

Table of Contents



Unit 1 A Healthy Foundation

Chapter 1

Living a Healthy Life

- Your Health and Wellness
- Promoting a Healthy Lifestyle
- Your Behaviour and Reducing Health Risks
- *Eye on the Media*: Teens in the Media

Chapter 2

Building Health Skills and Character

- Building Health Skills
- Making Responsible Decisions and Setting Goals
- Building Character
- Your Health and Wellness
- *Eye on the Media*: Health Advocacy in the Media

Unit 2 Physical Activity and Nutrition

Chapter 3

Physical Activity for Life

- Physical Activity and Your Health
- Fitness and You
- Planning a Personal Activity Program
- Training and Safety for Physical Activities
- Physical Activities Injuries
- *Eye on the Media*: Truth in Fitness Advertising

Chapter 4

Nutrition and Your Health

- Nutrition During the Teen Years
- Nutrients
- Guidelines for Healthful Eating
- Food and Healthy Living
- *Eye on the Media*: Analysing Food Ads

Chapter 5

Managing Weight and Body Composition

- Maintaining a Healthy Weight
- Fad Diets and Eating Disorders
- Nutrition During the Teen Years
- Nutrition for Individual Needs
- *Eye on the Media*: Body Image in Teen Magazines

Unit 3 Mental and Emotional Health

Chapter 6

Achieving Good Mental Health

- Your Mental and Emotional Health
- Developing a Positive Identity
- Understanding Emotions
- Managing Emotions
- *Eye on the Media*: Emotional Health in TV Programs

Chapter 7

Managing Stress and Anxiety

- Effects of Stress
- Managing Stress
- Anxiety and Teen Depression
- Being a Resilient Teen
- *Eye on the Media*: Advertising Stress Relief

Chapter 8

Mental and Emotional Problems

- Mental Disorders
- Suicide Prevention
- Getting Help
- Understanding Death and Grief
- *Eye on the Media*: Creating Positive Media Influences

Unit 4 Promoting Safe and Healthy Relationships

Chapter 9

Skills for Healthy Relationships

- Foundations of Healthy Relationships
- Communicating Effectively
- Resolving Conflict
- *Eye on the Media*: Internet Etiquette and Relationships

Chapter 10

Family Relationships

- The Role of the Family
- Change and the Family
- Dealing with Family Crises
- Community Support Systems
- *Eye on the Media*: Family Dramas





- Chapter 11 **Peer Relationships**
- Safe and Healthy Friendships
 - Peer Pressure and Refusal Skills
 - Dating and Setting Limits
 - Abstinence: A Responsible Decision
 - *Eye on the Media*: Screenplays for Healthy Peer Relationships
- Chapter 12 **Violence Prevention**
- Personal Safety
 - Keeping Schools Safe
 - Protecting Yourself from Violence
 - Preventing and Overcoming Abuse
 - *Eye on the Media*: Anti-violence Media Campaign
- Chapter 13 **Sexually Transmitted Diseases and HIV/AIDS**
- The Risks of STDs
 - Common STDs
 - HIV and AIDS
 - Treatment for HIV and AIDS
 - *Eye on the Media*: Mock Radio Call-In Program

Unit 5 Growth and Development

- Chapter 14 **Prenatal Development and Birth**
- The Beginning of the Life Cycle
 - Prenatal Care
 - Heredity and Genetics
 - Infancy and Childhood
 - *Eye on the Media*: Reading Programs for Children
- Chapter 15 **Adolescence and the Life Cycle**
- Adolescence—Understanding Growth and Change
 - Moving Toward Adulthood
 - Marriage and Parenting
 - Health Through the Life Span
 - *Eye on the Media*: Representation of Older Adults in the Media

Unit 6 Tobacco, Alcohol, and Other Drugs

- Chapter 16 **Tobacco**
- The Effects of Tobacco Use
 - Choosing to Live Tobacco Free
 - Promoting a Smoke-Free Environment
 - *Eye on the Media*: Which Anti-smoking Ads Are Most Effective with Teens

- Chapter 17 **Alcohol**
- Choosing to be Alcohol Free
 - Harmful Effects of Alcohol Use
 - Alcohol, the Individual, and Society
 - *Eye on the Media*: Researching Alcohol Issues on the Internet
- Chapter 18 **Medicines and Drugs**
- The Role of Medicines
 - Drug Use—A High-Risk Behaviour
 - Marijuana, Inhalants, and Steroids
 - Psychoactive Drugs
 - Living Drug Free
 - *Eye on the Media*: Mock Radio Call-In Program

Unit 7 Injury Prevention

- Chapter 19 **Injury Prevention and Safe Behaviours**
- Safety at Home and at Work
 - Recreation and Water Safety
 - Safety on the Road
 - Weather Emergencies and Natural Disasters
 - *Eye on the Media*: Middle School Safe Behaviours Project
- Chapter 20 **First Aid and Emergencies**
- Providing First Aid
 - CPR and First Aid for Shock and Choking
 - Responding to Common Emergencies
 - Treatment for Poisonings
 - *Eye on the Media*: Emergency and Rescue Workers in the Media

Appendix

- A Health Skills
- B Developmental Assets

Glossary/Index

