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Program Overview



Welcome to *Glencoe Health*

High school is a critical period in students' lives that prepares them for success as they transition into adulthood. *Glencoe Health*, a market-leading high school health curriculum, provides age-appropriate health content which allows students to practice and apply essential skills for achieving optimal health and wellness in a variety of situations. Research-based strategies and proven methods of engaging students have been integrated into this updated design, and it features a flexible instructional model that supports traditional, digital, or blended learning.

Glencoe Health focuses on 10 critical health skills that align with the National Health Standards. These 10 health skills were identified by health educators across the country as essential for students to promote health and contribute to overall wellness:

- Accessing Information
- Stress Management
- Conflict Resolution
- Analyzing Influences
- Communication
- Self-Management and Practicing Healthful Behaviors
- Refusal Skills
- Decision Making
- Goal Setting
- Advocacy



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FOCUS ON THE CONTENT



In addition to the 10 critical health skills, *Glencoe Health* helps students explore up-to-date information and statistics on timely, relevant topics like:

- Latest MyPlate guidelines and nutrition label updates.
- Child safe surrender laws.
- Alcohol and drugs (including opioid and heroin abuse).
- Nicotine and tobacco use (including e-cigarettes and vaping).
- Violence prevention (including reporting firearms in school).
- Cyberbullying, privacy and online harassment.
- STIs (including HIV/AIDS).
- Content related to Erin's Law (covering sexual abuse prevention).



Avoiding Alcohol
MAIN IDEA You will experience many benefits if you choose to live alcohol-free.

There are many adults who choose to live alcohol-free. Others choose to drink alcohol occasionally and responsibly. However, alcohol can be addictive, and once you start drinking, it may be difficult to stop. Teens who start drinking by age 15 are five times more likely to become dependent on alcohol than those who do not start drinking until age 21.

Benefits of Living Alcohol-Free

Many teens today are making the commitment to live alcohol-free. Avoiding alcohol use can improve your life in a variety of ways. Each benefit in the list below to learn.

- **Maintaining a healthy body.** You will avoid the damage to the brain and other body organs. You will also decrease the chances of being injured in an accident.
- **Establishing healthy relationships.** You can be open to your family about your activities and habits. Teens who may strain their family relationships as they try to keep secrets.
- **Making healthy decisions.** Drinking alcohol can impair your judgment. By abstaining from alcohol, you can avoid intoxication and make decisions that protect your health. You will also reduce making unhealthy choices, such as drinking and driving or driving while impaired.
- **Living within the law.** Purchasing or possessing alcohol is illegal for anyone under 21. By remaining alcohol-free, you avoid legal problems.
- **Avoiding violence.** Avoiding alcohol reduces your risk of being involved in or participating in a violent crime.
- **Achieving your goals.** Being alcohol-free allows you to focus on your short-term and long-term goals.

Reading Check
Explain How can living alcohol-free help you stay physically and mentally healthy?

Avoiding alcohol use can help you avoid risky behaviors. How can teen alcohol use put your future at risk?

Develop a Purpose in Your Life
A sense of purpose helps you set positive goals and work to achieve them. It also provides you with a framework to build a healthy identity. Your goals will be short term, like studying for and passing a test, and long term, such as planning for higher education and career. Keeping your goals in mind will give direction to your life and shape the person you are becoming.

Take Appropriate Risks and Avoid Harmful Risk Behaviors
Risk taking is a part of life. Playing sports, taking part in artistic activities, public speaking, and making friends all involve some risk. However, high-risk behaviors, such as reckless driving, gang, or using tobacco, alcohol, or other drugs, are dangerous.

Form Meaningful Relationships
Meaningful relationships, such as those with your family and friends, are crucial to the development of your identity. Relationships provide support and belonging. Within a meaningful relationship, you can receive constructive criticism. For example, if a friend criticizes you in a school debate, you might make helpful suggestions without your friend or offering blame.

Contribute to the Community
Your community is your extended support system. It provides resources to meet many of your needs. For a community to thrive, however, all of its members must participate in making it work. The community by volunteering is part of being a good citizen. Volunteer within your community, you improve the quality of life for everyone and gain a sense of accomplishment, and raise your self-esteem.

ACADEMIC VOCABULARY
crucial (adjective): important or essential

Reading Check
Explain How is developing a purpose for your life helpful?

This player relies on his coach for honest feedback. Whom else might a teen rely on for honest feedback?

If you receive a hurtful message online, the best way to cope is usually to ignore it. Cyberbullies are often looking for attention. If you don't react, they'll find someone who will. If the bullying continues, however, seek help from a trusted adult. Take screenshots or save the messages as evidence and contact your Internet service provider (ISP) or wireless phone company. It may be possible to block all future communications from the cyberbully. If any actual crime has been committed, such as making violent threats, contact the police.

Preventing Cyberbullying
MAIN IDEA Cyberbullies use several types of technology to attack another person.

The best way to avoid becoming the victim of a cyberbully is to do what you can to prevent it from occurring. Each teen who uses social media can help to prevent the spread of cyberbullying. Avoid including personal information about yourself in text messages, email, or social networks. Another important rule to remember is that any photo that you post online will remain online forever. Even if you delete a photo, a person with good computer skills can retrieve the image. This includes photos that are sent via email, posted to a social network site, or sent via text. When cyberbullying occurs, write down and report the behavior. Other steps you can take to stop cyberbullies include:

- Do not respond to cyberbullying messages.
- Do not forward cyberbullying messages.
- Block the person who is cyberbullying.
- Visit social media safety centers to learn how to block users.
- Keep evidence of cyberbullying. Write down the dates, times, and descriptions of incidents. Save and print screenshots, e-mails, text messages, etc.

Reading Check
List What are three strategies to use social media safely, respectfully, and legally?

The Internet can be a useful tool for keeping in touch with your friends. What precautions should you take to protect your safety online?

Features Within the Text

Embedded features throughout the text help students develop and reinforce imperative knowledge and practice the application of critical skills:

1. Big Idea

Overviews at the beginning of each lesson provide students with the lesson's main takeaway.

2. Before You Read

These activities or questions help students tap into what they already know about the content covered in the lesson.

3. Vocabulary

These lists provide students with an overview of key terms and concepts they will learn in the lesson.

4. Real Life Issues

Provides students with information pertaining to their health and allows them to practice their writing skills while relating curriculum content to their lives.

5. Main Idea

Callouts throughout the lesson help students navigate the text by identifying key points.

6. Fitness Zone

Features throughout the text provide students with ideas on how to incorporate fitness into their lifestyle.

7. Reading Checks

Stimulates quick recall and keep students focused on the main ideas throughout the lesson.

8. Lesson Review

Questions at the end of each lesson allow students to reflect on what they learned. In the online eBook, students can type their answers to the Lesson Review questions directly into the response fields.

LESSON 2

What Affects Your Health?

1

BIG IDEA Understanding how heredity, environment, and other factors that affect your health help you make healthy decisions.

2

BEFORE YOU READ Create a K-W-L Chart. Make a three-column chart. In the first column, list what you know about influences on your health. In the second column, list what you want to know about this topic. As you read, use the third column to summarize what you learned.

K	W	L

3

Vocabulary

heredity
environment
peers
culture
media
technology

4

REAL LIFE ISSUES

Too Much Sun. Jason enjoys spending time outdoors, and he spends a lot of time in the sun as a member of the cross-country team. He always uses sunscreen. During the summer months, he and his friends enjoy swimming and boating at the lake. He has invited his cousin Sean to come to the lake for a week. The first day, when Jason offers Sean some sunscreen, Sean says no. He tells Jason he doesn't like the sticky feeling it leaves on his skin. *Write a brief dialogue between Jason and Sean. Have Jason try to convince Sean to protect his health by using sunscreen.*

After completing the lesson, review and analyze your response to the Real Life Issues question.

5

Influences on Your Health

MAIN IDEA Heredity, environment, attitude, behavior, media, and technology can all influence your health.

It is your responsibility to make healthy decisions and take actions to ensure your well-being. Factors such as heredity, environment, attitude, behavior, media, and technology can influence how you live. Understanding these influences will help you make informed decisions about your health.

6

Fitness Zone

Some days I just don't feel like exercising. On those days, I use positive self-talk to remind myself how good I feel after I workout. Now, I congratulate myself every time I take a step toward one of my goals. After I finish a workout, I think, "Awesome, I did it!" For more physical activity ideas, visit the Fitness Zone online.

7

Reading Check

Explain What are the attributes of a health-literate person?

8

Lesson 4 Review

Facts and Vocabulary

- Why is health education important?
- What are health disparities?
- List three criteria that are needed for an individual to make sound health decisions.

Thinking Critically

- Analyze.** How does Healthy People hope to help the United States become a healthier country?
- Synthesize.** What are some steps you can take to become a health-literate individual?

Applying Health Skills

- Accessing Information.** Work with classmates to compile a list of resources in your community that supports healthy lifestyle behaviors. Examples might include parks, libraries, and health organizations.

Writing Critically

- Expository.** Write an essay explaining what individuals, families, and communities can do to promote wellness.

Module-Level Activities

Glencoe Health features module-level activities that support students as they develop essential knowledge for making informed decisions and key skills that are critical to achieving and maintaining a healthy lifestyle.

Hands-On Health

Helps students understand the module's main idea in a different way with this in-depth project-based learning activity.

Health Lab Activities

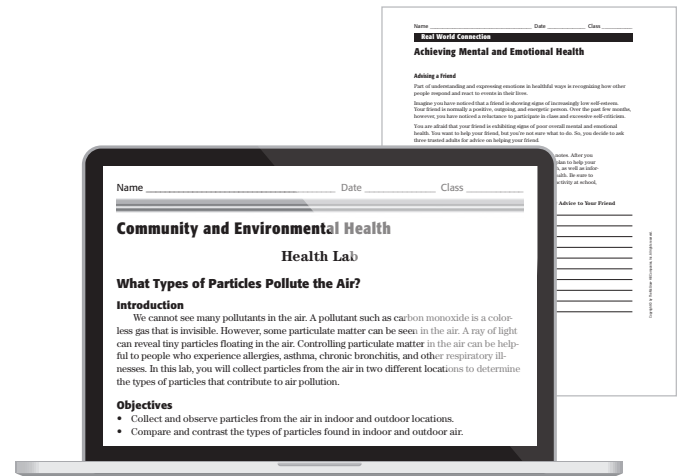
Requires students to gather and analyze information that connects to the main idea of the module.

Real-World Connection

Provides real-life application to the study of health concepts and behaviors.

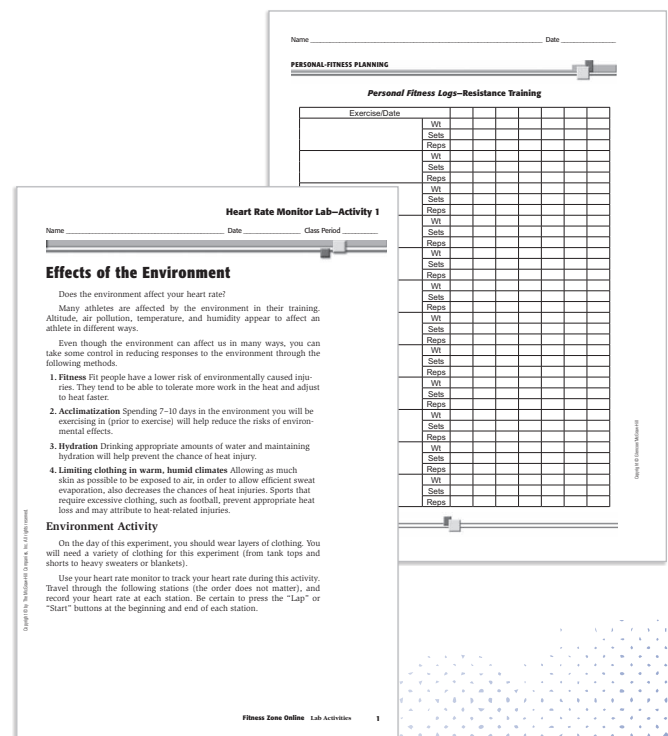
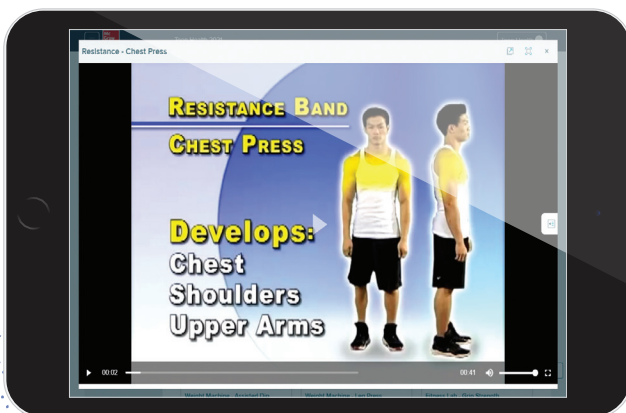
Vocabulary Practice

Aids students in learning and understanding key health terms.



Fitness Zone

The Fitness Zone is a multimedia resource that teaches students how to be physically active every day and helps teachers incorporate physical activity into the lesson's content. Fitness Zone activities and resources include Clipboard Energizer activities, videos, podcasts, heart rate monitor activities, and more!



Lesson-Level Activities and Resources

Glencoe Health features a variety of lesson-level activities and resources that help students practice what they've learned in the lesson. Within the digital experience, you can see what health standards are built into the lesson materials at the beginning of the lesson and can reference the standards as needed.



Interactive eBook

The interactive eBook is an accessible, digital version of the text and is available in English and Spanish. In addition, the eBook:

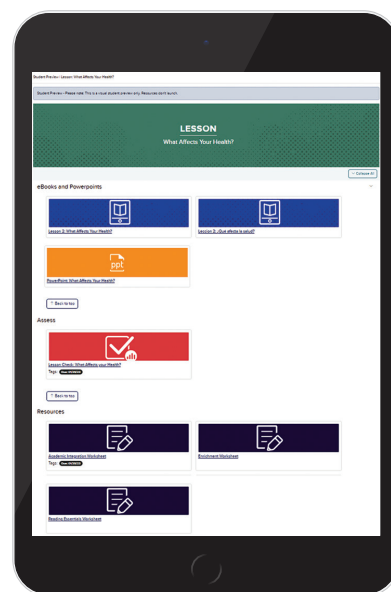
- Enables students to answer questions directly within the text to keep them engaged with the content.
- Provides vocabulary definitions at point-of-use.
- Allows students to highlight or annotate important points in the text.

Practicing and Applying Health Skills

Each lesson features activities and resources that enable students to practice and apply the health skills they've learned. These activities are coded to help you provide all students with differentiated instruction based on their ability level. Examples of these activities include:

- Reading Essentials.
- Health Skills Practice.
- Reteaching Activities.
- Enrichment Activities.
- Reading Strategy Activities.
- Note-Taking Support.
- Academic Integration.

Downloadable PDFs can be assigned and completed within the online course or downloaded and printed to accommodate a variety of instructional styles and classroom formats.



Teacher's Edition

Glencoe Health empowers you to customize instruction to accommodate a broad range of teaching and learning styles. Its Teacher's Edition is available in print and within the digital experience. It also features a wraparound design conveniently aligned with each page of the student text and provides comprehensive lesson plans, teaching suggestions, supplemental information, cross-references, and more. The concise and easy-to-follow lesson plans offer a wide variety of teaching strategies to motivate and support students as teachers introduce, teach, assess, and reinforce concepts.

Activities and instructional strategies featured in *Glencoe Health*:

Reading Strategy Activities

Help teach reading skills and vocabulary.

Critical Thinking Strategies

Allow students to apply and extend what they have learned.

Universal Access Activities

Provide differentiated instruction for students learning to speak English and suggestions for teaching various types of learners.

Health Skills Practice Activities

Reinforce health skills concepts and helps students apply them in their everyday lives.

Writing Supports

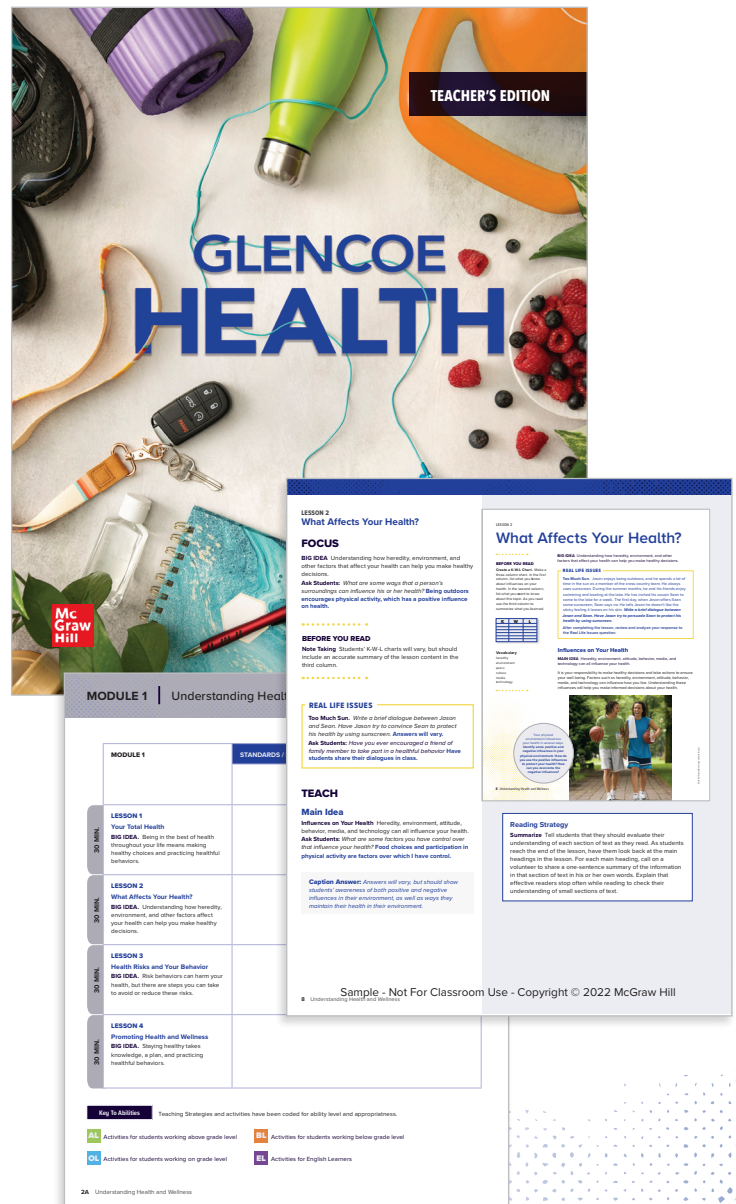
Provide writing opportunities that help students comprehend the text.

Cultural Awareness Activities

Promote sensitivity and understanding of other cultures.

Active Learning Strategies

Offer a variety of activities for presenting lesson content, including engaging classroom projects that get students actively involved.



Digital Resources for Teachers

Glencoe Health is designed to offer you the resources and the flexibility needed to reach all learners and teach your way whether you are in a traditional, digital, or blended learning environment. Additionally, *Glencoe Health* can be fully integrated with Google Classroom® and features a variety of resources and tools to help you manage your classroom, including:

- PowerPoint presentations for every lesson that can be downloaded, edited, and printed.
- Answer keys for all activities featured within the program.
- Hands-On Health videos that can be used as engaging in-class activities or to support you on how to do an activity.
- A Teacher Presentation option that allows you to add any resources (eBook, activities, PowerPoint presentation, teacher-added resources, etc.) into a presentation, which can then be easily rearranged and customized for student streaming.
- The ability to add your own resources or content (e.g., YouTube videos, news articles, etc.) to each lesson or teacher presentation.



The screenshot shows a digital presentation slide titled "LESSON 1 Your Total Health" with a sub-header "Physical Health". The text states: "Physical health is all about how well your body functions." Below this, it lists "Five Tips for Physical Health" in five green boxes: "Get eight to ten hours of sleep each night.", "Eat nutritious meals and drink at least eight cups of water per day.", "Engage in at least 60 minutes of physical activity daily.", "Bathe daily. Brush and floss your teeth each day.", and "Avoid risk behaviors, such as tobacco, alcohol, and drug use. Also avoid sexual activity." The footer of the slide reads "Glencoe Health Module 1 Understanding Health and Wellness" and includes a "Lesson Home" button.

LESSON 1 Your Total Health

Physical Health

Physical health is all about how well your body functions.

Five Tips for Physical Health

- Get eight to ten hours of sleep each night.
- Eat nutritious meals and drink at least eight cups of water per day.
- Engage in at least 60 minutes of physical activity daily.
- Bathe daily. Brush and floss your teeth each day.
- Avoid risk behaviors, such as tobacco, alcohol, and drug use. Also avoid sexual activity.

Glencoe Health Module 1 Understanding Health and Wellness Lesson Home

Assessments

Glencoe Health features a variety of formative and summative assessments to measure student progress and understanding. Additionally, *Glencoe Health* allows you to edit, customize, and even create your own assessments based on your own criteria.

Standardized versions of these assessments are embedded in each lesson for your use:

Lesson Review

Available in the print text or can be assigned to students to complete within the eBook.

Lesson Quiz

A fillable PDF that can be downloaded and printed or assigned within the digital experience.

Module Assessments

Available within the print text or to be assigned within the eBook, this assessment covers all the lessons in a particular module.

Standardized Test Practice

Available within the print text or to be assigned within the eBook, this test provides students with an opportunity to practice for state and national exams and helps improve their testing skills.

Using the features within the Assessment Menu of the digital experience, you can:

- Access and edit pre-made assessments for each lesson.
- Choose from dozens of questions for each module in the Question Bank to develop your own assessments.
- Create your own questions to add to the Question Bank.
- Assign your custom assessments within the digital experience for students to complete online.
- Print assessments to distribute in the classroom.



Lesson 1 Review

Facts and Vocabulary

1. Define the term health skills.
2. What are two interpersonal communication skills that can reduce your health risk?
3. What is advocacy?

Thinking Critically

4. **Synthesize.** Why is it important to recognize and analyze the various influences on your behavior?
5. **Analyze.** How can advocacy help you with health issues that are important to you?

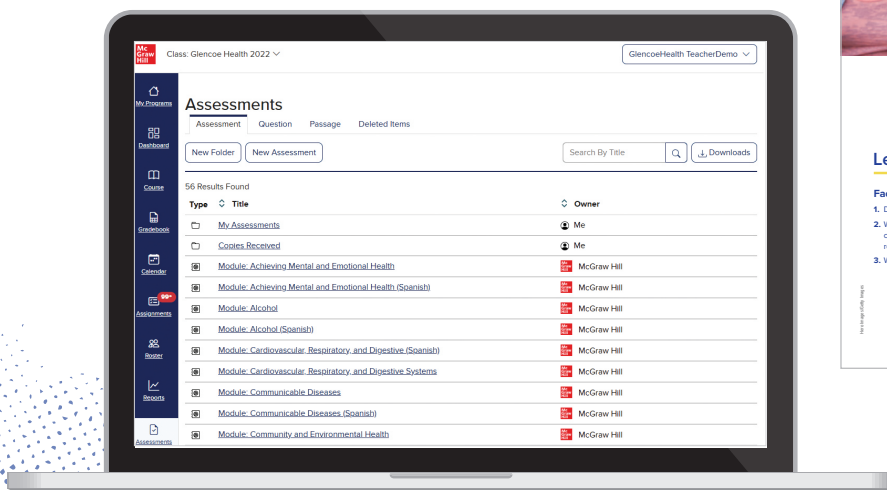
Applying Health Skills

6. **Stress Management.** List all the healthful strategies you used in the past week to relieve stress. Which ones were most helpful?

Writing Critically

7. **Narrative.** Marissa and Sarah disagree about which movie to see. Write a dialogue in which they resolve their disagreement using effective interpersonal communication strategies.

Building Health Skills 33



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Learn more

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mheducation.com/west-virginia