



# Life!fluent

HIGH SCHOOL CURRICULUM

SCOPE & SEQUENCE



# 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	Values Day 1	Printing
Day 5	Values Day 2	None



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


 <p><b>National Health Education Standards</b></p>	<p><b>Standard 1:</b> 1.12.3, 1.12.8, 1.12.9</p> <p><b>Standard 2:</b> 2.12.1, 2.12.2, 2.12.3, 2.12.5, 2.12.6, 2.12.8</p> <p><b>Standard 3:</b> 3.12.1</p> <p><b>Standard 4:</b> 4.12.1, 4.12.2, 4.12.3</p> <p><b>Standard 5:</b> 5.12.1, 5.12.2, 5.12.6, 5.12.7</p> <p><b>Standard 7:</b> 7.12.2, 7.12.3</p> <p><b>Standard 8:</b> 8.12.2</p>
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Week 1	Connection & Collaboration	Prep
Day 1	Collaboration Game: Steal or Share	Printing
Day 2	Active Listening Lesson	Printing + Cutting
Day 3	Ice Breaker Warm up Active Listening Scavenger Hunt	Printing
Day 4	Empathy / Empathetic Responses	Printing
Day 5	Communications Stations Activity	Printing

Week 2	Conflict Resolution	Prep
Day 6	Constructive Criticism	Printing
Day 7	Conflict Resolution Hawaii Case Prep	Printing & Cutting
Day 8	Conflict Resolution Hawaii Case Meeting	Arranging Room
Day 9	Cultural Appropriation Simulation Prep	Printing + Cutting
Day 10	Cultural Appropriation Meeting	Arranging Room



# Body Systems


 <p><b>National Health Education Standards</b></p>	<p><b>Standard 1:</b> 1.8.1, 1.12.1, 1.12.7  <b>Standard 2:</b> 2.12.1  <b>Standard 3:</b> 3.12.2  <b>Standard 6:</b> 6.12.1, 6.12.2  <b>Standard 7:</b> 7.8.2, 7.12.2  <b>Standard 8:</b> 8.12.3</p>
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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

 <p><b>National Health Education Standards</b></p>	<p><b>Standard 1:</b> 1.12.1, 1.12.5–1.12.9  <b>Standard 2:</b> 2.12.2, 2.12.3, 1.12.5, 2.12.7, 2.12.10  <b>Standard 3:</b> 3.12.1  <b>Standard 5:</b> 5.12.1, 5.12.2, 5.12.4, 5.12.5, 5.12.6, 5.12.7  <b>Standard 6:</b> 6.12.1  <b>Standard 7:</b> 7.12.1, 7.12.2, 7.12.3  <b>Standard 8:</b> 8.12.3</p>
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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 <u>Birth Control Activity (Start)</u>	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

 <p><b>National Health Education Standards</b></p>	<p>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</p>
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Week 1	Nutrients	Prep
Day 1	Bell Ringers <u>Nutrition 101 Slides 1-15</u>	Printing
Day 2	Ice Breaker: Food Themed <u>Nutrition 101: Carb Slides</u>	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

 <p><b>National Health Education Standards</b></p>	<p><b>Standard 1:</b> 1.8.1, 1.12.1, 1.12.7  <b>Standard 2:</b> 2.12.1  <b>Standard 3:</b> 3.12.2  <b>Standard 6:</b> 6.12.1, 6.12.2  <b>Standard 7:</b> 7.8.2, 7.12.2  <b>Standard 8:</b> 8.12.3</p>
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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	<u>Self Harm &amp; Suicide Prevention Lesson</u> 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	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



# 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