

	September Special Issue!	October	November	December	January	February	March Special Issue!	April/May
Your Body	Hygiene	Sleep	Foot care	Allergies	Your skin	Oral health	Environment's effect on the body	Meningitis
Your Choices	Resisting peer pressure	Responsible use of medicine	Inhalants	Technology overload	Balancing school and life	Alcohol	Going vegetarian	Marijuana
Your Energy	Healthy school lunch	Walk/run/jog	Juice	Core fitness	Fast foods	Dancing	You are where you live	Kids who cook
Your Mind	Stress/anxiety	Advertising susceptibility	Spirituality	ADHD	Creativity	Fun facts about your brain	Outdoors and mood	Loneliness
Your Relationships	Getting along with teachers	Dealing with tough times	You and your doctor	Blended families	Words can hurt	Friends and jealousy	Join the club!	Getting along with parents
Your World	School-based health centers	Web literacy and health	Medical discoveries	Going to the hospital	Profile of a disability	Military deployment	Pollution	Exploring health careers

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 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 Find out the latest health news.

Safety Zone Learn critical information about first aid and safety.

You Asked We answer students' biggest health questions.

Give Me Five Quick tips and ideas for staying healthy

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