



Comprehensive School Health Education, 9th edition

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Overall Updates

- Chapter one introduces the *Whole School, Whole Community, Whole Child* (WSCC) model from the CDC and ASCD that represents a child centered public health framework situating the child in the school and community contexts. It is important for teachers to understand how school health education in the WSCC model is now tied to the educational mission of the school and to the larger community and public health contexts. The model is referenced in subsequent chapters.
- Chapters 1-14 have been updated to reflect the latest statistics and health education practices from sources such as the CDC, the Institute of Medicine (2013) reports, and SHAPE America guidelines for health education.
- For chapters 1–14, web sites and references have been updated throughout the text to reflect latest research and developments in each content area.
- Totally Awesome Teaching Strategies™ continues to be aligned to the national standards for health education and with CDC guidelines for health education education. In particular the book is aligned with the instructional and assessment practices for health education recommended by SHAPE America.

Chapter Changes

Chapter 1

- updated CDC risk categories
- increased information on traumatic brain injuries particularly as related to concussion in sport
- substantive update on bullying focusing on verbal and physical as well as cyber bullying including sexting
- New section describing the comprehensive overview of the *Whole School, Whole Community, Whole Child* (WSCC) model and its 10 components
- Updated CDC guidelines for school health curriculums
- The Institute of Medicine (2013) guidelines integrated throughout this chapter
- New section on the Comprehensive School Physical Activity Program (CSPAP) is introduced and discussed

Chapter 3

- Educational policies updated
- Updated characteristics of an effective health education curricula
- New section Shape America assessment practices for school-based health education

Chapter 4

- New section on online and app-based tools for assessment
- New section Integration of the Shape America assessment practices for school-based health education
- Cooperative learning resources added
- Updated U.S. Department of Education has an Office of Educational Technology guidelines
- Web sites extensively updated

Chapter 5

- Comprehensive introduction and discussion of socio-emotional learning (SEL) and SEL competencies for students
- Updated discussion of concussions including introduction of the consensus statement on concussion in sport
- Updates suicide resource web links

Chapter 6

- Tips for Safe Social Networking for teens
- Updated policy information from the American Academy of Pediatrics on media use
- New section on the learning characteristics of generation Z

Chapter 8

- Updated myplate information
- Updated food labeling information

Chapter 9

- Updated physical activity guidelines from the CDC and the Institute of Medicine
- Updated sleep guidelines and discussion on device use and sleep

Chapter 11

- Updated recommendations and profile for type 2 diabetes

Chapter 12

- Revised tips for staying organized
- Updated money management tips
- Updated careers in health education

Chapter 13

- Updated climate change data and information

Chapter 14

- New section on LGBT harassment
- New section on race discrimination and violence
- Updated web links
- Updated distracted driving discussion and data