

## Family Health Order of Units

### Intro to Health and Getting To Know You

- Ice breakers
- All About Me Posters
- Total Health
- Wellness Wheel

### Mental Health

- Perception
- The Body's Coping Mechanisms
- Stress Management
- Making Healthy Decisions

### Body Systems

- Cardiovascular, Digestive, Endocrine, Excretory, Immune,
- Integumentary, Muscular
- Nervous, Reproductive, and Skeletal-

### Nutrition

- My Pyramid
- Food Labels
- Nutrients
- Eating Disorders

### Drugs and Addictions-

- Preventing Drug Abuse/Addiction
- Roles in a Family with a Drug Addiction
- Stages of Chemical Dependency

### Relationships

- Elements of Healthy Relationships
- Dating Violence
- Abstinence
- Contraceptives
- Pregnancy
- Sexually Transmitted Diseases and Infections
- HIV/AIDS

### Diseases

- |                |   |
|----------------|---|
| -Infectious    | - Body's Defenses, Immune System, Common Infectious |
|                | - Diseases, Bacterium and Viral Diseases            |
| -Noninfectious | - Cardiovascular Disease, Diabetes, Cancer, Asthma, |
|                | -Allergies and Arthritis                            |

## Personal Safety and CPR Training

- Preventing Injuries
- CPR and AED Training