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18-Week Course Program Planning Guide for Use of *Comprehensive 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 11: Understanding and Preventing Diseases
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 12: Preventing and Responding to Accidents and Injuries
7	Chapter 6: Nutrition	Chapter 9: Alcohol	Chapter 12: Preventing and Responding to Accidents and Injuries
8	Chapter 6: Nutrition	Chapter 9: Alcohol	Chapter 15: Understanding Violent Behavior
9	Chapter 6: Nutrition	Chapter 13: Protecting Environmental Health	Chapter 15: Understanding Violent Behavior
10	Chapter 6: Nutrition	Chapter 13: Protecting Environmental Health	Chapter 15: Understanding Violent Behavior
11	Chapter 7: Physical Fitness	Chapter 14: Promoting Healthy Relationships	Chapter 17: The Body Systems
12	Chapter 7: Physical Fitness	Chapter 14: Promoting	Chapter 17: The Body Systems



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		Healthy Relationships	
13	Chapter 7: Physical Fitness	Chapter 14: Promoting Healthy Relationships	Chapter 17: The Body Systems
14	Chapter 7: Physical Fitness	Chapter 14: Promoting Healthy Relationships	Chapter 17: The Body Systems
15	Chapter 8: Tobacco	Chapter 16: Human Development	Chapter 18: Understanding Sexuality
16	Chapter 8: Tobacco	Chapter 16: Human Development	Chapter 18: Understanding Sexuality
17	Chapter 8: Tobacco	Chapter 16: Human Development	Chapter 19: Making Responsible Sexual Decisions
18	Chapter 8: Tobacco	Chapter 16: Human Development	Chapter 19: Making Responsible Sexual Decisions