided or As a Class	Printing or NONE
Day 7	Vaping Movie Guide	Printing
Day 8	Vaping Escape Room	Printing + Cutting + Set Up
Day 9	Drug Categories	Printing
Day 10	Dangers of Drugs - Stimulants	Printing



Drugs & Alcohol (ATOD)

Week 3	Drugs	Prep
Day 11	Depressants/ Opioid Addiction	Printing
Day 12	Fentanyl	Printing & Cutting
Day 13	Hallucinogen Lesson + Web-Quest	Printing
Day 14	Drugs and Alcohol Choice Board Project INTRO	Printing or NONE
Day 15	Drugs and Alcohol Simulation Game	Printing

Week 4	ATOD Project	Prep
Day 16	Addiction	Printing
Day 17	Xanax: Take Your Pills Movie Guide	Printing
Day 18	Drugs and Alcohol Exam	Printing
Day 19	Drugs and Alcohol Choice Board Project PRESENTATION	NONE
Day 20	Substance Use and Abuse World Cafe Day 1	Printing

Week 5	Discussions	Prep
Day 21	Substance Use and Abuse World Cafe Day 2	Room SetUp