

	Unit Goals	Key Skills	Class Periods
The Value of Good Health	To introduce the LST HS program and how it is relevant to students' health.	Cooperative learning; using assessment rubrics; self-analysis.	1
Decision-Making for Health	To teach how to make decisions that benefit personal health practices.	Self-reflection and assessment; analysis of health risks; decision analysis.	1
Risk-Taking and Substance Abuse	To counter myths and misconceptions about drugs, their rate of usage, and effects; to increase awareness of effects of drug use on physical, mental, and emotional health.	Researching, analyzing, and applying data.	1
The Media and Health	To increase awareness of how the media influences our health behavior; to increase resistance to media manipulation and influence.	Content analysis of media techniques; comparing media messages to previous knowledge; oral presentations and projects.	2
Managing Stress, Anger, and Other Emotions	To teach recognition of stress and anger triggers and how they relate to behavior; how substance use is related to stress; techniques for managing stress and anger.	Self-reflection and assessment of stress and anger triggers and responses; resulting risky behaviors; analysis and practice of five techniques for managing stress and anger.	1
Family Communications	To increase awareness of changing roles in the family; to teach how to communicate effectively with family members.	Identifying developmental changes in oneself; interviewing family member; communication skills.	2
Healthy Relationships	To increase awareness of what students are attracted to in others and what attracts others to them; skills for effective social interaction; resolving conflicts in close personal relationships.	Reflecting on actions taken in personal relationships; verbal and non-verbal assertiveness; making social contacts; practicing conflict resolution.	2
Total Class Periods			10