



Your Health Level 1 is a health program written especially for middle / lower secondary school students. There are 8 modules covering 40 lessons covering social, emotional, and physical topics.

Module 1: Understanding Ourselves: Growth and Development

Lesson 1: Changes During Puberty

Learning Outcomes

1. Describe the physical, emotional, and social changes that happen during puberty.
2. Explain that these changes are a normal part of growing up.
3. Identify healthy ways to manage these changes.

Lesson 2: Acceptance and Pride

Learning Outcomes

1. Explain the importance of accepting the changes in your body.
2. Describe what self-esteem is and why it is important.
3. Identify ways to build self-esteem and feel proud of who you are.

Lesson 3: Media Influence

Learning Outcomes

1. Identify different types of media.
2. Explain how media can show unrealistic images of people.
3. Develop skills to think critically about media messages.

Lesson 4: Sexual Harassment

Learning Outcomes

1. Define sexual harassment and give examples.
2. Understand the importance of personal boundaries.
3. Learn and practice refusal skills to say "NO".

Lesson 5: Life Skills for Decision-Making

Learning Outcomes

1. Explain why decision-making is an important life skill.
2. Identify the steps in a simple decision-making model.
3. Apply the model to a real-life health decision.

Module 2: Family and Friends

Lesson 1: The Importance of Family

Learning Outcomes

1. Define what a family is and identify different types of families.
2. Explain the role of family in providing support and love.
3. Describe how family helps shape our values and behaviors.

Lesson 2: Building Good Family Relationships

Learning Outcomes

1. Identify characteristics of a strong and healthy family.
2. Describe communication skills that improve family relationships.
3. Explain the importance of showing appreciation and respect in the family.

Lesson 3: Understanding Sexuality

Learning Outcomes

1. Define sexuality and its different aspects.
2. Explain that developing a sense of sexuality is a normal part of adolescence.
3. Identify trusted sources for information about sexuality.

Lesson 4: Appropriate and Inappropriate Behavior

Learning Outcomes

1. Differentiate between appropriate and inappropriate ways of expressing affection.
2. Understand the concept of consent and why it is important.
3. Identify how to act respectfully towards others in all situations.

Lesson 5: Building and Maintaining Friendships

Learning Outcomes

1. Identify the qualities of a good friend.
2. Describe skills for making new friends.
3. Explain how to resolve conflicts with friends in a healthy way.

Module 3: Healthy Eating for Life

Lesson 1: Food and Nutrients

Learning Outcomes

1. Identify the main types of nutrients our bodies need.
2. Explain the function of each nutrient in the body.
3. Give examples of foods that are good sources of each nutrient.

Lesson 2: The Food Pyramid and Proportions

Learning Outcomes

1. Describe the different food groups in the food pyramid.
2. Explain why we should eat more of the foods at the bottom and less of the foods at the top.
3. Plan a balanced meal using the food pyramid as a guide.

Lesson 3: Reading Food Labels

Learning Outcomes

1. Identify the key information on a nutrition label.
2. Explain the importance of "serving size."
3. Use a food label to make healthier choices.

Lesson 4: Common Health Problems from Poor Nutrition

Learning Outcomes

1. Define malnutrition and its two main forms.
2. Identify the risks of being underweight and overweight.
3. Explain how a healthy diet can prevent long-term diseases.

Lesson 5: Food Safety and Hygiene

Learning Outcomes

1. Explain why it is important to handle food safely.
2. Describe the four steps to food safety: Clean, Separate, Cook, and Chill.
3. Identify signs that food may be spoiled and unsafe to eat.

Module 4: Physical Activity and Fitness

Lesson 1: The Importance of Physical Activity

Learning Outcomes

1. Explain the benefits of physical activity for your body and mind.
2. Understand the difference between moderate and vigorous activity.
3. Identify simple ways to be more active every day.

Lesson 2: Principles of Exercise

Learning Outcomes

1. Define the F.I.T.T. principle as a guide for exercise.
2. Explain each part of the F.I.T.T. principle.
3. Apply the F.I.T.T. principle to a physical activity.

Lesson 3: Warming Up and Cooling Down

Learning Outcomes

1. Explain the purpose and importance of a warm-up.
2. Explain the purpose and importance of a cool-down.
3. Identify examples of warm-up and cool-down activities.

Lesson 4: Measuring Your Fitness

Learning Outcomes

1. Identify four key components of physical fitness.
2. Describe a simple way to test each component.
3. Explain why knowing your fitness level is important.

Lesson 5: Creating a Personal Fitness Plan

Learning Outcomes

1. Explain how to set a S.M.A.R.T. fitness goal.
2. List the key steps for creating a fitness plan.
3. Design a simple fitness plan for one week.

Module 5: Substance Abuse Prevention

Lesson 1: What are Drugs and Substances?

Learning Outcomes

1. Define what a drug is and the meaning of substance abuse.
2. Differentiate between legal and illegal drugs.
3. Explain some of the reasons why people might choose to use substances.

Lesson 2: The Dangers of Smoking and Vaping

Learning Outcomes

1. Identify the main harmful chemicals in tobacco and e-cigarettes.
2. Describe the long-term health effects of smoking and vaping.
3. Explain what addiction is and why it is hard to quit.

Lesson 3: The Dangers of Alcohol

Learning Outcomes

1. Explain how alcohol affects the brain and impairs judgment.
2. Describe the immediate dangers of drinking too much alcohol.
3. Identify the long-term damage alcohol can cause to the body.

Lesson 4: Effects of Drugs on Health and Society

Learning Outcomes

1. Explain how drug abuse harms a person's physical and mental health.
2. Describe the negative impact of addiction on family and friendships.
3. Identify how substance abuse affects the wider community and society.

Lesson 5: Skills to Refuse Substances

Learning Outcomes

1. Recognize situations that involve peer pressure.
2. Demonstrate strong and effective refusal skills.
3. Identify positive alternatives to using substances.

Module 6: Safety in Daily Life

Lesson 1: Preventing Accidents at Home

Learning Outcomes

1. Identify common causes of accidents at home.
2. Describe safety measures to prevent falls, burns, and poisoning.
3. Explain what to do in case of a fire at home.

Lesson 2: Preventing Accidents at School

Learning Outcomes

1. Identify potential hazards in different areas of the school.
2. Explain the rules for safe behavior in the classroom and on the playground.
3. Describe how to report a safety concern to an adult at school.

Lesson 3: Road Safety

Learning Outcomes

1. Explain the importance of being an aware pedestrian.
2. Describe the correct and safe way to cross a street.
3. Identify key safety rules for riding a bicycle or motorcycle.

Lesson 4: Basic First Aid for Common Injuries

Learning Outcomes

1. Identify common minor injuries like cuts, scrapes, and burns.
2. Demonstrate the basic steps for treating a minor cut or scrape.
3. Explain the correct first aid for a minor burn.

Lesson 5: Responding to Emergency Situations

Learning Outcomes

1. Explain the importance of staying calm in an emergency.
2. Identify the correct emergency number to call for help in Thailand.
3. Describe the key information to give to an emergency operator.

Module 7: Emotional and Mental Health

Lesson 1: Understanding Emotions

Learning Outcomes

1. Identify common emotions and how they feel in your body.
2. Explain that all emotions are normal and part of being human.
3. Describe healthy ways to express and cope with strong emotions.

Lesson 2: What is Stress?

Learning Outcomes

1. Define stress and identify common stressors for teenagers.
2. Describe the physical and emotional signs of stress.
3. Explain that a small amount of stress can be motivating.

Lesson 3: Healthy Ways to Manage Stress

Learning Outcomes

1. Identify healthy coping strategies for stress.
2. Explain the importance of exercise and sleep for managing stress.
3. Practice a simple relaxation technique.

Lesson 4: Causes and Effects of Emotional Problems

Learning Outcomes

1. Identify potential causes of emotional and mental health problems.
2. Describe the effects these problems can have on a person's life.
3. Understand that mental health conditions are illnesses, not weaknesses.

Lesson 5: Where to Get Help and Support

Learning Outcomes

1. Recognize the signs that you or a friend might need help.
2. Identify trusted adults and resources for getting support.
3. Explain why asking for help is a sign of strength.

Module 8: Consumer Health

Lesson 1: Principles of Choosing Health Products

Learning Outcomes

1. Explain what consumer health is and why it's important.
2. Identify key principles for choosing health products wisely.
3. Apply these principles when making a choice.

Lesson 2: Understanding Health Advertisements

Learning Outcomes

1. Identify common techniques used in advertising.
2. Explain how ads can be misleading or "too good to be true."
3. Develop critical thinking skills to analyze advertisements.

Lesson 3: Consumer Rights for Health Products

Learning Outcomes

1. Identify the basic rights you have as a consumer.
2. Explain how these rights protect you when buying health products.
3. Describe what to do if you have a problem with a product.

Lesson 4: Identifying Unsafe Products

Learning Outcomes

1. List the warning signs of a potentially unsafe health product.
2. Explain the dangers of using unverified products.
3. Describe how to check if a product is officially approved.

Lesson 5: Agencies Protecting Consumers

Learning Outcomes

1. Identify the main government agencies that protect consumers in Thailand.
2. Describe the role of the Food and Drug Administration (FDA).
3. Explain how you can report an unsafe product or misleading ad.