

Master List Table of Contents

HHE video classes will be found on your dashboard under “My Courses”
Alison and EVERFI classes/videos are a free resource for additional education

* means the assignment will take multiple days

- ☐ 1.1 Physical Fitness
- ☐ 1.2 ** Nutrition Basics | Alison
- ☐ 1.3 Food Groups
- ☐ 1.4 Serving Sizes
- ☐ 1.5 Diet Related Health Challenges
- ☐ 1.6 Sugar Overload
- ☐ 1.7 Dangerous “Enhancements”
- ☐ 1.8 Harmful Ingredients
- ☐ 1.9 Project: Meal Plan & Cook
- ☐ 1.10 Project: Healthy Weight
- ☐ 1.11 Sleep
- ☐ 1.12 Project: Seed Oils
- ☐ 1.13 Project: Artificial Food Dyes
- ☐ 1.14 Microwave Cooking
- ☐ 2.1 ** Beyond Impossible (2022) | NR | 1h 22m
- ☐ 2.2 ** Diet Fiction (2019) | NR | 1h 24m
- ☐ 2.3 ** Fat: A Documentary (2019) | PG-13 | 1h 35m
- ☐ 2.4 ** Fat Fiction (2020) | PG | 1h 42m
- ☐ 2.5 ** Fed Up (2014) | PG | 1h 32m
- ☐ 2.6 ** Food Choices (2016) | PG | 1h 31m
- ☐ 2.7 ** The Food Hospital (2011-13) | TV-14 | 2 Seasons
- ☐ 2.8 ** Food Inc (2008) | PG | 1h 34m
- ☐ 2.9 ***** Foods That Cure Disease (2018) | PG | 4h 16m
- ☐ 2.10 ** Forks over Knives (2011) | PG | 1h 30m
- ☐ 2.11 ** Fork Your Diet (2019) | NR | 1h 47m
- ☐ 2.12 Gluten: Public Enemy? (2021) | PG | 44 min
- ☐ 2.13 How Ultra-Processed Food Is Slowly Killing Us (2022) | 44 min
- ☐ 2.14 ** Raw. Vegan. Not Gross | G | 10 episodes Choose 4 episodes
- ☐ 2.15 ** Super Size Me (2004) | PG-13 | 1h 40m
- ☐ 2.16 ** That Sugar Film (2014) | NR | 1h 30m
- ☐ 2.17 ** The Magic Pill (2017) | TV-14 | 1h 31m
- ☐ 2.18 The Meat Lobby: Big Business Against Health (2016) | NR | 53m
- ☐ 2.19 ** The Perfect Human Diet (2012) | NR | 1hr 30m
- ☐ 2.20 Veganize Me (2021) | NR | 56m
- ☐ 2.21 ** What the Health (2017) | PG | 1h 37m
- ☐ 2.22 ** To Dye For: The Documentary (2024) | NR | 1h 24m
- ☐ 2.23 ** Video Class: Motivation & Mindset of Weight Loss | Alison
- ☐ 2.24 **** Video Class: From Meal Plans to Home Workouts | Alison
- ☐ 2.25 ** Video Class: Fundamentals of Kinesiology | Alison
- ☐ 2.26 *** Video Class: Muscle Building Without A Gym | Alison
- ☐ 2.27 ** Video Class: Flexibility, Calisthenics, Plyometrics | Alison
- ☐ 2.28 ***** Video Class: Introduction to Food and Nutrition | Alison

- ☐ 2.29 ** Video Class: Basics of Food Security and Nutrition | Alison
- ☐ 2.30 ** Video Class: Nutrients - The Fundamentals | Alison
- ☐ 2.31 *** Video Class: Healthy Eating and Healthy Living | Alison
- ☐ 2.32 ** Video Class: Introduction to Micronutrients Course | Alison
- ☐ 2.33 *** Video Class: Nutrition Science Course | Alison
- ☐ 2.34 *** Video Class: Superfoods: Nutrition for Health | Alison
- ☐ 2.35 *** Video Class: Nutrients - The Fundamentals | Alison
- ☐ 2.36 ** Video Class: Vegan Diet and Lifestyle | Alison
- ☐ 2.37 *** Video Class: Introduction to Diabetes Awareness | Alison
- ☐ 2.38 ** Video Class: Introduction to Mediterranean and Okinawa Diets | Alison
- ☐ 3.1 ** Video Class: Female Puberty | HHE
- ☐ 3.2 Video Class: Male Puberty | HHE
- ☐ 3.3 Video Class: Fetal Development | HHE
- ☐ 3.4 Developmental Disabilities and Substance Abuse
- ☐ 3.5 Video Class: Sex Education | HHE
- ☐ 3.6 Video Class: STI | HHE
- ☐ 3.7 Video Class: Birth Control | HHE
- ☐ 4.1 ** Business of Being Born (2008) | NR | 1h 27m
- ☐ 4.2 ** More Business of Being Born part 2 (2011) | PG-13 | 1h 14m
- ☐ 4.3 ** American Circumcision (2018) | TV-16 | 1h 40m
- ☐ 4.4 ** Business of Birth Control (2021) | TV-16 | 1h 30m
- ☐ 5.1 Video Class: Healthy Communication | HHE
- ☐ 5.2 Video Class: Screen Safety | HHE
- ☐ 5.3 Video Class: Personal Safety | HHE
- ☐ 5.4 Suicide and Grief
- ☐ 5.5 ** Video Class: Introduction to Suicide Awareness | Alison
- ☐ 5.6 ** Video Class: Understanding Mental Wellness | EVERFI
- ☐ 5.7 *** Video Class: Ignition: Digital Wellness and Safety | EVERFI
- ☐ 5.8 ** Video Class: Stress Management: A Holistic Approach | Alison
- ☐ 6.1 Eating Disorders
- ☐ 6.2 **** Video Class: Domestic Violence and Abuse Awareness | Alison
- ☐ 6.3 ** Video Class: Mental Health Studies - Violent Behavior | Alison
- ☐ 6.4 ** Video Class: How to Deal with Intimate Partner Violence | Alison
- ☐ 6.5 ** Video Class: Identifying Child Abuse and Neglect | Alison
- ☐ 6.6 *** Video Class: Character Playbook - Healthy Relationships | EVERFI Time: 2hrs 15min
- ☐ 6.7 Video Class: Honor Code - Bullying Prevention Curriculum | EVERFI Time: 1 hour
- ☐ 6.8 **** Video Class: Introduction to Bulimia Nervosa: Providing Support and Empathy | Alison
- ☐ 6.9 ** Video Class: Treating Anorexia Nervosa | Alison
- ☐ 6.10 ** My personal recommendation: Introduction to Emotional Intelligence | Alison
- ☐ 6.11 ** Video Class: Understanding Emotional Mastery | Alison
- ☐ 6.12 ** Video Class: Understanding Mental Health | Alison
- ☐ 6.13 ** Video Class: Practical Stress Management for Life & Work | Alison
- ☐ 6.14 *** Video Class: Learn new Techniques for Coping with Stress | Alison
- ☐ 6.15 *** Video Class: Stress Management, Dealing with Personal Stress | Alison
- ☐ 6.16 ** Some unique explorations: Introduction to Stress Management | Alison
- ☐ 6.17 *** Video Class: Coping Skills – Freedom From Stress & Pain | Alison
- ☐ 6.18 ** Video Class: Overcome Stress and Anxiety | Alison
- ☐ 6.19 ** My personal video class recommendation: Understanding Anxiety | Alison
- ☐ 6.20 ** Video Class: Anxiety Management | Free Online Course | Alison
- ☐ 6.21 ** Video Class: Overcoming Social Anxiety | Alison

- ☐ 6.22 ** My personal recommendation: Living with Depression | Alison
- ☐ 6.23 ** Video Class: Understanding and Managing Depression | Alison
- ☐ 6.24 ** Video Class: Mastering Panic Disorder: Managing Anxiety | Alison
- ☐ 6.25 ** Video Class: Managing Bipolar Disorder: Tips & Strategies | Alison
- ☐ 6.26 *** Video Class: Mastering Bipolar I: Diagnosis, Management and Support | Alison
- ☐ 6.27 ** Video Class: Understanding OCD | Alison
- ☐ 6.28 Create a social media family plan: Family Media Plan
- ☐ 6.29 ** Video Class: Digital Detox Strategies in a Connected World | Alison
- ☐ 6.30 ** Intermediate Video Class: Early Childhood Effects of Digital Games | Alison
- ☐ 6.31 Intermediate Video Class: Healthy Gaming Practices Essentials | Alison
- ☐ 6.32 ** Video Class: Internet Safety | Khan Academy
- ☐ 6.33 ** Video Class: Social Media Health | Khan Academy
- ☐ 6.34 ** Buy Now! The Shopping Conspiracy (2024) | TV-14 | 1h 24m
- ☐ 6.35 How Food Affects Our Mental Health | ENDEVR (2022) 42 min
- ☐ 6.36 ** Catfish (2010) | PG-13 | 1h 34m
- ☐ 6.37 ** Catfish (2012) | Choose 2 episodes | 40m
- ☐ 6.38 ** Glow Kids–lecture on YouTube (2017) | NR | 1hr 47m
- ☐ 6.39 ** Childhood 2.0 (2020) | NR | 1h 28m
- ☐ 6.40 Childhood 2.0 Middle School Edit (2020) | NR | 56m
- ☐ 6.41 *** Sound of Freedom (2023) | PG-13 | 2h 11m
- ☐ 6.42 ** The Social Dilemma (2020) | PG-13 | 1h 34m
- ☐ 6.43 *** The Social Network (2010) | PG-13 | 2h
- ☐ 6.44 **** Adolescence (2025) | TV-MA | 4 episodes
- ☐ 6.45 ** Sweet Bobby: My Catfish Nightmare (2024) | TV-14 | 1h 22m
- ☐ 6.46 Stressed The Documentary (2019) | NR | 1h 2m
- ☐ 6.47 ** The Tapping Solution (2008) | NR | 1h 24m
- ☐ 7.1 Video Class: Vaping: Know the truth | EVERFI
- ☐ 7.2 ** Video Class: Prescription Drug Safety Training for High School | EVERFI
- ☐ 7.3 *** Video Class: Alcohol Education: Safe and Smart | EVERFI
- ☐ 7.4 ** Video Class: Drugs and Alcohol - Awareness and Prevention | Alison
- ☐ 7.5 ** Video Class: Opioid Crisis | Opioid Epidemic | Alison
- ☐ 7.6 ** Video Class: Understanding Methamphetamine Addiction | Alison
- ☐ 8.1 ** Video Class: Drug and Alcohol Awareness | Alison
- ☐ 8.2 *** Video Class: Overcoming Smoking Addiction Using CBT | Alison
- ☐ 8.3 **** Intermediate Video Class: Nicotine and Smoking Cessation | Alison
- ☐ 8.4 **** The Pharmacist (2020) | TV-MA | 4 Episodes
- ☐ 8.5 ** Take Your Pills (2018) | TV-14 | 1h 27m
- ☐ 9.1 Video Class: Advocating Basics | EVERFI
- ☐ 9.2 Toxic Contaminants
- ☐ 9.3 Toxic Air (VOCs)
- ☐ 9.4 History of Prescription Drugs
- ☐ 9.5 Alternative Health Practices
- ☐ 9.6 Holistic Healing
- ☐ 9.7 Fluoride
- ☐ 10.1 *** Video Class: Common Medical Conditions | Alison
- ☐ 10.2 ** Video Class: Oral Health | Alison
- ☐ 10.3 ** Video Class: How to Use Garden Herbs | Alison
- ☐ 10.4 ** Project and Video Class: Growing Organic Food Sustainably | Alison
- ☐ 10.5 ** Video Class: How to Sleep Better | Alison
- ☐ 10.6 *** Video Class: Essential Oil Therapy | Alison

- ☐ 10.7 ** Video Class: Aromatherapy Training for Beginners | Alison
- ☐ 10.8 ** Video Class: An Introduction to Aromatherapy | Alison
- ☐ 10.9 ** Video Class: Understanding Homeopathy | Alison
- ☐ 10.10 ** Video Class: A Comprehensive Course for People with ADHD | Alison
- ☐ 10.11 ** Video Class: Theory of Reflexology Techniques | Alison
- ☐ 10.12 *** Video Class: Herbal Medicine and Natural Healing | Alison
- ☐ 10.13 ** Video Class: Understanding Cold Water Therapy | Alison
- ☐ 10.14 ** Video Class: Colour Therapy | Alison
- ☐ 10.15 *** Video Class: Theory of CranioSacral Therapy (CST) | Alison
- ☐ 10.16 ** Video Class: Iridology - Analysis and Applications | Alison
- ☐ 10.17 Died Suddenly (2022) | PG-13 | 1h 9m
- ☐ 10.18 ** Disease Reversal Hope (2022) | NR | 1h 22m
- ☐ 10.19 ** Down to Earth (2020) Choose 2 episodes | PG | 2 seasons
- ☐ 10.20 ** Eating You Alive (2018) | 1h 52m
- ☐ 10.21 ** Gut Health, 3 part series on Master Class | PG
- ☐ 10.22 ** Hack Your Health: The Secrets of Your Gut (2024) | 1h 19m
- ☐ 10.23 **** Live to 100: Secrets of the Blue Zones (2023) | TV-14 | 4 episodes
- ☐ 10.24 ** Raw: The Documentary (2017) | NR | 1h 17m
- ☐ 10.25 ** The Need to Grow (2019) | NR | 1h 36m
- ☐ 10.26 ** Under Our Skin (2008) | 1h 44m
- ☐ 11.1 Emergency Preparedness
- ☐ 11.2 ** Driving Basics
- ☐ 11.3 ** Distracted Driving
- ☐ 11.4 Driving Under the Influence
- ☐ 12.1 **** CPR
- ☐ 12.2 *** Video Class: Basics of CPR and AED | Alison
- ☐ 12.3 Advanced CPR, AED and First Aid | Alison
- ☐ 12.4 Advanced Cardiac Life Support (ACLS) | Alison
- ☐ 12.5 Basic Life Support (BLS) | Alison
- ☐ 12.6 Current CPR Certified
- ☐ 12.7 **First Aid (www.redcross.org)
- ☐ 12.8 ** Video Class: Paediatric First Aid | Alison
- ☐ 12.9 *** Video Class: Wilderness First Aid Training | Alison
- ☐ 12.10 Video Class: Vehicle Technology Aids VDATT Video | TSEF Time: 41min
- ☐ 12.11 Video Class: Realities of Driving Today RODT Video | TSEF Time: 33min
- ☐ 12.12 Babysitters Certification
- ☐ 12.13 **** Video Class: Choose a Babysitting Class www.redcross.org
- ☐ 12.14 ** Video Class: Child Care - Health and Safety | Alison
- ☐ 12.15 *** Intermediate Video Class: Basics of Safeguarding Children | Alison
- ☐ 12.16 *** Video Class: Care of Young Children and Special Needs | Alison
- ☐ 12.17 Self-Defense Class
- ☐ 12.18 Gun Safety
- ☐ 12.19 Hunters Safety
- ☐ 12.20 ** Video Class: Food Safety and Hygiene | Alison
- ☐ 12.21 *** Video Class: The Basics of Food Safety and Hygiene | Alison
- ☐ 12.22 ** Video Class: Business Focused Food Safety Training | Alison
- ☐ 12.23 Fire Safety Training | Alison