

Current Health¹ Planning Calendar 2007–2008

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	September	October	November	December	January	February	March	April/May
Your Body	Eye health	Asthma/Lungs	Hormones	Teen cancers	Metabolism	Pain management/ headaches	Growth: All about height	Healthy sleep habits
Your Choices	Time management/ smarter studying	Swearing	The pressure to date	First-person teen essay: "Why I won't do drugs/drink"	How to make and stick to healthy resolutions (goal setting)	Risk-taking	Lying	Vandalism
Your Energy	BMI report cards: Helpful or harmful?	Energy drinks	The scoop on salt and sodium	Healthy eating during the holidays	Test your fitness I.Q.	Corn syrup in foods	Rate your plate	Run/Walk programs
Your Mind	Stress	Cutting	Happiness	Psychology of eating	Exercise: mind/body connection	Materialism	Taming your temper	Autism
Your Relationships	Get along with your teacher	Your most common friendship problems: solved!	Adoption	Manners/ rudeness	Family vs. friend time	Dealing with a crush	Pushy parents	Overcome shyness
Your World	Pebbles Project: Bringing school to sick kids	Cloned foods	Teens saving the world (teen researchers)	Teen health Web site review	Teen gyms	Teen health advocate	Volunteering	TV Turnoff Week

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.



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.