



Health Education: Elementary and Middle School Applications, 9th edition

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Chapter Changes

Chapter 1 Whole School, Whole Community, Whole Child: A Collaborative Approach to Learning and Health

- Updated research, references, and statistics
- Updated chapter opener photo
- Updated desired learner outcomes
- Information on developing a coordinated school health program through the Whole School, Whole Community, Whole Child model
- Revised Table 1.4 Healthy People 2020 Objectives That Specify Action for Advocates and Stakeholders in Schools
- New Figure 1-2: Whole School, Whole Community, Whole Child Model
- Revised Teacher's Toolbox 1.2 Sound Health Education: Instructional Topics for Which HECAT Tools Have Been Developed
- Revised Teacher's Toolbox 1-3 Safe and Effective Medication Administration in Schools: Policies and -Procedures

- Revised Table 1.6 Confirming a Commitment to a Quality Program of Health Services: A Checklist of Important Questions
- Revised Table 1.8 Confirming a Commitment to Nutrition Services: A Checklist of Important Questions
- Revised Table 1.12 Confirming a Commitment to Quality Family Engagement and Community Involvement: A Checklist of Important Questions

Chapter 2 Comprehensive School Health Education: Applying the Science of Education to Improving Health Instruction

- Updated research, references, and statistics
- New Figure 2.1 How HealthSmart Uses Theory
- Updated Internet and Other Resources

Chapter 3 Standards-Based Planning, Teaching, and Assessment in Health Education

- Updated research, references, and statistics
- Revised Teacher's Toolbox 3.1 Healthy Behavior Outcomes
- Revised Teacher's Toolbox 3.7 Sample Planning Framework
- Revised Teacher's Toolbox 3.10 Assessment Strategies for Health Education Concepts and Skills
- Revised Teacher's Toolbox 3.12 Framework of Assessment Approaches and Methods
- Revised Figure 3.2 Student Rubric for National Health Education Standard 8, Advocacy
- Revised Teacher's Toolbox 3.13 Sample Standards-Based Assessment Task
- Updated Strategies for Learning and Assessment Section
- Updated Internet and Other Resources

Chapter 4 Building and Managing the Safe and Positive Learning Environment

- Updated research, statistics, and references
- Revised Consider This 4.3 Key Concepts of Cooperative Learning Groups
- Revised Table 4.1 Examples of Cooperative Learning Strategies
- Revised Teacher's Toolbox 4.4 Applying Cooperative Learning to Promoting Healthy Eating: Using a "Carousel."
- Revised Teacher's Toolbox 4.5 Exploring Safe Play Spaces in My School, Neighborhood, and Community
- Revised Table 4.2 Children's Literature with Themes or Characters with Disabilities or Special Needs
- Revised Teacher's Toolbox 4.8 Accessing Health Information, Products, and Services
- Updated Internet and Other Resources

Chapter 5 Promoting Mental and Emotional Health

- Updated research, statistics, and references
- Expanded discussion on fostering resilience in all students
- Revised Table 5.2 Youth Risk Behavior Survey Data Related to Mental and Emotional Health, 2015
- Revised Table 5.5 School Health Policies and Practices Study (SHPPS) 2016 Data Related to Counseling, Psychological, and Social Services
- Updated Strategies for Learning and Assessment Section
- Updated Internet and Other Resources

- Updated Children's Literature Section

Chapter 6 Promoting Healthy Eating

- Updated research, statistics, and references
- Discussion of the 2015 Dietary Guidelines for Americans (DGAs)
- Expanded discussion on food labeling and nutrition
- Updated discussion about the correlation between childhood weight and academic achievement
- Revised Table 6.1 Youth Risk Behavior Survey Data Related to Healthy Eating, 2017
- Revised Table 6.3 School Health Policies and Practices Study 2016—Nutrition Services and the School Nutrition Environment
- New Figure 6.2 Dietary Intakes Compared to Recommendations
- New Figure 6.4 Nutrition Facts Label, Old and New
- Updated Strategies for Learning and Assessment Section
- Updated Internet and Other Resources
- Updated Children's Literature Section

Chapter 7 Promoting Physical Activity

- Updated research, statistics, and references
- Revised Table 7.1 Youth Risk Behavior Survey Data Related to Participation in Physical Activity, 2017
- Revised Teacher's Toolbox 7.2 A Little Bit of Equipment, a Lot of Physical Activity
- Updated photos
- Updated Strategies for Learning and Assessment Section
- Updated Internet and Other Resources
- Updated Children's Literature Section

Chapter 8 Promoting Safety and Preventing Unintentional Injury

- Updated research, references, and statistics
- Revised Desired Learner Outcomes
- Revised Table 8.1 Youth Risk Behavior Survey Data Related to Unintentional Injuries, 2015
- Revised Table 8.2 Healthy People 2020 Objectives Related to Unintentional Injury
- Updated Strategies for Learning and Assessment Section
- Updated Internet and Other Resources
- Updated Children's Literature Section

Chapter 9 Promoting Personal Health and Wellness

- Updated research, statistics, and references
- Revised Figure 9.1 How HIV Is and Is Not Transmitted
- Updated Strategies for Learning and Assessment Section
- Updated Internet and Other Resources
- Updated Children's Literature Section

Chapter 10 Preventing Intentional Injuries and Violence

- Updated research, references, and statistics
- Expanded discussion on child maltreatment
- Expanded discussion on bullying and cyberbullying
- New section on evidence-based youth violence prevention strategies

- Revised Table 10.1 Youth Risk Behavior Survey Data Related to Intentional Injuries, 2015
- Revised Table 10.2 Healthy People 2020 Objectives to Reduce Intentional Injuries (Violence and Abuse) Among Youth
- Revised Table 10.3 School Health Policies and Practices Study Data Related to Preventing Violence and Suicide
- Revised Table 10.4 Percentage of schools in which students are required to receive instruction on specific health topics
- Revised Table 10.5 Percentage of States and Districts Who Provided Funding for or Offered Professional Development on How to Implement Policies and Programs Related to Violence Prevention
- Updated Strategies for Learning and Assessment Section
- Updated Internet and Other Resources
- Updated Children's Literature Section

Chapter 11 Tobacco Use and Electronic Nicotine Delivery Systems Prevention

- Updated research, statistics, and references
- Expanded discussion on tobacco use and electronic nicotine systems such as e-cigarettes and vaping
- New Figure 11.1 Annual Deaths Among Smokers Attributable to Smoking-Related Diseases
- Revised Figure 11.2 Tobacco Use Begins Early
- Revised Table 11.1 Youth Risk Behavior Survey Data Related to Tobacco Use, 2018
- Updated Strategies for Learning and Assessment Section
- Updated Internet and Other Resources
- Updated Children's Literature Section

Chapter 12 Alcohol and Other Drug Use Prevention

- Updated research, references, and statistics
- Revised Table 12.2 National Summary of the Parent's Resource Institute for Drug Education (PRIDE) Survey, Grades 6-12, 2015-2016
- Updated Strategies for Learning and Assessment Section
- Updated Internet and Other Resources
- Updated Children's Literature Section

Chapter 13 Promoting Sexual Health

- Updated research, references, and statistics
- Expanded discussion of frameworks and models for answering challenging student questions related to sexuality
- Revised Table 13.1 Youth Risk Behavior Survey (YRBS) Data Related to Risky Sexual Behaviors, 2017
- Revised Table 13.2 Common Sexually Transmitted Diseases (STDs) Symptoms and Treatment
- Updated Strategies for Learning and Assessment Section
- Updated Internet and Other Resources
- Updated Children's Literature Section

Chapter 14 Managing Loss, Death, and Grief

- Updated research, references, and statistics
- Information on STEP UP, a schoolwide middle school suicide prevention curriculum

- Revised Teacher's Toolbox 14.1 Warning Signs for Suicide
- Revised Teacher's Toolbox 14.2 Dos and Don'ts When a Student Commits Suicide
- Updated Strategies for Learning and Assessment Section
- Updated Internet and Other Resources
- Updated Children's Literature Section

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