

Students can access the online text by going to gwonlinetextbooks.com and logging in using the username: wlwsd02 and password: comph18

Wellness 1 and 2 involve alternating 3-week classroom sessions and 3-week gym sessions. During the 18-week semester, classes will be in the classroom for a total of 9 weeks and in the gym for a total of 9 weeks. Below is an outline of the units covered in the classroom portions of Wellness 1 and 2. There is no set order to the topics covered within each unit. Topics can be covered in whatever order the teacher feels is best.

Wellness 1

Unit 1: Intro to Health and Mental/Emotional Health

Textbook

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|---------------------------------------|---------------------------------|
| • Intro | Chapter 1.1, 1.2 (if time), 1.3 |
| • Mental/Emotional Health | Chapter 15.1-15.4 |
| • Stress | Chapter 16.1-16.4 |
| • Mental Health (Illnesses/Disorders) | Chapter 17.1-17.4 |
| • Sleep | Chapter 7.1-7.4 (if time) |

Unit 2: Sexual Health

Textbook

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|---------------------------------------------------------|--------------------------|
| • Male Reproductive System (Anatomy/Function) | Chapter 20.2 |
| • Female Reproductive System (Anatomy/Function) | Chapter 20.2 |
| • Abstinence, Pregnancy, Condom Steps | Chapter 23.1, 20.3, 23.2 |
| • Sexual Orientation and Gender Identity | Chapter 24.2 |
| • Gender Stereotypes | Chapter 15.2 |
| • Healthy Relationships | Chapter 18.1-18.3 |
| • Refusal Skills and the DECIDE decision making process | Role Play |
| • Conflict, Abuse, and Violence | 19.1-19.4 |

Unit 3: Alcohol, Tobacco, Drugs

Textbook

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|----------------------------------------|------------------------|
| • Genetics | Chapter 2.3 (if time) |
| • Adolescent Years & Brain Development | Chapter 22.3 (if time) |
| • Tobacco | Chapter 9.1-9.3 |
| • Alcohol | Chapter 10.1-10.4 |
| • Medication and Drugs | Chapter 11.1-11.3 |

Wellness 2

Unit 1: Injury Prevention and Safety

Textbook

- **Background Lessons #12-21**

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Unit 2: Sexual Health

Textbook

- **Online Safety**
- **Sexual Violence Review**
- **Birth Control and Condom Demonstration**
- **STD's & HIV/AIDS**
- **Communication and Decision Making**
- **Delay Skills**
- **Understanding Sexual Feelings and Behavior**

Personal Resources

Chapter 19.4

**Chapter 23.2-23.4 and BC Kit
13.1-13.3**

Personal Resources

Personal Resources

Chapter 24.1

Unit 3: Nutrition

Textbook

- **Nutrition**
- **Body Weight and Composition**
- **Body Image/Eating Disorders**
- **Physical Fitness**

Chapter 3.1-3.3

Chapter 4.1-4.3

Chapter 5.1-5.3

Chapter 6.1-6.3