



EXCURSION 5th Grade

Lesson Topics

Workbook A

LESSON 1: Structure, Function, and Relationships of Body Systems

LESSON 2: Health Literacy, Preventable Health Behaviors, Vector, Communicable and Non-Communicable Diseases

LESSON 3: Six Essential Nutrients, Healthy Eating, Examining Food Labels, Optimal Personal Fitness

LESSON 4: Emergency Preparedness, Calling for Help, Basic First-Aid, Safety Skills & Unintentional Injury

LESSON 5: Goals, Career Planning, Universal Values - Perseverance, Gratitude, Self-Control, Developmental Assets, Success Sequence

LESSON 6: Communication Skills, Emotional Intelligence, Decision Making Reactive, Inactive & Proactive, Conflict Resolution Steps, Giving a Good Apology, Using Time-Out Steps

LESSON 7: Mental Health, Brain Development, Good Stress - Bad Stress, Choices & consequences, Refusal Skills, Resiliency, Personal Boundaries

LESSON 8: Foundation for Healthy Relationships, Genuine Friends, Bullying, Ending Gossiping, Identifying Unhealthy Relationships, Positive Peer Influence

LESSON 9: Substance Use-Alcohol, Tobacco/Vaping, Drugs-Opioid/Fentanyl, Risk & Protective Factors, Brain Development, Over-the-Counter, Prescription Drugs, Fun Alternatives, Peer Influence

Workbook B

LESSON 10: Review Goals, All About Boys, All About Girls, Brain and Body Changes, Process of Fertilization, Fetal Development

LESSON 11: Family Responsibilities, Planning for the Future, Healthy Habits, Good Stress & Bad Stress, The Value of Good Character Traits

LESSON 12: Facts about Abuse, Safety Plan, Saying NO to Unsafe Touches, Fatherhood & Motherhood, Rights & Responsibilities, Report Bullying

LESSON 13: Media Influences, Protecting the Brain, Gaming Boundaries, Positive Body Image, Cyberbullying, Digital Citizenship

LESSON 14: Growth Mindset, Genuine Friendships, Ending bad relationships, Abstinence from all Risky Behaviors, Waiting to Date, What is a Healthy Marriage?



ENVISION 6th Grade

Lesson Topics

Workbook A

LESSON 1: Major Body Systems their Structure, Function and Relationship, Nutrition and Personal Food Choices, Minimally & Highly Processed Foods

LESSON 2: Analyzing Healthy Information, Role of Preventative Health measures, Managing Minor Illnesses, Communicable & Non-communicable Diseases, Prevention Behavior Action Plan

LESSON 3: Nutrition and the Body, Health/Unhealthy Dietary Practices, Understanding Food Labels, Benefits of Physical Activity, Role of Media on Health, Keeping a Food Diary

LESSON 4: Being Prepared for an Emergency, Basic First Aid, Safety and Injury Prevention

LESSON 5: Universal values, Importance of Education, Evaluating Developmental Assets, Setting Specific Goals, Learning the Success Sequence

LESSON 6: Inactive-Reactive-Proactive Decision Making, Positive Character Traits, Three Ways to Communicate, Verbal & Non-Verbal Communication, Problem Solving, Apology & Time-out steps

LESSON 7: Mental Health Help, Develop Resiliency, Brain Development, Mental and Emotional Disorders, Stress Management, Boundaries & Refusal Skills, Report Bullying

LESSON 8: Positive & Negative Peer Influence, Healthy and Unhealthy Relationships, Bullying- Upstander or Bystander, Refusal Skills, Attributes of Cliques and Gangs, Strengthening Family Values

LESSON 9: Misuse & Abuse of OTC & Prescription Drugs, Alcohol, Tobacco/ Vaping, Short- & Long-Term consequences of Illegal Drugs-opioids/fentanyl Legal Consequences, Reporting Suspected Abuse

Workbook B

LESSON 10: Goals & Boundaries, Puberty- Changes in the Body and Brain, Gratitude, Reproductive System, Process of Fertilization, Fetal Development Stages

LESSON 11: Parenthood, Bullying, Types of Abuse, Laws, Crimes & Punishments, Safe & Unsafe Touches, Knowing How to Report, Family Safety Plan, What is Trafficking?

LESSON 12: Facts about Abuse, Safety Plan, Saying NO to Unsafe Touches, Fatherhood & Motherhood, Rights & Responsibilities, Report Bullying

LESSON 13: Social Media-Positive & Negative Influence, Cyberbullying, Digital Citizenship, Dangers of Sexting, Facts on Gaming Addiction

LESSON 14: Updating Goals, Character Trait Review, Abstinence from Risky Behaviors, Benefits of Healthy Marriage, Success Sequence, Advantages of Waiting to Date



EQUIP 7th Grade

Lesson Topics

Workbook A

LESSON 1: Cells, Tissues, Organs & Systems, Structure and Function of Body Systems

LESSON 2: Preventative Health Behaviors, Diabetes Information, Vector- Borne Illnesses, First Aid and Emergency Treatment, Disaster Emergency Preparedness

LESSON 3: Healthy Food Choices, Analyze Food Labels & Nutritional Values, Balance Caloric Intake, Personalized Dietary Plan, Physical Activity Guidelines, SMART Goals for Health, Media Influence

LESSON 4: First Aid, CPR with adults, teens, children and infants, The Heimlich Maneuver

LESSON 5: Education and Goals, Developmental Assets Checklist, Short- & Long-Term Goals, Overcoming Obstacles, Perseverance, The Success Sequences, Building Self-Esteem

LESSON 6: Expressing Emotions in Intelligent Ways, Decision Making Steps, Apology & Time-out steps, Character traits-Humility, Compassion and Gratitude, Verbal & Non-Verbal Communication

LESSON 7: Social and Emotional Health, Protective Factors for Depression & Self-harm, Suicide Hotline, Stress Reduction, Positive Peer Pressure, Cognitive Development

LESSON 8: Types of Friends, Cliques, Bullying and Gangs, Wait to Date, Differences- Love & Infatuation, Anti-Bullying Strategies, Healthy and Unhealthy Relationships

LESSON 9: Signs & Symptoms of Misuse of OTC & Prescription Drugs, Alcohol, Tobacco/Vaping, Legal Consequences of Illegal Drugs, Dangers of Opioids & Fentanyl, Reporting Suspected Abuse

Workbook B

LESSON 10: Success Sequence, Puberty - Emotional & Physical Changes, Avoiding the Risks, Fetal Development, Risks of Teen Pregnancy, Focus on Friends

LESSON 11: Benefits of Boundaries, Bacterial and Viral STDs/STIs, Emotional Consequences, Truthful Trends, Cost of Teen Pregnancy, Genuine Friendships

LESSON 12: Family & Criminal Law, Create a Safety Plan, Reporting Abuse, Bullying Prevention, Signs of Child Abuse, Types of Trafficking, Unhealthy Relationships, Gangs, Refusal Skills

LESSON 13: Screen Time Facts, Gaming and the Brain, Social Media, Influence, Dangers of Sexting & Pornography, Cyberbullying, Online Trafficking

LESSON 14: Future Opportunities, Family Unity, Unhealthy Relationship, Signs, Goals & Values, Waiting to Date, Benefits of Marriage and Family, Risk Avoidance, Character Contract



EXPLORE 8th Grade
Lesson Topics

Workbook A

LESSON 1: Structure and Function of Body Systems, Cell, Tissues, Organs & Systems

LESSON 2: Chronic Diseases, Analyzing Health Information, Seizure Awareness, Diabetes Education, First Aid Emergency Treatment, Preventative Health behaviors, Vector-Borne Illnesses, Overcoming Barrier to health Care, Technology for Healthy Eating and Physical Activity

LESSON 3: Analyze Food Labels & Nutritional Values, Healthy Food Choices, Balance Caloric Intake, Advertising Strategies & Health Messages, SMART Goals for Health, Physical Activity Guidelines

LESSON 4: Automated External Defibrillator (AED)-for Adults, Types of CPR for adults, teens, children and infants, Signs of Choking – The Heimlich Maneuver

LESSON 5: Deferred Gratification, Preparing for Education and Career, SMART Goals, Developmental Assets, The Success Sequences, Roadblocks-Mission Possible

LESSON 6: Assertive Communication, Empathy & Sympathy, Emotional Intelligence, Effective Problem Solving, Anger De-Escalation, Apology & Time-out steps, “I” and “You” Messages

LESSON 7: Mental Health and Wellness, Brain Development, Stress & Distress, Healthy Boundaries, Protective Factors for Depression & Self harm, Suicide Hotline, Eating Disorders, Positive Peer Pressure

LESSON 8: Real or Fake Friends, Characteristics of Healthy Dating Relationships, Anti-Bullying Strategies, Quit Cliques, Gang Facts, Love & Infatuation, Ending an Unhealthy Relationship

LESSON 9: Use & Misuse of Alcohol, Tobacco/Vaping, Drugs: OTC/Prescription/ Opioids/Fentanyl Legal Consequences, Reporting Suspected Abuse, Alternative Activities, Treatment Options

Workbook B

LESSON 10: Puberty Physical & Emotional changes, Brain Maturity, Fetal Development, Reproduction, Teen Pregnancy Facts, Peer Support to be Abstinent

LESSON 11: Bacterial and Viral Sexually Transmitted Diseases/Infections, Reality Rates, Emotional Consequences, Impact of Teen Pregnancy

LESSON 12: Legal Implications, Identifying & Reporting abuse, Fatherhood/ motherhood, Child Support, Gangs, Trafficking, Safety Plan, Bullying, Refusal Skills

LESSON 13: Positive & Negative Media influences, Sexting, Cyberbullying, Online Trafficking, Pornography, Digital Citizenship

LESSON 14: Goals Review, Dating Standards, Benefits of Marriage, Success Sequence, Dating Violence, Friendships & Healthy Relationships



EMBARK 9th Grade/HS
Lesson Topics

Workbook A

LESSON 1: Chronic Disease, Analyzing Health Information, Communicable & Non-Communicable Diseases and Prevention Strategies, Accessibility of Healthcare, Laws Policies & Practices

LESSON 2: Dietary Guidelines & Plans, Evaluating Food labels, Minimally & Ultra Processed Foods, Health: Marketing & Advertising Techniques, Benefits of healthy Eating

LESSON 3: Active Vs. Sedentary Lifestyle, Diet, Exercise and Body Composition-BMI, Recording Health Goals, Using Technology for Health & Wellness

LESSON 4: First Aid & Emergency Treatment, Signs of Choking – The Heimlich Maneuver, Types of CPR for adults, teens, children and infants, Automated External Defibrillator (AED)-for Adults

LESSON 5: Short- and Long-Term SMART Goals, The Success Sequence, Education and Career Choices, Developmental Assets, Character Traits: Courage & Self-Control, Mature Vs. Popular Choices

LESSON 6: Communication Techniques, Anger Management, Problem Solving Steps, Taking a Time-Out, Identifying Emotions, A True Apology, Decisions Based on Principles

LESSON 7: Depression & Self-Harm, Suicide Hotline, Overcoming Negative Events, Deferred Gratification, Mental Health, Eating Disorders, Brain Development, Stress Management, Choices and Consequences

LESSON 8: Character Traits of a True Friend, Positive Dating Standards, Love & Infatuation, Stop Bullying, Gangs, Cliques, Breaking-up the Right Way

LESSON 9: Facts about Alcohol, Tobacco/Vaping, Drugs: OTC/Prescription/ Opioids/Fentanyl, Refusal Skills, Conquering Addiction, Legal Consequences, Resources for Help

Workbook B

LESSON 10: Health & Wellness Goals, Adolescence & Brain Development, Fetal Development, Male & Female Reproductive Systems, Evaluating Teen Pregnancy, Sexual Risk Avoidance

LESSON 11: Appropriate Affection, Sexually Transmitted Diseases/Infections, Emotional Consequences, Reality Rates, Consequences of Teen Pregnancy, Sexual Risk Avoidance

LESSON 12: Child Abuse Crimes & Punishments, Signs of an Abusive Relationship, Gang Violence, Paternity & Child Support, Bullying Action Plan, Grooming for Trafficking

LESSON 13: Media Impact, Sexting & Pornography, Cyberbullying Laws, Gaming Habits, Digital Citizenship, Emotional Impact of Screen Addiction, Online Trafficking

LESSON 14: Updating SMART Goals, Smart Dating Standards, Success Sequence, Love & Commitment, Benefits of Healthy Marriage, Dating Violence Facts, Ending Unhealthy Relationships