

	September	October	November	December	January Special Issue!	February	March	April/May
<b>Your Body</b>	Meningitis	Sleep	Foot care	Common cold/ pneumonia	Environment's effect on physical health	Oral health	Diabetes	Headaches
<b>Your Choices</b>	Prescription drug abuse	Dangers of occasional smoking	Vandalism	Salvia	Choose your green changes	Marijuana and your brain	Hazing	Following in parents' risky- choice footsteps
<b>Your Energy</b>	Stretching/ warmups	Healthy lunches	Dancing for fitness	Portion sizes	Walk, jog, run	Junk food, deconstructed	Interval training	Healthy grains
<b>Your Mind</b>	Dealing with stress	Creative self- expression	How ads grab the brain	Dreams	Weather/ outdoors and mood	Eating disorders and guys	Loneliness	Stigma of mental illness
<b>Your Relationships</b>	Forging new friendships	Dating abuse and violence	Families getting along in tough times	Getting along with teachers	Positive peer pressure	Getting along with parents	Social networking	Blended families
<b>Your World</b>	Web literacy and health	Antibiotic resistance	School-based health centers	Medical milestones	Pollution	State of the nation's health	Homelessness	Health careers

Each issue of *Current Health 2* meets the eight National Health Education Standards:

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

**Pulse** A roundup of the latest health news.

**Safety Zone** Learn critical information about first aid and safety.

**What's Up Doc?** Health professionals answer readers' questions.

**ProjectHealth** Hands-on health activities for active learning.

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