

Current Health¹ Planning Calendar 2008–2009

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	September	October	November	December	January	February	March	April/May
Your Body	Vaccines	Knee injuries: ACL tears	Smoking's effects on teen bodies	Scoliosis	Cold sores	Appendicitis	Cancer	Lyme disease
Your Choices	Cheating	Runaways	Why/how kids choose not to smoke	Taking on responsibility	Caffeine	Choosing to diet	Decision- making skills	The "choking game"
Your Energy	Bread	Energy bars	Strength- building exercise	High-tech fitness games	Perfect foods	Yoga	Healthy at the mall	Eating in season
Your Mind	Clutter	Confidence	Tobacco addiction	Talking it out	Color and the mind	Stories and the mind	Eating disorders	Risk-taking
Your Relationships	Cyberbullying	Good reasons to be a "snitch"	When a loved one smokes	Sharing meals with family	Apologies	Neighbors	Coaches	Friendship Q and A
Your World	School gardens	Service dogs	Youth antismoking groups	Rising cost of food	Dollar store dangers	Water	Pollinators and our food	Summer camps

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



Pulse
Find out the latest health news.

Safety Zone
Learn critical information about first aid and safety.

You Asked
We answer students' biggest health questions.

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