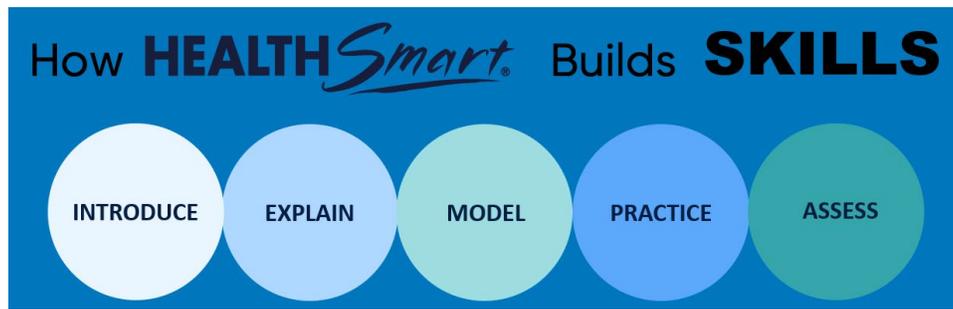


Skills-Based Lessons in *HealthSmart* Middle School



***HealthSmart* uses a research-based, step-by-step approach to skills development.**

First, the teacher **introduces the skill** and helps students relate it to their lives through examples. Then the teacher **explains the sequential and specific steps** for the successful performance of the skill. A very important next step is to **model the entire skill sequence** for students, going through each step and giving examples. Students then have the opportunity for **guided practice of the skill** through structured roleplays, large-group discussion or small-group work with support from the teacher. Finally, teachers can **assess** mastery as students demonstrate the skill on their own and receive feedback and reinforcement.

Unit	Lesson
Analyzing Influences	
Abstinence, Puberty & Personal Health	Lesson 12: Influences on Abstinence
Emotional & Mental Health	Lesson 13: Social Media & Emotional Health
Nutrition & Physical Activity	Lesson 9: What Influences My Food Choices
Nutrition & Physical Activity	Lesson 11: Body Image Basics
Tobacco, Alcohol & Other Drug Prevention	Lesson 9: Influences on My Choices About Drugs
Tobacco, Alcohol & Other Drug Prevention	Lesson 13: Tobacco Companies: Are They Targeting Youth?
Accessing Resources	
Abstinence, Puberty & Personal Health	Lesson 1: Staying Healthy for a Lifetime
HIV, STI & Pregnancy Prevention	Lesson 12: Using Condoms for Safer Sex
Nutrition & Physical Activity	Lesson 4: Reading a Food Label
Tobacco, Alcohol & Other Drug Prevention	Lesson 5: Medicines: What's the Truth?
Interpersonal Communication	
Abstinence, Puberty & Personal Health	Lesson 14: Resisting Pressure
Abstinence, Puberty & Personal Health	Lesson 15: Roleplay Practice: Saying NO to Sexual Pressure
Emotional & Mental Health	Lesson 5: Building Healthy Relationships Through Communication
Emotional & Mental Health	Lesson 8: Getting Help for Troublesome Feelings
Emotional & Mental Health	Lesson 12: Dealing with Grief & Loss

Skills-Based Lessons in *HealthSmart* Middle School

Interpersonal Communication <i>(continued)</i>	
HIV, STI & Pregnancy Prevention	Lesson 10: Resisting Sexual Pressure
HIV, STI & Pregnancy Prevention	Lesson 11: Roleplay Practice: Saying NO to Sexual Pressure
HIV, STI & Pregnancy Prevention	Lesson 13: Negotiating Condom Use
Nutrition & Physical Activity	Lesson 10: Resisting Pressure to Eat Less-Healthy Foods
Tobacco, Alcohol & Other Drug Prevention	Lesson 15: Peer Pressure: Ways to Say NO
Tobacco, Alcohol & Other Drug Prevention	Lesson 16: Roleplay Practice: Resisting Drug Pressure
Violence & Injury Prevention	Lesson 5: Resisting Dares
Violence & Injury Prevention	Lesson 10: Taking a Stand Against Bullying
Violence & Injury Prevention	Lesson 15: Conflict Resolution Roleplays
Violence & Injury Prevention	Lesson 16: Dealing with Unwanted Touch
Violence & Injury Prevention	Lesson 17: Understanding Sexual Abuse
Decision Making	
Emotional & Mental Health	Lesson 14: Making Healthy Decisions
HIV, STI & Pregnancy Prevention	Lesson 9: Making Sexual Health Decisions
Violence & Injury Prevention	Lesson 6: Making Safe Decisions
Goal Setting	
Emotional & Mental Health	Lesson 15: Setting Goals for Emotional Health
Nutrition & Physical Activity	Lesson 16: My Healthy Eating & Physical Activity Goal
Nutrition & Physical Activity	Lesson 17: Tracking My Progress
Practicing Health-Enhancing Behaviors	
Abstinence, Puberty & Personal Health	Lesson 3: Protecting My Body from Disease
Emotional & Mental Health	Lesson 7: Self-Control Skills for Dealing with Difficult Feelings
Emotional & Mental Health	Lesson 11: Managing Stress
HIV, STI & Pregnancy Prevention	Lesson 12: Using Condoms for Safer Sex
Nutrition & Physical Activity	Lesson 14: Assessing My Physical Activity
Tobacco, Alcohol & Other Drug Prevention	Lesson 10: Self-Talk for Being Drug Free
Violence & Injury Prevention	Lesson 7: Preparing for School Emergencies

Skills-Based Lessons in *HealthSmart* Middle School

Advocacy	
Abstinence, Puberty & Personal Health	Lesson 2: Keeping My Body Healthy
Abstinence, Puberty & Personal Health	Lesson 11: Benefits of Abstinence
HIV, STI & Pregnancy Prevention	Lesson 5: Reproduction & Teen Pregnancy
Nutrition & Physical Activity	Lesson 6: Healthy Snacking
Tobacco, Alcohol & Other Drug Prevention	Lesson 14: Counter Advertisements
Violence & Injury Prevention	Lesson 4: Safety Gear & Me
Violence & Injury Prevention	Lesson 12: Our Code of Conduct