



# Program Overview

Grades 9–12



Building Healthy Futures, Shaping Healthy Lives

# TOTAL HEALTH

# Introducing McGraw Hill *Total Health*



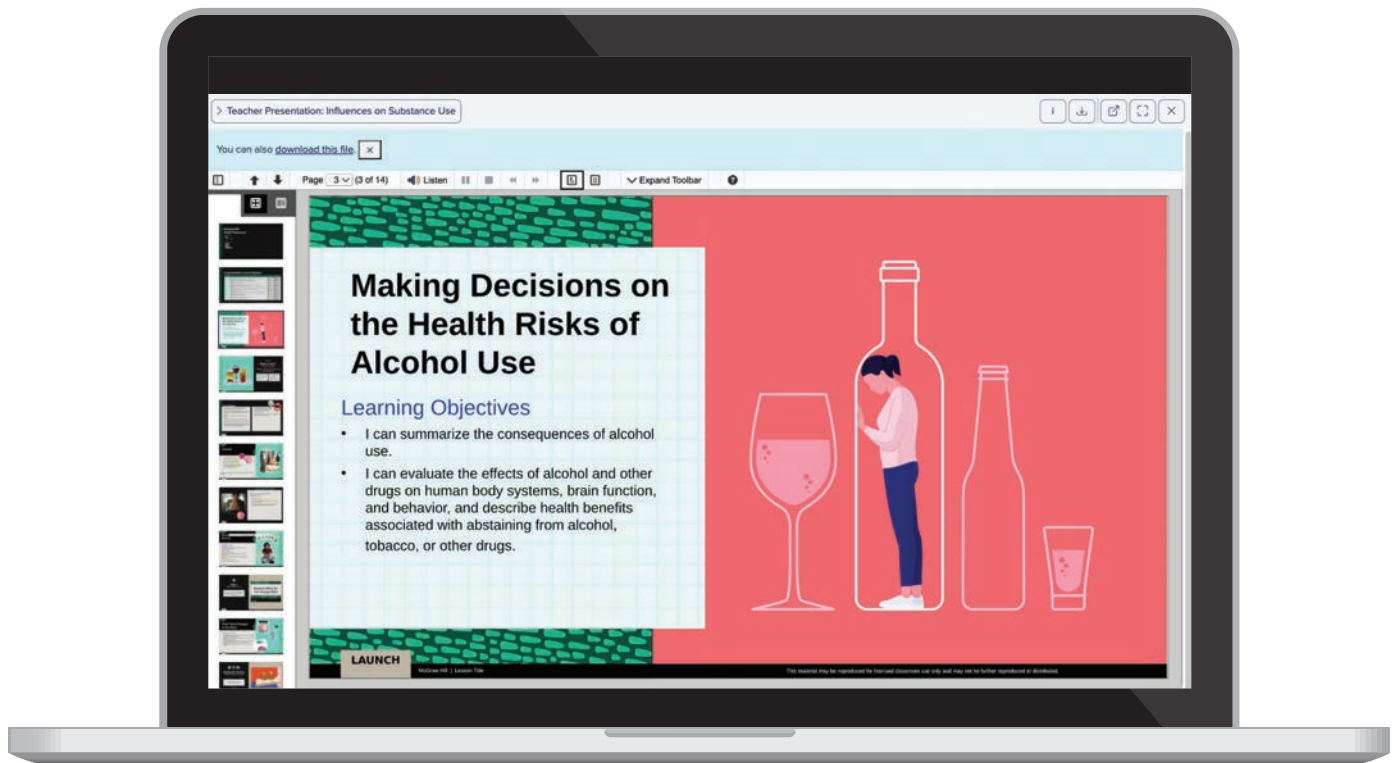
In today's world, students need sharp critical thinking skills to make smart choices, navigate challenging situations, and lead healthy lives. McGraw Hill's new digital-first health program emphasizes a hands-on, student-centered approach, equipping learners with essential knowledge and practical skills through interactive presentations, engaging activities, videos, simulations, and customizable worksheets that are both printable and editable. Experience health learning built for here and now.



# The New Solution for Health Education

## Our *Total Health Promises*:

- ✓ National Standards Alignment
- ✓ Impactful Partnerships
- ✓ Digital Content without Limits
- ✓ Skills-Based Learning for Real-World Living
- ✓ Meaningful Assessments for Hands-On Health



# Program Table of Contents



To provide health programming for the whole student, McGraw Hill *Total Health* covers a wide range of topics relating to mental, physical, and emotional wellbeing. Modules have been intentionally designed without numerical sequencing, providing educators with the flexibility to select and reorganize them to align with the specific requirements of their school's curriculum.



## Health and Wellness Skills

- Analyzing Influences
- Accessing Resources
- Decision Making
- Setting Goals
- Promoting Healthy Practices and Behaviors
- Advocacy



## Mental and Emotional Health

- Understanding Self
- Mental Health and Stigma
- Responding to Crisis



## Vaping, Alcohol, and Other Substances

- Effect of Substances on the Body
- Influences on Substance Use
- Making Decisions Around Substances



## Communication and Conflict Resolution

- Communicating with Others
- Conflict Resolution



## Physical Activity

- Influences and Impacts of Active Lifestyles
- Creating a Physical Activity Plan



## Personal Health

- Analyzing Influences on Personal Health
- Developing Healthy Habits
- Developing a Personal Health Plan
- Advocating for Self and Others



## Nutrition

- Analyze Influence on Nutrition Choices
- Creating a Nutrition Plan
- Understanding Food Access and Advocate for Healthy Food Choices

## **Social Health and Relationships**

- Social Health
- Dating Relationships
- Communicating in Relationships

## **Responding to Violence and Bullying**

- Understanding Influences on Violence
- Accessing Reliable Information to Prevent Violence
- Strategies for Avoiding Violence

## **Safety, First Aid, and Emergencies**

- Influences on Safety
- Evaluating Behavior for Safety Outcomes
- Injury Prevention, Reduction, and Treatment

## **Diseases**

- Analyzing Influences on Diseases
- Preventing, Managing, and Treating Diseases
- How Lifestyle Behaviors Impact Disease Outcomes

## **Pregnancy and Parenting**

- Parenthood
- Pregnancy

## **Community and Environmental Health**

- Interrelationship Between Environmental Health and Personal Health
- Public Health Policies

## **Sexual Health**

- Reproductive Health
- Sexual Activity
- Sexual Health Laws and Resources

## **Digital Literacy**

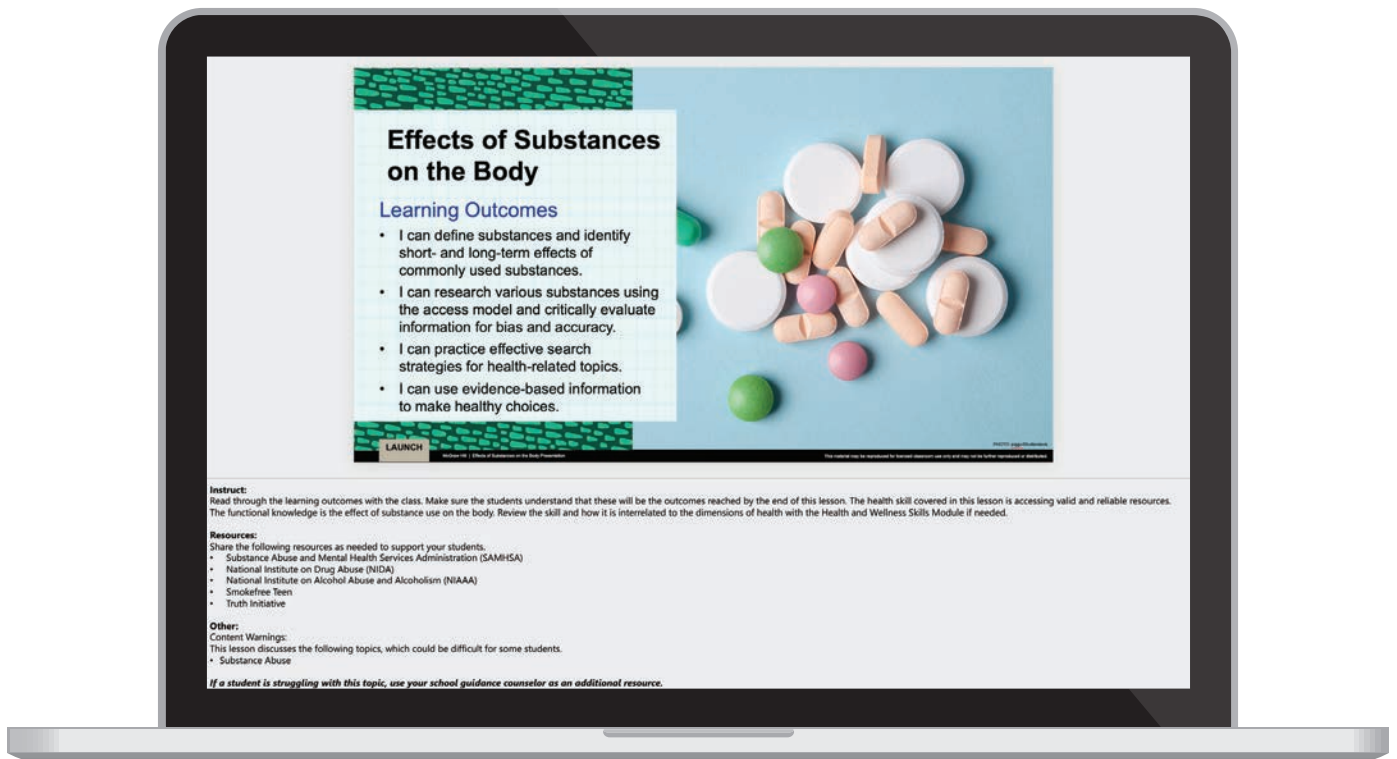
- Communicating Effectively in the Digital World
- Analyzing Technology's Impact



# Digital Learning Customized for Your Classroom Needs

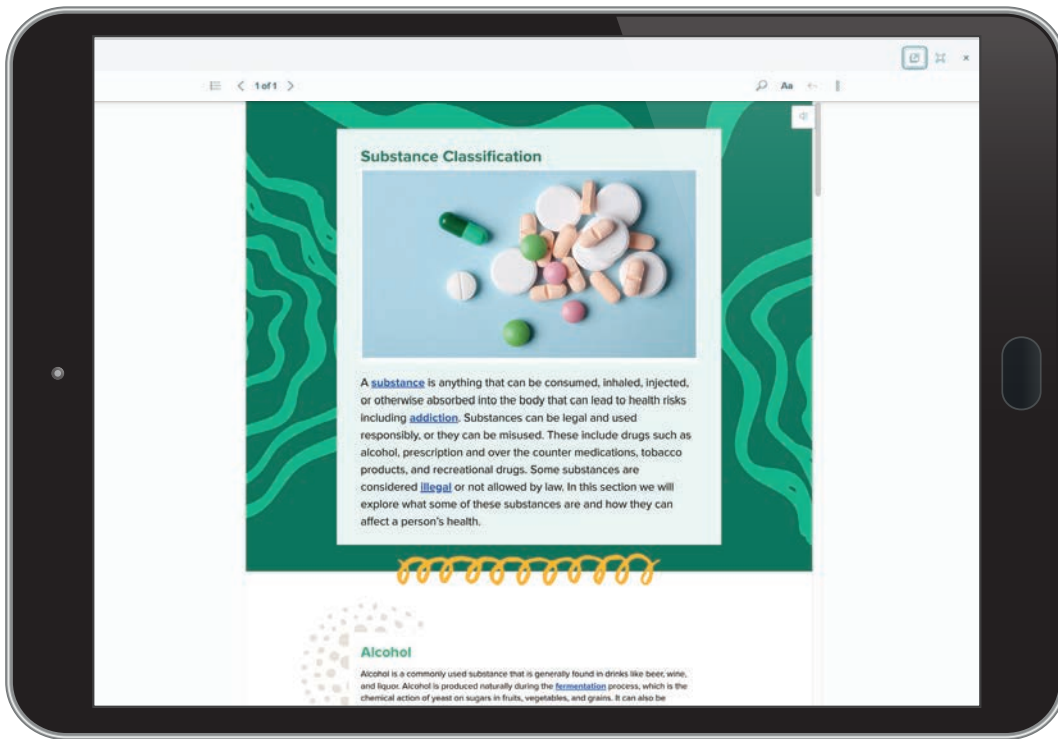


Our digital-first approach revolutionizes health education by integrating immersive videos—featuring nonfictional anecdotes, animated explainers, expert insights from medical professionals, and more—alongside dynamic simulations that provide hands-on opportunities for real-world decision making in a controlled environment. These engaging tools make complex health concepts accessible and relatable by fostering active participation, deeper learning, and sharp critical thinking.



Ready-made, easily customizable **Teacher Presentations** help facilitate engaging lectures with minimal prep time—enabling educators to add, remove, and reorganize content as needed with key talking points, discussions, and resource content hidden in the notes section of the PowerPoint file.

Recognizing that every school and district has different priorities, McGraw Hill *Total Health* provides configurable options within the digital platform and customizable, printable components, giving educators and administrators full control over the content they choose to share and teach to ensure programming meets the unique needs of their students and communities.



Teachers can assign or print the provided readings to support or deepen student understanding of key topics with **Student Resource Text** assets.



# Skills-Based Learning for Real-World Living



McGraw Hill *Total Health* builds critical health knowledge and skills through meaningful activities that foster self-efficacy, helping students think on their feet so they can make smart choices in real time. Activity types include:

- Create
- Act it Out
- Demonstration
- Research
- Games
- Discuss/Communicate
- Reflect/Self-awareness
- Present
- Move
- Analyze
- Write

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Hands-On Activity

## Substances Scavenger Hunt

**Skills:** Accessing Resources

The purpose of this activity is to help teens evaluate health-related information to understand the risks of various substances and make informed decisions. Substances include anything absorbed into the body that may pose health risks, such as alcohol, prescription and over-the-counter medications, vaping products, and tobacco. This activity encourages critical thinking, awareness, and the ability to access reliable information to support healthier choices.

**What you will need**

- Internet access

**What you will do**

**Step 1:** Research each of the following substances:

- a. Vaping
- b. Marijuana
- c. Fentanyl
- d. Over-the-Counter Drugs
- e. Opiates (e.g.-Oxycodone)

**Step 2:** For each substance, identify its class (depressant, stimulant, hallucinogen, opiate) short-term effects, long-term effects, and potential impacts on the body.

**Step 3:** Document the source you used for each substance and explain why you consider source reliable.

**Wrapping it up**

Find a partner and share your findings. Discuss and respond to the following reflection questions:

**Step 4:** Based on your research, which substance do you think poses the greatest risk to and why? Consider both short-term and long-term effects in your response.

**Step 5:** What surprised you the most about the short-term or long-term effects of the substances you researched? How might this information influence your choices or advice peers?

© McGraw Hill 2027 Educational use only. Effects of Substances on the Body | Substances Scavenger Hunt

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Hands-On Activity

## Resource: Substance Resource BINGO Game Card

BINGO Game Card

G	A	M	E
A site that explains how opioids impact the brain.	A video from a verified health organization.	An article on vaping.	Statistics regarding marijuana and teen use.
An infographic about substances.	A recovery center for substance misuse.	A free resource that discusses substance misuse.	A hotline for people struggling with substance misuse.
An article on fentanyl.	A site that lists short and long-term effects of marijuana.	A downloadable guide for adults about substance misuse.	A podcast about substance misuse.
A social media account that spreads valid health info.	An article about alcohol.	Statistics regarding tobacco and teen use.	An article discussing how drugs impact mental health.

# Meaningful Assessments for Hands-On Health

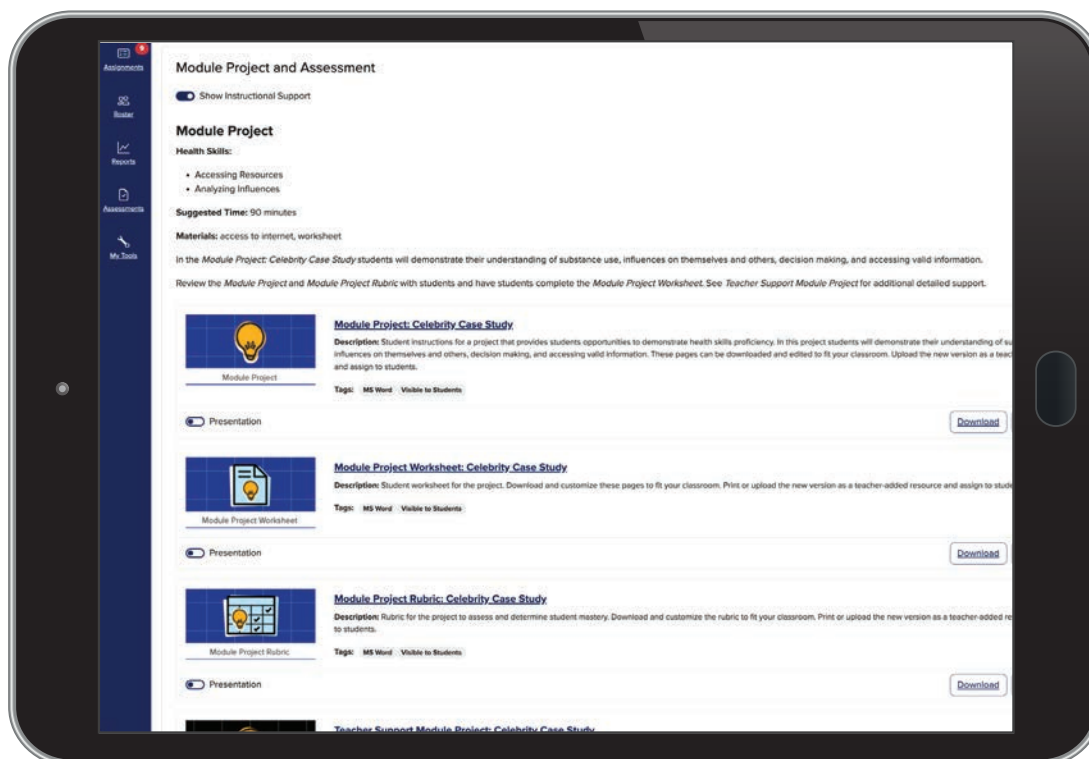


Emphasizing applied skills over rote memorization, McGraw Hill *Total Health* empowers students with the tools to take an active role in their own health and well-being. Regular opportunities to collaborate, reflect, and practice various health and wellness skills challenge students to take ownership of their learning.

## Flexible Assessment Options

McGraw Hill *Total Health* offers two assessment options for each module:

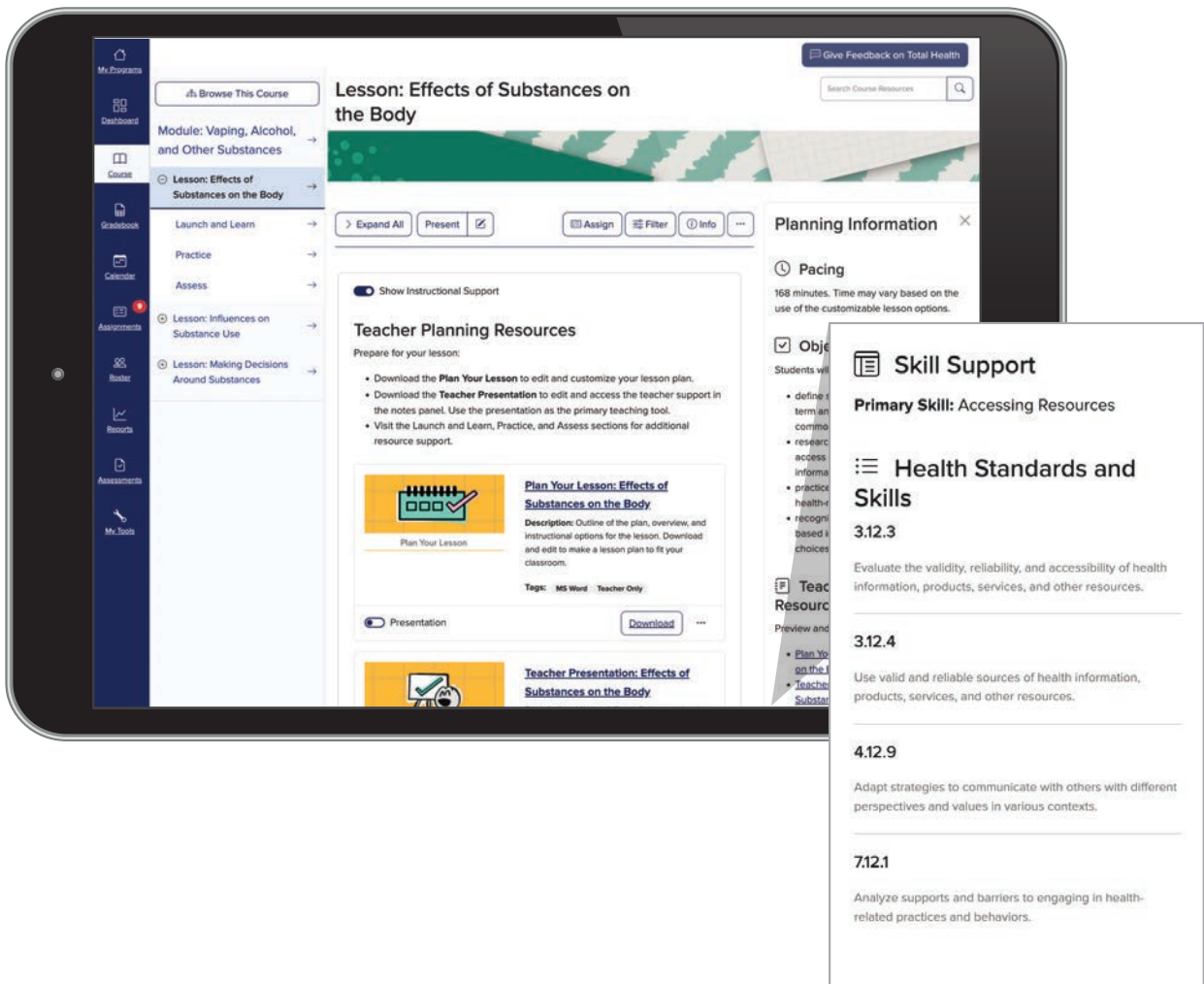
- **Short tests** check for student understanding.
- **Larger projects** challenge them to demonstrate their knowledge via practical applications.



# Aligned with National Standards and Current Research



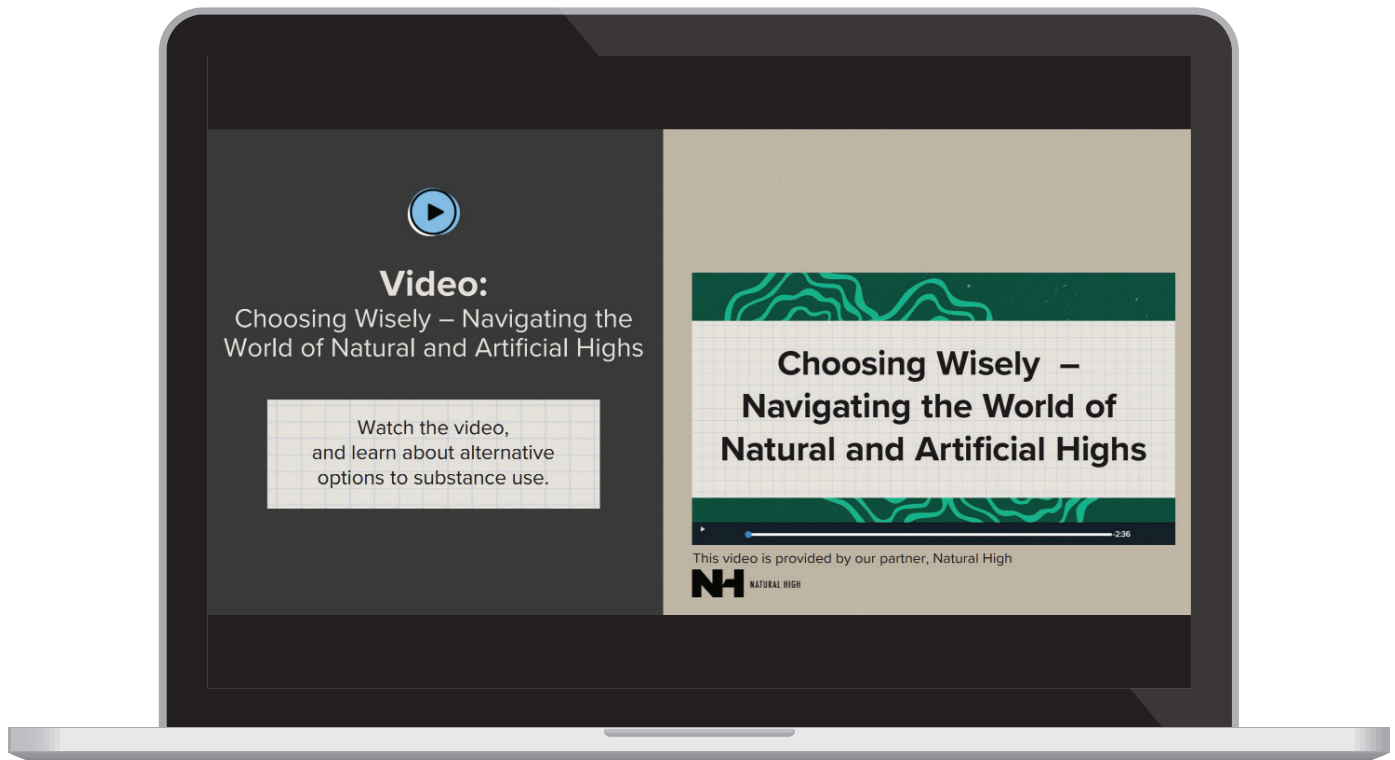
By explicitly identifying **how each module aligns with the latest national standards**, McGraw Hill *Total Health* ensures educators have a clear understanding of the specific standards covered throughout the curriculum, enabling precise and effective instruction. To ensure continued relevancy and accuracy, **the program undergoes regular reviews and updates** reflecting the latest research, trends, and best practices in health education.



# Partnership Initiatives



We are excited to engage in evolving partnerships with nonprofit organizations including AMAZE and Natural High, dedicated to topics like mental health and substance abuse prevention. Through these initiatives, we can integrate partner materials—including videos, activities, and teacher support resources—throughout the curriculum to raise awareness for the most critical issues impacting students today.





# TOTAL HEALTH



Scan the QR code or visit

[mheducation.com/total-health](https://mheducation.com/total-health)

to learn more about McGraw Hill *Total Health*

