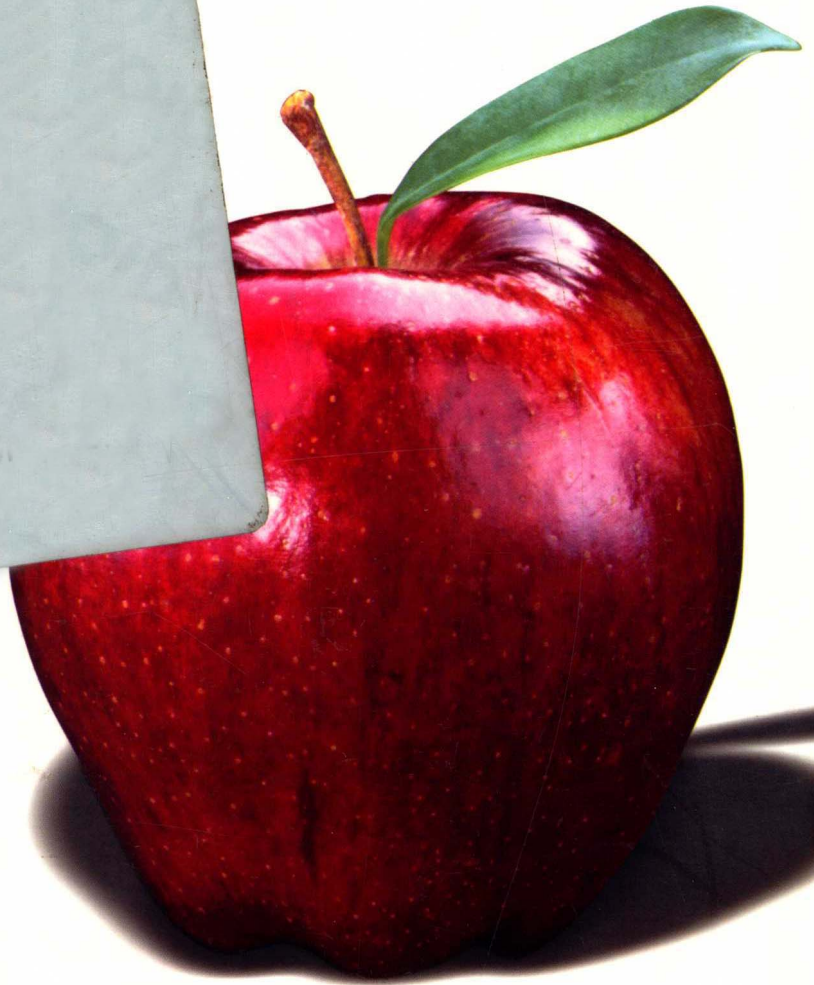


● **COMPREHENSIVE  
SCHOOL  
HEALTH**

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Third Edition

● **LINDA MEEKS PHILIP HEIT RANDY PAGE**

# COMPREHENSIVE SCHOOL HEALTH EDUCATION

TOTALLY AWESOME STRATEGIES  
FOR TEACHING HEALTH®

Third Edition

Linda Meeks

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- COMPREHENSIVE SCHOOL  
HEALTH EDUCATION:  
TOTALLY AWESOME  
STRATEGIES FOR  
TEACHING HEALTH®

# PREFACE

*Tell me, I forget.  
Show me, I remember.  
Involve me, I understand.*

*Comprehensive School Health Education: Totally Awesome Strategies for Teaching Health*® has been the leading teacher resource book used to prepare future and current elementary, middle, and secondary teachers to teach health since the publication of the first edition in 1991. It also has been the most widely used teacher resource book selected by state departments of education, school districts, and departments of health for inservice and train-the-trainers programs. Our ongoing commitment to improve the quality of life of children and adolescents and to assist our colleagues prompted us to write a third edition. We examined the latest research available from the Centers for Disease Control and Prevention and the goals and objectives identified in *Healthy People 2010*. We reviewed the suggestions of professionals affiliated with professional associations, college professors, directors of state departments of education, educators at health departments, curriculum coordinators, elementary teachers, middle school teachers, high school teachers, and undergraduate and graduate students for their suggestions. We also visited elementary, middle, and secondary schools to observe and evaluate the use of our *Totally Awesome Teaching Strategies*®. Then we began the “awesome” task of producing a complete revision, which includes *everything* teachers need in order to have the background and skills to teach health.

*What are the key components in this teacher resource book that make it the most widely used for comprehensive school health education?*

**Section 1. Comprehensive School Health Education** includes five chapters and is designed to provide you with a framework for comprehensive school health education. In Chapter 1, you will learn about the six cate-

gories of risk behaviors that affect today's students; the national initiatives that support the need for comprehensive school health education, including *Healthy People 2010*; CDC guidelines for school health programs to promote healthy behavior among children and adolescents; the Safe and Drug Free Schools Program; the National Longitudinal Study of Adolescence Health; the eight components of the coordinated school health program; and the Meeks Heit Umbrella of Comprehensive School Health Education. Chapter 2 prepares you for your role in school health services. You will learn about 21<sup>st</sup> century learning centers, school-based health centers, accommodations for special school health services, emergency care in schools, and student health concerns. This chapter includes the *Encyclopedia of Health Concerns of School-Age Youth . . . from A to Z*, which covers contemporary topics such as inhalation anthrax and smallpox. Chapter 3 describes a healthful and safe school environment. You will learn how to provide a healthful school environment, including ways you can create a positive emotional climate. You will learn how to provide a safe school environment. The text highlights special concerns in today's school environment, such as what to do about violence, sexual harassment, drug use, environmental tobacco smoke, and exposure to bloodborne pathogens. The text includes a discussion of how to provide adequate nutrition during the school day. Also included are suggestions for planning and implementing health-promotion programs for staff. Chapter 4 will acquaint you with the comprehensive school health education curriculum. You will learn the framework for developing a curriculum that includes health literacy, the National Health Education Standards, and performance indicators. A philosophy is included. Step-by-step directions are included for teaching each of the National Health Education Standards, the design of the *Totally Awesome Teaching Strategies*® is

described, and instructions are provided for designing effective assessment of students, teachers, and school health education programs. Chapter 5 focuses on instructional strategies and technologies that help students gain health knowledge and develop and practice life skills/health goals.

**Section 2. Health Content** contains more than 200 pages of health content so that you are well-informed with up-to-date health knowledge in the ten areas of health. The following chapters are included:

- Chapter 6: Mental and Emotional Health
- Chapter 7: Family and Social Health
- Chapter 8: Growth and Development
- Chapter 9: Nutrition
- Chapter 10: Personal Health and Physical Activity
- Chapter 11: Alcohol, Tobacco, and Other Drugs
- Chapter 12: Communicable and Chronic Diseases
- Chapter 13: Consumer and Community Health
- Chapter 14: Environmental Health
- Chapter 15: Injury Prevention and Safety

**Section 3. Totally Awesome Teaching Strategies<sup>®</sup>** explains how to design your classroom as a laboratory in which students develop and practice life skills and achieve health goals. You will learn how to use *Totally Awesome Teaching Strategies<sup>®</sup>*. Then you are provided with *Totally Awesome Teaching Strategies<sup>®</sup>* for each grade level K–12 for each of the ten health content areas. Each of the *Totally Awesome Teaching Strategies<sup>®</sup>* is designed to help students develop and practice life skills to achieve health goals and be able to master the National Health Education Standards. Teaching masters, student masters, family health newslet-

ters, and health behavior contracts also are included.

**Section 4. The Health Resource Guide** includes the names, addresses, telephone numbers, and email addresses for agencies and organizations involved in promoting health in each of the ten health content areas in the curriculum. Whenever possible, toll-free numbers are listed for your convenience.

**Section 5. The Meeks Heit K–12 Health Education Curriculum Guide** is a state-of-the-art curriculum guide that includes a statement of goals and philosophy; grade-level-appropriate steps for teaching each of the National Health Education Standards; a discussion of character education; a discussion of abstinence education; a discussion of children's literature, curriculum infusion, and health literacy; a discussion of the inclusion of students with special needs, service learning, multicultural infusion, family involvement, and evaluation; and the K–12 Scope and Sequence Chart.

The **Appendix** contains a copy of the Opportunity-to-Learn Standards for local agencies, community agencies, state agencies, teacher preparation institutions, and national health agencies. The **Glossary** includes vocabulary words and definitions. The **Index** provides a listing of page numbers that will help you quickly locate topics.

We created the third edition of *Comprehensive School Health Education: Totally Awesome Strategies for Teaching Health<sup>®</sup>* especially for you. We want you to use it as you engage in a most important task—educating today's youth about health!

**Linda Meeks  
Philip Heit  
Randy Page**

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American School Health Association

# NEW TO THIS EDITION

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## New, Updated, or Expanded Topics

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We are committed to making this textbook the most up-to-date school health education text available. Following is a sampling of topics that are either completely new to this edition or are covered in greater depth than in the previous edition.

### Chapter 1

- *Healthy People 2010*
- Updated statistics on risk behavior on school-age use
- References to *Health Is Academic*
- Current school health studies, such as School Health Policies and Programs Study (SHPPS)

### Chapter 2

- Discussion of IDEA (Individuals with Disabilities Education Act)
- Discussion of the Child Health Insurance Program (CHIPs) and how schools are involved
- Current topics including school health aides, confidentiality of school health in Learning Centers, accommodations for special health services, administration of medications at school, emergency care in schools, Do Not Resuscitate (DNR) orders
- Encyclopedia of Health Concerns of School-Age Youth containing new or revised entries for lice, asthma, ADHD and medications, Reye's syndrome, seizure disorders, scoliosis, and hantavirus
- Updated section on school-based health centers

### Chapter 3

- Safe science labs and chemical spills and hazards
- Safe swimming pools
- Characteristics of a secure school environment

- School security measures
- Caring school communities
- Hepatitis B immunization
- Current topics including Ten Keys to Promote Healthy Eating in Schools, CDC's School Health Index for Physical Activity and Healthy Eating: A Self-Assessment and Planning Guide, the National School Lunch and Breakfast Programs

### Chapter 4

- Outline of the framework for developing a curriculum that includes health literacy and performance indicators
- Step-by-step instructions for teaching each of the National Health Education Standards
- Describes the design of the *Totally Awesome Teaching Strategies*<sup>®</sup>
- Guidelines for effective assessment of students, teachers, and school health education programs

### Chapter 5

- The latest instructional strategies and technologies
- Practical applications for helping students learn about health and develop and practice life skills

### Chapter 6

- Updated Wellness Scale that includes 10 factors affecting health status
- More emphasis on helping students develop life skills/health goals
- New section on developing good character
- Expanded information on addictive behaviors and codependence
- Suicide-prevention strategies

### Chapter 7

- Ten skills learned in an ideal family
- Information on improving difficult family relationships
- Ten profiles of people who relate in harmful ways

- Information on what to do about harmful relationships
- New sections on developing skills to prepare for marriage and for parenthood
- Suggestions for children whose parents face major adjustments (e.g., divorce, remarriage, job loss, incarceration)

## **Chapter 8**

- New section on early sexual development in girls
- Expanded information on female reproductive health
- Coverage of puberty in females and in males, including management of emotions and acceptance of physical changes
- Expanded information on male reproductive health
- New sections on providing care for infants and children, understanding the developmental tasks of adolescence, and developing learning styles

## **Chapter 9**

- The current USDA Dietary Guidelines for Americans
- New information on food allergies and intolerances
- New sections on motives for eating and planning healthful meals
- Updated and expanded information on food-borne illnesses and food safety
- New discussion on the epidemic of obesity in children
- New research on eating disorders

## **Chapter 10**

- New research and findings about the sleep needs and habits of children and adolescents
- Addition of physical activity guidelines for children and adolescents
- Sections on 10 lifetime sports
- Expanded section on sports injuries
- New section on being a responsible spectator and participant in sports

## **Chapter 11**

- Symptoms of drug dependence from the latest Diagnostic and Statistical Manual of Mental Disorders

- New section on roles of children of drug-dependent parents
- New information on bidis, clove cigarettes, and other tobacco products used by youth
- New section on the Master Settlement Agreement (MSA) between tobacco companies and states
- New products for quitting tobacco use

## **Chapter 12**

- Updated information on hepatitis, cardiovascular disease, cancer, diabetes, and asthma
- New section on treatment for HIV infection and AIDS
- New information on Type 2 diabetes in children
- Instructions for keeping a personal health record

## **Chapter 13**

- Current guidelines for evaluating Internet resources
- New sections on time management and money management
- New section on choosing and evaluating healthful entertainment
- Tips for evaluating health care services, providers, and facilities
- Guidelines for health advocacy and volunteering

## **Chapter 14**

- Suggestions for actions students can take to improve and maintain the environment
- More emphasis on protecting the natural environment
- New section on the visual environment
- New section on the social-emotional environment
- New section on health advocacy for the environment

## **Chapter 15**

- New section on scooter safety
- Updated information on violence prevention
- New sections on self-protection strategies and stalking
- New section on victim recovery
- A Guide to First-Aid Procedures

## Chapter 16

- Explanation on how to encourage students to develop and practice life skills and achieve health goals
- Provides useful teaching strategies for K–12 in each of the 10 health content areas
- Icons to show at a glance the curriculum areas into which the teaching strategies are infused
- Symbols to designate the health-literacy categories promoted by the teaching strategies
- Helps students master the National Health Education Standards
- Current teaching masters, student masters, family health newsletters, and health behavior contracts that have been redesigned to improve visual appeal and clarity

## Chapter 17

- Provides the names, addresses, telephone numbers, and email addresses of health-promotion agencies and organizations in an expanded Health Resource Guide
- Lists toll-free numbers, if available, for your convenience
- Includes web addresses for each organization, agency, and association

## Chapter 18

- Provides a state-of-the-art curriculum guide that instructors will want to use in the classroom for years to come
- Outlines grade-level-appropriate steps for teaching each of the national Health Education Standards
- Discusses how to approach the topic of character education
- Includes information about abstinence education
- Incorporates children's literature, curriculum infusion, and health literacy
- Addresses students with special needs, service learning, multicultural infusion, family involvement, and evaluation
- Provides a unique K–12 Scope and Sequence Chart

# Online and Multimedia Resources

## COMPUTERIZED TEST BANK CD-ROM

Brownstone's Diploma Computerized Testing is the most flexible, powerful, easy-to-use electronic testing program available in higher education. The Diploma system allows the test maker to create a print version, an online version (to be delivered to a computer lab), or an internet version of each test. Diploma includes a built-in instructor grade-book, into which student rosters and files can be imported. Diploma is for Windows users, and the CD-ROM includes a separate testing program, Exam IV, for Macintosh users.

## INSTRUCTOR'S MANUAL/TEST BANK

The Instructor's Manual (available in print and online) includes many useful features, such as learning objectives, suggested lecture outlines and activities, media resources, and web links. It also includes tips for integrating the text with other McGraw-Hill resources. The test bank offers 15 multiple-choice questions and 15 true-false questions per chapter. The questions are designed to test students' knowledge of the material, as well as their ability to apply what they have learned.

## ONLINE LEARNING CENTER

[www.mhhe.com/meeks3e](http://www.mhhe.com/meeks3e)

The Online Learning Center to accompany *Comprehensive School Health Education*, third edition, offers a number of additional resources for both students and instructors. Visit this website to find useful materials such as:

### *For the Instructor:*

- Downloadable PowerPoint presentation (see description at next entry)
- Interactive web links
- Lecture outlines
- Links to professional resources

**For the Student:**

- Self-scoring chapter quizzes and online study guide
- Flashcards for learning key terms and their definitions
- Learning objectives
- Interactive activities
- Web links for study and exploration of health topics
- Information on careers in the health field

**POWERPOINT AND READY NOTES**

A complete PowerPoint lecture for the course is included in the instructor's portion of the Online Learning Center. It corresponds to the content in *Comprehensive School Health Education*, third edition, chapter by chapter, ensuring that your students can follow your lectures point by point. A Ready Notes packet accompanies each new copy of the text. It is a print version of the PowerPoint presentation, with space next to each slide in which students can take notes during class lectures.

**HEALTH AND HUMAN PERFORMANCE WEBSITE**

[www.mhhe.com/hhp](http://www.mhhe.com/hhp)

McGraw-Hill's Health and Human Performance website provides a wide variety of information for instructors and students, including monthly articles about current issues, online articles that celebrate our diversity, downloadable supplements for instructors, a "how to" technology guide, study tips, and exam-preparation materials. It includes information about professional organizations, conventions and careers. Additional features of the website include the following:

- *This Just In*—Offers information on the latest hot topics, the best web resources, and more—all updated monthly.
- *Faculty Support*—Provides downloadable course supplements, such as instructor's manuals and PowerPoint presentations, and allows instructors to create their own course website with PageOut.
- *Student Success Center*—Offers online study guides and other resources to improve students' academic performance. Students

- can also explore scholarship opportunities and learn how to launch a rewarding career.
- *Author Arena*—Answers instructors' questions about writing a textbook or supplement for the college market. Potential authors can read the McGraw-Hill proposal guidelines, click on links to the Editorial and Marketing teams, and meet our current authors.
- *Self-Assessments*—Provides dozens of self-assessments that help students apply health topics to their own lives.

**POWERWEB**

[www.dushkin.com/powerweb](http://www.dushkin.com/powerweb)

PowerWeb is a website database of articles about health. Students can visit the PowerWeb site to take a self-scoring quiz, click through an interactive glossary, or check the daily news about health. A professional health educator analyzes the day's news to show students how it relates to their field of study.

Students who use PowerWeb also receive full access to Dushkin/McGraw-Hill's Student Site, [www.dushkin.com/online](http://www.dushkin.com/online), where they can read study tips, conduct Web research, learn about different career paths, and follow fun links on the Web.

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**Course Management Tools**

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**PAGEOUT: THE COURSE WEBSITE DEVELOPMENT CENTER**

[www.pageout.net](http://www.pageout.net)

PageOut, free to instructors who use a McGraw-Hill textbook, is an online program you can use to create your own course Website. PageOut offers the following features:

- A course home page
- An instructor home page
- A syllabus (interactive and customizable, including quizzing, instructor notes, and links to the text's Online Learning Center)
- Web links

- Discussions (multiple discussion areas per class)
- An online gradebook
- Links to student Web pages

Contact your McGraw-Hill sales representative to obtain a password.

## COURSE MANAGEMENT SYSTEMS

[www.mhhe.com/solutions](http://www.mhhe.com/solutions)

Now instructors can combine their McGraw-Hill Online Learning Center with today's most popular course-management systems. Our Instructor Advantage program offers customers access to a complete online teaching website called the Knowledge Gateway, prepaid, toll-free phone support, and unlimited e-mail support directly from WebCT and Blackboard. Instructors who use 500 or more copies of a McGraw-Hill textbook can enroll in our Instructor Advantage Plus program, which provides on-campus, hands-on training from a certified platform specialist. Consult your McGraw-Hill sales representative to learn what other course management systems are easily used with McGraw-Hill online materials.

## PRIMIS ONLINE

[www.mhhe.com/primis/online](http://www.mhhe.com/primis/online)

Primis Online is a database-driven publishing system that allows instructors to create content-rich textbooks, lab manuals, or readers for their courses directly from the Primis website. The customized text can be delivered in print or electronic (eBook) form. A Primis eBook is a digital version of the customized text (sold directly to students as a file downloadable to their computer or accessed online by a password).

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## Print Supplements

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**ANNUAL EDITIONS: HEALTH 02/03,**  
**BY RICHARD YARIAN**

[www.dushkin.com/annualeditions](http://www.dushkin.com/annualeditions)

*Annual Editions* is an ever-enlarging series of more than 70 volumes; each designed to provide convenient, low-cost access to a wide range of current, carefully selected articles from some of the most important magazines, newspapers, and journals published today. Prominent scholars, researchers, and commentators write the articles, drawn from more than 400 periodical sources. All *Annual Editions* have common organizational features, such as annotated tables of contents, topic guides, unit overviews, and indexes. In addition, a list of annotated websites is included. An Instructor's Resource Guide with testing suggestions for each volume is available to qualified instructors. New editions are published regularly, so check the website above to view a table of contents for the latest edition.

**ISBN 0-07-250692-X**

## TAKING SIDES: CLASHING VIEWS ON CONTROVERSIAL ISSUES IN HEALTH AND SOCIETY, FIFTH EDITION

[www.dushkin.com/takingsides](http://www.dushkin.com/takingsides)

Dushkin/McGraw-Hill's *Taking Sides* series currently comprises 22 volumes, with an instructor's guide and testing material available for each volume. The *Taking Sides* approach brings together the arguments of leading social and behavioral scientists, educators, and contemporary commentators, forming 21 debates, or issues, that present the pros and cons of current controversies in health. An Issue Introduction that precedes the two opposing viewpoints gives students the proper context and historical background for each debate. After reading the debate, students are given other viewpoints to consider in the Issue Postscript, which also offers recommendations for further reading. *Taking Sides* fosters critical thinking in students and encourages them to develop a concern for serious social dialogue. New editions are published regularly, so check the website above to view a table of contents for the latest edition.

**ISBN 0-07-243092-3**

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