

HOPE Segment 1

Assignment #	ActivityName	DueDate
1.1.2	What Is Health?	08/21/2017
1.1.4	Taking Control of Your Health	08/21/2017
1.2.2	Stress Management and Self-Esteem	08/25/2017
1.2.4	Influences on Mental and Emotional Health	08/25/2017
1.2.5	Your Mental and Emotional Health	08/25/2017
1.3.2	Suicide	08/30/2017
1.3.4	Violence and Gang Involvement	08/30/2017
1.4.1	Assessing Your Mental and Emotional Health	09/05/2017
1.4.3	Communication Strategies	09/05/2017
1.4.4	Practicing Refusal, Collaboration, and Conflict-	09/05/2017
1.5.2	Mental and Emotional Health	09/08/2017
1.5.3	Mental and Emotional Health	09/08/2017
2.1.2	Physical Fitness	09/13/2017
2.1.4	Good Nutrition	09/13/2017
2.1.5	Guidelines for Fitness and Nutrition	09/13/2017
2.2.2.	Evaluating Health Products Practices and Serv	09/18/2017
2.2.4	Eating Disorders	09/18/2017
2.3.1	Assess Your Fitness and Nutritional Status	09/21/2017
2.3.3.	Setting Goals and Formulating a Plan	09/21/2017
2.3.4.	Your Plan for Fitness and Good Nutrition	09/21/2017
2.4.2	Fitness and Nutrition	09/25/2017
2.4.3	Fitness and Nutrition	09/25/2017
3.1.2	Alcohol, Tobacco, and Other Drugs	09/29/2017
3.1.4	Influences on Drug Usage	09/29/2017
3.1.5	Drug Use and Abuse	09/29/2017
3.2.2	Communicating About Drugs	10/04/2017
3.2.4	Resources for Protection Against Drug Abuse	10/04/2017
3.3.1	ATOD Action Plan	10/09/2017
3.3.3	Advocating Against ATOD Use	10/09/2017
3.3.4	ATOD Educational Campaign	10/09/2017
3.4.2	Drugs	10/12/2017
3.4.3	Drugs	10/12/2017
4.1.2	Communicable Diseases	10/17/2017
4.1.4	Noncommunicable and Chronic Diseases	10/17/2017
4.1.5	Personal Health Plan	10/17/2017
4.2.2	Public Health Policies	10/20/2017
4.2.4	Good Hygiene	10/20/2017
4.3.1	Your Susceptibility to Disease	10/24/2017
4.3.3	Impact of Technology on Health	10/24/2017
4.3.4	Improving Your Community's Health	10/24/2017
4.4.2	Disease	10/30/2017
4.4.3	Disease	10/30/2017

5.1.2	Personal Safety	11/03/2017
5.1.4	Make Decisions to Avoid Injuries	11/03/2017
5.1.5	Safety and Injury Prevention	11/03/2017
5.2.2	Public Policy and Your Safety	11/07/2017
5.2.4	First Aid	11/07/2017
5.3.1	Personal Susceptibility to Injury	11/13/2017
5.3.3	Weather and Natural Disaster Safety	11/13/2017
5.3.4	Disaster Preparedness	11/13/2017
5.4.2	Injuries	11/16/2017
5.4.3	Injuries	11/16/2017
6.1.2	Reproductive Systems	11/21/2017
6.1.4	Safe and Healthy Relationships	11/21/2017
6.1.5	Reproductive Health and Relationships	11/21/2017
6.2.2	Practicing Abstinence	11/27/2017
6.2.4	Online Safety	11/27/2017
6.3.1	Personal Values and Beliefs	11/29/2017
6.3.3	Abusive Relationships and Sexual Assault	11/29/2017
6.3.4	Preventing and Addressing Abuse	11/29/2017
6.4.2	STIs/STDs and Contraceptive Methods	12/01/2017
6.4.4	Pregnancy and Parenting	12/01/2017
6.4.5	Safe Sexuality and Pregnancy	12/01/2017
6.5.2	Sexual Health	12/04/2017
6.5.3	Sexual Health	12/04/2017
7.1.2	Semester Wrap Up	12/08/2017
7.1.3	Semester Wrap Up	12/08/2017

