



18-Week Course Program Planning Guide for Use of
Essential Health Skills for Middle School in Grades 6, 7, and 8

Week	Sixth Grade	Seventh Grade	Eighth Grade
1	Chapter 1: Understanding Your Health and Wellness	Chapter 4: Being Mentally and Emotionally Healthy	Chapter 10: Medications and Drugs
2	Chapter 1: Understanding Your Health and Wellness	Chapter 4: Being Mentally and Emotionally Healthy	Chapter 10: Medications and Drugs
3	Chapter 2: Developing Good Personal Hygiene	Chapter 4: Being Mentally and Emotionally Healthy	Chapter 10: Medications and Drugs
4	Chapter 2: Developing Good Personal Hygiene	Chapter 5: Getting Help for Mental Health Conditions	Chapter 11: Understanding and Preventing Diseases
5	Chapter 3: Getting the Sleep You Need	Chapter 5: Getting Help for Mental Health Conditions	Chapter 11: Understanding and Preventing Diseases
6	Chapter 3: Getting the Sleep You Need	Chapter 9: Alcohol	Chapter 11: Understanding and Preventing Diseases
7	Chapter 6: Nutrition	Chapter 9: Alcohol	Chapter 11: Understanding and Preventing Diseases
8	Chapter 6: Nutrition	Chapter 9: Alcohol	Chapter 12: Preventing and Responding to Accidents and Injuries
9	Chapter 6: Nutrition	Chapter 13: Protecting Environmental Health	Chapter 12: Preventing and Responding to Accidents and Injuries
10	Chapter 6: Nutrition	Chapter 13: Protecting Environmental Health	Chapter 12: Preventing and Responding to Accidents and Injuries
11	Chapter 7: Physical Fitness	Chapter 14: Promoting Healthy Relationships	Chapter 12: Preventing and Responding to Accidents and Injuries



Goodheart-Willcox Publisher

18604 West Creek Drive • Tinley Park, IL 60477 • 800.323.0440 • www.g-w.com

12	Chapter 7: Physical Fitness	Chapter 14: Promoting Healthy Relationships	Chapter 15: Understanding Violent Behavior
13	Chapter 7: Physical Fitness	Chapter 14: Promoting Healthy Relationships	Chapter 15: Understanding Violent Behavior
14	Chapter 7: Physical Fitness	Chapter 14: Promoting Healthy Relationships	Chapter 15: Understanding Violent Behavior
15	Chapter 8: Tobacco	Chapter 16: Human Development	Chapter 17: The Body Systems
16	Chapter 8: Tobacco	Chapter 16: Human Development	Chapter 17: The Body Systems
17	Chapter 8: Tobacco	Chapter 16: Human Development	Chapter 17: The Body Systems
18	Chapter 8: Tobacco	Chapter 16: Human Development	Chapter 17: The Body Systems