Welcome to *Teen Health*

Middle school is a crucial period in students' lives, which is why health education is so critical. Students need a health curriculum that is engaging enough to capture their attention by covering topics they will encounter in the real world. They also need a program that enables them to practice making healthy, informed decisions while developing vital knowledge along with social and emotional skills.

Teen Health is a market leader in middle school health curriculum that emphasizes social and emotional learning while focusing 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

Featuring up-to-date content on current topics, *Teen Health* meets each student at their level with resources that accommodate their unique learning needs and ample opportunities to practice and apply health skills in a variety of situations. Additionally, *Teen Health* is designed with flexibility in mind to meet the needs of teachers by accommodating all classroom settings and instructional styles, whether you prefer traditional, fully digital, and/or blended learning.

Teen Health Table of Contents

Healthy Relationships and Sexuality Optional Supplement

New Updated Content

Teen Health supports students as they learn to master the 10 vital health skills while providing numerous opportunities for them to practice and apply these skills in a variety of situations they may encounter. With a focus on social and emotional learning, *Teen Health* helps students explore up-to-date information and statistics on timely, relevant topics like:

- The COVID-19 Pandemic.

- Tobacco use and vaping.

- Alcohol and drugs (including opioid and heroin abuse).

- Bullying and cyberbullying.

- STD/STIs (including HIV/AIDS).

- Content related to Erin's Law (covering sexual abuse prevention).

- The latest MyPlate guidelines.

- *Healthy Relationships and Sexuality* (available as a supplemental option).

VAPING or e-CIGARETTES Vaping is a newer tobacco-delivery method. The device creates a vapor that the user inhales. A cartridge is attached to an e-cigarette device. The e-cigarette device heats the liquid contents of a cartridge. The user inhales the vapor.

e-Cigarettes are thought to be safer to use than cigarettes because they do not burn tobacco. The devices do deliver tobacco, which is addictive. Other chemicals in vaping cartridges are:

- ultrafine particles that are inhaled in the lungs,
- flavorings that contain the chemical diacetyl have been linked to lung disease,
- cancer-causing chemicals, such as formaldehyde
- volatile organic compounds that can cause eye, nose, and throat irritation. The compounds can also damage the liver, kidneys, and nervous system, and
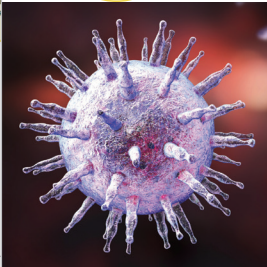- heavy metals including nickel, tin, and lead.

CIGARS AND PIPES As is the case with cigarettes, the tobacco used in cigars and pipes is made up of shredded tobacco leaves. However, one large cigar can contain as much tobacco and nicotine as an entire pack of 20 cigarettes. Pipes and cigars also cause some of the same serious health problems that cigarettes do. Cigar smoke contains up to 90 times more cancer-causing chemicals than those found in cigarette smoke. People who smoke cigars or pipes are more likely to develop mouth, tongue, or lip cancer than people who do not use tobacco. Cigar and pipe smokers also face an increased risk of dying from heart disease compared to nonsmokers.

Vaping was thought to be safer than smoking cigarettes. **Explain** why concerns about vaping arose in 2019.

Reading Check

Explain How have the vaccinations for chicken pox, measles, and mumps affected people?

This is an illustration of the Epstein-Barr virus, the cause of infectious mononucleosis. **What is the best way to treat mono?**

- Mumps causes a fever, headache, and swollen salivary glands. Mumps are contagious about a week before symptoms appear and for about nine days after that. More than 90 percent of the children in the United States are vaccinated against mumps. Fewer people get the disease now.

COVID-19

The coronavirus disease 2019, also called COVID-19, is a viral disease characterized by fever, cough, and shortness of breath. Other symptoms include a sore throat, a runny nose, fatigue, and muscle aches. The virus was first discovered in December 2019 in Wuhan, Hubei Province, China. In March 2020, the World Health Organization declared that the COVID-19 outbreak was a pandemic, which means that it had spread globally.

The virus spreads through infected droplets in the air. These droplets are released when people who have the virus cough or exhale. The droplets also land on surfaces. When people touch surfaces with virus particles and then touch their eyes, nose, or mouth, they can transmit the virus to their respiratory system. People may develop symptoms for up to 14 days after being exposed to the virus. During that time, scientists think that people are contagious. Some people may not have any symptoms, but are still contagious.

In spring 2020, scientists began working to develop a vaccine for COVID-19. They were also testing medications to help fight the disease.

Mononucleosis

Mononucleosis (MAH•noh•nook•klee•OH•sis), or mono, is a viral disease characterized by a severe sore throat and swelling of the lymph glands in the neck and around the throat. Mono most commonly infects teens and young adults. People in these age groups tend do more dating and more kissing. This makes them more vulnerable to the disease. It is spread through contact with the saliva of an infected person. It can also be spread by contaminated drinking glasses and eating utensils.

Besides a sore throat and swollen lymph glands in the neck, symptoms also include fatigue, loss of appetite, and headache. Severe cases may include an enlarged spleen and an infected liver.

People diagnosed with mono are advised to take it easy. Rest is the best treatment for mono. The good news is that once a person is fully recovered from mono, they cannot get it again.
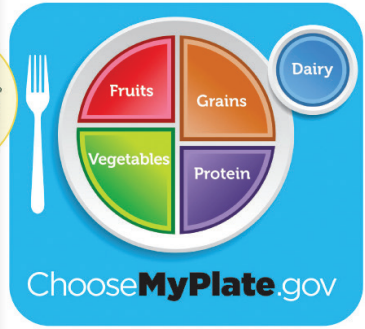
388 Communicable Diseases

Using MyPlate

MAIN IDEA MyPlate provides a visual guide to help consumers make more healthful food choices.

When choosing foods, there are many different factors determining what foods you eat. A group of leading health and nutrition experts have worked with the **U.S. Department of Agriculture (USDA)** to develop **MyPlate**, which is a visual reminder to help consumers make healthier food choices. MyPlate is based on research into healthy nutrition. The USDA is a department of the Federal government providing leadership on food, agriculture, nutrition, and other topics.

The idea behind MyPlate is simple: Foods are placed into one of five food groups. Each group provides a different set of nutrients. For each meal, you should aim to choose foods from all five groups. This will provide your body with all the nutrients you need to stay healthy. The USDA web site also offers tools to help you design a healthy eating plan.

When creating a meal plan, keep in mind that you may not eat something from every food group at every meal. For example, if you go out for a pizza lunch with friends, the pizza will provide grains, dairy, and fat. Pizza will probably offer very few vegetables and no fruit. However, your next meal may be a salad with plenty of vegetables and an apple as a snack. A meal plan will be easier to follow if you include some flexibility. It is also okay to have a treat now and then as long as you follow the MyPlate guidelines.

Fruits | Grains | Dairy
Vegetables | Protein

Choose**MyPlate**.gov

Features Within the Text

Within the text, you will find features that are designed to help students develop and reinforce imperative knowledge and skills. These features include:

1. **Big Idea**
   Summarizes the main takeaway for the students at the beginning of each lesson.

2. **Main Idea**
   A sentence at the beginning of each section that summarizes the content in that particular section.

3. **Before You Read**
   Helps students tap into what they already know about the lesson content by responding to a short question in the Quick Write feature and reviewing key vocabulary from the lesson. In the online eBook, responses to the Quick Write questions can be typed directly into the response fields.

4. **Reading Checks**
   Stimulates quick recall and keeps students focused on the main idea of the lesson.

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

LESSON 2

Cyberbullying

Before You Read

Quick Write Write a poem or short story about a cyber... Give your poem or story positive ending.

Vocabulary
cyberbullying

BIG IDEA Cyberbullying through technology is a growing problem among teens that causes harm and humiliation.

How is Technology Used to Bully?

MAIN IDEA Cyberbullying is more difficult to avoid than face-to-face bullying.

Cyberbullying is the electronic posting of mean-spirited messages about a person often done anonymously. It's bullying by using technology to send hurtful messages about another person. Cyberbullies want to harass, threaten, or spread rumors about another person. Cyberbullies post messages, rumors, and hurtful photos on social media sites, forums aimed at teens, and gaming sites.

Smoke free areas in the community help promote healthy lifestyles. **Describe how no smoking signs placed throughout the community can help promote healthy lifestyles.**

Reading Check
Summarize What actions have been taken to lower the cost of tobacco use to society?

State and local governments are also working to stop tobacco use by teens. They enforce laws that prevent selling tobacco to anyone under the age of 21. They prohibit smoking in schools.

States have also sued tobacco companies to recover costs to the public related to tobacco use. Some of the money from these lawsuits has helped fund anti-tobacco campaigns. Many communities promote healthy lifestyles.

C Zachariasen/Photodis

Lesson 3 Review

What I Learned

1. **VOCABULARY** What does the term *a withdrawal* mean? Use it in a complete sentence.
2. **EXPLAIN** What is the difference between physical dependence and psychological dependence.
3. **IDENTIFY** What health care costs are involved with tobacco use?

Thinking Critically

4. **EXPLAIN** What solutions have been offered for the problems of tobacco use? Explain how these solutions seem to help lower the costs of tobacco use to society.
5. **ANALYZE** In 2018, about 7 out of every 100 (7 percent) middle school students were currently using tobacco products. That means that 93 percent of middle school students were not using tobacco products. Write one paragraph explaining why the majority of middle school students are choosing not to use tobacco products.

Applying Health Skills

6. **REFUSAL SKILLS** Some teens try tobacco for the first time because of peer pressure. With a small group, brainstorm effective ways to say no when peers offer or suggest that you use tobacco. Make a list of the best ideas and share them with your class.

Costs of Tobacco Use **313**

Module-Level Activities

Module-level activities support students as they develop knowledge and key skills that are critical to achieving and maintaining a healthy lifestyle and making informed, empowered decisions. These activities include:

Hands-On Health
Helps students understand the main idea of the module in a different way with an in-depth project-based learning activity.

Health Lab Activities
These labs require students to gather and analyze information that connects to the main idea of the module.
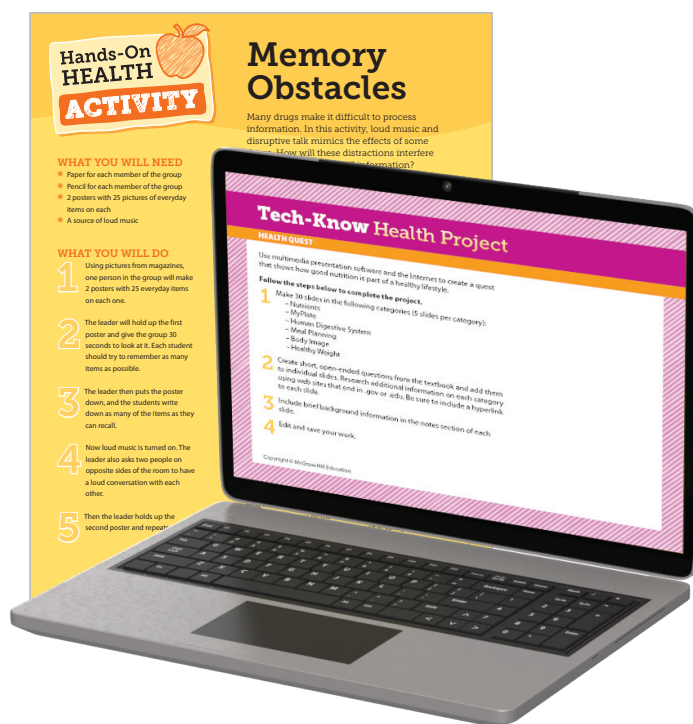
Building Health Skills
Gives students a deeper understanding of a topic and provides them with opportunities to practice health skills.

Web Quest
Sets parameters and goals for students as they explore a topic online.

Tech Know
These activities require students to use technology to complete a project.

Fitness Zone
Located at the end of the eBook, 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 content of the lesson. Fitness Zone activities and resources include Clipboard Energizer activities, videos, podcasts, heart rate monitor activities, and more!

Lesson-Level Activities and Resources

Teen 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. You will also find teaching tracks for each grade level featuring reading strategies, critical thinking exercises, and engaging activity suggestions. These grade-level teaching tracks are coded to help you provide competency level resources appropriate for each individual student.

Interactive eBook

The interactive eBook is an accessible, digital version of the text and is available in English and Spanish. In addition, the eBook:
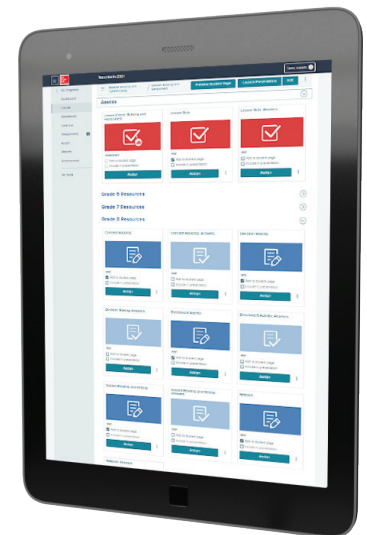
- Enables students to answer questions directly within the text to keep them engaged with the content.
- Features supporting media resources—like the Health eSpotlight videos in every lesson—to give students a deeper understanding of the material.
- Provides vocabulary definitions at point-of-use.
- 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 applying what they've learned. These activities are segmented by grade level to ensure each student completes an activity appropriate to their ability level. Examples of these include:

- Concept Mapping.
- Guided Reading Activities.
- Decision-Making Activities.
- Enrichment Activities.

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

Assessments

• • • • • • • • • •

Teen Health features a variety of formative and summative assessments to measure student progress and understanding. Additionally, *Teen 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.
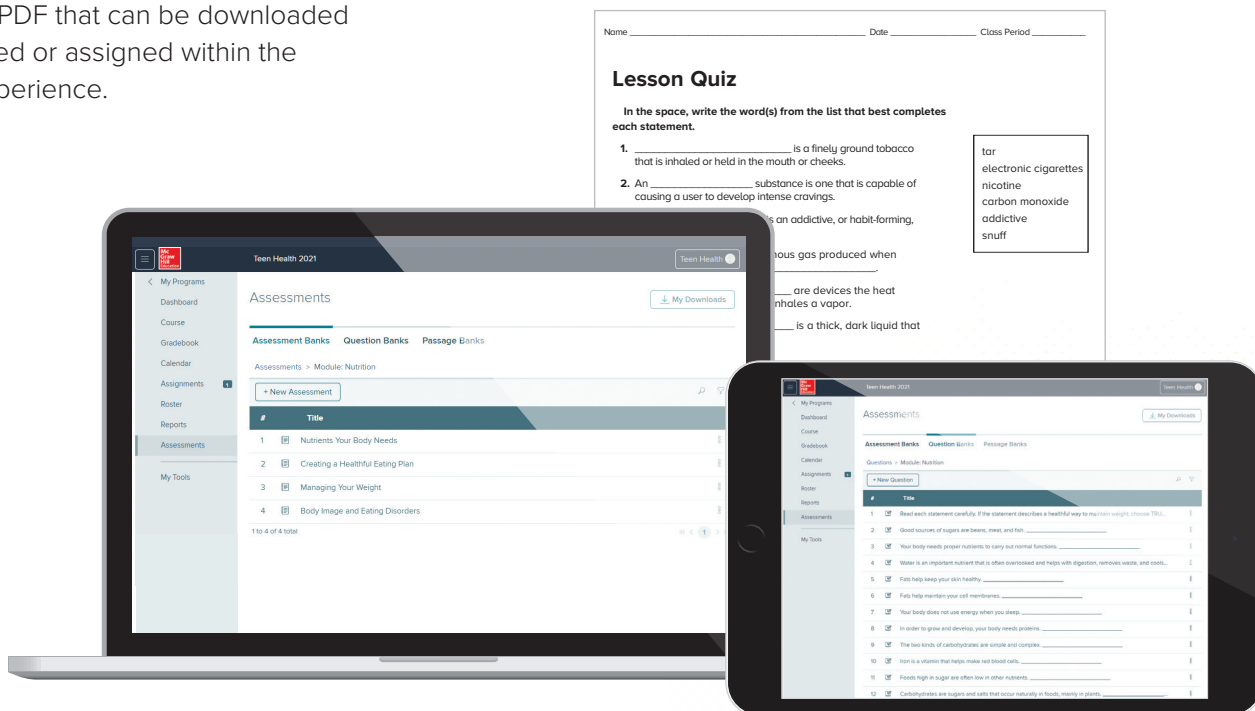
Lesson Check
A ten-question assessment that can be completed within the digital experience.

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

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.

Teacher Resources

Teen Health is a program built on research-based strategies and created with feedback from educators just like you. Whether you prefer traditional, digital, or blended learning, this program is designed to offer you not only the resources but also the flexibility you need to reach every learner while teaching your way. *Teen Health* can be fully integrated with Google Classroom® and features a variety of resources and tools to help you manage your classroom, including:
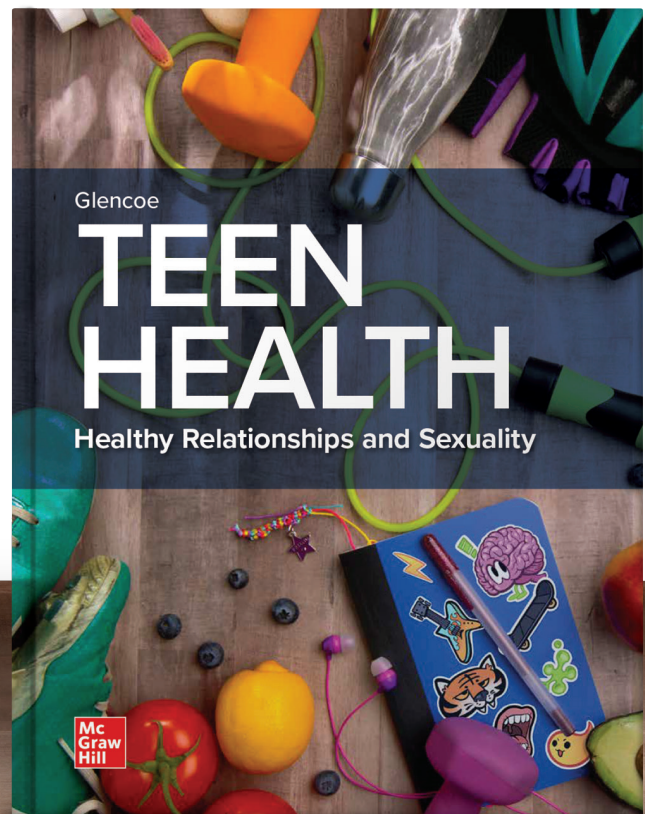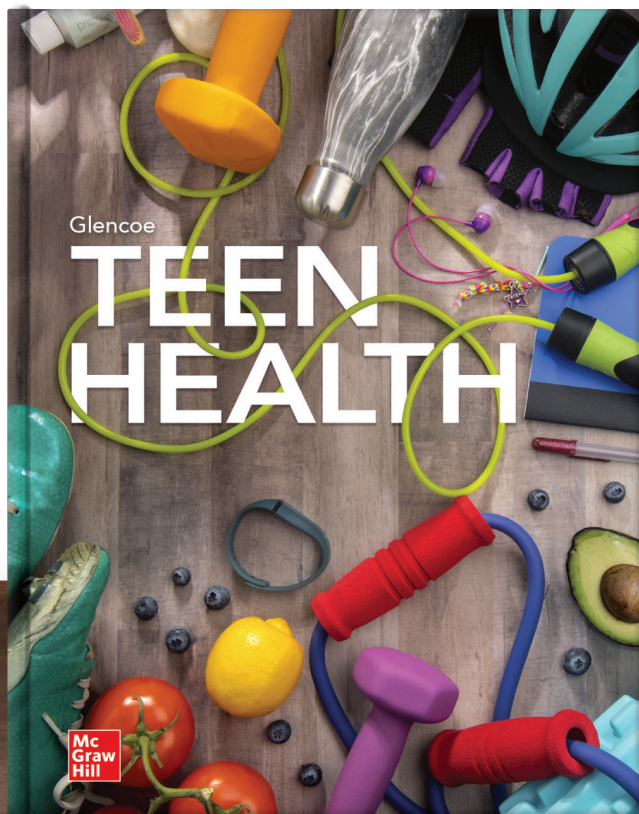
- PowerPoint presentations for every lesson that can be downloaded, edited, and printed.

- Answer keys for all activities featured within the program.

- Hands-On Health videos that can be used as engaging in-class activities or as support for how to do an activity.

- The ability to add your own resources or content (e.g., YouTube videos, news articles, etc.) to each lesson or teacher presentation.

- 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.

Customize Your Curriculum

• • • • • • • • • •

CREATE allows you to customize your health curriculum to the way you prefer to teach it!

If *Teen 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 the lives of your students.

Contact your sales rep to get started.

Notes

Learn more

· ·

mheonline.com/TeenHealth