



Your Health Level 3 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: Life Stages and Social Influences

Lesson 1: Human Development Across the Lifespan

Learning Outcomes

1. Identify the major stages of the human lifespan.
2. Describe the key developmental tasks associated with each stage.
3. Explain that development is a lifelong process.

Lesson 2: Comparing Life Stages

Learning Outcomes

1. Compare the physical changes that occur at different life stages.
2. Compare the emotional and social changes at different life stages.
3. Explain how understanding other life stages can build empathy.

Lesson 3: Society's Impact on Adolescents

Learning Outcomes

1. Define "societal influence" and provide examples.
2. Analyze how society's expectations can affect a teenager's choices.
3. Explain the difference between positive and negative societal pressures.

Lesson 4: Analyzing Social Expectations

Learning Outcomes

1. Analyze how expectations about academic success can cause stress.
2. Analyze how expectations about appearance can affect self-esteem.
3. Develop strategies for balancing personal values with social expectations.

Lesson 5: The Influence of Advertising Media

Learning Outcomes

1. Analyze how advertisements specifically target adolescents.
2. Explain how ads create a false connection between a product and a desired feeling.
3. Apply critical thinking skills to deconstruct an advertisement.

Module 2: Society's Impact on Adolescents

Lesson 1: Understanding Social Expectations

Learning Outcomes

1. Define "social norms" and "social expectations."
2. Identify where these expectations come from (family, school, community).
3. Analyze how these expectations influence your daily life.

Lesson 2: The Influence of Peer Groups

Learning Outcomes

1. Define "peer pressure" and give examples of it.
2. Differentiate between positive and negative peer pressure.
3. Analyze how peer pressure can influence choices about appearance and behavior.

Lesson 3: Analyzing Advertising Media

Learning Outcomes

1. Identify the main goal of advertising.
2. Analyze how ads for food and drinks can influence health choices.
3. Analyze how ads for beauty products can influence self-esteem.

Lesson 4: Deconstructing Media Messages

Learning Outcomes

1. Define "deconstruction" as it applies to media.
2. Identify the key questions to ask when deconstructing an ad.
3. Practice deconstructing a real advertisement.

Lesson 5: Building Resilience to Social Pressure

Learning Outcomes

1. Define resilience.
2. Identify the role of self-esteem in resisting negative pressure.
3. Develop personal strategies for building resilience.

Module 3: Planning for a Healthy Family

Lesson 1: Maternal & Child Health (Anamai Mae lae Dek)

Learning Outcomes

1. Define Maternal and Child Health and explain its importance.
2. Describe the key elements of self-care for a mother during pregnancy.
3. Identify essential care for a newborn child's health.

Lesson 2: Introduction to Family Planning

Learning Outcomes

1. Define "family planning" and its purpose.
2. Explain why family planning is a responsible choice for individuals and society.
3. Identify the key questions a couple should consider before starting a family.

Lesson 3: Family Planning Methods

Learning Outcomes

1. Describe how hormonal and barrier methods of contraception work.
2. Describe how long-acting and permanent methods work.
3. Explain where to get reliable information and services for family planning.

Lesson 4: Analyzing Factors that Affect Pregnancy

Learning Outcomes

1. Analyze how a mother's lifestyle choices can affect a pregnancy.
2. Analyze how a couple's relationship stability can affect a pregnancy.
3. Explain how economic readiness impacts the decision to have a child.

Lesson 5: Appropriate Self-Care Methods

Learning Outcomes

1. Define self-care in the context of reproductive health.
2. Identify self-care practices that support physical reproductive health.
3. Identify self-care practices that support emotional readiness for future family life.

Module 4: Resolving Family Conflicts

Lesson 1: Analyzing the Causes of Family Conflicts

Learning Outcomes

1. Identify common sources of conflict between teenagers and parents.
2. Analyze how different perspectives can lead to misunderstandings.
3. Explain how unmet expectations can cause conflict.

Lesson 2: The Impact of Conflict on Family Wellbeing

Learning Outcomes

1. Describe the emotional impact of constant conflict on family members.
2. Explain how conflict can damage family relationships and trust.
3. Differentiate between healthy disagreement and destructive conflict.

Lesson 3: Communication Skills for Conflict Prevention

Learning Outcomes

1. Identify communication habits that can lead to conflict.
2. Describe active listening as a tool for prevention.
3. Explain how to use "I" statements to express needs without starting a fight.

Lesson 4: A Step-by-Step Guide to Conflict Resolution

Learning Outcomes

1. Propose a method for initiating a calm conversation about a conflict.
2. Describe the process of brainstorming and negotiating a compromise.
3. Explain the importance of forgiveness and moving on after a conflict is resolved.

Lesson 5: Knowing When to Seek Outside Help

Learning Outcomes

1. Identify signs that a family conflict is too serious to handle alone.
2. Identify trusted third parties who can help mediate a conflict.
3. Explain that seeking help is a sign of strength, not failure.

Module 5: Nutrition and Community Wellness

Lesson 1: Designing Economical & Nutritious Food Lists

Learning Outcomes

1. Explain the importance of balancing nutrition with cost.
2. Identify strategies for creating an economical food list.
3. Design a sample one-day meal plan that is both healthy and affordable.

Lesson 2: Nutrition for Different Ages

Learning Outcomes

1. Compare the nutritional needs of children and adolescents.
2. Compare the nutritional needs of adults and the elderly.
3. Determine an appropriate food list for a family with different age groups.

Lesson 3: Preventing Major Diseases in Thailand

Learning Outcomes

1. Identify major non-communicable diseases (NCDs) that are common in Thailand.
2. Analyze the link between diet and these diseases.
3. Suggest ways to change your diet to prevent these diseases.

Lesson 4: Collecting Data on Community Health

Learning Outcomes

1. Define a "community health problem."
2. Describe simple methods for collecting data, like observation and surveys.
3. Design a simple survey question to investigate a health problem.

Lesson 5: Suggesting Ways to Solve Community Health Problems

Learning Outcomes

1. Analyze the data you have collected to define a problem clearly.
2. Brainstorm potential solutions for a community health problem.
3. Propose a realistic action plan to address the problem.

Module 6: Advanced Physical Fitness

Lesson 1: Planning for Exercise, Rest, & Fitness Promotion

Learning Outcomes

1. Explain why balancing exercise with rest is crucial for improvement.
2. Describe how to effectively plan and allocate time for fitness activities.
3. Create a sample weekly schedule that includes exercise, school, and rest.

Lesson 2: Advanced Training Principles

Learning Outcomes

1. Define the training principle of "Specificity."
2. Explain the training principle of "Reversibility."
3. Analyze how these advanced principles impact how you should train.

Lesson 3: Individualized Fitness Testing

Learning Outcomes

1. Explain why fitness plans must be based on individual differences.
2. Describe how to perform fitness tests safely and accurately.
3. Interpret your own test results to identify personal strengths and weaknesses.

Lesson 4: Developing Your Personal Program

Learning Outcomes

1. Design a fitness program that targets your individual weaknesses.
2. Incorporate the principles of overload and specificity into your program.
3. Create a progressive 4-week plan to meet a specific goal.

Lesson 5: Overcoming Barriers & Staying Motivated

Learning Outcomes

1. Identify common barriers that stop people from exercising.
2. Develop effective strategies to overcome these barriers.
3. Explain why fitness should be seen as a lifelong journey.

Module 7: Analyzing Risks and Influences

Lesson 1: Analyzing Health Risk Factors

Learning Outcomes

1. Define a "risk factor" and a "protective factor."
2. Differentiate between controllable and uncontrollable risk factors.
3. Analyze how multiple risk factors can interact and increase overall risk.

Lesson 2: Analyzing Risky Behaviors and Prevention

Learning Outcomes

1. Identify common risky behaviors for adolescents.
2. Analyze the potential short-term and long-term consequences of a risky behavior.
3. Propose prevention methods for avoiding risky behaviors.

Lesson 3: Media's Influence on Health Behaviors

Learning Outcomes

1. Analyze how media promotes unhealthy food choices.
2. Analyze how media creates unrealistic standards for body image and fitness.
3. Explain how to be a critical consumer of health messages in the media.

Lesson 4: Media's Influence on Violence

Learning Outcomes

1. Identify how violence is often portrayed in movies, TV, and video games.
2. Analyze the potential effects of viewing repeated media violence.
3. Explain the difference between media violence and real-world violence.

Lesson 5: Alcohol's Link to Health and Accidents

Learning Outcomes

1. Analyze how alcohol impairs judgment and coordination.
2. Explain the direct relationship between alcohol consumption and accidents.
3. Analyze how alcohol use contributes to other negative health outcomes.

Module 8: Preventing Violence and Saving Lives

Lesson 1: Strategies to Avoid Violence

Learning Outcomes

1. Identify warning signs that a situation may become violent.
2. Explain de-escalation techniques to calm a tense situation.
3. Understand the importance of walking away from a potential conflict.

Lesson 2: Persuading Friends to Avoid Violence

Learning Outcomes

1. Explain how to use "I" statements to show concern for a friend.
2. Describe how to persuade a friend by focusing on the consequences.
3. Suggest alternative, positive ways for friends to solve problems.

Lesson 3: Introduction to CPR (Cardiopulmonary Resuscitation)

Learning Outcomes

1. Define CPR and explain its purpose.
2. Identify when CPR is needed.
3. Describe the first crucial steps to take in an emergency before starting CPR.

Lesson 4: The Steps of CPR

Learning Outcomes

1. Describe the correct hand placement and depth for chest compressions.
2. Explain how to open the airway.
3. Describe how to give a rescue breath.

Lesson 5: Demonstrating Correct CPR (Theory)

Learning Outcomes

1. Analyze the key elements of high-quality chest compressions.
2. Explain common mistakes to avoid during CPR.
3. Understand when it is appropriate to stop performing CPR.