



S T A N D A R D S

HEALTH EDUCATION TODAY



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Health Education Today's High School Health Curriculum:
Aligned with **all** Florida State Academic Standards for Health Education (Grades 9-12)

Florida State Academic Standards — Health Education (2023): <https://www.flrules.org/gateway/reference.asp?No=Ref-15710>

Florida Health Education Grades 9-12 Strands:

Personal Health Concepts (PHC)

Community and Environmental Health (CEH)

Consumer Health (CH)

Resiliency Education (R)

Substance Use and Abuse (SUA)

Standards within Each Strand:

PHC, CEH and CH: 1. Core Concepts; 2. Internal and External Influence; 3. Prevention and Decision Making; 4. Advocacy.

Resiliency Education: 1. Character; 2. Personal Responsibility; 3. Mentorship and Citizenship; 4. Critical Thinking and

Problem Solving. SUA: 1. Health promotion and disease prevention concepts; 2. Internal and external influences; 3. Access to valid information, products and services; 4. Communication skills and resilient behaviors to reduce health risks; 5. Advocacy for personal, family and community health.

Adopted 2023 by the Florida State Board of Education and incorporated by reference in Rule 6A-1.09401, F.A.C., superseding the 2014 Next Generation Sunshine State Standards for Health Education.

Personal Health Concepts (PHC)		
<p>1. Core Concepts</p>	<p>HE.912.PHC.1.1: Evaluate personal health practices and overall health status to include all dimensions of health.</p>	<p>Begin a Term: Day 1 (Core Scholar), Day 2 (Reflective Identity). Self-Esteem: Day 1 (Survey). Mental Health: Day 1-2 (5 Dimensions), Day 9-10 (Wellness Plan). Stress: Day 1-2 (Survey). Nutrition: Day 5-6 (Balance survey). Body Systems: Day 1 (Internal Balance). End a Term: Day 1 (Homeostasis), Day 2 (Living System).</p>
	<p>HE.912.PHC.1.2: Analyze personal strategies for prevention, detection, and treatment of communicable and chronic diseases.</p>	<p>Diseases: Day 4 (NCD comparison), Day 5 (Lifestyle/Chronic prevention). Body Systems: Day 2 (Immune/Vaccine stats). Sex Education: Day 5-6 (Self-exam guides/Cancer prevention), Day 7-8 (STI transmission). End a Term: Day 1 (MC Questions 11-12).</p>
	<p>HE.912.PHC.1.3: Analyze the role of individual responsibility in enhancing health.</p>	<p>Begin a Term: Day 1 (Health Mission Statement). Mental Health: Day 7-8 (Digital Balance). Stress: Day 1-2 (Reduction strategy). Dangerous Decisions: Day 1 (Risky Choices). Nutrition: Day 3-4 (Intentional choice). Body Systems: Day 2 (Lifestyle efficiency). End a Term: Day 1 (Live it Forward challenge).</p>
	<p>HE.912.PHC.1.4: Interpret the significance of interrelationships in mental and physical health.</p>	<p>Mental Health: Day 1-2 (Biopsychosocial). Stress: Day 3-4 (Foggy brain/Headaches). Self-Esteem: Day 2 (Self-esteem vs Depression). Nutrition: Day 1-2 (Diet Culture). Dangerous Decisions: Day 2 (Numbing). Body Systems: Day 1 (Gut-brain disruption). Diseases: Day 5 (Physiological impact). Sex Education: Day 1-2 (Body image).</p>

<p>2. Internal and External Influence</p>	<p>HE.912.PHC.2.1: Evaluate how the influences of social media affect physical and/or mental health, and the ability to make healthy choices.</p>	<p>Self-Esteem: Day 4 (Instagram/TikTok). Mental Health: Day 1-2 (Social Media Trap), Day 7-8 (Digital validation). Empathy: Day 3 (Cyberbullying). Dangerous Decisions: Day 3 (Digital safety). Violence: Day 4 (Technology influences). Sex Education: Day 5-6 (Comparison culture). End a Term: Day 1 (Scenario 11).</p>
	<p>HE.912.PHC.2.2: Evaluate how environment and personal health are interrelated.</p>	<p>Nutrition: Day 3-4 (Food Deserts), Day 9-10 (Economic access). Diseases: Day 5 (ZIP code). Environmental Health: Day 1 (Air/Water quality). Community Health: Day 4 (Healthcare access).</p>
	<p>HE.912.PHC.2.3: Analyze how friends and peers influence the health of individuals.</p>	<p>Self-Esteem: Day 2 (Peer Influence). Empathy: Day 1 (Contagion). Dangerous Decisions: Day 1 (Peer Pressure), Day 3 (Groupthink). Mental Health: Day 7-8 (Responding to exclusion).</p>
	<p>HE.912.PHC.2.4: Analyze how family and culture influence the health of individuals.</p>	<p>Self-Esteem: Day 1 (Media/Family), Day 2 (Early Experiences). Empathy: Day 2 (Culture/Technology). Diversity: Day 2 (Cultural humility). Conflict: Day 1 (Uptown upbringing). Nutrition: Day 3-4 (Cultural honoring). Alcohol: Day 4 (Family addiction roles). End a Term: Day 2 (Generational cycles).</p>
	<p>HE.912.PHC.2.5: Analyze how heredity and family history can impact personal health.</p>	<p>Diseases: Day 4 (Risk assessment), Day 5 (Family History). Alcohol: Day 4 (Family addiction roles). End a Term: Day 2 (Generational cycles).</p>

	<p>HE.912.PHC.2.6: Predict how healthy behaviors can affect health status.</p>	<p>Begin a Term: Day 1 (Healthy year vision), Day 2 (Vortex of Impact). Stress: Day 9-10 (Habit building). Nutrition: Day 7-8 (Blood sugar/Heart health). Sex Education: Day 9-10 (Abstinence proactive choice). End a Term: Day 2 (Waves of impact).</p>
	<p>HE.912.PHC.2.7: Evaluate the influence of personal values, attitudes, and beliefs about individual health practices and behaviors.</p>	<p>Begin a Term: Day 1 (Belief formation). Self-Esteem: Day 4 (Conforming pressures), Day 5 (Values foundation). Dangerous Decisions: Day 1 (STOP-THINK-CHOOSE). Sex Education: Day 9-10 (Values check).</p>
	<p>HE.912.PHC.2.8: Design a social media campaign that positively influences physical and/or mental health.</p>	<p>Mental Health: Day 1-2 (Breaking Stigma PSA). Stress: Day 1-2 (Wellness Advocacy Project). Nutrition: Day 3-4 (PSA Project). Dangerous Decisions: Day 3 (PSA - challenging "cool" risk). Diversity: Day 3 (Media for Equity).</p>
	<p>HE.912.PHC.2.9: Analyze the impacts of technology and social media on popular culture and personal life.</p>	<p>Empathy: Day 1 (Technology desensitization). Self-Esteem: Day 4 (Instagram/TikTok). Mental Health: Day 7-8 (Online validation influence). Nutrition: Day 5-6 (Registered Dietitians vs Influencers). Drugs: Day 1 (Dopamine interference). Tobacco: Day 1 (Vape ad decoding).</p>
	<p>HE.912.PHC.2.10: Demonstrate ethical and responsible use of technology.</p>	<p>Mental Health: Day 7-8 (Online Hygiene Plan). Conflict: Day 2 (Digital norms). Dangerous Decisions: Day 3 (Sexting laws). Violence: Day 4 (Doxxing prevention). End a Term: Day 1 (Online Data Scenario).</p>

<p>3. Prevention and Decision Making</p>	<p>HE.912.PHC.3.1: Determine the value of applying a thoughtful decision making process in health-related situations.</p>	<p>Dangerous Decisions: Day 1 (STOP-THINK-CHOOSE), Day 3 (Pre-decision challenge). Empathy: Day 4 (Boundaries). Mental Health: Day 1-2 (Care choices). Sex Education: Day 1-2 (Boundaries), Day 7-8 (Decision Scenario). End a Term: Day 1 (Scenario 9/26).</p>
	<p>HE.912.PHC.3.2: Assess whether individual or collaborative decision making is needed to make a healthy decision.</p>	<p>Mental Health: Day 5-6 (Seeking support). Stress: Day 5-6 (Warning sign response), Day 9-10 (Problem-solving). First Aid: Day 1 (Skill level assessment), Day 2 (Bystander delegation), Day 4 (Crisis decisions).</p>
	<p>HE.912.PHC.3.3: Identify protective factors that help to mitigate the risks of suicide and mental health disorders.</p>	<p>Stress: Day 5-6 (Risk/Protective Factors), Day 9-10 (Circle of Support Map). Violence: Day 5 (Protective Factors). Diversity: Day 2 (Belonging). Mental Health: Day 9-10 (Support Plan).</p>
	<p>HE.912.PHC.3.4: Recognize the signs, symptoms and how to seek treatment or support for mental health disorders.</p>	<p>Mental Health: Day 1-2 (Wellness spectrum), Day 9-10 (Therapists/Peer support). Stress: Day 3-4 (Sadness vs Clinical Depression). Begin a Term: Day 2 (School counselors/nurses). Diseases: Day 4 (Disorders as disease). End a Term: Day 1 (MC 39).</p>
	<p>HE.912.PHC.3.5: Recognize the signs and symptoms of suicidal ideations.</p>	<p>Mental Health: Day 5-6 (Hopelessness). Stress: Day 5-6 (Sudden calm).</p>
	<p>HE.912.PHC.3.6: Identify when and who can provide assistance with suicidal ideations.</p>	<p>Begin a Term: Day 2 (School counselors/nurses). Mental Health: Day 5-6 (Crisis Text Line). Stress: Day 5-6 (988). First Aid: Day 4 (ALGEE model). End a Term: Day 1 (MC 40).</p>

	HE.912.PHC.3.7: Assess the degree of susceptibility to injury, illness, or death if engaging in unhealthy/risky behaviors.	Dangerous Decisions: Day 1 (Risky choice impact), Day 2 (Substance impact), Day 3 (Distracted driving CDC data). Stress: Day 1-2 (Vulnerability Survey). Sex Education: Day 7-8 (STI transmission), Day 9-10 (Abstinence proactive choice). End a Term: Day 1 (Scenario 24-25).
	HE.912.PHC.3.8: Formulate a plan to attain a personal health goal that addresses strengths, needs, barriers, and risks.	Begin a Term: Day 1 (Health Mission Statement). Self-Esteem: Day 4 (Self-acceptance plan). Mental Health: Day 9-10 (Personal Mental Health Plan). Nutrition: Day 5-6 (Identifying barriers), Day 9-10 (SMART goal plan). Dangerous Decisions: Day 1 (Risk Management Plan).
	HE.912.PHC.3.9: Implement strategies and monitor progress in achieving a personal health goal.	Self-Esteem: Day 2 (Strength log), Day 5 (Small steps). Mental Health: Day 5-6 (Support goal). Stress: Day 3-4 (Action timeline), Day 9-10 (Toolkit implementation). Nutrition: Day 7-8 (Fuel-up goal), Day 10 (Food log/MyFitnessPal expenditure tracking).
	HE.912.PHC.3.10: Evaluate healthy practices and behaviors that will maintain or improve health and reduce health risks, including reproductive health.	Nutrition: Day 1-2 (Hydration swap), Day 3-4 (Mindful eating). Body Systems: Day 3 (Reproductive wellness plan). Sex Education: Day 3-4 (Trust/Equality/Boundaries), Day 9-10 (Abstinence proactive choice). Dangerous Decisions: Day 1 (Risky driving). Mental Health: Day 9-10 (Active seeking).
4. Advocacy	HE.912.PHC.4.1: Justify when professional health services or providers may be required.	First Aid: Day 1 (911 Script), Day 4 (Poison Control). Mental Health: Day 5-6 (Crisis Text Line). Violence: Day 5 (Crisis lines). Stress: Day 3-4 (Valid points of help). End a Term: Day 1 (Scene Safety Scenario).

	HE.912.PHC.4.2: Propose strategies to reduce or prevent injuries and health problems.	Dangerous Decisions: Day 1 (Risky driving), Day 3 (Refusal/Negotiation skills). First Aid: Day 1 (3 Ps). Violence: Day 4 (Refusal/Advocacy). Empathy: Day 4 (Saying No). Sex Education: Day 3-4 (Clear "No" strategies).
	HE.912.PHC.4.3: Develop strategies to combat cyberbullying and online harassment.	Empathy: Day 3 (Cyberbullying). Mental Health: Day 7-8 (Responding to exclusion). Violence: Day 4 (Doxxing prevention). Dangerous Decisions: Day 3 (Digital safety).

Community and Environmental Health (CEH)

1. Core Concepts	HE.912.CEH.1.1: Interpret the significance of interrelationships in community health.	Mental Health: Day 5-6 (Planning an initiative). Community Health: Day 4 (Health systems), Day 5 (Agency partnerships). End a Term: Day 1 (SDOH Scenario 6).
	HE.912.CEH.1.2: Utilize current, accurate data/information to formulate a health-enhancing message.	Dangerous Decisions: Day 3 (Distracted driving CDC data). Mental Health: Day 9-10 (NAMI stats). Sex Education: Day 9-10 (45% of teens statistic). Stress: Day 1-2 (Wellness Advocacy Project). Nutrition: Day 3-4 (PSA Project).
	HE.912.CEH.1.3: Investigate the social determinants of health in a community.	Begin a Term: Day 2 (Social Determinants). Diversity: Day 2 (Social Determinants/Barriers). Stress: Day 9-10 (Poverty/Discrimination). Nutrition: Day 3-4 (Food Deserts). Diseases: Day 5 (ZIP code). End a Term: Day 1 (SDOH Scenario 6).

<p>2. Internal and External Influence</p>	<p>HE.912.CEH.2.1: Assess how the school and community can affect personal health practices and behaviors.</p>	<p>Begin a Term: Day 2 (School counselors/nurses). Mental Health: Day 9-10 (School climate). First Aid: Day 2 (AED Locator). Nutrition: Day 9-10 (School Lunch Advocacy). Stress: Day 1-2 (Wellness centers).</p>
	<p>HE.912.CEH.2.2: Evaluate how public health policies and government regulations can influence health promotion and disease prevention.</p>	<p>Dangerous Decisions: Day 1 (Legal outcomes), Day 2 (Good Samaritan laws). Alcohol: Day 2 (BAC limits). Nutrition: Day 9-10 (School food rules/Federal law analysis). End a Term: Day 1 (Legal consequences MC 7).</p>
	<p>HE.912.CEH.2.3: Propose strategies to avoid risks on social media and the internet.</p>	<p>Mental Health: Day 7-8 (Online Hygiene Plan). Dangerous Decisions: Day 3 (Sexting/Digital footprint leaks). Violence: Day 4 (Doxxing prevention). Empathy: Day 3 (Cyberbullying). End a Term: Day 1 (Online Data Scenario).</p>
	<p>HE.912.CEH.2.4: Evaluate how environment and community health are interrelated.</p>	<p>Environmental Health: Day 1 (Air/Water quality). Nutrition: Day 3-4 (Food Deserts). Community Health: Day 4 (Healthcare access). Diseases: Day 5 (ZIP code). End a Term: Day 2 (Living System).</p>
	<p>HE.912.CEH.2.5: Predict how healthy behaviors can affect community health status.</p>	<p>Begin a Term: Day 2 (Vortex of Impact). Empathy: Day 5 (40% reduction project). Community Health: Day 5 (Safe space plan). End a Term: Day 2 (Waves of impact).</p>
	<p>HE.912.CEH.2.6: Analyze how culture supports and challenges health beliefs, practices, and behaviors.</p>	<p>Begin a Term: Day 1 (Intersectionality). Empathy: Day 2 (Culture/Technology). Diversity: Day 2 (Cultural humility). Nutrition: Day 3-4 (Cultural honoring). Community Health: Day 5 (Cultural traditions).</p>

	HE.912.CEH.2.7: Analyze how the perceptions of norms influence healthy and unhealthy behaviors.	Dangerous Decisions: Day 1 (Peer Pressure), Day 3 (Groupthink). Violence: Day 5 (Bystander culture/Gender roles). Conflict: Day 2 (Digital norms). Sex Education: Day 5-6 (Comparison culture).
	HE.912.CEH.2.8: Evaluate how the social determinants of health impact a community's health, wellbeing, and quality of life.	Diversity: Day 2 (Social Determinants/Barriers). Stress: Day 3-4 (Systemic barriers), Day 9-10 (Poverty/Discrimination). Diseases: Day 4 (Social conditions). Nutrition: Day 9-10 (Economic access). Community Health: Day 4 (Life expectancy gap).
	HE.912.CEH.2.9: Identify computer related laws and analyze their impact on internet safety.	Dangerous Decisions: Day 3 (Sexting laws). Mental Health: Day 7-8 (Cyberbullying/Digital footprints). Violence: Day 4 (Doxxing). End a Term: Day 1 (Digital content legalities).
3. Prevention and Decision Making	HE.912.CEH.3.1: Analyze community strategies for prevention, detection, and treatment of communicable and chronic diseases.	Diseases: Day 4 (NCD comparison), Day 5 (Lifestyle/Chronic prevention). Body Systems: Day 2 (Immune/Vaccine stats). Sex Education: Day 7-8 (Testing bookmarks), Day 9-10 (Planned Parenthood). Community Health: Day 4 (Healthcare access).
	HE.912.CEH.3.2: Propose community strategies to reduce or prevent injuries and health problems.	First Aid: Day 2 (AED Locator), Day 5 (Emergency leadership). Environmental Health: Day 1 (Workplace Hazard reports). Community Health: Day 5 (Safe space plan). End a Term: Day 1 (Scene Safety Scenario).

	HE.912.CEH.3.3: Formulate alternatives to community health-related issues or problems.	Nutrition: Day 3-4 (Food Deserts), Day 9-10 (School Lunch Advocacy). Drugs: Day 3 (Harm reduction leadership). Mental Health: Day 5-6 (Planning an initiative). Community Health: Day 4 (Community issue analysis).
	HE.912.CEH.3.4: Appraise the potential short-term and long-term outcomes of alternative solutions to community health-related issues or problems.	Empathy: Day 5 (40% reduction project). Mental Health: Day 5-6 (Impact on individual/community). Community Health: Day 5 (Youth leadership). End a Term: Day 2 (Waves of impact).
	HE.912.CEH.3.5: Examine barriers that can hinder healthy decision making.	Nutrition: Day 5-6 (Identifying barriers), Day 9-10 (Economic access). Stress: Day 3-4 (Systemic barriers). Diversity: Day 2 (Social Determinants/Barriers). Mental Health: Day 5-6 (Minor access laws).
	HE.912.CEH.3.6: Design a campaign promoting health literacy that would result in a variety of positive health and quality of life outcomes.	Mental Health: Day 1-2 (Breaking Stigma PSA). Stress: Day 1-2 (Wellness Advocacy Project). Conflict: Day 1-2 (Guidebooks/PSAs). Nutrition: Day 3-4 (PSA Project). Community Health: Day 5 (Health literacy).
4. Advocacy	HE.912.CEH.4.1: Develop a resource that influences and supports others in making positive health choices.	First Aid: Day 2 (Hands-only CPR/AED sequence), Day 3 (Kit research). Violence: Day 5 (Crisis lines). Stress: Day 1-2 (Wellness Advocacy Project). Sex Education: Day 7-8 (Testing bookmarks). Conflict: Day 1-2 (Guidebooks/PSAs).

	HE.912.CEH.4.2: Demonstrate leadership skills by advocating for personal, family, and community health.	Empathy: Day 5 (Kindness project). Mental Health: Day 9-10 (Positive culture advocacy). Nutrition: Day 9-10 (School Lunch Advocacy). Alcohol: Day 4 (Safe community advocacy). First Aid: Day 5 (Emergency leadership). Community Health: Day 5 (Civic engagement).
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Consumer Health (CH)		
1. Core Concepts	HE.912.CH.1.1: Evaluate the relationship between access to health care and health status.	Community Health: Day 4 (Healthcare access). Diseases: Day 4 (Risk assessment). Sex Education: Day 5-6 (Self-exam guides/Cancer prevention), Day 7-8 (Confidential testing advocacy). Mental Health: Day 5-6 (Minor access laws).
	HE.912.CH.1.2: Describe resources or services that facilitate achieving personal health goals.	Stress: Day 1-2 (Wellness centers), Day 9-10 (Circle of Support Map). Mental Health: Day 1-2 (Counselors/Support groups), Day 9-10 (Therapists/Peer support). Nutrition: Day 3-4 (NEDA/Professional medical care). Begin a Term: Day 2 (School counselors/nurses).
2. Internal and External Influence	HE.912.CH.2.1: Adapt health messages and communication techniques to a specific target audience using various media.	Mental Health: Day 1-2 (Breaking Stigma PSA). Nutrition: Day 3-4 (PSA Project). Dangerous Decisions: Day 3 (PSA - challenging "cool" risk). Diversity: Day 3 (Media for Equity). Conflict: Day 1-2 (Guidebooks/PSAs).
	HE.912.CH.2.2: Evaluate the effect of media/social media on personal and family health.	Self-Esteem: Day 1 (Media/Family), Day 4 (Instagram/TikTok). Mental Health: Day 1-2 (Social Media Trap). Nutrition: Day 5-6 (Influencer claims). Tobacco: Day 1 (Vape ad decoding). Empathy: Day 1 (Technology desensitization).

3. Prevention and Decision Making	HE.912.CH.3.1: Authenticate the validity of health information and resources.	Diseases: Day 4 (Media Literacy), Day 5 (Research domains). Nutrition: Day 3-4 (Evaluating resources), Day 5-6 (Registered Dietitians vs Influencers). Mental Health: Day 5-6 (Numbing myths). Sex Education: Day 5-6 (CDC guides).
	HE.912.CH.3.2: Verify the validity of health information, products, and services.	Nutrition: Day 5-6 (Healthwashing). Diseases: Day 4 (Media Literacy). Tobacco: Day 1 (Vape ad decoding). End a Term: Day 1 (MC Question 27).
4. Advocacy	HE.912.CH.4.1: Justify the use of valid technologies to gather health information.	First Aid: Day 1 (911 Script), Day 2 (AED Locator), Day 4 (Poison Control). Mental Health: Day 5-6 (Crisis Text Line). Stress: Day 5-6 (988). Sex Education: Day 5-6 (CDC guides). Nutrition: Day 10 (Food log/MyFitnessPal expenditure tracking).

Resiliency Education (R)		
1. Character	HE.912.R.1.1: Demonstrate effective and respectful communication skills and strategies.	Empathy: Day 1 (Respectful dialogue), Day 2 (Active Listening). Conflict: Day 1 (Assertiveness/I-statements), Day 2 (Clarifying needs). Diversity: Day 2 (Honest dialogue), Day 3 (Affirming language). Stress: Day 3-4 ("I" statements). Violence: Day 5 (Nonviolent Communication).
	HE.912.R.1.2: Demonstrate empathy in a variety of contexts and situations.	Empathy: Day 1 (Project Empathy), Day 2 (Venn Diagram), Day 4 (Mindful empathy), Day 5 (Empathy Lab). Mental Health: Day 9-10 (Offering empathy). Stress: Day 5-6 (Active listening/Refusing secrets).

	HE.912.R.1.3: Adjust behavior to respect the needs of others.	Begin a Term: Day 2 (Agreements). Empathy: Day 4 (Boundaries). Diversity: Day 1 (Ground rules). Conflict: Day 2 (Accountability/Repair).
2. Personal Responsibility	HE.912.R.2.1: Describe the importance of leadership skills in the school and the community.	First Aid: Day 5 (Emergency leadership). Mental Health: Day 9-10 (Positive culture advocacy). Drugs: Day 3 (Harm reduction leadership). Nutrition: Day 9-10 (School Lunch Advocacy). Community Health: Day 5 (Youth leadership).
	HE.912.R.2.2: Analyze different perspectives to inform responsible decision-making.	Empathy: Day 2 (Venn Diagram), Day 4 (Marginalized voices). Diversity: Day 2 (Cultural humility). Conflict: Day 1 (Conflict styles). End a Term: Day 2 (MBTI Exploration).
	HE.912.R.2.3: Formulate a plan to attain a personal goal that addresses strengths, needs, and risks.	Begin a Term: Day 1 (Future letter 1/5/10yr). Self-Esteem: Day 4 (Self-acceptance plan). Nutrition: Day 9-10 (SMART goal plan). Dangerous Decisions: Day 1 (Risk Management Plan). Mental Health: Day 9-10 (Personal Mental Health Plan).
	HE.912.R.2.4: Implement strategies and monitor progress in achieving a personal goal.	Empathy: Day 3 (Active Listening goal), Day 5 (Empathy growth goal). Self-Esteem: Day 2 (Strength log), Day 5 (Small steps). Stress: Day 3-4 (Action timeline), Day 9-10 (Toolkit implementation). Nutrition: Day 10 (Food log/MyFitnessPal expenditure tracking).
	HE.912.R.2.5: Formulate an effective long-term plan to include all dimensions of wellness.	Begin a Term: Day 1 (Personal Timeline/Future Letter). Mental Health: Day 1-2 (5 Dimensions), Day 9-10 (Wellness Plan). Stress: Day 3-4 (Letter to Future Self). Alcohol: Day 4 (Future you letter). End a Term: Day 1 (Long-term goal mapping).

	HE.912.R.2.6: Analyze how actions and reactions can influence one to respond in different situations.	Begin a Term: Day 2 (Fight/Flight/Freeze). Mental Health: Day 3-4 (Reacting vs Responding). Stress: Day 1-2 (Automatic reactions). Conflict: Day 1 (Defense mechanisms).
	HE.912.R.2.7: Evaluate strategies that assist with managing challenges or setbacks.	Mental Health: Day 3-4 (Adaptive coping), Day 9-10 (Identifying burnout). Self-Esteem: Day 5 (Boundary setting). Stress: Day 9-10 (Toolkit). Empathy: Day 4 (Action Plan).
3. Mentorship and Citizenship	HE.912.R.3.1: Identify benefits of voting, volunteering, mentoring, and seeking leadership positions.	Empathy: Day 5 (Kindness project). Mental Health: Day 5-6 (Planning an initiative). Community Health: Day 4 (Champion interview), Day 5 (Civic engagement). Nutrition: Day 9-10 (School Lunch Advocacy).
	HE.912.R.3.2: Analyze ways a leader can inspire confidence and motivate others.	First Aid: Day 2 (Bystander delegation), Day 5 (Emergency leadership). Mental Health: Day 9-10 (Positive culture advocacy). Drugs: Day 3 (Harm reduction leadership). Alcohol: Day 4 (Safe community advocacy).
	HE.912.R.3.3: Analyze situations and demonstrate strategies to engage in respectful debate.	Empathy: Day 1 (Respectful dialogue). Diversity: Day 1 (Ground rules), Day 2 (Honest dialogue). Begin a Term: Day 2 (Agreements). Conflict: Day 1 (Negotiation).
4. Critical Thinking and Problem Solving	HE.912.R.4.1: Analyze the importance of character and grit to achieve successful outcomes.	Begin a Term: Day 1 (Rewrite your story). Mental Health: Day 9-10 (Post-traumatic growth). Stress: Day 9-10 (Habit building). End a Term: Day 2 (Learning stays within you).

	HE.912.R.4.2: Generate and apply alternative solutions when solving problems or resolving conflict.	Conflict: Day 1 (Negotiation), Day 2 (Accountability/Repair). Stress: Day 9-10 (Problem-solving). Violence: Day 5 (NVC - Nonviolent Communication). Dangerous Decisions: Day 3 (Refusal/Negotiation skills).
	HE.912.R.4.3: Describe ways to anticipate, avoid or de-escalate conflicts.	Conflict: Day 1 (Safe Space Shield), Day 2 (Power imbalances). Violence: Day 4 (Refusal/Advocacy), Day 5 (Intervention choice). Empathy: Day 4 (Saying No). Stress: Day 5-6 (Temperature Reset).
	HE.912.R.4.4: Identify the importance of perseverance when facing difficulty solving a problem.	Self-Esteem: Day 5 (Small steps). Stress: Day 9-10 (Habit building). Mental Health: Day 9-10 (Post-traumatic growth). End a Term: Day 1 (Live it Forward challenge).

Substance Use and Abuse (SUA)		
1. Health promotion and disease prevention concepts	HE.912.SUA.1.1: Differentiate between various levels of alcohol consumption and its effects on the body.	Alcohol: Day 1 (Ethanol depressant), Day 2 (BAC limits). Dangerous Decisions: Day 2 (Water safety/blackouts). End a Term: Day 1 (MC 1-3).
	HE.912.SUA.1.2: Analyze how moderate and excessive alcohol consumption can contribute to risky, unsafe behaviors and consequences.	Alcohol: Day 2 (BAC limits), Day 1-4 (Overdose/Poisoning response). Dangerous Decisions: Day 1 (Risky driving), Day 2 (Water safety/blackouts).
	HE.912.SUA.1.3: Analyze the long-term health risks associated with alcohol misuse including physical and neurological damage.	Alcohol: Day 3 (AUD chronic nature). Dangerous Decisions: Day 2 (Tolerance/Dependence). End a Term: Day 1 (MC 1-3).

	<p>HE.912.SUA.1.4: Analyze how alcohol, marijuana/THC, tobacco, nicotine, and/or drug use can impede goals, activities, achievements, and college and career readiness.</p>	<p>Alcohol: Day 4 (Future you letter). Tobacco: Day 1 (Prefrontal cortex effects). Dangerous Decisions: Day 1 (Risky choice impact). Drugs: Day 2 (Cannabis potency/risks). End a Term: Day 1 (Long-term goal mapping).</p>
	<p>HE.912.SUA.1.5: Analyze the physical, mental, social and legal consequences of marijuana/THC use.</p>	<p>Dangerous Decisions: Day 1 (Legal outcomes), Day 2 (Alcohol, Nicotine, Cannabis, Opioids). Drugs: Day 1 (Cannabis myths), Day 2 (Cannabis potency/risks).</p>
	<p>HE.912.SUA.1.6: Examine the effects of marijuana/THC and vaping on brain function and development.</p>	<p>Tobacco: Day 1 (Prefrontal cortex effects). Drugs: Day 2 (Cannabis potency/risks). Dangerous Decisions: Day 2 (Substance impact).</p>
	<p>HE.912.SUA.1.7: Differentiate between the three major categories of prescription drugs and describe the purposes and side effects.</p>	<p>Drugs: Day 1 (Stimulants/Opioids). Alcohol: Day 1 (Depressant). Tobacco: Day 1 (Stimulant). End a Term: Day 1 (Synthetic Opioids MC 4).</p>
	<p>HE.912.SUA.1.8: Analyze signs and symptoms of prescription drug and/or illicit drug misuse and overdose.</p>	<p>Drugs: Day 3 (Memory/Breathing impact). Dangerous Decisions: Day 2 (911/Narcan). Alcohol: Day 1-4 (Overdose/Poisoning response). End a Term: Day 1 (Synthetic Opioids MC 4).</p>
	<p>HE.912.SUA.1.9: Summarize the risks and consequences of misusing and sharing prescription drugs and/or illicit drugs.</p>	<p>Drugs: Day 2 (Tolerance), Day 3 (Possession/Misuse consequences). Dangerous Decisions: Day 1 (Legal outcomes), Day 2 (Good Samaritan laws). End a Term: Day 1 (Legal consequences MC 7).</p>
	<p>HE.912.SUA.1.10: Analyze the short- and long-term physical, psychological, financial, and social consequences of tobacco, nicotine use, and/or vaping.</p>	<p>Tobacco: Day 1 (Prefrontal cortex effects). Dangerous Decisions: Day 2 (Alcohol, Nicotine, Cannabis, Opioids). End a Term: Day 1 (MC 1-3).</p>

<p>2. Internal and external influences</p>	<p>HE.912.SUA.2.1: Analyze the legal, mental and social consequences of underage consumption of alcohol.</p>	<p>Alcohol: Day 2 (Minor in Possession/Treatment access), Day 3 (Criminal records). Dangerous Decisions: Day 1 (Legal outcomes). End a Term: Day 1 (Legal consequences MC 7).</p>
	<p>HE.912.SUA.2.2: Distinguish how external factors, including industry practices, can influence behaviors related to tobacco, nicotine use, and/or vaping.</p>	<p>Tobacco: Day 1 (Vape ad decoding). Drugs: Day 2 (Industry marketing impact). Dangerous Decisions: Day 3 (Groupthink).</p>
<p>3. Access to valid information, products and services</p>	<p>HE.912.SUA.3.1: Discuss valid, reliable school and community resources where an individual can seek help for issues related to alcohol and/or other drug misuse and/or abuse.</p>	<p>Begin a Term: Day 2 (School counselors/nurses). Alcohol: Day 2 (Minor in Possession/Treatment access), Day 3 (Treatment points). Drugs: Day 4 (Medication-Assisted Treatment). Mental Health: Day 1-2 (Counselors/Support groups).</p>
	<p>HE.912.SUA.3.2: Assess and examine the misconceptions and perceived norms that surround marijuana/THC and factors that contribute and influence decisions regarding usage.</p>	<p>Drugs: Day 1 (Cannabis myths), Day 2 (Cannabis potency/risks). Dangerous Decisions: Day 2 (Substance quiz), Day 3 (Groupthink).</p>
	<p>HE.912.SUA.3.3: Evaluate the accessibility of effective nicotine cessation products and services.</p>	<p>Tobacco: Day 2 (Quit support tools).</p>
<p>4. Communication skills and resilient behaviors to reduce health risks</p>	<p>HE.912.SUA.4.1: Propose strategies that can reduce health risks for self and others for potential pressures at the college or career level.</p>	<p>Dangerous Decisions: Day 3 (Refusal/Negotiation skills). Alcohol: Day 4 (Future you letter). Mental Health: Day 3-4 (Adaptive coping). Stress: Day 9-10 (Toolkit). Empathy: Day 4 (Saying No).</p>
<p>5. Advocacy for personal, family and community health</p>	<p>HE.912.SUA.5.1: Plan how to effectively ask for help if a person in your immediate environment experiences a problem with alcohol and/or other drugs.</p>	<p>Alcohol: Day 4 (Hero/Scapegoat/Mascot roles). Mental Health: Day 5-6 (Seeking support). Begin a Term: Day 2 (School counselors/nurses). Dangerous Decisions: Day 2 (911/Narcan).</p>

	<p>HE.912.SUA.5.2: Utilize current, accurate data/information to formulate a health-enhancing message to effectively persuade others to be drug and alcohol free.</p>	<p>Dangerous Decisions: Day 3 (PSA - challenging "cool" risk). Alcohol: Day 4 (Safe community advocacy). Tobacco: Day 2 (Tobacco-free advocacy). Drugs: Day 3 (Harm reduction leadership). End a Term: Day 1 (Scenario 15).</p>
	<p>HE.912.SUA.5.3: Propose strategies for prevention, detection and treatment options for youth who misuse, are dependent on or are addicted to alcohol, marijuana/THC, nicotine, tobacco, vaping, and other drugs.</p>	<p>Alcohol: Day 2 (Minor in Possession/Treatment access), Day 3 (Treatment points). Drugs: Day 4 (Medication-Assisted Treatment). Dangerous Decisions: Day 2 (Tolerance/Dependence). Tobacco: Day 2 (Quit support tools).</p>