

McGraw Hill Total Health 9–12

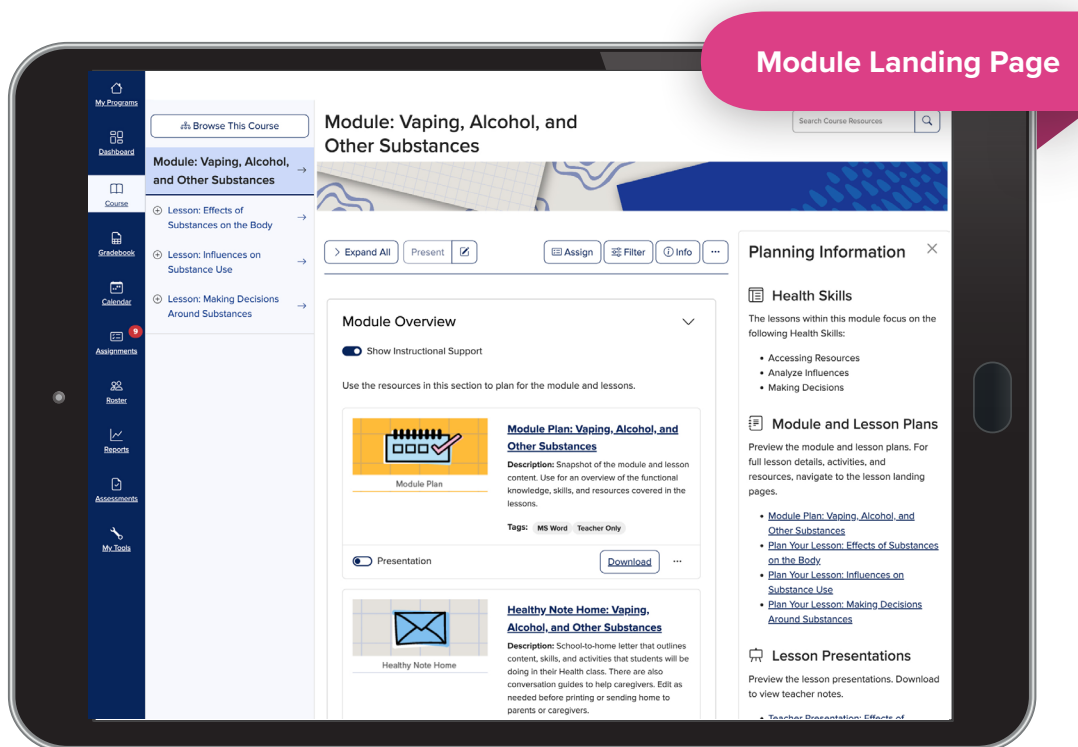


TOTAL HEALTH

Supporting Healthy Futures, Shaping Healthy Lives

McGraw Hill *Total Health* is a brand new all-digital health program built for here and now. Designed to nurture the whole student via flexible content and hands-on activities, the curriculum features:

- 100% customizable components, giving educators and administrators **full control over what they choose to share and teach.**
- **Total alignment** with SHAPE America’s 2024 National Health Education Standards.
- Continuous opportunities for students to **develop and apply practical life skills** in context.
- A variety of **hands-on activities, videos, simulations, and projects** equipping educators to deliver high quality instruction with minimal prep-time.



McGraw Hill *Total Health* Table of Contents

Recognizing the wide range of knowledge and skills young people need to make informed decisions in today's world, McGraw Hill *Total Health* covers an array of topics relating to mental, physical, and emotional wellbeing. Modules are left unnumbered so that educators can select material according to school priorities.

- Mental & Emotional Health
- Vaping, Alcohol, and Other Substances
- Health and Wellness Skills
- Communication and Conflict Resolution
- Physical Activity
- Personal Health
- Nutrition
- Social Health and Relationships
- Responding to Violence and Bullying
- Safety, First Aid, and Emergencies
- Diseases
- Pregnancy and Parenting
- Community and Environmental Health
- Sexual Health
- Digital Literacy

Our Partnerships



To learn more,
scan the QR code or visit
mheducation.com/total-health

