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Introduction

The Core Health III Course teaches about emotional and social health issues including communication skills, positive and negative emotions, family relationships, roles, rights, and responsibilities of family members, coping with changes in families, types and features of relationships, qualities of good friends, peer groups, problem behaviors, coping with school, relationships with teachers, and coping with changes in schools. The Course has 20 lessons organized in 6 Units and its learning objectives align with health curriculum standards for grades 5 to 10. There are 207 audio-supported instruction pages, 309 interactive lesson screens, 21 interactive activities, 200 lesson assessment questions, and 330 Unit assessment questions. Assessment questions results can be used to manage personalized learning paths and monitor student progress. Completion time is estimated at 25 to 30 hours.

Unit 1: Communication

Lesson 1: Communication

Learning Objectives

- to learn about the importance of communication skills
- to learn about the features of good communication skills

Activity Type

- 5 practice questions

Teacher Resources

- Fact Sheet, Worksheet, Answer Sheet Adobe pdfs
- Fact Sheet, Worksheet, Answer Sheet Microsoft Word docs

Lesson Components

Total Learning Objects – 29

Flash Instruction Screens - 6

Summary Pages – 8

Quiz Questions – 10 total questions; 5 randomly selected to populate quiz

Test Questions – 20 total questions; 10 total per Lesson of which 3 are randomly selected to populate test

Lesson 2: Communication Situations

Learning Objectives

- to learn how to communicate responses

Activity Type

- 5 practice questions

Teacher Resources

- Fact Sheet, Worksheet, Answer Sheet Adobe pdfs
- Fact Sheet, Worksheet, Answer Sheet Microsoft Word docs

Lesson Components

Total Learning Objects – 32

Flash Instruction Screens - 12

Summary Pages - 5

Quiz Questions – 10 total questions; 5 randomly selected to populate quiz

Test Questions – 20 total questions; 10 total per Lesson of which 3 are randomly selected to populate test

Unit 2: Emotions and You

Lesson 1: Positive Emotions

Learning Objectives

- to learn about positive emotions like happiness and love

Activity Type

- 10 question flash-based quiz

Teacher Resources

- Fact Sheet, Worksheet, Answer Sheet Adobe pdfs
- Fact Sheet, Worksheet, Answer Sheet Microsoft Word docs

Lesson Components

Total Learning Objects – 41

Flash Instruction Screens - 11

Summary Pages - 10

Quiz Questions – 10 total questions; 5 randomly selected to populate quiz

Test Questions – 50 total questions; 10 total per Lesson of which 3 are randomly selected to populate test

Lesson 2: Negative Emotions

Learning Objectives

- to learn about negative emotions like hate, anger, envy, and jealousy

Activity Type

- Flash drag and drop

Teacher Resources

- Fact Sheet, Worksheet, Answer Sheet Adobe pdfs
- Fact Sheet, Worksheet, Answer Sheet Microsoft Word docs

Lesson Components

Total Learning Objects – 41

Flash Instruction Screens – 17

Summary Pages - 13

Quiz Questions – 10 total questions; 5 randomly selected to populate quiz

Test Questions – 50 total questions; 10 total per Lesson of which 3 are randomly selected to populate test

Lesson 3: Feeling Down

Learning Objectives

- to learn about worries, anxiety, and depression

Activity Type

- Flash drag and drop

Teacher Resources

- Fact Sheet, Worksheet, Answer Sheet Adobe pdfs
- Fact Sheet, Worksheet, Answer Sheet Microsoft Word docs

Lesson Components

Total Learning Objects – 39

Flash Instruction Screens – 15

Summary Pages - 13

Quiz Questions – 10 total questions; 5 randomly selected to populate quiz

Test Questions – 50 total questions; 10 total per Lesson of which 3 are randomly selected to populate test

Lesson 4: Dreams and Nightmares

Learning Objectives

- to learn about our emotions and dreams or nightmares

Activity Type

- Flash drag and drop

Teacher Resources

- Fact Sheet, Worksheet, Answer Sheet Adobe pdfs
- Fact Sheet, Worksheet, Answer Sheet Microsoft Word docs

Lesson Components

Total Learning Objects – 31

Flash Instruction Screens – 13

Summary Pages – 7

Quiz Questions – 10 total questions; 5 randomly selected to populate quiz

Test Questions – 50 total questions; 10 total per Lesson of which 3 are randomly selected to populate test

Lesson 5: Coping with Stress Scenario

Learning Objectives

- to learn how to respond to stressful situations

Activity Type

- Flash interactive

Teacher Resources

- Fact Sheet, Worksheet, Answer Sheet Adobe pdfs

- Fact Sheet, Worksheet, Answer Sheet Microsoft Word docs

Lesson Components

Total Learning Objects – 33

Flash Instruction Screens – 17

Summary Pages – 5

Quiz Questions – 10 total questions; 5 randomly selected to populate quiz

Test Questions – 50 total questions; 10 total per Lesson of which 3 are randomly selected to populate test

Unit 3: Family Fare

Lesson 1: Family and Family Types

Learning Objectives

- to learn about the nature and types of families
- to learn about relationships within a family

Activity Type

- 5 practice questions

Teacher Resources

- Fact Sheet, Worksheet, Answer Sheet Adobe pdfs
- Fact Sheet, Worksheet, Answer Sheet Microsoft Word docs

Lesson Components

Total Learning Objects – 27

Flash Instruction Screens - 8

Summary Pages - 4

Quiz Questions – 10 total questions; 5 randomly selected to populate quiz

Test Questions – 30 total questions; 10 total per Lesson of which 3 are randomly selected to populate test

Lesson 2: Feelings and Family Changes

Learning Objectives

- to learn about family changes from divorce
- to learn about family changes from death

Activity Type

- 5 practice questions

Teacher Resources

- Fact Sheet, Worksheet, Answer Sheet Adobe pdfs
- Fact Sheet, Worksheet, Answer Sheet Microsoft Word docs

Lesson Components

Total Learning Objects – 67

Flash Instruction Screens – 29

Summary Pages - 23

Quiz Questions – 10 total questions; 5 randomly selected to populate quiz

Test Questions – 30 total questions; 10 total per Lesson of which 3 are randomly selected to populate test

Lesson 3: Roles, Rights, Responsibilities, and Relationships

[Learning Objectives](#)

- to learn about the roles of family members
- to learn about the rights of parents and children
- to learn about the responsibilities of parents, children, and siblings

[Activity Type](#)

- 5 practice questions

[Teacher Resources](#)

- Fact Sheet, Worksheet, Answer Sheet Adobe pdfs
- Fact Sheet, Worksheet, Answer Sheet Microsoft Word docs

[Lesson Components](#)

Total Learning Objects – 65

Flash Instruction Screens - 28

Summary Pages - 22

Quiz Questions – 10 total questions; 5 randomly selected to populate quiz

Test Questions – 30 total questions; 10 total per Lesson of which 3 are randomly selected to populate test

Unit 4: Relationships

Lesson 1: Types of Relationships

[Learning Objectives](#)

- to learn about friends, peers, and other relationships

[Activity Type](#)

- 5 practice questions

[Teacher Resources](#)

- Fact Sheet, Worksheet, Answer Sheet Adobe pdfs
- Fact Sheet, Worksheet, Answer Sheet Microsoft Word docs

[Lesson Components](#)

Total Learning Objects – 24

Flash Instruction Screens - 7

Summary Pages - 2

Quiz Questions – 10 total questions; 5 randomly selected to populate quiz

Test Questions – 50 total questions; 10 total per Lesson of which 3 are randomly selected to populate test

Lesson 2: Behavior in Relationships

Learning Objectives

- to learn about appropriate behavior in relationships
- to learn about inappropriate behavior in relationships

Activity Type

- 5 practice questions

Teacher Resources

- Fact Sheet, Worksheet, Answer Sheet Adobe pdfs
- Fact Sheet, Worksheet, Answer Sheet Microsoft Word docs

Lesson Components

Total Learning Objects – 47

Flash Instruction Screens - 17

Summary Pages - 15

Quiz Questions – 10 total questions; 5 randomly selected to populate quiz

Test Questions – 50 total questions; 10 total per Lesson of which 3 are randomly selected to populate test

Lesson 3: Good Friends

Learning Objectives

- to learn about the qualities of a good friend

Activity Type

- 5 practice questions

Teacher Resources

- Fact Sheet, Worksheet, Answer Sheet Adobe pdfs
- Fact Sheet, Worksheet, Answer Sheet Microsoft Word docs

Lesson Components

Total Learning Objects – 59

Flash Instruction Screens - 24

Summary Pages - 20

Quiz Questions – 10 total questions; 5 randomly selected to populate quiz

Test Questions – 50 total questions; 10 total per Lesson of which 3 are randomly selected to populate test

Lesson 4: Peers, Cliques, Teams, and Groups

Learning Objectives

- to learn about relationships with peers and cliques
- to learn about behavior in teams and groups

Activity Type

- 5 practice questions

Teacher Resources

- Fact Sheet, Worksheet, Answer Sheet Adobe pdfs
- Fact Sheet, Worksheet, Answer Sheet Microsoft Word docs

Lesson Components

Total Learning Objects – 43

Flash Instruction Screens - 18

Summary Pages - 10

Quiz Questions – 10 total questions; 5 randomly selected to populate quiz

Test Questions – 50 total questions; 10 total per Lesson of which 3 are randomly selected to populate test

Lesson 5: More Than Friends

Learning Objectives

- to learn dating and other impassioned peer relationships

Activity Type

- 5 practice questions

Teacher Resources

- Fact Sheet, Worksheet, Answer Sheet Adobe pdfs
- Fact Sheet, Worksheet, Answer Sheet Microsoft Word docs

Lesson Components

Total Learning Objects – 22

Flash Instruction Screens - 3

Summary Pages - 4

Quiz Questions – 10 total questions; 5 randomly selected to populate quiz

Test Questions – 50 total questions; 10 total per Lesson of which 3 are randomly selected to populate test

Unit 5: Problem Behaviors

Lesson 1: Abuse

Learning Objectives

- to learn about types of abusive relationships

Activity Type

- 5 Practice Questions

Teacher Resources

- Fact Sheet, Worksheet, Answer Sheet Adobe pdfs
- Fact Sheet, Worksheet, Answer Sheet Microsoft Word docs

Lesson Components

Total Learning Objects – 35

Flash Instruction Screens – 11

Summary Pages - 9

Quiz Questions – 10 total questions; 5 randomly selected to populate quiz

Test Questions – 20 total questions; 10 total per Lesson of which 3 are randomly selected to populate test

Lesson 2: Stereotypes, Discrimination, and Harassment

Learning Objectives

- to learn about problems with stereotyping people
- to learn about discrimination
- to learn about harassment

Activity Type

- 5 Practice Questions

Teacher Resources

- Fact Sheet, Worksheet, Answer Sheet Adobe pdfs
- Fact Sheet, Worksheet, Answer Sheet Microsoft Word docs

Lesson Components

Total Learning Objects – 39

Flash Instruction Screens - 18

Summary Pages - 11

Quiz Questions – 10 total questions; 5 randomly selected to populate quiz

Test Questions – 20 total questions; 10 total per Lesson of which 3 are randomly selected to populate test

Unit 6: School Stuff

Lesson 1: Coping with School

Learning Objectives

- to learn about coping with stresses of going to school

Activity Type

- 5 Practice Questions

Teacher Resources

- Fact Sheet, Worksheet, Answer Sheet Adobe pdfs
- Fact Sheet, Worksheet, Answer Sheet Microsoft Word docs

Lesson Components

Total Learning Objects – 26

Flash Instruction Screens – 5

Summary Pages - 6

Quiz Questions – 10 total questions; 5 randomly selected to populate quiz

Test Questions – 30 total questions; 10 total per Lesson of which 3 are randomly selected to populate test

Lesson 2: Bullies

[Learning Objectives](#)

- to learn about what is bullying
- to learn about bullies and how to deal with them

[Activity Type](#)

- 5 Practice Questions

[Teacher Resources](#)

- Fact Sheet, Worksheet, Answer Sheet Adobe pdfs
- Fact Sheet, Worksheet, Answer Sheet Microsoft Word docs

[Lesson Components](#)

Total Learning Objects – 33

Flash Instruction Screens - 8

Summary Pages - 10

Quiz Questions – 10 total questions; 5 randomly selected to populate quiz

Test Questions – 30 total questions; 10 total per Lesson of which 3 are randomly selected to populate test

Lesson 3: Teachers and You

[Learning Objectives](#)

- to learn about relationships with teachers

[Activity Type](#)

- 5 Practice Questions

[Teacher Resources](#)

- Fact Sheet, Worksheet, Answer Sheet Adobe pdfs
- Fact Sheet, Worksheet, Answer Sheet Microsoft Word docs

[Lesson Components](#)

Total Learning Objects – 37

Flash Instruction Screens - 12

Summary Pages - 10

Quiz Questions – 10 total questions; 5 randomly selected to populate quiz

Test Questions – 30 total questions; 10 total per Lesson of which 3 are randomly selected to populate test

Moving and Choosing Quiz

[Learning Objectives](#)

- to learn about the consequences of making choices in your community

Activity Type

- 25 screen game

Teacher Resources

- Fact Sheet, Worksheet, Answer Sheet Adobe pdfs
- Fact Sheet, Worksheet, Answer Sheet Microsoft Word docs

Lesson Components

Total Learning Objects – 25
Flash Instruction Screens - 0
Summary Pages - 0
Quiz Questions – n/a
Test Questions – n/a