

September	October	November	December	January Special Issue!	February	March	April/May
Your Choices: Procrastination	Your Body: Obesity	Your Body: Sleep disorders	Your Body: Common surgeries	Your Choices: Handling bullies	Your Body: Tanning and cancer risk	Your Body: Uninvited guests	Your Body: Tourette's Syndrome
Your Energy: Breakfast	Your Choices: Drunk driving	Your Choices: Tattoos and piercings	Your Choices: Fighting tobacco	Your Energy: Dairy	Your Choices: Personal care products	Your Choices: Power of language	Your Choices: Ecstasy
Your Mind: Post-traumatic stress disorder	Your Energy: Fitness on a budget	Your Energy: Comfort foods	Your Energy: Cold weather fitness	Your Mind: Empathy	Your Energy: Overuse injuries	Your Energy: Fiber	Your Energy: Exercise myths and truths
Your Relationships: Popularity	Your Relationships: Annoying things parents do	Your Mind: Gratitude	Your Relationships: Identity security and privacy	Your Relationships: Cyberbullying	Your Mind: ADHD	Your Mind: Video games	Your Relationships: Siblings
Your World: Bedbugs	Your World: Radiation	Your World: Secrets of centenarians	Your World: Food deserts	Your World: 'It Gets Better'	Your Relationships: Pets	Your World: Where does your food come from?	Your World: Amusement parks

Each issue of *Current Health Teens* 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 avoid or reduce health risks.
8. Students will demonstrate the ability to advocate for personal, family, and community health.

Pulse A roundup of the latest health news.

Super Fabulous Foods Cool online recipes for teens.

What's Up Doc? Experts help answer readers' questions.

Planning Calendar 2011-2012

To subscribe, call 1-800-446-3355 or visit our Web site at www.weeklyreader.com.

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Your Body: Sleep	Your Body: Bones	Your Body: Common surgeries	Your Body: Strep throat	Your Body: Vision	Your Body: Height and growth	Your Body: Kidney stones	Your Body: Uninvited guests
Your Choices: Peer pressure	Your Food: Dairy	Your Mind: Gratitude	Your Food: Salt and sodium	Your Food: All about nuts	Your Choices: Dealing with bullying	Your Choices: Energy drinks	Your Food: Seasonal eating
Your Food: Snacks	Your Choices: Fighting tobacco	Your Relationships: Family and alcohol	Your Mind: The blues	Your Relationships: Divorce	Your Mind: Empathy	Your Relationships: Pets	Your Mind: Green time
Your Mind: Handwriting	Your World: Radiation	Your World: Antibiotics	Your Relationships: Grandparents	Your World: Gun safety	Your Relationships: Siblings	Your World: Amusement parks	Your Relationships: Sickness in the family
Your Relationships: Making new friends			Your World: Bedbugs		Your World: Bullies you know		Your World: Summer Olympics

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

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Pulse A roundup of the latest health news. **Safety Zone** and **Lookin' At You** Be healthy and safe.

You Asked Experts help answer readers' questions.

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