

Current Health¹ Planning Calendar 2006–2007

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	September	October	November	December	January	February	March	April/May
Your Body	Diabetes	Muscles	Obesity	Flu	Posture/ergonomics	Teeth/gums/braces	Allergies	Skin
Your Choices	Pass-out game	Ethics	Celebrity and body image	Shoplifting	Over-the-counter drug abuse	Smoking and teeth/gums	Attitudes	Binge drinking
Your Energy	Get Up and Go! fitness program	Fats	Portion sizes	Balance training	Vegetarianism	Lunch makeover in cafeterias	Natural/organic foods	Find your best exercise/activity
Your Mind	Post-disaster mental health	Phobias/fear	Eating disorders	How we learn	Privacy	Mild depression	Pets and happiness	Obsessive-compulsive disorder
Your Relationships	Making friends	Cliques/popularity	Tolerance	Parents	Online/offline friendships	Dealing with loss	Sibling rivalry	Blended families
Your World	Disaster preparedness	World hunger	Teen health advocate	Bird flu pandemic	Alternative medicine	Refugee teens	Health care	Global warming

Each issue of *Current Health 1* meets the seven National Health Education Standards:

1. Students will comprehend concepts related to health promotion and disease prevention.
2. Students will demonstrate the ability to access valid health information and health-promoting products and services.
3. Students will demonstrate the ability to practice health-enhancing behaviors and reduce health risks.
4. Students will analyze the influence of culture, media, technology, and other factors on health.
5. Students will demonstrate the ability to use interpersonal communication skills to enhance health.
6. Students will demonstrate the ability to use goal-setting and decision-making skills to enhance health.
7. Students will demonstrate the ability to advocate for personal, family, and community health.



You Said It!
Real teens test healthy practices and products.

Safety Zone
Learn critical information about first aid and safety.

Dr. Detective
Find out how real-life medical mysteries were solved.

Please note: In our effort to bring you the latest information available, we reserve the right to amend this outline.