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| Topic/Unit | Activities | Videos | Speakers | Assessments |
| Intro To Health | Total Health Assessment/MobileGallery Walk activity | None | None | Quiz |
| Self-Esteem | Make the backside sunnyShredder activity | A Better You | None | Quiz |
| Values | Values SurveyInterpretation of Results Paper and Poster | None | None | Quiz |
| Goal Setting | My Personal Goal Sheet | Rudy | None | Quiz |
| Decision Making | Decide Model Scenario Activities | Prime Time What Would You Do?Decisions, Decisions | None | Test |
| Wellness | Wellness Wheel Survey | None | None | Test |
| Stress | Circles of Control scenario group work | Stressed Out | None | TestDear Stressed and Depressed state CBA |
| Mental illnesses | Book Web ActivityMini Mental illness brochure/flier | What About Bob | None | Test |
| Suicide | Scenario work on how to get someone help | None | None | Test- Dear Stressed and Depressed state CBA |
| Nutrition | Choose My PlateNutrients Book SearchNutrient AdFast Food ProjectLongevity Web assignment | Supersize Me | None | Test |
| Drugs | Drunk GogglesDrug BrochureDrug PoemDrugonysm | Meth NationHeroin EpidemicEcstasyAlcohol | Organ LadyShawna ClarkOfficer Brett Stewart SRO | Test |
| Sex Ed | Male and Female ReproductionSTDsHIV/AIDSSextingDomestic ViolencePregnancy | Bloodlines | Alyssa Morgan of DVS servicesPregnancy Resource Center PRCOfficer Stewart | Test |
| Disease | Disease Research Project |  |  | Presentation |
| Personal Safety | Personal Safety ProjectEmergency PlanCPRFirst Aid | Everett Fire Dept. |  | Test |
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