

North Boone High School

Health Curriculum Topics

UNIT 1

- Bullying/Cliques/Harassment
- Conflict Resolution
- Tolerance
- Sexual Harassment
- Learning Styles

Unit 2

- Health/Wellness
- Spiritual, Physical, Emotional, Social, Environmental, Career, Mental, Sexual, Occupational, Financial, Intellectual, Multicultural
- Dimensions of wellness
- Decision-Making
- Goal Setting
- Advocacy
- Choices: Positive and Negative on health
- Careers/college/student loans

Unit 3

- Self-Esteem
- Body Image
- Defense Mechanisms
- Media Influence
- Risk Behaviors
- Peer Influence
- Communication
- Relationships/Social Interactions

Unit 4

- Stress
- Stressors
- Stress Management Techniques

Unit 5

- Depression
- Anxiety Disorders
- PTSD
- Phobias
- Panic Attacks
- S.A.D
- Suicide-warning signs

Unit 6

- Love and Romance
- Commitment
- Dating
- Dating Abuse
- Dating Book Project
- STD's
- HIV/AIDS

- Consent
- Sexual Abuse/Assault

Unit 7

- Body Systems
- Care of
- Diseases Related and Prevention Of
- Reproduction
- Pregnancy
- Childbirth
- Cancer

Unit 8

- Nutrition
- Fast Food
- Labels
- Calories
- Bulimia
- Anorexia
- Compulsive Overeating
- Fitness

Unit 9

- Alcohol
- Experimentation to Dependency
- Addiction
- Sources for Help
- Refusal Skills
- Effect on Fetus and Infant

Unit 10

- Tobacco
- Smokeless Tobacco
- E-cigarette/JUUL

Unit 11

- Drugs and Addiction
- Steroids
- Hallucinogens
- Club Drugs
- Stimulants
- Inhalants
- Marijuana
- Caffeine

Unit 12

- CPR
- AED
- First Aid
- Certification upon successful completion

Unit 13

- Family structure
- Relationships

- Prevention of abuse
- Parenting

[Illinois Mandated Units of Study](#) - including health, safety, and drug education