

Teacher Guide Contents

Welcome to *HealthSmart*[®] v

Lessons

Emotional & Mental Health

Lesson 1: What Is Stress? 1
Lesson 2: What Causes Stress? 5
Lesson 3: Dealing with Stress in Healthy Ways. 11
Lesson 4: Troublesome Feelings & Signals for Support. 21
Lesson 5: Self-Control for Troublesome Feelings. 27
Lesson 6: Getting Help for Troublesome Feelings 33

Personal Health & Wellness

Lesson 7: Habits for Good Health 39
Lesson 8: Protecting My Eyes and Ears 49
Lesson 9: My Healthy Habit Goal 55

Injury & Violence Prevention

Lesson 10: Understanding Risk Taking 61
Lesson 11: Staying Safe at Home, at School and in the Community . 69
Lesson 12: Assessing My Risks 77
Lesson 13: You Can Resist Peer Pressure and Dares 85
Lesson 14: Responding to Conflict 93
Lesson 15: Conflict Resolution Skills 101

Nutrition & Physical Activity

Lesson 16: Eating Healthy: The Big Picture View 109
Lesson 17: Foods Help Your Body in Different Ways 115
Lesson 18: Being Active Every Day 123
Lesson 19: My Daily Eating and Activity Goal 131

Tobacco, Alcohol & Other Drug Prevention

Lesson 20: Reasons to Stay Tobacco and Alcohol Free 137
Lesson 21: What Influences Tobacco and Alcohol Use? 145
Lesson 22: Saying NO Takes Practice 151
Lesson 23: Practicing How to Say NO 159
Lesson 24: Take It from Me—Be Drug Free! 167

Sexual Health

Lesson 25: Thinking About Growing and Changing. 173
Lesson 26: Dealing with Growing Up 179
Lesson 27: Getting Help with Growing Up and Changing 183
Lesson 28: Decisions for a Healthy Future 189