

Chapter titles are bold to indicate correspondence with national health education standards.

Shades of gray and symbols indicate related content.

Promoting Health and Emotional Well-Being in Your Classroom

	Ten Common Content Areas	CDC's Risk Behaviors	National Standards
Chapter 1 Teaching to Make a Difference ✓ ★	Mental and emotional health ★	Unhealthy dietary patterns	1. Comprehend concepts related to health promotion and disease prevention
Chapter 2 Teaching Today's Students	Consumer and community health ▲	Physical inactivity	2. Analyze influence of family, peers, culture, media, and technology
Chapter 3 Life Skills ★	Communicable and chronic diseases ✓	Tobacco use	3. Access valid information and products and services to enhance health
Chapter 4 Dealing with Stress ✓ ★ ❖	Personal wellness ❖	Alcohol and other drug use	4. Demonstrate interpersonal communication skills
Chapter 5 Media Literacy Skills ▲	Nutrition	Behaviors that contribute to unintended pregnancy and STIs	5. Use decision-making skills
Chapter 6 Promoting Healthy Eating and Physical Activity ✓ ❖	Physical activity	Behaviors that contribute to unintentional injuries and violence	6. Use goal-setting skills
Chapter 7 Promoting a Tobacco-Free and Drug-Free Lifestyle ✓	Alcohol, tobacco, and drugs		7. Practice health-enhancing behaviors
Chapter 8 Promoting Sexual Health ✓	Family and social health		8. Advocate for personal, family, and community health
Chapter 9 Promoting Safety and Violence Prevention ❖	Growth and development		
Chapter 10 Dealing with Crises and Critical Issues ★	Injury prevention and personal safety		