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TEEN HEALTH
An Engaging Health Program for Grades 6-8

*Teen Health* is a comprehensive program that engages middle school students in an exploration of health and wellness. Students apply real-world health skills as they create individualized plans for healthy lives. This flexible program can be delivered online through ConnectEd, in a traditional print format, or a combination of both. The hybrid approach to teaching middle school health allows you to select the topics relevant to your students and provide them print or online content at home or in the classroom.

This program:
- Uses content built on the 10 health skills developed from the National Health Education Standards to ensure an all-inclusive health course
- Engages students in active learning that enables them to practice the health skills
- Provides Fitness and Nutrition activities that show students how to lead an active and healthy lifestyle
- Enables you to customize your entire program and how you teach it - from the delivery method to the content
- Provides many online features that keep the program current for you and your students
Student and teacher subscriptions available through ConnectEd, provide access to the full Teen Health program - plus additional online features.

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- Conference/grant links
- Whiteboard activities
- Inclusion strategies
- Coded activities for all learning levels

Fitness zone podcasts, videos, and activity cards in every module
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#### Building Character and Preventing Cyberbullying
- Chapter 1: Building Character
- Chapter 2: Bullying and Cyberbullying

#### Mental and Emotional Health
- Chapter 1: Mental and Emotional Health
- Chapter 2: Mental and Emotional Disorders

#### Conflict Resolution and Violence Prevention
- Chapter 1: Conflict Resolution
- Chapter 2: Violence Prevention

#### Nutrition and Physical Activity
- Chapter 1: Nutrition
- Chapter 2: Physical Activity

#### Health During the Life Cycle
- Chapter 1: Adolescence
- Chapter 2: Personal Health Care

#### Your Body Systems
- Chapter 1: Your Body Systems

#### Tobacco, Alcohol, and Other Drugs
- Chapter 1: Tobacco
- Chapter 2: Alcohol
- Chapter 3: Drugs
- Chapter 4: Using Medicines Wisely

#### Preventing Diseases
- Chapter 1: Communicable Diseases
- Chapter 2: Noncommunicable Diseases

#### Safety and a Healthy Environment
- Chapter 1: Safety
- Chapter 2: Green Schools/Environmental Health

#### Human Relationships and Sexuality - optional
- Chapter 1: The Teen Years
- Chapter 2: The Reproductive System
- Chapter 3: Sexual Feelings and Relationships
Glencoe Health is a comprehensive health program that can be delivered online through ConnectEd as well as in a traditional print format. The flexible format allows you to engage high school students in an exploration of health and wellness, wherever you are on the digital path. Real-world application of health skills provides students with the understanding they need to create an individualized plan for a healthy life. Glencoe Health:

- Uses content built on the ten health skills developed from the National Health Education Standards to ensure an all-inclusive health course.
- Engages students in active learning that enables them to practice the health skills.
- Provides Fitness and Nutrition activities that show students how to lead an active and healthy lifestyle.
- Enables you to customize your entire program and how you teach it - from the delivery method to the content.
- Provides many online features that keep the program current for you and your students.
Student and teacher subscriptions available through ConnectEd, provide access to the full Glencoe Health program - plus additional online features.

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# GLENCOE HEALTH

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