

Current Health² Planning Calendar 2007–2008

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	September	October	November	December	January	February	March	April/May
Your Body	Sleep	Eye health	Cancer	Pain management	Genes	Acne	Serious symptoms	Summer health dangers
Your Choices	Time management	Binge drinking	Colleges and careers	Shopaholics	Sedatives	Running away	Exhibitionism	Tanning
Your Energy	Vitamins	Exercise: How much is too much?	Holiday eating	Salt	Make your own gym	Innovative phys ed classes	Restaurant food	Aerobic exercise
Your Mind	Boost your brain	Autism	Psychology of eating	Materialism	Cutting	Psychology of driving	Schizophrenia	Volunteering (emotional benefits)
Your Relationships	Manners	Cliques	Domestic violence	Anatomy of a friendship	Dealing with criticism	Staying “you” in a romantic relationship	Cyberbullying	Adoption
Your World	Going outdoors/ “green time”	CH favorite Web sites	Sustainable foods	The toll of AIDS	Universal health care	Health effects of war	Interpreting health studies	Volunteering (teen profiles)

Each issue of *Current Health 2* 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
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.

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