

# Health

## Unit 1 - Mental Health

1. Choosing Wellness
2. Your Personality
3. Managing Stress
4. Understanding Mental Disorders

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## Unit 2 - Social Health

5. Developing Relationships
6. Marriage and Family

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## Unit 3 - Physical Well-Being

7. Personal Care
8. Food and Nutrition
9. A Healthy Diet
10. Fitness and Your Body Systems
11. Fitness and Your Life-Style

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## Unit 4 - The Human Life Cycle

12. Reproduction and Heredity
13. Birth and Parenthood
14. Adolescent Years
15. Adulthood, Aging, and Death

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## Unit 5 - Diseases and Disorders

16. Infectious Diseases
17. AIDS and Other Sexually Transmitted Diseases
18. Noninfectious Diseases and Physical Disabilities

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## Unit 6 - Drugs, Alcohol, and Tobacco

19. Drug Use and Abuse
20. Alcohol
21. Tobacco and Your Health

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## Unit 7 - Health and Society

22. Healthy Environment
23. Choosing Health Care
24. Public Health

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## Unit 8 - Safety and First Aid

25. Personal Safety
26. First Aid

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