Lesson 1: The Body Systems as a Team for Good Health
Body Systems working together for your Good

Parent and Student Engagement

THREE FOR ME (Student to Parent Questions)
1. Have you ever had an injury to any of the four types of body tissues (nervous, connective, glandular, or muscle)? If so, how was it treated?

2. Can you give an example of body cells, tissues, organs, and systems?

3. Have you ever experienced a body system failure or injury and if so, how could you tell something was wrong?

ONE FOR YOU (Parent to Student Question)

1. Tell me about what you know regarding the four types of body tissues and the structure and function of body systems, including how they function together to keep you healthy.
Lesson 2: Be Aware and Stay Healthy (Be a HEALTH HERO)

THREE FOR ME (Student to Parent Questions)

1. What are some healthy lifestyle choices that you have adopted?

2. Have you ever had to deliver first aid or emergency treatment to someone in need? If so, how did that go?

3. What are some steps you take to reduce or manage your risk factors for chronic diseases like heart disease and diabetes?

ONE FOR YOU (Parent to Student Question)

1. Tell me about some risk factors for chronic diseases that you learned about and the strategies you learned to help reduce these risk factors.
Lesson 3: Eat Right and Stay Active to Stay Healthy

Parent and Student Engagement

THREE FOR ME (Student to Parent Questions)

1. Do you have daily calorie goals? If so, how do you maintain them? If not, what food nutrition goals do you set for yourself?

2. What are your goals for daily physical activity, and do you use any technology to help you reach your goals?

3. Do you have a personalized dietary plan? If so, what is it? If not, what are your daily dietary goals?

ONE FOR YOU (Parent to Student Question)

1. Tell me what you’ve learned about the importance of nutrition, daily caloric intake, a personalized diet and activity plan, and share any SMART goals you’ve created along these lines.
Lesson 4: Be Prepared to Respond in an Emergency

Parent and Student Engagement

THREE FOR ME (Student to Parent Questions)

1. Have you ever had to perform CPR? If so, what did you do?

2. Have you or someone you know ever had to rescue a choking person? If so, what did you do?

3. Have you ever had to perform first aid? If so, what did you do and if additional medical attention was necessary how was it obtained?

ONE FOR YOU (Parent to Student Question)

1. Tell me about what you learned about first aid, CPR, and the Heimlich maneuver and let me know if you have any questions or concerns about what you learned.
Lesson 5: Ascending the Summit of My Goals

Parent and Student Engagement

THREE FOR ME (Student to Parent Questions)

1. What roadblocks have you faced when working to achieve important goals in your life? How did you deal with the roadblocks and persevere to still achieve your goals?

2. How has education played an important part in achieving your goals? What have you learned about the importance of education and why do you believe education is an investment in my future?

3. We’ve been learning about how to write S.M.A.R.T. goals. (Explain to your parents what a S.M.A.R.T. goal is and what each letter stands for). Here is an example - “I want to be the first chair trumpet player by the Christmas concert in 2 months. I will practice every day for 45 min from 4:15-5:00.”

What is a long term goal you still have? Let’s work together to write it as a S.M.A.R.T. goal.

ONE FOR YOU (Parent to Student Question)

1. What is a S.M.A.R.T. goal you have for your future that you hope to achieve while you are in high school?
Lesson 6: Tools in My Backpack

Parent and Student Engagement

THREE FOR ME (Student to Parent Questions)
1. We have learned that there are three types of decision makers - proactive, reactive, and inactive. (*Explain to your parents the difference between the three*). Tell me about an important decision that you’ve made when you were proactive. How can you help me to be more proactive in my decision making abilities?

2. I know it is important to be prepared to solve problems that I will face as I am growing into an adult. We have learned about a problem solving process that can help us grow our problem solving skills. Would you tell me about a problem you’ve had to solve in your life and what you did to solve it? (*If you have a problem you are dealing with, share it with your parents and work through the problem solving process together.*)

3. What do the clothes people wear communicate about what they value? When you are going to work, how do you decide what to wear?

ONE FOR YOU (Parent to Student Question)

1. What is a need that you see in our community? How could we serve together to help meet that need?
Lesson 7: Easing the Squeeze with Good Refusal Skills

Parent and Student Engagement

THREE FOR ME (Student to Parent Questions)

1. What is your plan of action when you begin to feel stressed about a situation? How do you use gratitude to help you combat stress? What are some strategies that work well for you that I could try?

2. What was a struggle you had with peer pressure growing up? How did you combat the pressures to do things you knew were wrong? What strategies do you still use as an adult?

3. How would you describe the difference between being sad and being depressed? What are some strategies you utilize to care for your own mental health? What are some strategies that would be helpful to me?

ONE FOR YOU (Parent to Student Question)

1. What are some things you are grateful for? How do you use this sense of gratitude to positively impact your mental health?
Lesson 8: Free to Be Me

Parent and Student Engagement

THREE FOR ME (Student to Parent Questions)
1. Have you ever been in an unhealthy relationship or know someone who was? What are characteristics of an unhealthy relationship?

2. Why is dating unhealthy for someone my age? How can you help me put some guidelines in place for dating that will help me make good decisions as I am getting older?

3. As a part of this lesson, we’ve learned more about cliques. Cliques often start out as a small group of like minded friends, but become closed off with the center of their friendship being based on degrading others that don’t fit their standards. How can cliques turn around this unhealthy pattern? How should I handle it if I ever find myself in a group of friends that are becoming a clique?

ONE FOR YOU (Parent to Student Question)

1. What have you learned about dating at a young age? What negative effects can dating have on you at this age? (This is a wonderful opportunity to discuss with your child what your expectations are about dating and to establish clear guidelines around dating.)
Lesson 9: Observing the Danger Signs - Drugs, Alcohol, Tobacco

Parent and Student Engagement

THREE FOR ME (Student to Parent Questions)
1. What are some common myths about drug and alcohol use? What truths relate to these myths?

2. Have you known someone that allowed an addiction to drugs to interfere with reaching the goals they had for their future? What influence can drugs have on anyone's future goals and successes?

3. If I find myself in an uncomfortable situation where I am approached and asked to try drugs or alcohol, how should I handle this? What are some boundaries I can have in place that will help me with these kinds of situations?

ONE FOR YOU (Parent to Student Question)

1. How do you think drugs and alcohol could keep you from reaching the goals you have for yourself? What will you do to avoid the pitfalls of drugs, alcohol, and tobacco?
Lesson 10: Gearing Up for Changes in My Life

Parent and Student Engagement

THREE FOR ME (Student to Parent Questions)

1. When you were going through puberty, who did you talk to about the changes that were happening in your body? What if I feel uncomfortable asking the questions that I have? What should I do?

2. What emotional consequences do teens face that decide to have sex before marriage? How can this impact the relationships they have as adults?

3. Why should I abstain from sex until after I am married? How could having sex before marriage impact the goals I have for my future?

ONE FOR YOU (Parent to Student Question)

1. You’ve learned a lot about how your body changes throughout puberty. What questions do you have about the changes you are either experiencing or you know are coming?
Lesson 11: Avoiding the Pitfalls of STDs

Parent and Student Engagement

THREE FOR ME (Student to Parent Questions)
1. With all of the changes that my body is going through and the emotions that go along with those changes, what can I do to stay committed to my values and to making choices that will lead to a healthy future?

2. How did becoming a parent change your life? What impact did your age and the life decisions you made before becoming a parent make a difference?

3. With all of the dangers related to STDs, the risk of pregnancy, and the emotional consequences of having sex before marriage, why do you believe there is still a significant percentage of teenagers that choose to have sex?

ONE FOR YOU (Parent to Student Question)

1. What kind of parent do you want to be? What choices do you need to make now that will help you to become that kind of parent?
Lesson 12: Firm Family Foundations, Avoid the Legal Ledge

Parent and Student Engagement

THREE FOR ME (Student to Parent Questions)

1. Besides you (your parents/guardians), who else in my life is a good role model for me? Why would you choose them?

2. We have learned that abuse and sex trafficking are serious concerns. What do I do if someone I know is putting themselves in risky situations where abuse could occur? What if I know someone that is being abused and is afraid to speak out?

3. What rules do you have for me that you created to keep me safe?

ONE FOR YOU (Parent to Student Question)

1. School violence is a growing concern, but it can be prevented. What can be done to prevent school violence? What can you do to help prevent violence from occurring?
Lesson 13: Managing Mounds of Media

Parent and Student Engagement

THREE FOR ME (Student to Parent Questions)
1. How can social media serve as a distraction? How can it keep people from achieving the goals they have?

2. Do you believe you spend too much time on the internet? If not, do you know someone who does? How can someone develop new habits to limit their time on the internet?

3. What is sexting? How is it dangerous for both boys and girls?

ONE FOR YOU (Parent to Student Question)

1. What are some apps that you know can be dangerous? How can you put some boundaries in place to remain safe when using different types of media?
Lesson 14: Prepared to Tackle My Goals

Parent and Student Engagement

THREE FOR ME (Student to Parent Questions)

1. What are experiences you had growing up that helped you to develop responsibility? What are areas in my life that I am ready to show more responsibility?

2. What is the difference between infatuation and true love? How will I know the difference as I am growing older and beginning to date?

3. We spent a great deal of time talking about delayed gratification as part of this lesson. How has this been important in your life?

ONE FOR YOU (Parent to Student Question)

1. Can you share the character contract you created with me? What is most important to you when you look at your contract?