



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



Glencoe Health Table of Contents



Module 1	Understanding Health and Wellness	Module 15	Cardiovascular, Respiratory, and Digestive Systems
Module 2	Taking Charge of Your Health	Module 16	Endocrine and Reproductive Health
Module 3	Achieving Mental and Emotional Health	Module 17	The Beginning of the Life Cycle
Module 4	Managing Stress and Coping with Loss	Module 18	The Life Cycle Continues
Module 5	Mental and Emotional Problems	Module 19	Medicines and Drugs
Module 6	Skills for Healthy Relationships	Module 20	Tobacco
Module 7	Family Relationships	Module 21	Alcohol
Module 8	Peer Relationships	Module 22	Illegal Drugs
Module 9	Resolving Conflicts and Preventing Violence	Module 23	Communicable Diseases
Module 10	Nutrition for Health	Module 24	Sexually Transmitted Diseases and HIV/AIDS
Module 11	Managing Weight and Eating Behaviors	Module 25	Noncommunicable Diseases and Disabilities
Module 12	Physical Activity and Fitness	Module 26	Safety and Injury Prevention
Module 13	Personal Health Care	Module 27	First Aid and Emergencies
Module 14	Skeletal, Muscular, and Nervous Systems	Module 28	Community and Environmental Health

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 not start drinking until age 21.

Benefits of Living Alcohol-Free

- **Maintaining a healthy body.** You will avoid the damage to the brain and other body organs. You will also decrease chances of being injured in an accident.
- **Establishing healthy relationships.** You can be open about your family about your activities and habits. Teens who may strain their family relationships as they try to keep a secret.
- **Making healthy decisions.** Drinking alcohol can impair judgment. By abstaining from alcohol, you can avoid intoxication and decisions that protect your health. You will also reduce making unhealthy choices, such as drinking and driving sexually active.
- **Living within the law.** Purchasing or possessing alcohol is illegal under law for anyone under 21. By remaining alcohol-free, you avoid legal problems.
- **Avoiding violence.** Avoiding alcohol reduces your risk of being a victim of 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?

504 Alcohol

Sample - Not For Classroom Use - Copyright © 2022 McGraw Hill



If you receive a hurtful message online, the best way to cope is usually to ignore it. Cyberbullying can be hard to stop, but there are ways to help. If they 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.

When you receive a hurtful message online, the best way to cope is usually to ignore it. Cyberbullying can be hard to stop, but there are ways to help. If they 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.

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

Develop a Purpose in Your Life
MAIN IDEA A sense of purpose helps you set positive goals and work to achieve them. Setting goals can be a challenge, but the effort will be worth it. Short-term goals will be short term, like studying for and passing a test. Long-term goals will be long term, such as planning for higher education and skills. Keeping your goals in mind will give direction to your life and shape the person you are becoming.

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

Take Appropriate Risks and Avoid Harmful Risk Behaviors
MAIN IDEA 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
MAIN IDEA Meaningful relationships, such as those with your family and friends, are crucial to the development of your identity. Relationships are important to your well-being. A support system that can help you build confidence and develop security and belonging. Within a meaningful relationship, you receive **constructive criticism**. For example, if a friend criticizes you in a school debate, you might make helpful suggestions with your friend or offering blame.

Contribute to the Community
MAIN IDEA 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 possible for the community to benefit from your participation, you can volunteer within your community, improve the quality of life for others, gain a sense of accomplishment, and raise your self-esteem.

Reading Check
Explain Why is it important to contribute to your community?

64 Achieving Mental and Emotional Health

Sample - Not For Classroom Use - Copyright © 2022 McGraw Hill



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



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

2 | Focus on the Content

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?

BEFORE YOU READ

1

BIG IDEA Understanding how heredity, environment, and other factors that affect your health! **1** I make healthy decisions.

REAL LIFE ISSUES

2

4

Too Much Sun Jason enjoys the 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.

3

Vocabulary

K	W	L

heredity
environment
peers
culture
media
technology

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

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

Thinking Critically

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

Applying Health Skills

6. **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.
7. **Expository.** Write an essay explaining what individuals, families, and communities can do to promote wellness.

Promoting Health and Wellness 21

DIGITAL RESOURCES

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

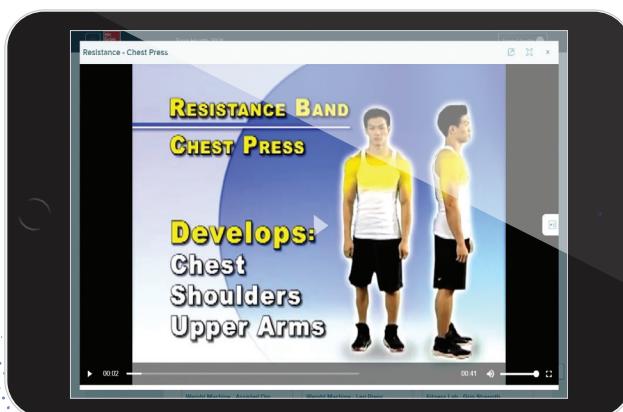
Provides real-life application to the study of health concepts and behaviors.

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!



Community and Environmental Health

Health Lab

What Types of Particles Pollute the Air?

Introduction

We cannot see many pollutants in the air. A pollutant such as carbon monoxide is a colorless gas that is invisible. However, some particulate matter can be seen in the air. A ray of light can reveal tiny particles floating in the air. Controlling particulate matter in the air can be helpful to people who experience allergies, asthma, chronic bronchitis, and other respiratory illnesses. In this lab, you will collect particles from the air in two different locations to determine the types of particles that contribute to air pollution.

Objectives

- Collect and observe particles from the air in indoor and outdoor locations.
- Compare and contrast the types of particles found in indoor and outdoor air.

Personal-Fitness Planning

Personal Fitness Logs—Resistance Training

Heart Rate Monitor Lab—Activity 1

Effects of the Environment

Does the environment affect your heart rate?

Many athletes are affected by the environment in their training. Altitude, air pollution, temperature, and humidity appear to affect an athlete's heart rate.

Even though the environment can affect us in many ways, you can take some control in reducing responses to the environment through the following methods.

- Fitness** Fit people have a lower risk of environmentally caused injuries. They tend to be able to tolerate more work in the heat and adjust to the environment.
- Acclimation** Spending 7–10 days in the environment you will be exercising in (prior to exercise) will help reduce the risks of environmental effects.
- Hydration** Drinking appropriate amounts of water and maintaining hydration will help prevent the chance of heat injury.
- Limiting clothing in warm, humid climates** Allowing as much skin as possible to be exposed to air in order to allow for sweat evaporation, also decreases the chance of heat injuries. Sports that require excessive clothing, such as football, prevent appropriate heat loss and may attribute to heat-related injuries.

Environment Activity

On the day of this experiment, you should wear layers of clothing. You will need a variety of cloths for this experiment (from tank tops and shorts to heavy sweaters or blankets).

Use the following stations to monitor your heart rate during this activity. Travel through the following stations (the order does not matter), and record your heart rate at each station. Be certain to press the "Lap" or "Start" buttons at the beginning and end of each station.

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:

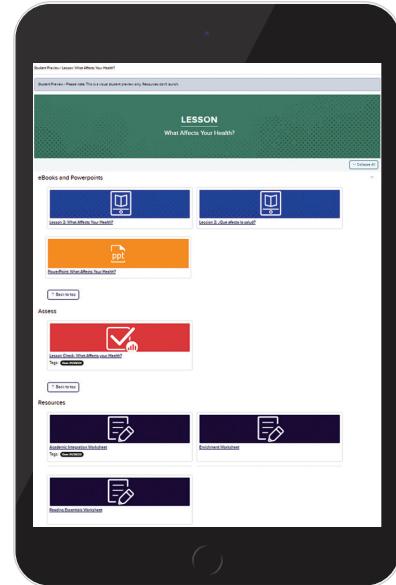
- Enables students to answer questions directly within the text to keep them engaged with the content.
- Provides vocabulary definitions at point-of-use.
- Allows students to highlight or annotate important points in the text.

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 SUPPORT

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

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.

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.

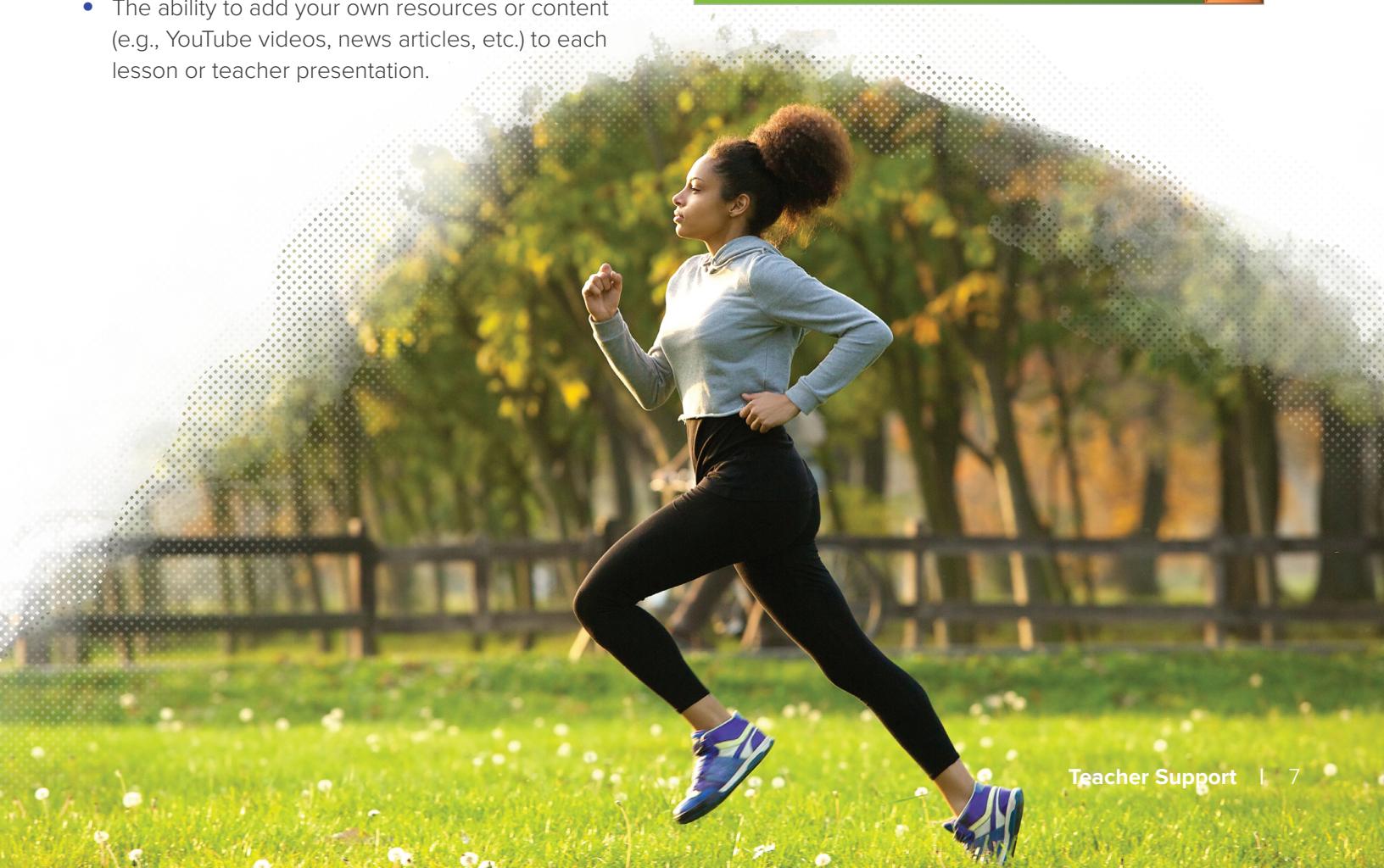
Engage in at least 60 minutes of physical activity daily.

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



DIGITAL RESOURCES (CONT'D)

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.



Self-management skills help you stay healthy. What are these teens practicing?

Lesson 1 Review

Facts and Vocabulary

- Define the term *health* skills.
- What are two interpersonal communication skills that can reduce your health risk?
- What is advocacy?

Thinking Critically

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

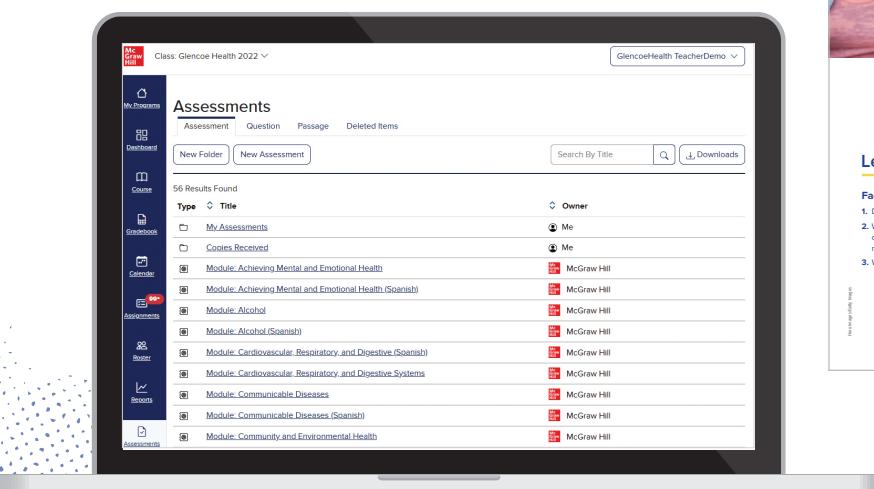
Applying Health Skills

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

Writing Critically

- Narrative. Marisol and Sarah disagree with their mom to see. Write a dialogue in which they resolve their disagreement using effective interpersonal communication strategies.

Building Health Skills 33



Notes



Learn more

.....

mheducation.com/west-virginia