



# Program Overview



# Welcome to *Teen Health*



Middle school is a crucial period in students' lives, which is why health education is so critical. Students need a health curriculum that is engaging enough to capture their attention by covering topics they will encounter in the real world. They also need a program that enables them to practice making healthy, informed decisions while developing vital knowledge along with social and emotional skills.

*Teen Health* is a market leader in middle school health curriculum that emphasizes social and emotional learning while focusing on 10 critical health skills that align with the National Health Standards. These 10 health skills were identified by health educators across the country as essential for students to promote health and contribute to overall wellness:

- Accessing Information
- Stress Management
- Conflict Resolution
- Analyzing Influences
- Communication
- Self-Management and Practicing Healthful Behaviors
- Refusal Skills
- Decision Making
- Goal Setting
- Advocacy

Featuring up-to-date content on current topics, *Teen Health* meets each student at their level with resources that accommodate their unique learning needs and ample opportunities to practice and apply health skills in a variety of situations. Additionally, *Teen Health* is designed with flexibility in mind to meet the needs of teachers by accommodating all classroom settings and instructional styles, whether you prefer traditional, fully digital, and/or blended learning.



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## ***Healthy Relationships and Sexuality*** **Optional Supplement**

<b>Module 0</b>	Your Health and Wellness
<b>Module 1</b>	The Teen Years
<b>Module 2</b>	The Reproductive System
<b>Module 3</b>	Sexual Feelings and Relationships



# Focus on the Content

## New Updated Content

*Teen Health* supports students as they learn to master the 10 vital health skills while providing numerous opportunities for them to practice and apply these skills in a variety of situations they may encounter. With a focus on social and emotional learning, *Teen Health* helps students explore up-to-date information and statistics on timely, relevant topics like:

- The COVID-19 Pandemic.
- Tobacco use and vaping.
- Alcohol and drugs (including opioid and heroin abuse).
- Bullying and cyberbullying.
- STD/STIs (including HIV/AIDS).
- Content related to Erin's Law (covering sexual abuse prevention).
- The latest MyPlate guidelines.
- *Healthy Relationships and Sexuality* (available as a supplemental option).

**VAPING or e-CIGARETTES** Vaping is a newer tobacco-delivery method. The device creates a vapor that the user inhales. A cartridge is attached to an e-cigarette device. The e-cigarette device heats the liquid contents of a cartridge. The user inhales the vapor.

e-Cigarettes are thought to be safer to use than cigarettes because they do not burn tobacco. The devices do deliver tobacco, which is addictive. Other chemicals in vaping cartridges are:

- ultrafine particles that are inhaled in the lungs,
- flavorings that contain the chemical diacetyl have been linked to lung disease,
- cancer-causing chemicals, such as formaldehyde
- volatile organic compounds that can cause eye, nose, and throat irritation. The compounds can also damage the liver, kidneys, and nervous system, and
- heavy metals including nickel, tin, and lead.

**CIGARS AND PIPES** As is the case with cigarettes, the tobacco used in cigars and pipes is made up of shredded tobacco leaves. However, one large cigar can contain as much tobacco and nicotine as an entire pack of 20 cigarettes. Pipes and cigars also cause some of the same serious health problems that cigarettes do. Cigar smoke contains up to 90 times more cancer-causing chemicals than those found in cigarette smoke. People who smoke cigars or pipes are more likely to develop mouth, tongue, or lip cancer than people who do not use tobacco. Cigar and pipe smokers also face an increased risk of dying from heart disease compared to nonsmokers.



Vaping was thought to be safer than smol cigarettes. Expl why concerns a vaping arose in 2019.

### Reading Check

**Explain** How have the vaccinations for chicken pox, measles, and mumps affected people?

• Mumps causes a fever, headache, and swollen salivary glands. Mumps are contagious about a week before symptoms appear and for about nine days after that. More than 90 percent of the children in the United States are vaccinated against mumps. Fewer people get the disease now.

### COVID-19

The coronavirus disease 2019, also called COVID-19, is a viral disease characterized by fever, cough, and shortness of breath. Other symptoms include a sore throat, a runny nose, fatigue, and muscle aches. The virus was first discovered in December 2019 in Wuhan, Hubei Province, China. In March 2020, the World Health Organization declared that the COVID-19 outbreak was a pandemic, which means that it had spread globally.

The virus spreads through infected droplets in the air. These droplets are released when people who have the virus cough or exhale. The droplets also land on surfaces. When people touch surfaces with virus particles and then touch their eyes, nose, or mouth, they can transmit the virus to their respiratory system. People may develop symptoms for up to 14 days after being exposed to the virus. During that time, scientists think that people are contagious. Some people may not have any symptoms, but are still contagious.

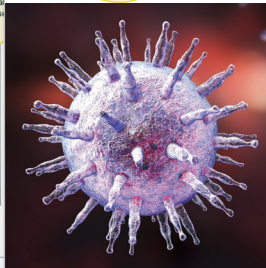
In spring 2020, scientists began working to develop a vaccine for COVID-19. They were also testing medications to help fight the disease.

### Mononucleosis

**Mononucleosis** (MAH-noh-nook-klee-OH-sis), or mono, is a viral disease characterized by a severe sore throat and swelling of the lymph glands in the neck and around the throat. Mono most commonly infects teens and young adults. People in these age groups tend to do more dating and more kissing. This makes them more vulnerable to the disease. It is spread through contact with the saliva of an infected person. It can also be spread by contaminated drinking glasses and eating utensils.

Besides a sore throat and swollen lymph glands in the neck, symptoms also include fatigue, loss of appetite, and headache. Severe cases may include an enlarged spleen and an infected liver.

People diagnosed with mono are advised to take it easy. Rest is the best treatment for mono. The good news is that once a person is fully recovered from mono, they cannot get it again.



388 Communicable Diseases

### Using MyPlate

**MAIN IDEA** MyPlate provides a visual guide to help consumers make more healthful food choices.

When choosing foods, there are many different factors determining what foods you eat. A group of leading health and nutrition experts have worked with the **U.S. Department of Agriculture (USDA)** to develop **MyPlate**, which is a visual reminder to help consumers make healthier food choices. MyPlate is based on research into healthy nutrition. The USDA is a department of the Federal government providing leadership on food, agriculture, nutrition, and other topics.

The idea behind MyPlate is simple: Foods are placed into one of five food groups. Each group provides a different set of nutrients. For each meal, you should aim to choose foods from all five groups. This will provide your body with all the nutrients you need to stay healthy. The USDA web site also offers tools to help you design a healthy eating plan.

When creating a meal plan, keep in mind that you may not eat something from every food group at every meal. For example, if you go out for a pizza lunch with friends, the pizza will provide grains, dairy, and fat. Pizza will probably offer very few vegetables and no fruit. However, your next meal may be a salad with plenty of vegetables and an apple as a snack. A meal plan will be easier to follow if you include some flexibility. It is also okay to have a treat now and then as long as you follow the MyPlate guidelines.

