



Your Health Level 2 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: Dimensions of Adolescent Development

Lesson 1: Physical Changes in Adolescence (Deeper Dive)

Learning Outcomes

1. Analyze the physical changes that occur during adolescence.
2. Explain the concept of a "growth spurt" and how it varies between individuals.
3. Identify the importance of hygiene during this period of change.

Lesson 2: Mental and Emotional Development

Learning Outcomes

1. Describe how the brain develops during the teenage years.
2. Analyze why emotions can feel more intense during adolescence.
3. Identify healthy ways to express strong emotions.

Lesson 3: Social and Intellectual Growth

Learning Outcomes

1. Analyze the changing importance of friendships during adolescence.
2. Describe the development of abstract thinking.
3. Explain how social and intellectual growth are connected.

Lesson 4: Heredity and Environment: Factors You Can't Control

Learning Outcomes

1. Define heredity and explain its influence on development.
2. Define environment and explain its influence on development.
3. Understand that you cannot control these factors, but you can control your response to them.

Lesson 5: Lifestyle Choices: Factors You Can Control

Learning Outcomes

1. Identify key lifestyle choices that affect your development.
2. Analyze how these choices impact your physical, mental, and social health.
3. Create a personal goal for a positive lifestyle choice.

Module 2: Mental and Emotional Wellbeing

Lesson 1: The Mind-Body Connection

Learning Outcomes

1. Analyze the relationship between physical and mental health.
2. Explain how physical activity can improve your mood.
3. Describe how emotional stress can affect your physical body.

Lesson 2: Recognizing Signs of Mental Health Problems

Learning Outcomes

1. Explain that mental health problems are common and treatable.
2. Identify initial warning signs of mental health challenges in yourself or others.
3. Understand when these signs indicate it's time to seek help.

Lesson 3: Understanding Stress

Learning Outcomes

1. Analyze different sources of stress (stressors).
2. Differentiate between positive stress (eustress) and negative stress (distress).
3. Explain the body's "fight or flight" response to stress.

Lesson 4: Healthy Stress Management Techniques

Learning Outcomes

1. Suggest problem-focused strategies for managing stress.
2. Suggest emotion-focused strategies for managing stress.
3. Create a personal "stress management plan."

Lesson 5: Managing Emotions Effectively

Learning Outcomes

1. Suggest ways to manage anger constructively.
2. Suggest ways to cope with feelings of sadness or disappointment.
3. Explain the importance of self-compassion when dealing with difficult emotions.

Module 3: Attitudes Towards Sex

Lesson 1: What Influences Our Attitudes Towards Sex?

Learning Outcomes

1. Define what an "attitude" is in the context of sexuality.
2. Analyze how family and culture shape our initial beliefs.
3. Explain the powerful influence of friends and peers on our attitudes.

Lesson 2: Media's Influence on Sexual Attitudes

Learning Outcomes

1. Analyze how TV, movies, and music portray sex and relationships.
2. Explain how these portrayals can be unrealistic.
3. Develop critical thinking skills to question media messages.

Lesson 3: Understanding Gender and Gender Equality

Learning Outcomes

1. Differentiate between biological sex and gender identity.
2. Define gender equality and explain its importance.
3. Identify and challenge common gender stereotypes.

Lesson 4: Appropriate Behavior and Respect

Learning Outcomes

1. Define what respect means in all relationships.
2. Provide examples of appropriate and respectful behavior.
3. Explain how to communicate respectfully, especially when you disagree.

Lesson 5: Cultural Values About Sex

Learning Outcomes

1. Explain that different cultures have different values regarding sex and relationships.
2. Compare and contrast different cultural approaches to topics like dating.
3. Understand the importance of respecting cultural differences.

Module 4: Risks and Responsibilities

Lesson 1: Impacts of Early Sexual Intercourse

Learning Outcomes

1. Analyze the potential emotional and social impacts of early sexual intercourse.
2. Identify the health risks associated with being sexually active.
3. Explain why waiting until you are older and more mature is a healthy choice.

Lesson 2: Preventing Sexually Transmitted Diseases (STDs)

Learning Outcomes

1. Define Sexually Transmitted Diseases (STDs) and how they are spread.
2. Identify common types of STDs and their symptoms.
3. Explain the most effective ways to prevent STDs.

Lesson 3: Understanding HIV and AIDS

Learning Outcomes

1. Differentiate between HIV and AIDS.
2. Identify the main ways that HIV is transmitted.
3. Explain how to treat people living with HIV/AIDS with compassion and respect.

Lesson 4: Preventing Unwanted Pregnancy

Learning Outcomes

1. Explain the basic process of how pregnancy occurs.
2. Define contraception and its purpose.
3. Understand that abstinence is the only 100% effective method of prevention.

Lesson 5: Methods of Self-Protection

Learning Outcomes

1. Explain the importance of setting clear personal boundaries.
2. Demonstrate effective refusal skills for avoiding risky situations.
3. Identify how to avoid situations that could lead to pressure or danger.

Module 5: Navigating Health Services and Technology

Lesson 1: Choosing Health Services Reasonably

Learning Outcomes

1. Differentiate between a clinic and a hospital.
2. Identify which health service is appropriate for different health problems.
3. Explain the roles of different healthcare professionals.

Lesson 2: The Positive Impact of Technology on Health

Learning Outcomes

1. Identify positive ways technology can help you manage your health.
2. Explain how health and fitness apps can be useful tools.
3. Describe the benefits of finding reliable health information online.

Lesson 3: The Negative Impact of Technology on Health

Learning Outcomes

1. Identify the negative physical effects of too much screen time.
2. Analyze how social media can negatively impact mental health.
3. Explain the importance of taking breaks and setting limits with technology.

Lesson 4: Understanding Medical Advancements

Learning Outcomes

1. Explain how medical advancements have helped people live longer, healthier lives.
2. Describe the role of vaccines in preventing disease.
3. Appreciate how technology has improved medical diagnosis and treatment.

Lesson 5: Evaluating Online Health Information

Learning Outcomes

1. Explain why it is dangerous to trust all health information online.
2. Identify the signs of a reliable and trustworthy health source.
3. Apply critical thinking skills to evaluate a health claim.

Module 6: Developing Physical Fitness

Lesson 1: Reviewing the Components of Fitness

Learning Outcomes

1. Recall the main components of physical fitness.
2. Explain how each component helps you in daily life and sports.
3. Perform a simple self-assessment of your own fitness levels.

Lesson 2: Meeting Physical Fitness Criteria

Learning Outcomes

1. Define what a "fitness criterion" or standard is.
2. Explain why having a specific target is better than a vague goal.
3. Set a personal fitness goal based on a specific, measurable criterion.

Lesson 3: Activities for Fitness Development

Learning Outcomes

1. Match different activities to the fitness components they improve.
2. Explain the principle of "Progressive Overload."
3. Choose appropriate activities to help you meet your personal fitness goals.

Lesson 4: Creating Your Development Plan

Learning Outcomes

1. Design a balanced, one-week fitness plan.
2. Incorporate the principle of progressive overload into your plan.
3. Schedule time for both activity and rest.

Lesson 5: Tracking Progress and Staying Motivated

Learning Outcomes

1. Explain the importance of tracking your fitness progress.
2. Identify what a "plateau" is and why it happens.
3. Suggest strategies to stay motivated and overcome a plateau.

Module 7: Substance Abuse: Help and Avoidance

Lesson 1: Understanding Addiction as a Disease

Learning Outcomes

1. Define addiction as a chronic brain disease.
2. Identify factors that can contribute to a person developing an addiction.
3. Explain why it is so difficult for a person with an addiction to just "stop."

Lesson 2: Identifying Sources of Help

Learning Outcomes

1. Identify trusted individuals who can provide help and support.
2. Locate community resources like hospitals and counseling centers.
3. Explain the role of hotlines as a source of immediate, confidential help.

Lesson 3: Methods for Helping a Friend

Learning Outcomes

1. Explain how to talk to a friend you are worried about.
2. Understand the importance of telling a trusted adult.
3. Identify behaviors that are helpful and behaviors that are not helpful.

Lesson 4: Identifying Risky Behaviors and Situations

Learning Outcomes

1. Identify personal behaviors that can increase risk.
2. Analyze situations that are high-risk for substance use.
3. Explain the connection between substance use and other risky behaviors.

Lesson 5: Methods of Avoiding Risky Situations

Learning Outcomes

1. Explain the strategy of "planning ahead" to stay safe.
2. Demonstrate strong refusal skills in a variety of scenarios.
3. Identify the importance of choosing friends who support your healthy choices.

Module 8: Life Skills for Personal Safety

Lesson 1: What are Life Skills?

Learning Outcomes

1. Define what "life skills" are.
2. Explain why life skills are essential for your personal safety.
3. Identify three main categories of life skills.

Lesson 2: Critical Thinking and Problem-Solving

Learning Outcomes

1. Define critical thinking and its role in safety.
2. Describe the five steps of a problem-solving model.
3. Apply the problem-solving model to a personal safety scenario.

Lesson 3: Decision-Making in Critical Situations

Learning Outcomes

1. Explain how strong emotions can affect your ability to make good decisions.
2. Describe a simple model for making decisions under pressure.
3. Analyze a critical situation using the decision-making model.

Lesson 4: Assertive Communication and Refusal

Learning Outcomes

1. Differentiate between passive, aggressive, and assertive communication.
2. Explain why being assertive is the most effective style for personal safety.
3. Demonstrate how to say "no" assertively.

Lesson 5: Putting It All Together: Case Studies

Learning Outcomes

1. Analyze a complex safety scenario.
2. Apply a combination of life skills to develop a safe response.
3. Justify why your chosen response is the most effective one.