

Totally Healthy Teens Syllabus

Unit 1 - Physical Health

Chapter 1 - The power of choice

- Facing a choice
- Choosing to change
- Exploring design and purpose

Unit 2 - Mental Health

Chapter 6 - Who am I?

- Change is normal
- "Why all these changes?"
- Your character counts

Chapter 7 - Let's talk about "success"

- Success: what does it mean to you
- The seven steps to success
- Rebounding from mistakes

Unit 1 - Physical Health

Chapter 2 - Human Biology

- Exploring biology and health
- Exploring the body
- Exploring the body systems

Chapter 3 - Nutrition: entering the food zone

- The great pizza potential: A balanced diet
- Food Zone 101: good health from good choices
- What's the buzz on dieting

Chapter 4 - Fitness and exercise

- Feeling the benefits of exercise
- Knowing your fitness condition
- Increasing your activity level
- Comparing yourself with yourself
- Staying strong and motivated

Chapter 5 - Diseases: The body under attack

- The body under attack
- Infectious diseases
- Sexually transmitted diseases
- Noninfectious diseases

Unit 3 - Social Health

Chapter 8 - Building strong friendships

- The value of friendships
- Communication skills
- Guy/Girl friendships
- How to lift others up in a put down culture
- Learning to forgive

Chapter 9 - The 7 habits of highly popular teens

- The popularity predicament
- What's the buzz on skin care?
- Choose the hairstyle that's best for you
- Let's see those hands and nails
- Have you seen your dentist lately?
- Protecting your eyes and ears
- How do you stand?

Chapter 10 - Living the Supernatural High

- Why some Christian teens abuse substances
- Alcohol: a depressing story
- Drugs: a substitute for the real thing
- Tobacco: a deadly habit
- Jesus: the supernatural high

Unit 4 - Spiritual Health

Chapter 11 - "Tell me Why...": Teens and Their Questions

- Building your bridge to maturity
- Developing the leader within you
- Coming closer to God
- Talking with your parents

Chapter 12 - Me, Myself, and God

- What's your view of God?
- What kind of a relationship do you have with God?
- What are you allowing to influence your life?
- Will you count the cost of being a Christian?
- What does your future hold?