



# Program Overview



# Welcome to *Glencoe Health*

High school is a critical period in students' lives that prepares them for success as they transition into adulthood. *Glencoe Health*, a market-leading high school health curriculum, provides age-appropriate health content which allows students to practice and apply essential skills for achieving optimal health and wellness in a variety of situations. Research-based strategies and proven methods of engaging students have been integrated into this updated design, and it features a flexible instructional model that supports traditional, digital, or blended learning.

*Glencoe Health* supports the development of all students into health-literate individuals with differentiated content that informs, guides, and encourages young adults to practice behaviors that enhance their well-being and safety. With a new and enhanced emphasis on social and emotional learning, *Glencoe Health* focuses on 10 critical health skills that align with the National Health Standards. These 10 health skills were identified by health educators across the country as essential for students to promote health and contribute to overall wellness:

- Accessing Information
- Stress Management
- Conflict Resolution
- Analyzing Influences
- Communication
- Self-Management and Practicing Healthful Behaviors
- Refusal Skills
- Decision Making
- Goal Setting
- Advocacy



# Glencoe Health Table of Contents

<b>Module 1</b>	Understanding Health and Wellness	<b>Module 15</b>	Cardiovascular, Respiratory, and Digestive Systems
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<b>Module 3</b>	Achieving Mental and Emotional Health	<b>Module 17</b>	The Beginning of the Life Cycle
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<b>Module 6</b>	Skills for Healthy Relationships	<b>Module 20</b>	Tobacco
<b>Module 7</b>	Family Relationships	<b>Module 21</b>	Alcohol
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<b>Module 10</b>	Nutrition for Health	<b>Module 24</b>	Sexually Transmitted Diseases and HIV/AIDS
<b>Module 11</b>	Managing Weight and Eating Behaviors	<b>Module 25</b>	Noncommunicable Diseases and Disabilities
<b>Module 12</b>	Physical Activity and Fitness	<b>Module 26</b>	Safety and Injury Prevention
<b>Module 13</b>	Personal Health Care	<b>Module 27</b>	First Aid and Emergencies
<b>Module 14</b>	Skeletal, Muscular, and Nervous Systems	<b>Module 28</b>	Community and Environmental Health

## ***Human Sexuality Optional Supplement***

<b>Module 1</b>	Sexuality and You
<b>Module 2</b>	Relationships
<b>Module 3</b>	The Reproductive System
<b>Module 4</b>	Marriage and Parenthood
<b>Module 5</b>	Pregnancy and Childbirth
<b>Module 6</b>	Sexuality and Gender
<b>Module 7</b>	Sexually Transmitted Diseases
<b>Module 8</b>	HIV and AIDS

# New Updated Content

In addition to the 10 critical health skills, *Glencoe Health* helps students explore up-to-date information and statistics on timely, relevant topics like:

- COVID-19 pandemic and other communicable diseases.
- Latest MyPlate guidelines and nutrition label updates.
- Child safe surrender laws.
- Alcohol and drugs (including opioid and heroin abuse).
- Tobacco use, e-cigarettes, and vaping.
- Violence prevention (including reporting firearms in school).
- Cyberbullying, privacy and online harassment.
- STD/STIs (including HIV/AIDS).
- Content related to Erin’s Law (covering sexual abuse prevention).
- Optional supplemental Human Sexuality modules.



**Avoiding Alcohol**

**MAIN IDEA** You will experience many benefits if you choose to live alcohol-free.

There are many adults who choose to live alcohol-free. Others choose to drink alcohol occasionally and responsibly. However, alcohol can be addictive, and once you start drinking, it may be difficult to stop. Teens who start drinking by age 15 are five times more likely to become dependent on alcohol than those who do not start drinking until age 21.

**Benefits of Avoiding Alcohol**

- **Maintaining a healthy body.** You will avoid the brain and other body organs. You reduce your chances of being injured in an accident.
- **Establishing healthy relationships.** You share your family about your activities and habits, which may strain their family relationships as they learn the secret.
- **Making healthy decisions.** Drinking alcohol impairs judgment. By abstaining from alcohol, you can avoid decisions that protect your health. You avoid making unhealthy choices, such as drinking and driving.
- **Living within the law.** Purchasing or possessing alcohol is illegal for anyone under 21. By remaining alcohol-free, you avoid legal problems.
- **Avoiding violence.** Avoiding alcohol reduces your risk of participating in a violent crime.
- **Achieving your goals.** Being alcohol-free helps you stay physically and mentally healthy.

**Reading Check**  
Explain How can living alcohol-free help you stay physically and mentally healthy?

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LESSON 4

## Emerging Diseases and Pandemics

**BIG IDEA** Today, infectious diseases have the potential to spread quickly throughout the world.

**REAL LIFE ISSUES**

**Bacteria in Your Food.** The Centers for Disease Control and Prevention (CDC) reports that in 2019, more than 1.35 million cases of Salmonella were reported in the United States. About 400 people die each year from severe cases of Salmonella contamination. **Think about foods that you or your family have purchased or prepared. Write a paragraph describing how bacteria can be found in foods, which can lead to a foodborne illness.**

After completing the lesson, review and analyze your response to the Real Life Issues question.

**BEFORE YOU READ**  
**Organize Information.** Make a table and label the columns "Disease," "How It's Spread," and "Prevention Strategies." As you read, fill in the chart with information about the diseases.

**Emerging Infections**

**MAIN IDEA** Some diseases are becoming more dangerous and widespread.

Vaccines and modern technology have saved millions of lives, but communicable diseases are still the top cause of deaths worldwide. Health experts label some communicable diseases as **emerging infections**. These are communicable diseases whose occurrence in humans has increased within the past two decades, or threatens to increase in the near future. Scientists now believe that some diseases once thought to be noncommunicable may, in fact, be caused by pathogens. Such diseases include Alzheimer's, diabetes, and coronary artery disease.

**COVID-19**

COVID-19 is a respiratory illness caused by a new coronavirus. Coronaviruses cause respiratory infections in humans and other animals that range from the common cold to SARS and COVID-19. Symptoms of COVID-19 include fever, dry cough, fatigue, and difficulty breathing. Some people experience a loss of taste or smell, headache, vomiting, and diarrhea. In March 2020, the World Health Organization (WHO) declared COVID-19 a **pandemic**. A pandemic is a global outbreak of an infectious disease.

**Form Meaningful Relationships**

Meaningful relationships, such as those with friends and family, are crucial to the development of your identity and support system that can help you build confidence, security, and belonging. Within a meaningful relationship, you can give and receive **constructive criticism**. For example, in a school debate, you might make helpful suggestions to your friend or offering blame.

**Contribute to the Community**

Your community is your extended support system. For a member of all of its members must participate in the community by volunteering is part of being a good citizen. Within your community, you improve gain a sense of accomplishment, and raise your self-esteem.

**ACADEMIC VOCABULARY**  
crucial (adjective) important or essential

**Reading Check**  
List What are three strategies to use social media safely, respectfully, and legally?

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**64 Achieving Mental and Emotional Health**

This player relies on his coach for honest feedback. **Whom else might a teen rely on for honest feedback?**

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**Preventing Cyberbullying**

**MAIN IDEA** Cyberbullies use several types of technology to attack another person.

The best way to avoid becoming the victim of a cyberbully is to do what you can to prevent it from occurring. Each teen who uses social media can help to prevent the spread of cyberbullying. Avoid including personal information about yourself in text messages, email, or social networks. Another important rule to remember is that any photo that you post online will remain online forever. Even if you delete a photo, a person with good computer skills can retrieve the image. This includes photos that are sent via email, posted to a social network site, or sent via text. When cyberbullying occurs, write down and report the behavior. Other steps you can take to stop cyberbullies include:

- Do not respond to cyberbullying messages.
- Do not forward cyberbullying messages.
- Block the person who is cyberbullying.
- Visit social media safety centers to learn how to block users.
- Keep evidence of cyberbullying. Write down the dates, times, and descriptions of incidents. Save and print screenshots, e-mails, text messages, etc.

**Reading Check**  
List What are three strategies to use social media safely, respectfully, and legally?

The Internet can be a useful tool for keeping in touch with your friends. **What precautions should you take to protect your safety online?**



64 Internet Safety and Privacy Sample - Not For Classroom Use - Copyright © 2022 McGraw-Hill Education

# Features Within the Text

Embedded features throughout the text help students develop and reinforce imperative knowledge and practice the application of critical skills:

## 1. Big Idea

Overviews at the beginning of each lesson provide students with the lesson's main takeaway.

## 2. Before You Read

These activities or questions help students tap into what they already know about the content covered in the lesson.

## 3. Vocabulary

These lists provide students with an overview of key terms and concepts they will learn in the lesson.

## 4. Real Life Issues

Provides students with information pertaining to their health and allows them to practice their writing skills while relating curriculum content to their lives.

## 5. Main Idea

Callouts throughout the lesson help students navigate the text by identifying key points.

## 6. Fitness Zone

Features throughout the text provide students with ideas on how to incorporate fitness into their lifestyle.

## 7. Reading Checks

Stimulates quick recall and keep students focused on the main ideas throughout the lesson.

## 8. Lesson Review

Questions at the end of each lesson allow students to reflect on what they learned. In the online eBook, students can type their answers to the Lesson Review questions directly into the response fields.

LESSON 2

## What Affects Your Health?

**1** **BIG IDEA** Understanding how heredity, environment, and other factors that affect your health help you make healthy decisions.

**2** **BEFORE YOU READ** Create a K-W-L Chart. Make a three-column chart. In the first column, list what you know about influences on your health. In the second column, list what you want to know about this topic. As you read use the third column to summarize what you learned.

K	W	L

**3** **Vocabulary**  
heredity  
environment  
peers  
culture  
media  
technology

**4** **REAL LIFE ISSUES**  
**Too Much Sun.** Jason enjoys spending time outdoors, and he spends a lot of time in the sun as a member of the cross-country team. He always uses sunscreen. During the summer months, he and his friends enjoy swimming and boating at the lake. He has invited his cousin Sean to come to the lake for a week. The first day, when Jason offers Sean some sunscreen, Sean says no. He tells Jason he doesn't like the sticky feeling it leaves on his skin. **Write a brief dialogue between Jason and Sean. Have Jason try to convince Sean to protect his health by using sunscreen.**  
After completing the lesson, review and analyze your response to the Real Life Issues question.

**5** **Influences on Your Health**  
**MAIN IDEA** Heredity, environment, attitude, behavior, media, and technology can all influence your health.  
It is your responsibility to make healthy decisions and take actions to ensure your well-being. Factors such as heredity, environment, attitude, behavior, media, and technology can influence how you live. Understanding these influences will help you make informed decisions about your health.

**6** **Fitness Zone**  
Some days I just don't feel like exercising. On those days, I use positive self-talk to remind myself how good I feel after I workout. Now, I congratulate myself every time I take a step toward one of my goals. After I finish a workout, I think, "Awesome, I did it!" For more physical activity ideas, visit the Fitness Zone online.

**7** **Reading Check**  
**Explain** What are the attributes of a health-literate person?

**8** **Lesson 4 Review**

**Facts and Vocabulary**

- Why is health education important?
- What are *health disparities*?
- List three criteria that are needed for an individual to make sound health decisions.

**Thinking Critically**

- Analyze.** How does Healthy People hope to help the United States become a healthier country?
- Synthesize.** What are some steps you can take to become a health-literate individual?

**Applying Health Skills**

- Accessing Information.** Work with classmates to compile a list of resources in your community that supports healthy lifestyle behaviors. Examples might include parks, libraries, and health organizations.

**Writing Critically**

- Expository.** Write an essay explaining what individuals, families, and communities can do to promote wellness.

Promoting Health and Wellness 21



# Module-Level Activities

Glencoe Health features module-level activities that support students as they develop essential knowledge for making informed decisions and key skills that are critical to achieving and maintaining a healthy lifestyle.

## Hands-On Health

Helps students understand the module’s main idea in a different way with this in-depth project-based learning activity.

## Health Lab Activities

Requires students to gather and analyze information that connects to the main idea of the module.

## Real-World Connection

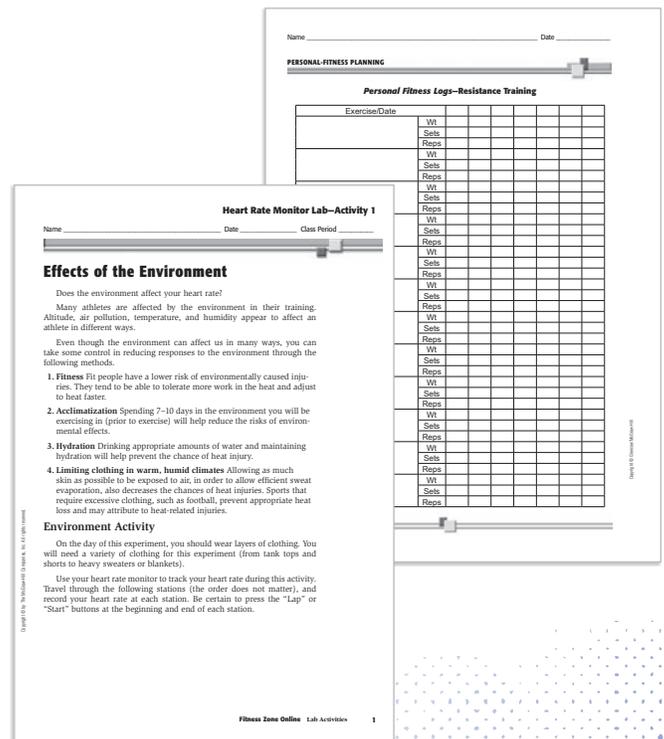
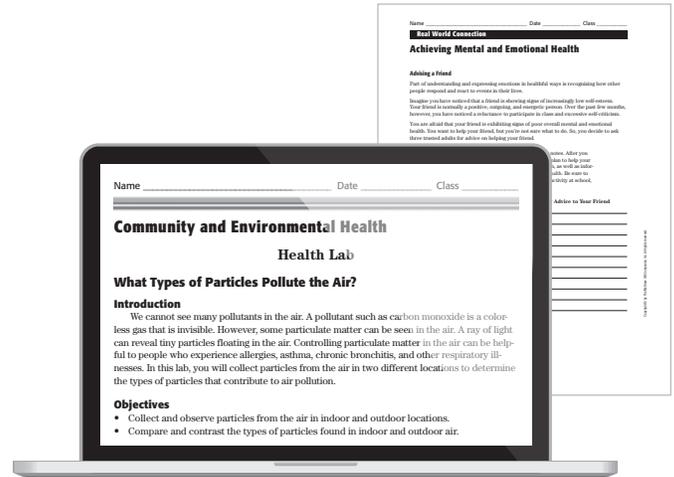
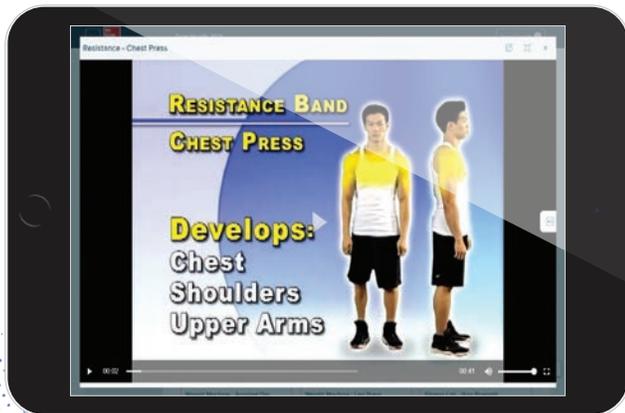
Provides real-life application to the study of health concepts and behaviors.

## Vocabulary Practice

Aids students in learning and understanding key health terms.

## Fitness Zone

The Fitness Zone is a multimedia resource that teaches students how to be physically active every day and helps teachers incorporate physical activity into the lesson’s content. Fitness Zone activities and resources include Clipboard Energizer activities, videos, podcasts, heart rate monitor activities, and more!



# Lesson-Level Activities and Resources

*Glencoe Health* features a variety of lesson-level activities and resources that help students practice what they've learned in the lesson. Within the digital experience, you can see what health standards are built into the lesson materials at the beginning of the lesson and can reference the standards as needed.



## Interactive eBook

The interactive eBook is an accessible, digital version of the text and is available in English and Spanish. In addition, the eBook:

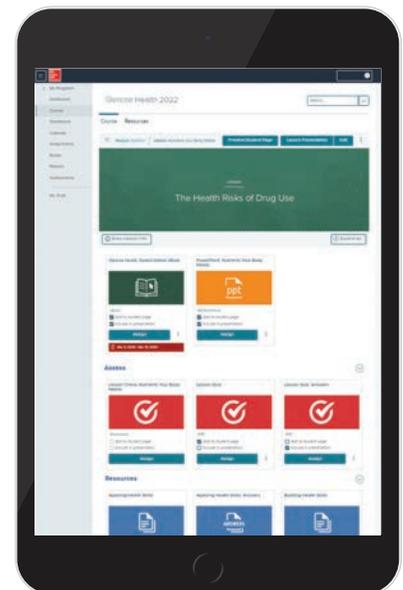
- Enables students to answer questions directly within the text to keep them engaged with the content.
- Features supporting media resources—like the Health eSpotlight videos in every lesson—that give students a deeper understanding of the material.
- Provides vocabulary definitions at point-of-use.
- Allows students to highlight or annotate important points in the text.

## Practicing and Applying Health Skills

Each lesson features activities and resources that enable students to practice and apply the health skills they've learned. These activities are coded to help you provide all students with differentiated instruction based on their ability level. Examples of these activities include:

- Reading Essentials.
- Health Skills Practice.
- Reteaching Activities.
- Enrichment Activities.
- Reading Strategy Activities.
- Note-Taking Support.
- Academic Integration.

Downloadable PDFs can be assigned and completed within the online course or downloaded and printed to accommodate a variety of instructional styles and classroom formats.



# Teacher's Edition

Glencoe Health empowers you to customize instruction to accommodate a broad range of teaching and learning styles. Its Teacher's Edition is available in print and within the digital experience. It also features a wraparound design conveniently aligned with each page of the student text and provides comprehensive lesson plans, teaching suggestions, supplemental information, cross-references, and more. The concise and easy-to-follow lesson plans offer a wide variety of teaching strategies to motivate and support students as teachers introduce, teach, assess, and reinforce concepts.

Activities and instructional strategies featured in *Glencoe Health*:

## Reading Strategy Activities

Help teach reading skills and vocabulary.

## Critical Thinking Strategies

Allow students to apply and extend what they have learned.

## Universal Access Activities

Provide differentiated instruction for students learning to speak English and suggestions for teaching various types of learners.

## Health Skills Practice Activities

Reinforce health skills concepts and helps students apply them in their everyday lives.

## Writing Supports

Provide writing opportunities that help students comprehend the text.

## Cultural Awareness Activities

Promote sensitivity and understanding of other cultures.

## Active Learning Strategies

Offer a variety of activities for presenting lesson content, including engaging classroom projects that get students actively involved.



**MODULE 1 | Understanding Health and Wellness**

MODULE 1	STANDARDS
<b>LESSON 1</b> Your Total Health 30 MIN	
<b>LESSON 2</b> What Affects Your Health? 30 MIN	
<b>LESSON 3</b> Health Risks and Your Behavior 30 MIN	
<b>LESSON 4</b> Promoting Health and Wellness 30 MIN	

**Key to Abilities** Teaching Strategies and activities have been coded for ability level and appropriateness.

**AA** Activities for students working above grade level | **AS** Activities for students working below grade level  
**AL** Activities for students working on grade level | **EL** Activities for English Learners

2A Understanding Health and Wellness

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**LESSON 2**  
What Affects Your Health?

**FOCUS**

**BIG IDEA** Understanding how heredity, environment, and other factors that affect your health can help you make healthy decisions.

**Ask Students:** What are some ways that a person's surroundings can influence his or her health? Being outdoors encourages physical activity, which has a positive influence on health.

**BEFORE YOU READ**

**Note Taking:** Students' KWL charts will vary, but should include an accurate summary of the lesson content in the third column.

**REAL LIFE ISSUES**

**Too Much Sun:** Write a brief dialogue between Jason and Sean. Have Jason try to convince Sean to protect his health by using sunscreen. **Answers will vary.**

**Ask Students:** Have you ever encouraged a friend of family member to take good or healthful behavior? Have students share their dialogues in class.

**TEACH**

**Main Idea**

**Influences on Your Health:** Heredity, environment, attitude, behavior, choice, and technology can all influence your health.

**Ask Students:** What are some factors you have control over that influence your health? Read choices and participate in physical activity are factors over which I have control.

**Caption Answer:** Answers will vary, but should show students' awareness of both positive and negative influences in their environment, as well as ways they maintain their health in their environment.

**Reading Strategy**

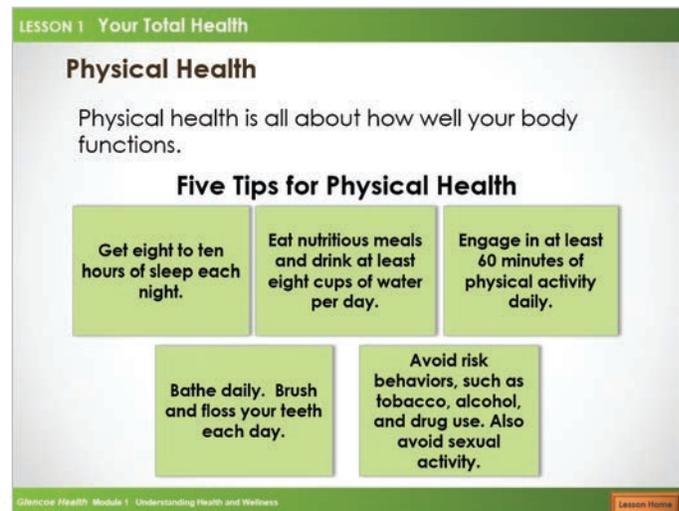
**Summarize:** Test students that they should evaluate their understanding of each section of text as they read. As students reach the end of the lesson, have them look back at the main headings in the lesson. For each main heading, ask for a volunteer to share a one-sentence summary of the information in that section of text to his or her own words. Explain that effective readers stop often while reading to check their understanding of each section of text.

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# Digital Resources for Teachers

*Glencoe Health* is designed to offer you the resources and the flexibility needed to reach all learners and teach your way whether you are in a traditional, digital, or blended learning environment. Additionally, *Glencoe Health* can be fully integrated with Google Classroom® and features a variety of resources and tools to help you manage your classroom, including:

- PowerPoint presentations for every lesson that can be downloaded, edited, and printed.
- Answer keys for all activities featured within the program.
- Hands-On Health videos that can be used as engaging in-class activities or to support you on how to do an activity.
- A Teacher Presentation option that allows you to add any resources (eBook, activities, PowerPoint presentation, teacher-added resources, etc.) into a presentation, which can then be easily rearranged and customized for student streaming.
- The ability to add your own resources or content (e.g., YouTube videos, news articles, etc.) to each lesson or teacher presentation.



LESSON 1 Your Total Health

## Physical Health

Physical health is all about how well your body functions.

### Five Tips for Physical Health

- Get eight to ten hours of sleep each night.
- Eat nutritious meals and drink at least eight cups of water per day.
- Engage in at least 60 minutes of physical activity daily.
- Bathe daily. Brush and floss your teeth each day.
- Avoid risk behaviors, such as tobacco, alcohol, and drug use. Also avoid sexual activity.

Glencoe Health Module 1 Understanding Health and Wellness [Lesson Home](#)



# Assessments

Glencoe Health features a variety of formative and summative assessments to measure student progress and understanding. Additionally, *Glencoe Health* allows you to edit, customize, and even create your own assessments based on your own criteria.

**Standardized versions of these assessments are embedded in each lesson for your use:**

## Lesson Review

Available in the print text or can be assigned to students to complete within the eBook.

## Lesson Quiz

A fillable PDF that can be downloaded and printed or assigned within the digital experience.

## Module Assessments

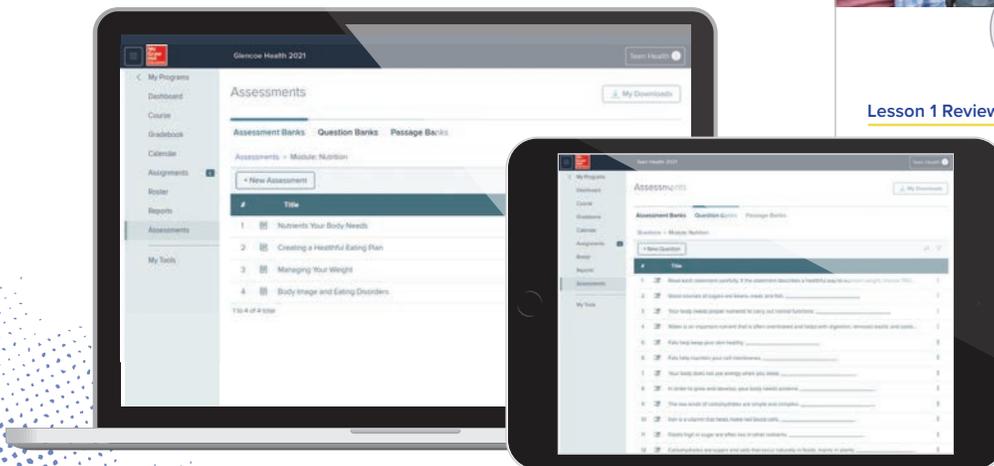
Available within the print text or to be assigned within the eBook, this assessment covers all the lessons in a particular module.

## Standardized Test Practice

Available within the print text or to be assigned within the eBook, this test provides students with an opportunity to practice for state and national exams and helps improve their testing skills.

**Using the features within the Assessment Menu of the digital experience, you can:**

- Access and edit pre-made assessments for each lesson.
- Choose from dozens of questions for each module in the Question Bank to develop your own assessments.
- Create your own questions to add to the Question Bank.
- Assign your custom assessments within the digital experience for students to complete online.
- Print assessments to distribute in the classroom.



Self-management skills help you stay healthy. **What skill are these teens practicing?**

### Lesson 1 Review

#### Thinking Critically

- Synthesize.** Why is it important to recognize and analyze the various influences on your behavior?
- Analyze.** How can advocacy help you with health issues that are important to you?

#### Applying Health Skills

- Stress Management.** List all the healthful strategies you used in the past week to relieve stress. Which ones were most helpful?

#### Writing Critically

- Narrative.** Marisol and Sarah disagree about which movie to see. Write a dialogue in which they resolve their disagreement using effective interpersonal communication strategies.

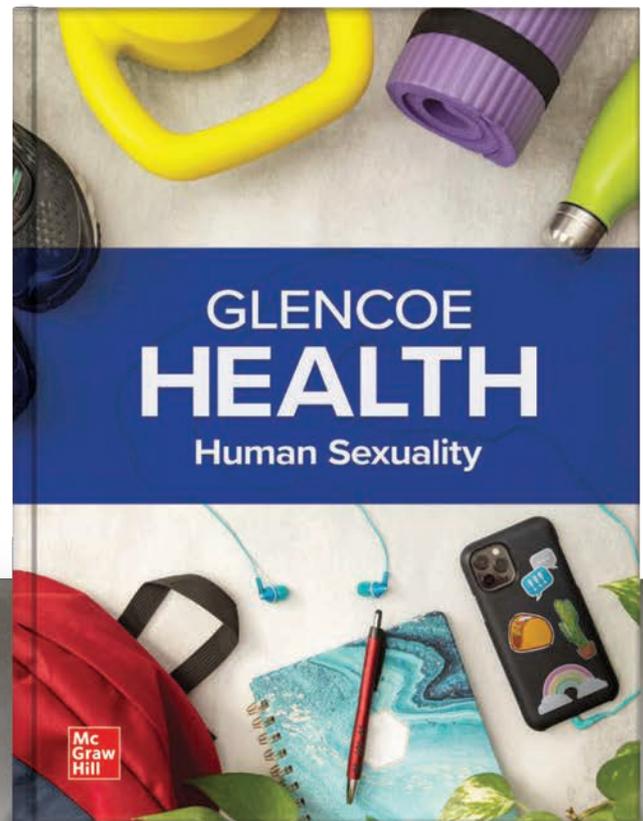
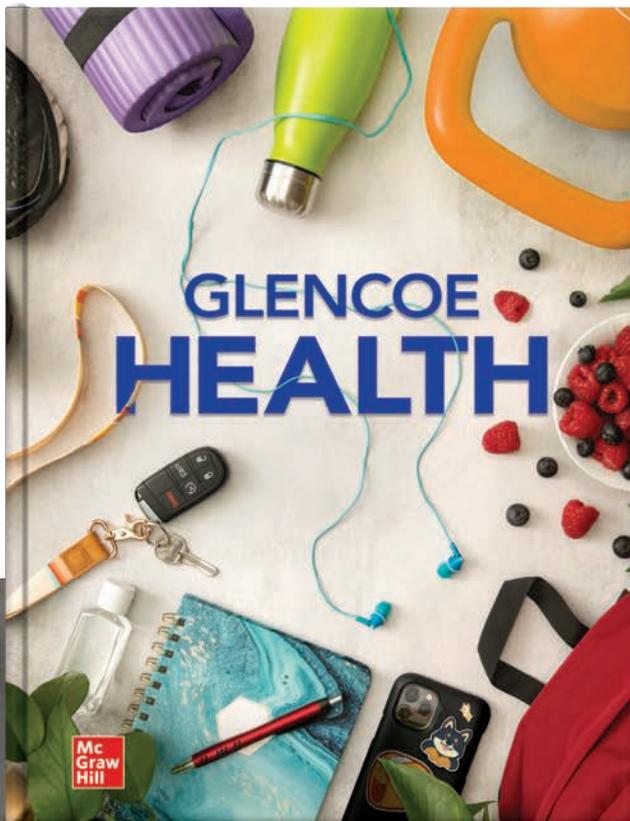
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# Customize Your Curriculum

**CREATE** allows you to customize your health curriculum to meet your teaching needs!

If *Glencoe Health* doesn't align directly with your school or district's needs, *CREATE* allows you to customize your health curriculum to the way you prefer to teach it! You can decide which modules to include and what order to teach them. This allows you to build a curriculum solution that aligns with your district's standards while still offering up-to-date and relevant information on current health topics that affect your students' lives.

**Contact your sales rep to get started.**



Learn more



[mheonline.com/GlencoeHealth](https://mheonline.com/GlencoeHealth)

