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| Topic/Unit | Activities | Videos | Speakers | Assessments |
| Intro To Health | Total Health Assessment/Mobile  Gallery Walk activity | None | None | Quiz |
| Self-Esteem | Make the backside sunny  Shredder activity | A Better You | None | Quiz |
| Values | Values Survey  Interpretation 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 | Test  Dear Stressed and Depressed state CBA |
| Mental illnesses | Book Web Activity  Mini 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 Plate  Nutrients Book Search  Nutrient Ad  Fast Food Project  Longevity Web assignment | Supersize Me | None | Test |
| Drugs | Drunk Goggles  Drug Brochure  Drug Poem  Drugonysm | Meth Nation  Heroin Epidemic  Ecstasy  Alcohol | Organ Lady  Shawna Clark  Officer Brett Stewart SRO | Test |
| Sex Ed | Male and Female Reproduction  STDs  HIV/AIDS  Sexting  Domestic Violence  Pregnancy | Bloodlines | Alyssa Morgan of DVS services  Pregnancy Resource Center PRC  Officer Stewart | Test |
| Disease | Disease Research Project |  |  | Presentation |
| Personal Safety | Personal Safety Project  Emergency Plan  CPR  First Aid | Everett Fire Dept. |  | Test |
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