

Teacher Guide Contents

Welcome to <i>HealthSmart</i>®	v
---	---

Lessons

Emotional & Mental Health

Lesson 1: Being Emotionally Healthy	1
Lesson 2: Building Healthy Relationships	7
★ Lesson 3: Respectful Communication	13

Personal Health & Wellness

★ Lesson 4: Getting Accurate Health Information	19
Lesson 5: Understanding Chronic Disease	25
Lesson 6: Protecting My Health Now and in the Future	31

Injury & Violence Prevention

Lesson 7: Understanding Bullying & Cyberbullying	37
Lesson 8: Bullying: Feelings & Consequences	43
★ Lesson 9: Preventing & Reporting Bullying	49
Lesson 10: Understanding Fights	57
Lesson 11: Fights: Feelings & Consequences	61
Lesson 12: Preventing & Avoiding Fights	67
Lesson 13: When Friends Need Help	71
★ Lesson 14: Analyzing Media Messages & Violence	75
★ Lesson 15: Taking a Stand Against Violence	81

Nutrition & Physical Activity

Lesson 16: Using the <i>HealthSmart</i> Guidelines for Healthy Eating. . .	85
Lesson 17: Understanding Food Amounts	89
Lesson 18: Challenges to Healthy Eating: Junk Food	97
Lesson 19: Challenges to Healthy Eating: Fast Foods & Celebrations.	101
Lesson 20: Using the <i>HealthSmart</i> Guidelines for Physical Activity	107
Lesson 21: Physical Activity: What's in It for Me?	115
★ Lesson 22: Healthy Eating & Activity: Setting a Goal.	123
★ Lesson 23: Tracking My Progress	129

Tobacco, Alcohol & Other Drug Prevention

Lesson 24: Consequences of Alcohol Use	133
Lesson 25: Alcohol & Feelings	143
Lesson 26: Alcohol & Peers	147
* Lesson 27: Alcohol & the Media	151
* Lesson 28: Saying NO to Alcohol	157
* Lesson 29: My Alcohol-Free Choice	163
Lesson 30: My Alcohol-Free Connections & Road Map	169
* Lesson 31: When Friends & Family Use Alcohol	173

Sexual Health

Lesson 32: Old Me, New Me	179
Lesson 33: Understanding Puberty & New Responsibilities.	185
Lesson 34: Understanding a Boy's Body	189
Lesson 35: Understanding a Girl's Body	193
* Lesson 36: Gender Roles & Expression	197
Lesson 37: Choosing Sexual Abstinence	203
* Lesson 38: Seeking Information & Support	207

* These lessons focus on specific health skills.