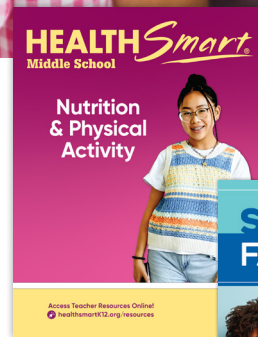


Free Shipping!
See back for details



HEALTH Promotion

Science-Based Materials for
Public Health, School Health,
and Health Care Since 1981



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Updated Materials



STI FACTS
For Teens

is an STI?
transmitted is spread from another during or oral sex.

How do you get an STI?

- STIs are spread during vaginal, anal, and oral sex, and sometimes by genital to genital touching.
- Some STIs (HIV and hepatitis B) are also spread by contact with infected blood.

Where do I get checked?

- Most county health departments have special STI clinics. Private health care providers also treat STIs.
- Visit gettested.cdc.gov to find a clinic near you. Your case will be kept private and confidential.
- You may feel embarrassed to go to a doctor or clinic for help. But the clinic staff will treat you with respect. And treatment is the only way you will get well.

Get the facts about sexually transmitted infections.

STI Facts for Teens
See page 3



ABSTINENCE FACTS

Why wait?

There are lots of good reasons. You might choose abstinence if:

- You're not ready. It's the wrong time or place in your life.
- You believe sex belongs in a serious, committed relationship.
- You haven't met the right person.
- Your life is crazy/busy/full right now.
- You just ended a relationship and need time to get over it.
- You don't want to worry about pregnancy and STIs.

Abstinence may mean:

- Kissing and hugging only
- Only specific sexual behaviors
- Everything but sexual intercourse
- Waiting until you are ready

Will it work for you?

Take the quiz to find out if you're ready for wanting to wait.

- Do you have at least one partner for wanting to wait?
- Do you know the difference between abstinence and celibacy?
- Are you willing to wait at those times?
- Can you talk with your partner about your choice?

If you answered "yes" to all the questions, there's nothing wrong with waiting. If you answered "no" to any, waiting could be the best choice for you.

Your reasons for wanting to wait are what abstinence means to you. To protect yourself from HIV, make sure you use condoms every time you have fluids are exchanged. HPV and herpes can be spread through skin-to-skin genital contact.

The choice to have or not have sex is your right

Abstinence Facts
See page 10



BIRTH CONTROL FACTS
For Teens

What are my birth control options?

Where can I get birth control?

Over the Counter
Some grocery stores, drug stores, and online stores sell condoms, spermicides, the pill, and emergency birth control. States have different laws about over-the-counter birth control. Check online to see what's available in your area.

Health Care Providers and Clinics
You may be able to get free or low-cost birth control from your health care provider or a local health clinic.

Online
Depending on where you live, you can get a prescription online for methods such as the pill, the patch, and the ring and have your birth control delivered to your home. To find online services, go to bedsider.org.

Learn about the birth control options that are right for you.

Birth Control Facts for Teens
See page 9



Breast Health

Being familiar with how your breasts look and feel will help you notice changes.

- It's quick (about 10 minutes).
- It's easy.
- Do it once a month.

Checking your own breasts, along with regular mammograms and breast exams by your healthcare provider, is the best way to find a lump early.

When breast cancer is found early it's easier to treat.

3 STEPS TO HEALTHY BREASTS

- Have regular mammograms. Ask your healthcare provider how often you should have one.
- Have regular breast exams by your healthcare provider. Go every 1 to 2 years beginning at 40 years old.
- Know your own breasts. Learn what's normal for you. Report any changes to your healthcare provider.

Stand in front of a mirror and look at your arms at the same time.

- Has the size of your breasts changed?
- Is there any puckering or dimpling of the skin?
- Has the color of your nipples changed?
- Do you have any itching or redness of the nipple or areola?
- Do you have any discharge from either breast, even if it's only when you squeeze the nipple?

See your healthcare provider if you notice any of these changes.

Finding changes early makes treatment easier.

Breast Health - See page 14

We've recently updated several of our top-selling materials with the latest science-based health information.

Our Commitments

Science-based products for:

- + Sexual and Reproductive Health
- + Nutrition and Physical Activity
- + Health Education
- + Bullying, Violence, and Injury Prevention
- + Substance Use Prevention
- + Emotional Health and Wellness

40 Years of Experience

ETR’s team of professional researchers, health educators, content specialists, and editors always use the latest science, research, and evidence to produce the best health resources.

Nonprofit Commitment

ETR is a nonprofit, science-based research organization that invests all proceeds into promoting health education.

Health Literacy Focus

ETR is dedicated to promoting health literacy. Our materials use plain language and clear design to convey complex information inclusively and respectfully. Most materials are written at the 6th–8th grade reading level and our easy-to-read materials are at the 2nd–5th grade level.



Award Winning

Our acclaimed materials have garnered honors such as the Web Health Award, the National Health Information Award, and the Health Literacy Award for Healthcare Advancement. ETR resources are used by thousands of health professionals and educators nationwide.

Valued Product Partners

If it’s not developed by ETR, it’s sourced from leading developers of science-based health education materials.

Affordability

We are dedicated to making our resources affordable. Take advantage of quantity discounts for our lowest prices. At ETR, we ensure youth and youth-serving adults have access to high quality, scientifically accurate health education at a fair price.

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STIs

WHAT IS AN STI?

STI FACTS

Many people have no symptoms when they have an STI. Sometimes the symptoms go away. But until you get treated, you usually still have the STI and you can give it to others.

HOW DO YOU GET AN STI?

- Some STIs live in body fluids such as semen, pre-cum and vaginal fluids. They spread during vaginal, anal and oral sex when people share these fluids.
- Some STIs live in warm, moist areas on the skin (such as the mouth, sex organs and anus). They spread during skin-to-skin touching when people rub together.
- Some STIs (HIV and hepatitis B) are also spread when people touch infected blood, either during sex or sharing drug needles.

There are lots of ways to have sex that keep you safe from STIs, like touching each other with your hands or using condoms so you don't share body fluids.

GET THE FACTS ABOUT SEXUALLY TRANSMITTED INFECTIONS

Cover the essentials for common STIs

STI Facts provides an indispensable overview of 8 common sexually transmitted infections: chlamydia, gonorrhea, hepatitis B, HPV, herpes, HIV, syphilis, and trich. Topics include:

- + How you get the STI
- + Symptoms to watch for
- + What happens if you don't get treated
- + The importance of getting tested
- + How to protect yourself

STI Facts

STD Facts has been updated to the current language of STI.

Large-Format Pamphlet

English #154

Spanish #154SP

¿QUÉ ES UNA ITS?

ITS HECHOS

¿CÓMO SE CONTRAE UNA ITS?

Muchas personas no presentan síntomas cuando tienen una ITS. A veces, los síntomas desaparecen. Pero hasta que recibas tratamiento, por lo general todavía tendrás la ITS y puedes contagiarla a otras personas.

Algunas ITS viven en los fluidos corporales como el semen, el líquido preseminal y los fluidos vaginales. Se transmiten durante el sexo vaginal, anal y oral cuando las personas comparten estos fluidos.

Algunas ITS viven en áreas cálidas y húmedas de la piel (como la boca, los órganos sexuales y el ano). Se propagan durante el contacto de piel a piel cuando las personas se frotan entre sí.

Algunas ITS (VPH y hepatitis B) también se transmiten cuando las personas tocan sangre infectada, ya sea durante las relaciones sexuales o al compartir agujeros para el uso de drogas.

Hay muchas formas de tener relaciones sexuales que te protegen a salvo de las ITS, como tocarse con las manos o usar condones para no compartir los fluidos corporales.

CONOCE LOS HECHOS SOBRE LAS INFECCIONES DE TRANSMISIÓN SEXUAL





Be prepared with this handy pocket guide

STI: Protect Yourself

- + Fits easily into wallet or purse
- + Unfolds to reveal facts about common STIs and tips for protecting yourself
- + Includes a QR code that links to free online video instructions for using a condom

Pocket Guide #E009

See pricing options on page 12.

QUANTITY	50	100	200	500	1K	5K+
Pamphlets	\$32	\$61	\$116	\$272	\$512	Call for prices
Large-Format Pamphlets	\$36	\$69	\$130	\$306	\$576	

Updated with the latest information teens need to protect their sexual health.

Updated STI Facts for Teens

- + Adapted especially for teens
- + Delivers indispensable information about STIs, including what they are, how to protect yourself, and where to get checked
- + Supports condom use
- + Stresses abstinence is the only guaranteed way to be safe

Pamphlet

English #516

Spanish #517



Updated STI Testing

- + Includes how STIs are spread and what to watch for
- + Reassures that tests are quick and easy
- + Covers why you should get tested and who is at risk

Large-Format Pamphlet

English #414

Spanish #422

Visit etr.org for more materials. 800-321-4407

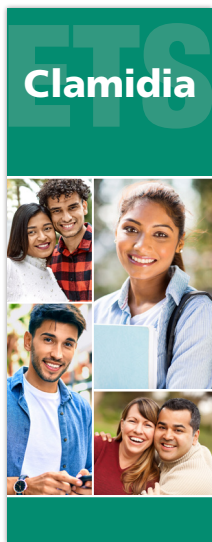


Chlamydia

- + A convenient, comprehensive guide to this common STI
- + Provides clear, detailed list of symptoms and treatment options
- + Explains why this STI is serious
- + Discusses getting tested for chlamydia
- + Suggests methods of protection
- + Tells what to do if you have it
- + National Health Information Award winner

Pamphlet

English #116
Spanish #166



Combine & Save!

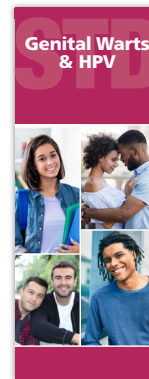
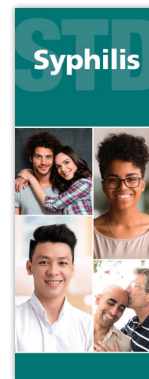
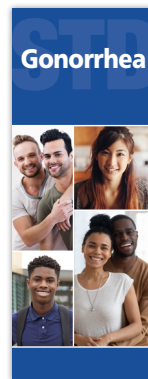
Get 50 each of all 10 **STI** pamphlets. Full set includes 3 additional titles: Vaginitis, PID, and NGU. \$280 value.

English #S074 \$162 Spanish #S077 \$162

QUANTITY	50	100	200	500	1K	5K+
Pamphlets	\$32	\$61	\$116	\$272	\$512	Call for prices
Large-Format Pamphlets	\$36	\$69	\$130	\$306	\$576	

Popular series targets concerns about STIs

- + Common symptoms
- + How you get the STI
- + What happens if you don't get treated
- + The importance of getting tested
- + How to protect yourself



Herpes

Pamphlet

English #117
Spanish #R778

Gonorrhea

Pamphlet

English #186
Spanish #R779

Syphilis

Pamphlet

English #185
Spanish #R858

Hepatitis B

Pamphlet

English #003
Spanish #R890

HPV & Cervical Cancer

Pamphlet

English #085
Spanish #219

Genital Warts & HPV

Pamphlet

English #157
Spanish #R889



Cover 3 types of hepatitis with 1 pamphlet

Hepatitis ABCs

- + Provides an essential overview of hepatitis A, B, and C
- + Explains how people get each type
- + Covers symptoms, tests, and treatment
- + Tells how to protect yourself, including vaccines
- + Foldout chart compares main points

Large-Format Pamphlet

English #235 Spanish #302

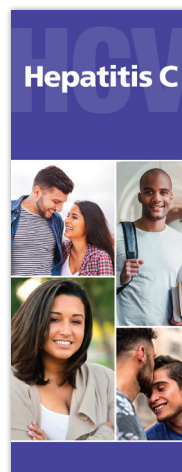


Hepatitis B

- + Stresses that hep B is serious and can be dangerous
- + Explains how you get it
- + Describes how it's spread and who's at risk
- + Discusses how to protect yourself
- + Recommends getting the vaccine

Pamphlet

English #003
Spanish #R890



Hepatitis C

- + Stresses that hep C is serious and can turn into a chronic disease
- + Explains how it's passed from person to person
- + Emphasizes treatments that can cure hep C in 8–12 weeks
- + Discusses how to prevent it

Pamphlet

English #H271
Spanish #R942



Using a condom correctly helps protect against STIs

Condom Educator Kit

- + Everything you need in one kit to demonstrate—model, brochures, and more
- + Convenient carrying case

Kit #S313 \$89.99

HIV



The important facts in a single pamphlet

One of our top-selling titles, *HIV Facts* is an essential tool for HIV educators.

- + Gives HIV prevention facts at a glance
- + Discusses how people get HIV and what to watch for
- + Emphasizes the importance of testing and steps to take after getting results
- + Includes information on safer sex, PrEP, PEP, and U=U

HIV Facts

Large-Format Pamphlet

English #H196 Spanish #R736

More languages available online!

Updated HIV Facts for Teens

Delivers the same indispensable information about HIV, presented using language, concepts, and images to engage teens. It supports condom use, but also stresses that abstinence is the surest way to prevent HIV.

Pamphlet

English #529 Spanish #541



"We love HIV Facts because it's so thorough. We give one to every person who receives an HIV test at our agency."

Meredith Short, Community Health Educator,
Positive Link, Bloomington Hospital, Indiana



Prevent HIV—PrEP gives you choices

Is PrEP for You?

Using PrEP to Prevent HIV

PREVENTING HIV PrEP gives you choices

PrEP can prevent HIV
PrEP stands for pre-exposure prophylaxis. It means taking one Truvada pill every day to protect your body from HIV.

Safer sex Using condoms the right way every time you have sex is very effective at preventing HIV. But some people don't use condoms every time.

Clean needles Using clean needles and never sharing equipment can prevent HIV. But sometimes these aren't available.

PrEP is one more way to protect yourself from HIV.

Is PrEP for you?
Anyone can get HIV. Straight, lesbian, gay, bisexual people. Transgender and gender fluid people. All ethnicities, all age groups.

PrEP can be a good choice for you if:

- Your partner has HIV
- You don't know your partner's HIV status
- You or your partner use injection drugs

PrEP is very safe and can be more than 90% effective at preventing HIV for people who are at high risk.

How do you get PrEP?
PrEP is available only with a prescription. If you start PrEP, you'll work closely with your health care provider. You'll need to be tested for HIV and other STDs every 3 months.

PrEP protects against HIV but not against other STDs (sexually transmitted diseases). Some people choose to use condoms and PrEP for extra protection.

To learn more:
www.cdc.gov/hiv/basics

Health INFORMATION

Is PrEP for You?

Using PrEP to Prevent HIV

- + Provides an overview of what it means to use PrEP to reduce the risk of HIV, answering common questions
- + Discusses how to decide if PrEP is the right choice
- + Includes how to use on-demand PrEP, or PrEP 2-1-1
- + Explores the difference between PrEP and PEP

Pamphlet

English #630 Spanish #631

Preventing HIV: PrEP Gives You Choices

- + Durable poster complements the pamphlet.
- + Provides an overview of how PrEP can reduce the risk of HIV, how to decide if PrEP is the right choice, and how to access PrEP

Laminated Poster (22" x 29") #K077L \$29.99 ea

Pre-exposure prophylaxis, PrEP, is approved by the Food and Drug Administration as an effective HIV prevention strategy. However, there are still many access barriers that exist for clients and patients. In an article in *Physician's Weekly*, ETR's Dr. Rebecca Braun discusses study results that found the importance of scaling telehealth services to increase access to PrEP for communities facing significant inequities in PrEP availability and utilization.

Treatment is prevention!

U=U

Undetectable = Untransmittable

- + Emphasizes the success of HIV treatment
- + Defines an undetectable viral load
- + Explains HIV cannot be sexually transmitted when virus is undetectable
- + Discusses the need to stay with treatment

Pamphlet

English #637 Spanish #637SP

U=U
UNDETECTABLE EQUALS UNTRANSMITTABLE

U = untransmittable

What is HIV?
HIV (human immunodeficiency virus) attacks the immune system, which protects your body from sickness. HIV weakens the immune system by destroying CD4 cells (also called T-cells).

What is an undetectable viral load?
HIV invades CD4 cells and destroys them. CD4 cells make copies of itself to fight off HIV in the body. The amount of HIV in a person's blood is called viral load. The goal of HIV treatment is to keep the amount of HIV in the body very low.

Without treatment, viral load and the number of CD4 cells
When your CD4 count falls below a healthy range of 500-1,000, your body is at a higher risk for serious illness.

HIV treatment works
ART (antiretroviral therapy) is medicine used to treat HIV. It's very effective. It improves the health of people with HIV and it reduces the amount of the virus in a person's body. When the viral load is so low it can't be detected by a test, it is called undetectable. Having an undetectable viral load is the best thing a person with HIV can do to stay healthy.

What is my viral load undetectable?
Most people who start ART and use it as directed have an undetectable viral load in 6 months or less. Your provider will do a viral load blood test. If your viral load is so low the test cannot measure HIV in your blood, then your HIV is undetectable.

Stick with your treatment plan
Once you have an undetectable viral load, you need to keep taking ART as directed to maintain an undetectable viral load. After you've had an undetectable viral load for 6 months, you have a "durably undetectable" viral load. This means your ART is working very well—you won't give HIV to your partner during sex. People should get tested every 3-6 months to make sure HIV stays undetectable. Talk to your provider about how often you should get tested.

Take your ART as prescribed
If you skip a dose, or have trouble sticking to your treatment plan, talk with your provider. If you skip your medicine, even now and then, HIV will make copies of itself and become detectable. You could pass HIV to your partner during sex. Your ART might become less effective at controlling the HIV. HIV could become resistant to your ART and you might need to switch to using a different ART.

Stay healthy and prevent transmission with HIV medicine

Health INFORMATION

QUANTITY	50	100	200	500	1K	5K+
Pamphlets	\$32	\$61	\$116	\$272	\$512	Call for prices
Large-Format Pamphlets	\$36	\$69	\$130	\$306	\$576	

Visit etr.org for more materials. 800•321•4407

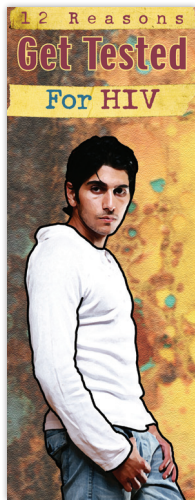


Living Healthy with HIV

- + Lists ways to eat healthy and be physically fit
- + Explores how to deal with stress
- + Discusses treatment options
- + Includes how to find a doctor and get services
- + Covers ways to have sex with very low or no risk

Large-Format Pamphlet

English #508 Spanish #527



12 Reasons: Get Tested for HIV

- + Notes that many people with HIV don't know they have it
- + Includes a risk assessment quiz
- + Emphasizes that anyone can get HIV
- + Describes the test, explains how it works, and lists places to go for testing

Pamphlet #514



HIV + Sex

- + Provides no-risk and low-risk safer sex guidelines
- + Discusses how to talk about sex with new and/or steady partners
- + Suggests PrEP as an option for couples where one partner may have HIV
- + Explains how a doctor can help with HIV meds, T-cell and viral load check-ups, and more

Pamphlet #530



HIV/STI Message Pen

- + 6 powerful messages, just click
- + Promotes sexual responsibility
- + Popular event give away!

Pen #T031 \$62.99 (set of 25)

QUANTITY	50	100	200	500	1K	5K+
Pamphlets	\$32	\$61	\$116	\$272	\$512	Call for prices
Large-Format Pamphlets	\$36	\$69	\$130	\$306	\$576	

Guide them through the choices

Our updated *Birth Control Facts* pamphlet covers:

- + Most popular methods and their effectiveness
- + Chances of not getting pregnant
- + Advantages and health concerns
- + Level of protection from HIV/STIs
- + Questions to help them decide on a method
- + Emergency birth control options

WHAT'S RIGHT FOR ME?
These questions can help you decide which method works best for you.

WHERE I GET THE METHOD?
Anyone, of any gender, can get birth control from their doctor or a local health clinic. Some telehealth services offer online prescriptions for birth control.

Updated!

BIRTH CONTROL FACTS

Over the Counter
Groceries, drug stores, and online retailers sell over-the-counter methods, such as condoms, spermicides, and emergency birth control.

Health Care Providers & Clinics
Everyone can get free or low-cost birth control from their care provider or at health clinics.

Online
Depending on where you live, you can get a prescription online for methods like the pill, the patch, and the ring and have your birth control delivered to your home. To find online services, go to bedsider.org.

LEARN ABOUT THE BIRTH CONTROL OPTIONS THAT ARE RIGHT FOR YOU

Updated Birth Control Facts

Covers IUD, implant, Depo-Provera, pill/patch/ring, condoms, diaphragm, natural family planning/fertility awareness method, spermicide, and sterilization.

Large-Format Pamphlet

English #137
Spanish #148
More languages available online!

Updated Birth Control Facts for Teens

Adapted especially for teens. Includes how to choose a birth control method, where to get birth control, and answers to common questions.

Pamphlet

English #R811
Spanish #292

Emergency Contraception

What it is and how to use it

Emergency Contraception

- + Explains what EC is and when it can be used
- + Describes emergency contraceptive pills and the copper-T IUD
- + Discusses timing, effectiveness, cost, and side effects
- + Answers common questions

Pamphlet

English #R019
Spanish #R827

BIRTH CONTROL FACTS
For Teens

Updated!

What method is right for me?
These questions can help you decide which method works best for you and your partner.

How well does this method work?
Would a pregnancy be a problem for me right now?

How much will it cost?
Can I afford it?

Is it easy to get and use?
Will I use it the right way every time—even if it's sometimes a hassle?

How long will the method last?
Do you want something that is just for a short period of time, or something that can last for 5 or more years?

Can my partner and I use this method together?
Can I use it by myself if my partner won't help?

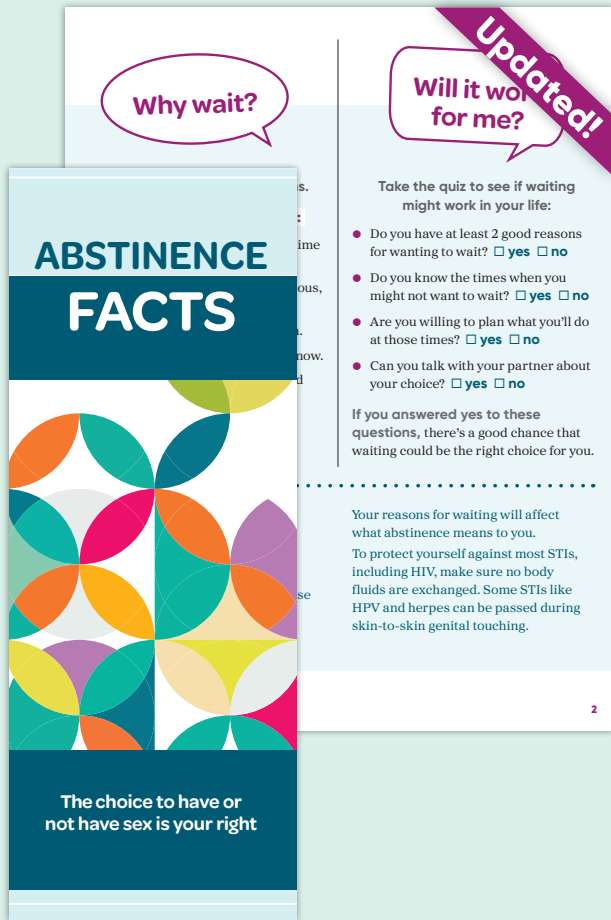
Do I have religious or moral beliefs about using birth control?
Does this method fit with my beliefs?

How do I feel about touching my body?
Do I need to touch my genital area to use this method?

Will this method help protect me from HIV and other sexually transmitted infections (STIs)?
If not, am I willing to use another method? What method instead?

Will I feel embarrassed using it?
Will I use it anyway?

Learn about the birth control options that are right for you.



An Empowering Choice

Our newly updated pamphlet explains the importance of taking care of your sexual health whether you choose to have sex or not. Includes:

- + The benefits of abstinence
- + A "Will It Work for Me?" quiz
- + Making a plan to resist pressure to have sex
- + Tips for waiting

Updated Abstinence Facts

Large-Format Pamphlet #119



Refusal Skills Message Pen

- + 6 powerful messages
 - + Resist pressure with the right response
 - + Disengage from unhealthy behavior
 - + Popular event give away!
- Pen #T008 \$62.99 (set of 25)



101 Ways to Make Love Without Doin' It®

Lists fun alternatives to sex including taking a walk together, talking about your feelings, and eating dinner by candlelight.

Pamphlet

English #063 Spanish #H101

QUANTITY	50	100	200	500	1K	5K+
Pamphlets	\$32	\$61	\$116	\$272	\$512	Call for prices
Large-Format Pamphlets	\$36	\$69	\$130	\$306	\$576	

Why Use Condoms?

Stop STIs
The most common reason to use condoms is to help prevent STIs, including HIV.

- Someone with an STI can pass it to another person during sex, through semen, vaginal fluids or blood.
- Many STIs, including HIV, don't have symptoms. You can't always tell if someone has an STI.
- Condoms help keep semen, vaginal fluids and blood from passing from one person to another during sex.

Use a new condom every time you have vaginal, anal or oral sex.

Avoid Unintended Pregnancy
When condoms are used every time, chances of sex only 2%. When not every time, chances are 18%.

Even if you use another method, you may still get pregnant.

- for extra protection, pregnancy and STIs
- during the woman's month
- during the first month using a new method
- if you forget to use a method or are late to use it

Pleasure
Some people enjoy using condoms.

- They feel relaxed because less risk of STIs and pregnancy.
- Knowing how to use correctly makes them comfortable and know about sex.
- They enjoy the long condoms may provide

Condom Facts

Convenient • Inexpensive
Easy to use • Portable • Safe
Effective • Sexy • Smart

Condoms are great at preventing HIV/STI and unintended pregnancy

Condom Facts

- + Why use condoms and where to find them
- + How to choose and use them
- + Talking to a partner
- + Practicing to get comfortable

Large-Format Pamphlet

English #526 Spanish #539

Condom Facts Poster

- + Details 10 things to know about choosing and using condoms
- + Complements *Condom Facts* Pamphlet

Laminated Poster (22" x 29")
#K057L \$29.99 ea

Condoms
Think About It

Condoms: Think About It (Bilingual)

- + English on one side and Spanish on the other side
- + Describes what a condom is and why using condoms is important
- + Includes illustrations of 4 easy steps to condom usage
- + QR code links to online video instructions in English and Spanish

Pamphlet #008

Using Condoms
Internal (Female) Condom

Health Advocates

Using Condoms

Side 1: External (Male) Condom
Side 2: Internal (Female) Condom

- + Features detailed illustrated instructions for using both kinds of condoms
- + Explains the benefits of using each kind
- + Includes tips for making condoms sexy

Pamphlet #540



Condom Demonstrator

Designed to help educators and health care providers demonstrate how to use a condom.

- + Appropriate for multiple audiences—does not have anatomically detailed features
- + Encourages students to ask questions and become comfortable with the topic
- + Made of durable, lightweight plastic that is easy to clean
- + Approximately 7.1" long

Model #T037 \$21.99

Condom Educator Kit

Condom Educator Kit

- + Everything you need in one kit to demonstrate—model, brochures, and more
- + Convenient carrying case

Kit #S313 \$89.99



Condoms: Hot Tips

- + Unfolds to reveal great tips on using condoms to make sex better
- + Discusses condom care, lubes, and talking to your partner

Pocket Guide

English #E001 Spanish #E008
More languages available online!

Safer Sex: Hot Sex

- + Offers tips on making sex relaxed and safe
- + Reviews safer sex basics
- + Encourages talking, being playful, and exploring touch

Pocket Guide #E007

QUANTITY	50	100	200	500	1K	5K+
Pocket Guides	\$59	\$113	\$213	\$502	\$885	Call



12 Reasons: Let's Talk Before We Have Sex

- + Discusses good reasons for talking with your partner
- + Offers tips to help you get started
- + Describes STI basics
- + Encourages people to get tested

Pamphlet #515



9 Sexually Responsible Behaviors

- + Shows why responsible choices make sense
- + Encourages staying informed about birth control and STI
- + Suggests getting friendly with condoms
- + Stresses clear communication about "yes" and "no"
- + Supports living by your values and taking steps to protect yourself

Pamphlet #310



HIV + Sex

- + Explains that people with HIV can have great sex safely
- + Provides no-risk and low-risk safer sex guidelines
- + Discusses how to talk about sex with new and/or steady partners
- + Suggests PrEP as an option for couples where one partner may have HIV
- + Talks about how a doctor can help with HIV meds, T-cell and viral load check-ups, and more

Pamphlet #530



6 Things You May Not Know About Oral Sex

- + Explains that STIs can be passed during oral sex
- + Provides tips on how to protect yourself
- + Encourages conscious choices
- + Recommends discussing oral sex with a partner
- + Stresses that it's always OK to say no to oral sex

Pamphlet #413

How Your Baby Grows

First Trimester

Weeks 1-13

- Called an embryo or fetus
- Brain formed and increasing in size
- Head beginning to form
- Backbone formed
- Heart starting to beat
- Length about 1.4 inch

Embryo at Week 5
About 17 mm long
About 4 mm wide

Week 8

- Head large compared to the rest of body
- Face and features forming
- Arms and fingers formed
- Chest and abdomen formed
- Arms, legs, hands and feet growing quickly
- Bones starting to harden
- Length about 7.8 inches
- Weight: 0.98 ounce

Embryo at Week 8
About 7 mm long
About 4 mm wide

Week 12

- Embryo now called a fetus
- Head 2/3 the size of the body
- Brain and muscles coordinated
- All internal organs formed and functioning
- Chin and neck formed
- Arms, legs, hands, fingers, feet and face completely formed
- Length about 9.2 inches
- Weight about 0.88 ounce

Fetus at Week 12
Head 2/3 the size of the body

Second Trimester

Weeks 14-27

- Eyes developing behind forehead
- Eyes large and clear
- Fingers can withdraw and push out
- All major muscles working with stimulation from the brain
- Fetus moving vigorously, though mother usually doesn't feel it
- Length about 7.4 inches
- Weight about 4.6 ounces

Week 20

- Eye starts to open on head
- Eyes tightly closed
- Tooth budding
- Major organs forming
- Legs in the right proportion to body size
- Mother usually feeling胎 movements by now
- Fetus about half as long as it will be at delivery
- Length about 10 inches
- Weight about 10.27 ounces

Week 24

- Face fully formed
- Can hear music, music and sound from outside the uterus
- Can speak with voice, a creamy substance that protects the skin
- Can cough and sneeze
- Length about 13 inches
- Weight about 2.42 pounds

Fetus at Week 24
Head 1/2 the size of the body

Third Trimester

Weeks 28-40

- Fetus now fully mobile, able to lie and turn in the womb in almost any position
- Legs not fully developed
- Not ready for outer the skin
- Temperature control mechanism not working
- Length about 14 inches
- Weight about 7 pounds

Week 32

- Body proportion as they will be at birth, movements very vigorous
- Large snoring
- Large yawn on some far-see his mouth
- Length about 16 inches
- Weight about 9.22 pounds

Week 36

- Body growing fast
- Will gain 1 ounce a day during the next 4 weeks
- Fetus will sleep into the pelvic and head a great
- Movements more like jabs as it settles into place
- When awake, eyes are open. Area of light
- Length about 18 inches
- Weight about 12.22 pounds

Week 40

- Fetus is now ready for delivery
- Little visible veins on skin
- Long fingernails
- Now 8 times bigger than at 3 months
- Has increased weight about 400 times over 3 months
- Length about 19-20 inches
- Weight about 16-16 pounds

Fetus at Week 40
Head is equal to pelvic bones, ready for delivery, about 19 to 20 inches long

Pregnancy Facts

What to expect during each stage of pregnancy

Having a healthy pregnancy is one of the best ways to have a healthy birth

Pregnancy Facts

- + Comprehensive overview details body changes and how the baby grows in each trimester
- + Offers tips for a healthy pregnancy
- + Covers ways to ease common pregnancy conditions
- + Folds out to a chart that illustrates stages of fetal development

Large-Format Pamphlet

English #183 Spanish #R737

Prenatal Care

Prenatal care gives you the best chance of having a healthy baby.

What is Prenatal Care?

Prenatal care is the health care you get when you're pregnant.

You get prenatal care from a family practitioner or nurse. Another name for all these is "health care provider."

You should start as soon as you think you might be pregnant: your first 6 months, you'll likely get a checkup once a month. 7 and 8, you'll go once a month. After your last month, you'll go every week.

You can get prenatal care from many places:

- the public health department
- county hospitals
- family planning clinics
- a private doctor

If you don't know where to go, call your local public health department for help.

I know it's important to get prenatal care to keep my baby and me healthy.

Prenatal Care

- + Gives a thorough overview of prenatal care
- + Discusses why it's so critical
- + Discusses nutritional needs during the prenatal period
- + Describes danger signs that require immediate medical attention

Large-Format Pamphlet

English #087 Spanish #033

1ST Trimester

What's Normal, What's Not

2ND Trimester

What's Normal, What's Not

3RD Trimester

What's Normal, What's Not

Trimester Series

This series covers all the stages of pregnancy. Each pamphlet includes:

- + Fetal development in that trimester
- + Relief from common conditions
- + Warning signs to watch for
- + Common emotional experiences

1st Trimester Pamphlet #R327

2nd Trimester Pamphlet #R328

3rd Trimester Pamphlet #R329

QUANTITY	50	100	200	500	1K	5K+
Pamphlets	\$32	\$61	\$116	\$272	\$512	Call for prices
Large-Format Pamphlets	\$36	\$69	\$130	\$306	\$576	





Breast Health

Finding changes early makes treatment easier.

Being familiar with how your breasts look and feel will help you notice changes.

- It's quick (about 10 minutes).
- It's easy.
- Do it once a month.

Checking your own breasts, along with regular mammograms and breast exams by your healthcare provider, is the best way to find a lump early.

When breast cancer is found early it's easier to treat.

3 STEPS TO HEALTHY BREASTS

- 1 Have regular mammograms.** Ask your healthcare provider how often you should have one.
- 2 Have regular breast exams by your healthcare provider.** Go every 1 to 2 years beginning at 40 years old.
- 3 Know your own breasts.** Learn what's normal for you. Report any changes to your healthcare provider.

How to check your breasts

Stand in front of a mirror and check your arms at your sides at your breasts.

-  Check with arms at your sides.
-  Check with arms above your head.
-  Check with hands on hips, bending forward slightly.

Updated!

- Has the size or shape changed?
- Is there any dimpling or puckering?
- Has the color of the skin or nipples changed?
- Do you have sores, scaly skin, itching or swelling on or around the nipple?
- Do you have a discharge from either nipple without squeezing?

See your healthcare provider if you answer yes to any of these questions.

Updated**Breast Health**

(Previously titled Breast Self-Exam)

- + Describes how to do a breast exam
- + Includes clear illustrations
- + Discusses clinical exams and mammograms
- + Explains when to call your doctor

Pamphlet

English #234

Spanish #247




Male Self-Exam

Protect your health with this 5-minute exam.

Male Self-Exam

- + Provides easy instructions for genital self-exam
- + Covers what's normal and when to seek treatment
- + Explains importance of early detection of cancer and STIs

Pamphlet

English #191

Spanish #200



Puberty facts

Puberty Facts

- + Explains what puberty is and when it begins
- + Addresses common concerns about physical transitions
- + Discusses erections, breast development and menstruation
- + Illustrates changes inside and outside the body

Large-Format Pamphlet #182


Male facts

Male Facts

- + Clearly describes reproductive organs with illustrations
- + Covers puberty and health stages throughout life (puberty, prostate health, etc.)
- + Provides insight for commonly asked questions

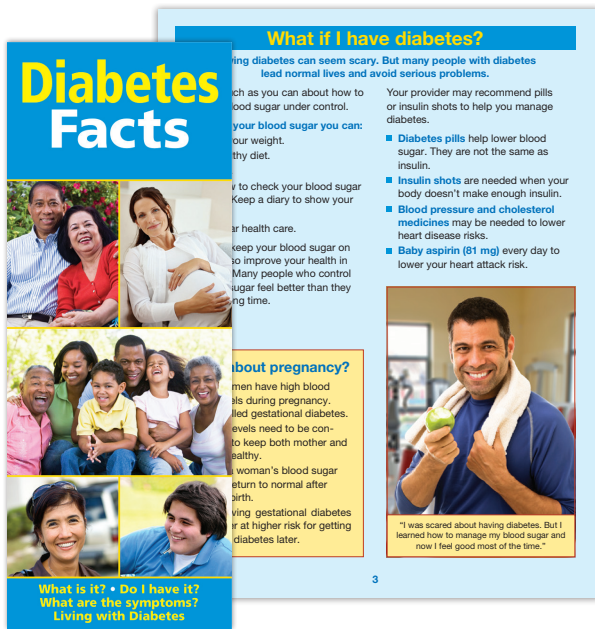
Large-Format Pamphlet #188


Female facts

Female Facts

- + Clearly describes reproductive organs with illustrations
- + Covers puberty and health stages throughout life (puberty, breast health, etc.)
- + Provides insight for commonly asked questions

Large-Format Pamphlet #193



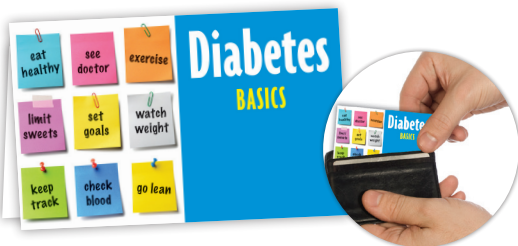
More than 1 in 3 Americans could have diabetes by 2050

Diabetes Facts

- + Offers a general overview and lists symptoms
- + Explains that it's a serious disease
- + Discusses risk factors
- + Features a foldout chart with ways to stay healthy

Large-Format Pamphlet

English #490 Spanish #500



Diabetes Basics

- + Fits easily into a wallet or purse
- + Unfolds to reveal lots of great diabetes tips
- + Encourages healthy eating and physical activity
- + Discusses blood glucose meters
- + Emphasizes regular health care
- + Describes what to do in a blood sugar crisis

Pocket Guide #E011

See pricing options on page 12.



What's Your Pronoun?

- + Reassures people they are welcome and can expect support and respect
- + Encourages sharing pronouns publicly
- + Clearly declares a safe space for all people

Laminated Poster #K036L \$29.99



Pronoun Pins

- + Colorful 1.5" pins promote everyone's pronouns
 - + 25 of each: she/her/hers, he/him/his, she/they, he/they, they/them/theirs, and ask my pronouns
 - + Pins easily to clothing, bulletin boards and more
- Pins #N010 \$99.99



Mirror Clings

- + Help prevent the spread of flu, colds, and other diseases
- + Bilingual (English/Spanish)
- + Laminated and water-resistant

Wash Your Hands!

Mirror/Wall Cling (5" x 7") #T001

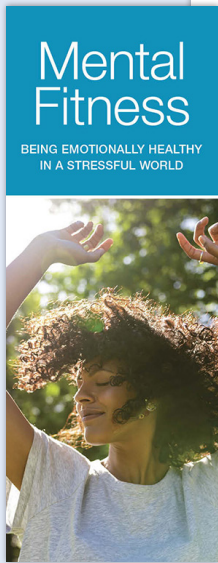
Cover Your Cough!

Mirror/Wall Cling (5" x 7") #T003

QUANTITY	1-50	51-100	101-200	201+
Mirror/Wall Clings	\$2.99 ea	\$2.85 ea	\$2.70 ea	Call

See our full collection of cold, flu, and hygiene resources at etr.org/store.





The Science of Emotional Health

In the past, treating mental disorders after they showed up was the main option. Today, the idea is that you can build mental fitness to help prevent problems.

- **Resilience.** People who cope well and stay mentally healthy despite trauma, poverty and other risks in their lives are said to be resilient. Researchers believe that people can learn to handle difficult events by identifying and relying on their strengths and capabilities.
- **Optimism.** Studies show that a hopeful, positive attitude is important for good mental health. People can learn to focus on the positive much of the time.
- **Emotional Intelligence.** Understanding their own and others' feelings helps people relate. You can learn skills to recognize, talk about and manage emotions.

With help from a professional, it's very possible to improve your mental health, no matter where you are right now.



Physical fitness feeds the mind

Keeping your body fit helps your mental fitness too!

- Be physically active every day.
- Eat healthy foods in the right amounts.
- Reduce or stop tobacco, alcohol and other drug use.
- Get regular checkups from a health care provider.

What is happiness?

Most people think of happiness as a sign of good mental health. But it depends on the type of happiness.

Some things might make you feel happy for a while.

- Eating a bowl of ice cream.
- Getting a raise or a good grade.
- Watching a football game.

But having a lot of short-term happy times doesn't add up to long-term happiness or well-being. When people use their personal strengths to guide their life decisions, their actions build these strengths and lead to longer-term happiness.

Some things can lead to well-being:

- Doing kind things for other people.
- Speaking up for what you feel is fair.
- Appreciating the good things that happen.

Support emotional health in a stressful world

Mental Fitness


- + Explains what you can and cannot change about mental health
- + Describes mental fitness, mental and physical health, as well as emotional health
- + Offers practical advice on healthy steps to take for emotional wellness

Pamphlet #369

QUANTITY	50	100	200	500	1K	5K+
Pamphlets	\$32	\$61	\$116	\$272	\$512	Call for prices

HELP ON THE WAY

Depression



Depression Help on the Way

- + Lists symptoms of minor and major depression and seasonal affective disorder
- + Explains treatment options
- + Discusses how medicines work
- + Stresses importance of exercise and laughter
- + Urges talking to a health care provider

Pamphlet #H232

HELP ON THE WAY

Anxiety



Anxiety Help on the Way

- + Describes different types of anxiety and symptoms
- + Explains when anxiety is a problem
- + Includes description of panic attacks
- + Discusses treatment options
- + Offers clear, practical advice for coping

Pamphlet #367

HELP ON THE WAY

Panic Attacks




Panic Attacks Help on the Way


- + Enables people to cope with these common, debilitating attacks
- + Explains what a panic attack is
- + Lists symptoms
- + Suggests causes, including genetics, stress and drug use
- + Outlines prevention and treatment

Pamphlet #H231

While you're here, you deserve to:

- Express yourself** as you are in a way that feels safe
- Know **your rights**
- Have your experience **trusted and believed**

 How else can we make **you feel safe**?



Safe Space

- + Helps create a safe environment for students, employees, customers, and visitors
- + Reassures that who they are will be respected and believed
- + Appropriate for youth-serving organizations

Laminated Poster #K035L
\$29.99

ETR's "Yes means Yes" products support affirmative consent policies



What is affirmative consent?

Affirmative consent is a standard applied in some sexual conduct policies. These policies say that when one person initiates sexual contact, he or she must get a clear, voluntary, enthusiastic "yes" for the sex to be consensual. An actual, verbal "yes" may or may not be required under a specific policy. But a verbal "yes" makes things much clearer! Both people must agree on any sexual activity for it to be mutual, consensual sex rather than dating abuse, assault or rape. "Yes means yes" is shorthand for this.

What's so great about YESmeansYES

You might be familiar with "no means no." According to that standard, if a person says "no" to sex, the other person must stop. But what if a person can't say "no" or she feels scared? Or is she too drunk to say "no"?

With affirmative consent, you're on track. Why? Because you've both been totally clear to each other about what you want to do and what you want to avoid.

Whatever you decide to do—whether it's hands, kiss, touch, have sex, or anything else—you're being tender or intentional. It's playful, quiet or noisy—all makes it work!

Other great benefits

Yes, affirmative consent can solve some problems. But it offers many other benefits:

- SAFETY.** Partners can feel more relaxed and happier when they feel closer to their partner, emotionally and physically.
- RESPECT.** Affirmative consent creates a feeling of mutual respect.
- EMPOWERMENT.** Partners can be clear about their limits, and that's powerful.

YESmeans YES

What Is affirmative consent?

Yes Means Yes What Is Affirmative Consent?

- + Defines the affirmative consent standard that forms the basis of some sexual assault policies
- + Describes how to set limits and give or deny consent
- + Discusses how enthusiastic consent can be part of a healthy sexual relationship
- + Stresses that avoiding alcohol and other drugs helps people stay safer

Pamphlet #557

Yes Means Yes Poster

- + Introduces the concept of sexual consent as a definite "yes" from both partners
- + Encourages clear communication around sexual relationships

Laminated Poster (22" x 29") #K075L \$29.99 ea

Emotional Abuse



Learn to notice the warning signs

Emotional Abuse

- + Describes what emotional abuse is and its relation to physical and sexual abuse
- + Lists signs of abuse for both partners, and urges abusers and their victims to get help
- + Suggests what to do if someone you know is being abused or may be abusive

Pamphlet #306

Sexual Violence



Sexual Violence

- + Explains sexual violence, assault, harassment, and verbal abuse
- + Urges victims to report and get support
- + Describes acquaintance and stranger rape, and how to recognize warning signs or feelings of discomfort, as well as myths around circumstances

Pamphlet #H212



10 Things to Know About Vaping

- + Debunks the idea that vaping is safe
- + Counters misleading information
- + Discusses the risk of nicotine addiction
- + Lists some of the toxins in e-cigarettes

E-Cigarettes: 10 Things to Know About Vaping

Pamphlet
 English #554
 Spanish #555
 More languages available online!



Drug Facts

- + Provides a comprehensive overview of 11 commonly misused drugs, including Adderall, alcohol, cocaine, DXM, ecstasy, marijuana, meth, heroin, and opioids
- + Covers drug addiction and drug use
- + Discusses short- and long-term effects

Large-Format Pamphlet

English #189
 Spanish #199
 Available in more languages online!

QUANTITY	50	100	200	500	1K	5K+
Pamphlets	\$32	\$61	\$116	\$272	\$512	Call for prices
Large-Format Pamphlets	\$36	\$69	\$130	\$306	\$576	



Marijuana and Your Brain

- + Explains that the human brain grows and develops until the mid-20s and marijuana hurts brain development
- + Discusses learning challenges and the risk of addiction and mental health problems
- + Addresses the mistaken idea that marijuana is safe because it's natural
- + Notes that using marijuana makes it unsafe to drive

Pamphlet #635



Legalized Marijuana: Making Smart Choices

- + Warns against exposure to marijuana during pregnancy
- + Discusses potential harm to the developing adolescent brain
- + Describes the health risks of edible marijuana products
- + Emphasizes problems with driving under the influence
- + Lists some of the short-term and long-term effects of using marijuana

Pamphlet #559

Sexual and Reproductive Health Curricula

These programs come bundled with virtual Training of Educators!

Curriculum trainings utilize a research-based approach and engage learners through proven teaching strategies, interactive activities, modeling, and follow-up support.



Making Proud Choices!

An evidence-based, safer-sex approach to teen pregnancy and HIV/STI prevention. Provides adolescents with the knowledge, confidence and skills necessary to reduce their risk of sexually transmitted infections (STIs), HIV and pregnancy by abstaining from sex or using condoms if they choose to have sex. It is based on cognitive-behavioral theories, focus groups, and the authors' extensive experience working with youth.

The curriculum can be adapted to create a school version with 14 shorter modules that will fit a school schedule. The California Edition of *Making Proud Choices* is designed to meet the requirements of the California Healthy Youth Act and can provide additional comprehensive sexual health education content. Also available in a print version only are a Spanish-language edition, and a 10-module adaptation for Youth in Out-of-Home Care.

The videos included with the curriculum are presented in English with Spanish subtitles available. Available in both print and digital.



Includes training!



Training Calendar

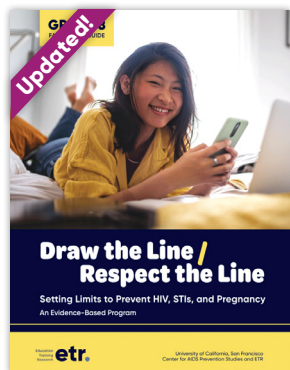
ETR offers science-informed training, technical assistance, and consultation services

to strengthen and support program implementation and sustainability. Our team of experts is here to support you in delivering high-quality, engaging, and inclusive evidence-based health education in your classroom or community.



View upcoming training opportunities at: etr.org/ebi/training-ta/training-calendar





Draw the Line/ Respect the Line

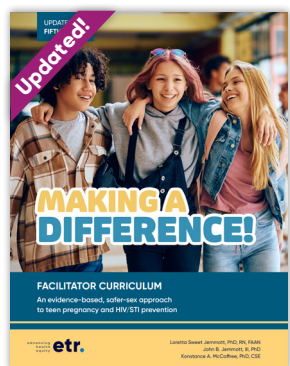
A 3-year evidence-based curriculum that promotes abstinence and protection by providing students in grades 6, 7 and 8 with the knowledge and skills to prevent HIV, other STIs, and unplanned pregnancy.

Using an interactive approach, the

program shows students how to set personal limits and meet challenges to those limits. Lessons also include the importance of respecting others' personal limits. Available in both print and digital.



Includes
training!



Making a Difference!

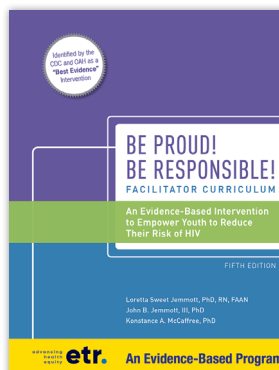
An 8-module curriculum that provides young adolescents with the knowledge, confidence, and skills necessary to reduce their risk of sexually transmitted infections, HIV, and pregnancy by abstaining from sex. The program's goal is to

empower young adolescents to change their behavior in ways that will reduce their risk of pregnancy, HIV, and other STIs.

The curriculum emphasizes that young adolescents should postpone sexual activity and that practicing abstinence is the only way to eliminate the risk for pregnancy and STIs, including HIV. The curriculum can be adapted to create a school version with 13 shorter modules that will fit a school schedule. There is also an edition adapted for use with high school youth with mild cognitive impairments (MiCI). Available in both print and digital.



Includes
training!

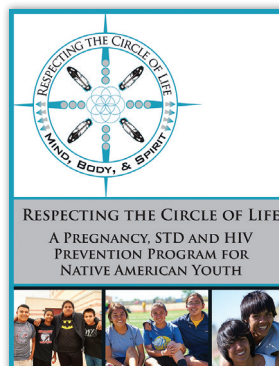


Be Proud! Be Responsible!

A multi-media, 6-module curriculum that provides adolescents with the knowledge, motivation and skills to change their behaviors in ways that will reduce their risk of contracting HIV and other sexually transmitted infections. Available in both print and digital.



Includes
training!



Respecting the Circle of Life

An STI/HIV education and pregnancy prevention program for Native American youth between ages 11 and 19 and their parents or other trusted adults. Through peer-group sessions, the program gives young people the knowledge and

skills they need to protect themselves from unintended pregnancy and STIs. Parents, guardians and other trusted adults are a very important part of this effort, and the program includes a session for individual youth along with a parent or other trusted adult.

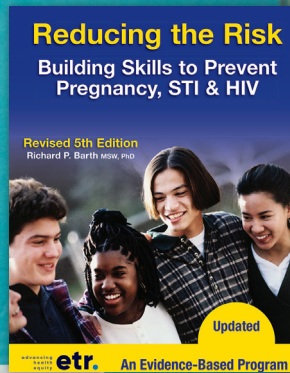
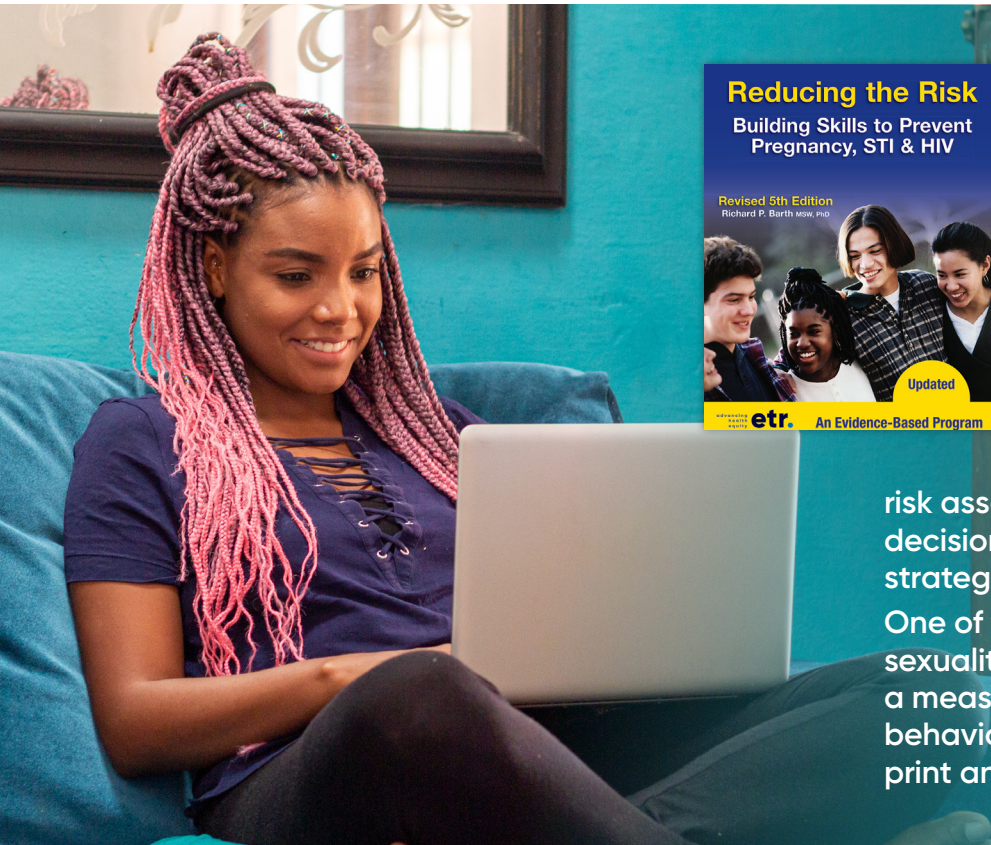
The program includes an online, self-paced Training of Educators that gives educators the knowledge and skills to implement the *Respecting the Circle of Life* curriculum effectively and with a high degree of fidelity. Educators can work through the e-learning modules at their own pace, with plenty of reinforcement and opportunities for review along the way.



Includes
training!



All programs include **Free Ground Shipping** where available.



Reducing the Risk

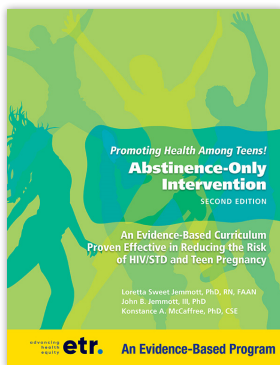
A 16-session curriculum designed to help high school students delay the initiation of sex or increase the use of protection against pregnancy and STI/HIV if they choose to have sex. This research-proven approach addresses skills such as

risk assessment, communication, decision making, planning, refusal strategies and delay tactics.

One of the first rigorously evaluated sexuality education curricula to have a measurable impact on behavior. Available in both print and digital.



Includes training!



Promoting Health Among Teens!

Abstinence Only

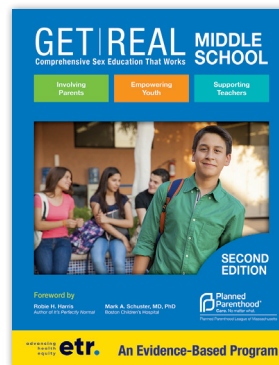
A program that teaches about puberty, sexually transmitted disease (STIs), including HIV, and pregnancy prevention through lively, interactive and student-centric activities that include

talking circles, brainstorming, roleplays, videos, exercises and games that make learning enjoyable.

Focuses on knowledge, attitudes, and skills that encourage and assist young people in implementing abstinence in their relationships. Also available in a School Edition, with 12 shorter sessions designed to fit a school schedule. Available in both print and digital.



Includes training!



Get Real

A comprehensive evidence-based sexuality education curriculum developed by Planned Parenthood League of Massachusetts that empowers students in grades 6, 7 and 8 to delay sex and protect themselves from

pregnancy and STIs. There is also a 1-year, evidence-informed *Get Real High School* program.

The *Get Real* program emphasizes social and emotional skills as key components of healthy relationships and responsible decision making; promotes abstinence from sex as a healthy and safe choice; provides a comprehensive understanding of sexual health, sexuality, and protection methods; and supports parents and other caring adults as the primary sexuality educators of their children with take-home family activities and access to the *Get Real for Parents* mobile website. Available in both print and digital.

ETR has been a leader for over 40 years in sex education and the advancement of adolescent health and well-being, providing support in the development, implementation, training, and evaluation of Teen Pregnancy Prevention programs.

We have provided educators, health care professionals, and public health staff with comprehensive and affirming sexual health information to help individuals and communities achieve their best health. The need for innovation in sexual health education to advance adolescent health for all youth is stronger than ever before. Evidence-based pregnancy and sexually transmitted infection (STI) prevention programs have been shown to have a

positive effect on reducing unintended pregnancy and associated behavioral risk factors by helping young people delay sexual activity or increasing condom and contraceptive use.



Scan the QR code or click here to read "How to Innovate Sexual Health Education." Estimated read time: 4 minutes, 30 seconds



Substance Use Prevention Curricula

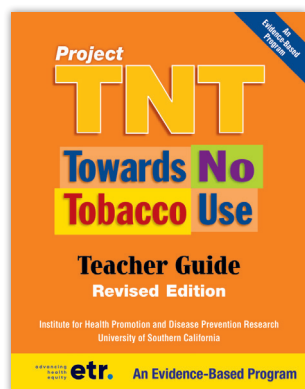


Keepin' It REAL Drug Resistance Strategies

(Grades 7–9)

Prepares students to act decisively in refusing offers to use drugs, such as marijuana, tobacco, and alcohol, and empowers youth to make choices that support drug-free values. The program helps students recognize risks and avoid drug-related situations, and builds decision-making, communication, planning, and assertive refusal skills.

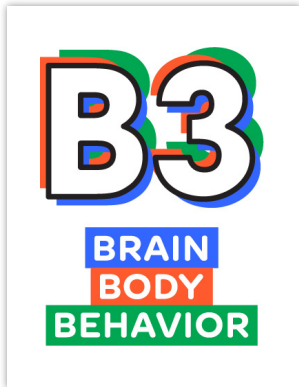
Content and activities have been updated to make them more relevant to the current lives of youth and provide the most up-to-date information on substances. Includes 5 new videos to model the skills.



Project TNT Towards No Tobacco Use

(Grades 5–9)

An evidence-based, comprehensive 10-day curriculum proven effective in helping young teens say no to smoking and other tobacco use. It features the latest updates on the epidemiology of tobacco-related diseases, prevalence of smoking and other tobacco use among youth, and risk factors related to tobacco use. The program was designed to prevent teen tobacco use by changing preconceptions about tobacco and by teaching decision-making, refusal, and communication skills.



B3: Brain, Body, Behavior

A multi-media curriculum that helps students develop their fundamental motor skills. By incorporating B3 activities into a classroom, gymnasium, or lab, schools can help students in Grades K–6 develop the fundamental motor skills to spark their brains, build their bodies, and improve their behavior to increase academic performance. Based on brain-body research, B3 physical activities can help enhance cognitive function, mental health, motor-skill development, social-emotional well-being, and common sensory problems.

Developed to be used by professionals and educators who work with children on a daily basis, every B3 task card includes an image and written cues on how to perform the activity. Each card also identifies which sensory system(s) (visual, tactile, proprioceptive, auditory, or vestibular) the activity can help develop when performed consistently.

Activities are designed to be easily implemented in any classroom, hallway, media center, small tutor room, mobile unit or gymnasium, on a stage, or in a principal's office. Additionally, many of the B3 activities require little to no equipment.

Come Out and Play



A robust 8-week evidence-based curriculum designed for youth ages 6 to 12. It allows schools, community centers, parks and recreation agencies, and youth groups to create a culture of play using the great outdoors. Easy and fun to implement—and customizable for specific communities—the program is designed to encourage students to get 60 minutes of aerobic activity every day (9,000 steps) and to set their own daily step goal. The program focuses on youth empowerment, goal setting, motivation, and community engagement.

Though designed to show impact after 8-weeks, *Come Out and Play* can also operate as a continuous program. With over 50 activities, each with at least 2 modifiers, the program provides over 100 different activities for youth. It also offers the instructor the ability to evaluate physical fitness with pre- and post-measurements.

Engage your students through activities and movement. Works with any curriculum!



HealthSmart Supercharging Lesson Cards

Educators know that students learn best when they are active participants throughout a lesson. They also know that movement is good for learners' brains and supports memory as well as engagement.

ETR's *HealthSmart* Supercharging Lesson Cards are ideal for charging up any lesson on almost any topic in any teaching situation. The 26 supercharging activities involve students in active ways throughout a lesson, promoting critical thinking, getting them to move their bodies, and allowing them to work collaboratively with their classmates.

HealthSmart is a K-12, skills-based health education program designed to meet your classroom needs.



Access to high-quality health education curricula is more critical than ever in helping all students to adopt and maintain healthy behaviors needed for school success.

HealthSmart uniquely meets this need by being the only health education curriculum available for schools today that is

- + Skills-based for grades K-12
- + Available in both English and Spanish
- + Fully compatible with Learning Management Systems
- + ADA-compliant with fully responsive digital student materials
- + Available in print or digital format

Available for Learning Management Systems!

- + Easy sign-on with school district credentials
- + Point-and-click assignment of student activities
- + Track and report on student learning
- + ADA-compliant and responsive student assignments

Educators are supported to:

- + Address the most pressing health risks facing today's youth
- + Meet state and national health education standards
- + Achieve key Healthy Behavior Outcomes and align with evidence-based curriculum frameworks
- + Foster essential personal and social development skills
- + Tailor instruction to align with district priorities, state learning standards, and community values

 [Learn more at healthsmartK12.org](https://healthsmartK12.org)



Onboarding is easy!
Many districts can be configured
in a single set-up call.

Grades K–5

Available in Spanish!

The instructional strategies used in Grades K–5 accommodate the developmental changes occurring across the elementary grades. Activities help foster a value for healthy behaviors, shape peer norms that reinforce and support healthy choices, and build a foundation to support students in making the critical health decisions they will face in adolescence.

Available in both print and digital.



What's Included:

- + Teacher's Guide
- + Classroom Posters for Grades K–2
- + Masters for student activity sheets for Grades K–2
- + Student Workbooks in either English or Spanish for Grades 3–5
- + PowerPoint Slideshow of Images

Topics Include:

Grade K

- + Feelings & people who care
- + Body signals, getting help
- + Pedestrian, passenger safety
- + Bullying prevention
- + Healthy eating
- + Physical activity
- + Tobacco prevention

Grade 1

- + Hygiene & sleep
- + Dressing for the weather
- + Playground & fire safety
- + Bullying & abuse prevention
- + Eating breakfast, drinking water
- + Physical activity
- + Tobacco prevention

Grade 2

- + Troublesome feelings
- + Preventing colds
- + Pedestrian, water, & bicycle safety
- + Bullying prevention
- + Healthy snacking
- + Physical activity
- + Tobacco prevention

Grade 3

- + Healthy relationships
- + Avoiding germs
- + Using medicines correctly
- + Being safety smart
- + Bullying & abuse prevention
- + Healthy eating & activity
- + Tobacco & alcohol prevention

Grade 4

- + Managing stress
- + Protecting vision & hearing
- + Assessing risks, resisting dares
- + Resolving conflict
- + Food groups, physical activity
- + Tobacco & alcohol prevention
- + Growth & development

Grade 5

- + Emotional health
- + Getting accurate information
- + Fights & bullying prevention
- + Media messages & violence
- + Healthy eating, physical activity
- + Alcohol prevention
- + *Additional topics on puberty, anatomy, & abstinence are available*

Middle School

Available in Spanish!

Middle school students are going through many developmental changes. They are attempting to establish themselves as individuals, and peers exert an important influence in that process. Activities are designed to shape healthy peer norms, encourage reflection and self-awareness, and support a range of learning styles.

What's Included:

- + Teacher's Guide
- + Student workbooks in either English or Spanish
- + Digital support materials (PowerPoint slides, teacher masters and keys, scoring rubrics, health terms glossary)

Available in both print and digital.



Included Topics:

- + Emotional & Mental Health
- + Tobacco, Alcohol & Other Drug Prevention
- + Violence & Injury Prevention
- + Nutrition & Physical Activity
- + Personal Health & Wellness

Additional Topics:

- + Abstinence, Puberty & Personal Health
- + HIV, STI & Pregnancy Prevention

New Fentanyl Lessons!

Fentanyl lessons now available for both Middle and High School students. Lessons cover: what fentanyl is, why it's so dangerous, refusal skills to avoid substance use, signs of overdose, and how to administer naloxone.



HealthSmart is...

- ✓ **Flexible**
Format options include print, digital, or integrated online—to fit your teaching style and needs
- ✓ **Qualified**
Developed by experts, for the experts (that's you!)
- ✓ **Effective**
This skills-based health education program will help you guide your students to avoid risky behaviors and achieve life-long health
- ✓ **Selective**
Teach the specific grade levels and health topics you need
- ✓ **Aligned**
Meet national and state standards using the latest theory and research



Learn more at
healthsmartK12.org

High School

Available in Spanish!

High school students are increasingly making independent decisions based on their needs and perceptions of right and wrong. They value social justice and actions that protect the health and safety of their community. Activities are designed to engage students as health advocates, build critical thinking skills, and support a range of learning styles.



What's Included:

- + Teacher's Guide
- + Student workbooks in either English or Spanish
- + Digital support materials (PowerPoint slides, teacher masters and keys, scoring rubrics, health terms glossary)

Included Topics:

- + Emotional & Mental Health
- + Tobacco, Alcohol & Other Drug Prevention
- + Violence & Injury Prevention
- + Nutrition & Physical Activity
- + Personal Health & Wellness

Additional Topics:

- + Abstinence, Personal & Sexual Health
- + HIV, STI & Pregnancy Prevention

Available in both print and digital.

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evite la transmisión con
medicamentos contra el VIH

STI
FACTS
For Teens



Get the facts about
sexually transmitted

Handwashing
stops germs.



Wet your
hands.



Lather
with soap.



Scrub them
well.



Count to 20.
Then rinse.

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