**Mental and Emotional Health**

**Standard HE H.S.1 –** Students will comprehend concepts related to health promotion and disease prevention to enhance health.

**Standard HE H.S.2 –** Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

**Standard HE H.S.4 –** Students will demonstrate the ability to use interpersonal communication skills to enhance and avoid or reduce health risks.

**Standard HE H.S.5 –** Students will demonstrate the ability to use decision-making skills to enhance health.

**Standard HE H.S.7 –** Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

**Standard HE H.S.8 –** Students will demonstrate the ability to advocate for personal, family, and community health.

**Microlesson 1: Achieving Mental and Emotional Health**

**Standard HE H.S. 1, Standard HE H.S. 2, Standard HE H.S. 4, Standard HE H.S. 7**

**Microlesson 2: Managing Stress and Coping with Loss**

**Standard HE H.S. 1, Standard HE H.S. 4, Standard HE H.S. 5**

**Microlesson 3: Mental and Emotional Problems**

**Standard HE H.S. 1**

**Microlesson 4: Getting Help**

**Standard HE H.S. 1, Standard HE H.S. 2, Standard HE H.S. 4, Standard HE H.S. 5,**

**Standard HE H.S. 7, Standard HE H.S. 8**

**Assessments:**

**Discussion: Characteristics of Good Mental and Emotional Health**

**Standard HE H.S. 1, Standard HE H.S. 2, Standard HE H.S. 4, Standard HE H.S. 7,**

**Assignment: Dealing with Stress**

**Standard HE H.S.4, Standard HE H.S.7**

**Assignment: Making Decisions**

**Standard HE H.S.5, Standard HE H.S.8**

**Test: Mental and Emotional Health**

**Standard HE H.S. 1, Standard HE H.S. 2, Standard HE H.S. 4, Standard HE H.S. 5,**

**Standard HE H.S. 7, Standard HE H.S. 8**