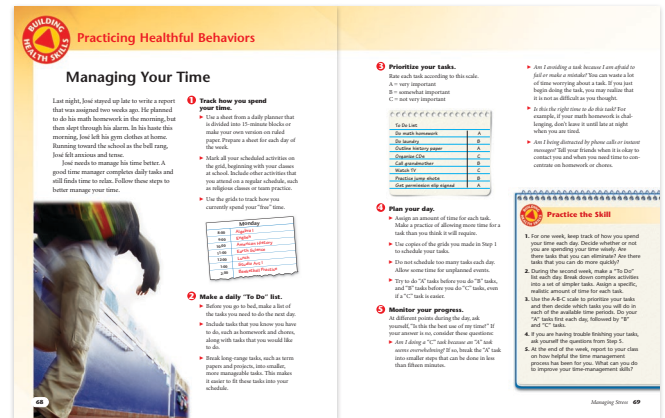


HEALTH

A Health Program for Today's Classroom

1 BUILDING HEALTH SKILLS

Health helps students develop the skills they need as they work to improve their personal and interpersonal health. Building Health Skills appears once in every chapter and sets the scene for learning new health skills with real-world situations. Step-by-step procedures make it easier for students to master skills such as: analyzing influences, accessing information, communicating, making decisions, setting goals, advocacy and practicing healthful behaviors.



Hands-On Activity

Sports Drinks, Soft Drinks, and Your Teeth

In this activity, you will observe how various drinks affect eggshells, which are composed of some of the same materials as your teeth.

Materials
three plastic cups
tape for labeling
three large pieces of eggshell
sports drink
soft drink
water

Try This

- Label the first cup "sports drink," the second cup "soft drink," and the third cup "water." Place a piece of eggshell in each cup.
- Pour some of the sports drink into the appropriate cup. Pour the same amount of soft drink into the second cup and water into the third.
- After three days, discard the liquids and examine each eggshell.

Think and Discuss

- Describe the appearance of each eggshell after three days.
- Compare the effects of the sports drink and soft drink. Was there any difference?
- What did you learn from this experiment about the effects of water, sports drinks, and soft drinks on teeth?

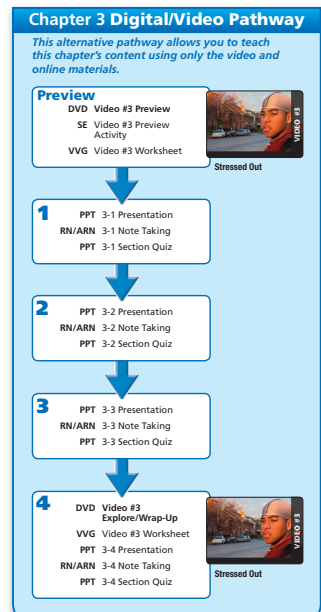


2 ACTIVE LEARNING TO ENGAGE STUDENTS

Activities engage students in active explorations that reinforce important health concepts. Building Health Skills, Warm-Up activities, and Hands-on Activities in the Student Edition offer opportunities for active involvement and peer communications.

3 TEENS TALK VIDEO SERIES

Engaging videos help students make connections between classroom learning and the decisions they face every day. One video for every chapter of the Student Edition—26 engaging videos in all! For instructors, find a Video Viewing Guide with teaching strategies plus worksheets in English and Spanish.



4 >>> HEALTH IN REAL LIFE

Activities ask students to apply health concepts learned in the classroom to their lives at home, at school, and in their communities.

Media Wise

Gender Roles and Movies

People learn about gender roles by observing how other people behave. Family members, friends, and other adults may serve as roles models. People also receive messages about gender roles from movies. Use this checklist to evaluate how gender roles are shown in a movie.

Do the females tend to be less assertive than the males? **Yes** **No**

Are the male roles more action-oriented than the female roles? **Yes** **No**

Do the females share their feelings more easily than the males? **Yes** **No**

When there is a problem to solve, is the problem solver usually male? **Yes** **No**

Do the men tend to work outside the home and the women inside the home? **Yes** **No**

Two or more "Yes" answers indicate a movie that supports traditional gender roles.

Activity Use the checklist to evaluate gender roles in two movies. Then write a paragraph about what you observed. How do you think these movies affect people's opinions about gender roles? **WRITING**

6 >>> SAVVAS REALIZE™

SavvasRealize.com is your online destination for the complete *Health* digital curriculum. A single sign-on provides access to health content, assessments, resources, management tools, and real-time student data. Realize directly syncs with providers such as Google® and OpenEd to provide a seamless digital experience.

Health at Home

Warning Signs of Stress Ask a few friends and trusted adults if they can tell when you are under stress. Ask them to describe the signs you exhibit. How do you feel? What do you find out.

Health at School

Resilience Interview a guidance counselor, school nurse, or social worker. Ask the person you interview to describe those factors that make it easier for a student to recover from an extremely stressful situation. Summarize what you learn in a paragraph. **WRITING**

5 >>> MEDIA WISE

Students use checklists to evaluate how the media influences the decisions they and other teens face.

7 >>> HUMAN SEXUALITY

This supplemental piece provides students with an accurate understanding of human sexuality. *Human Sexuality* informs in a clear, engaging and objective way. It provides opportunities for students to think about and share their opinions of and attitudes about human sexuality in an empathetic and non-judgemental way.

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