

# Current Health<sup>2</sup> Planning Calendar 2008–2009

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	September	October	November	December	January	February Special issue!	March	April/May
<b>Your Body</b>	Vaccines	Seizures	Spinal cord	Appendicitis	Health in teen years	Alcohol's effect on the body	Juvenile arthritis	Lyme disease
<b>Your Choices</b>	Methamphetamines	Speeding and racing	Caffeine	Heroin	Cheating	How to say no	Ketamine	Prom night
<b>Your Energy</b>	Eating in season	Tech fitness games	International food pyramids	Healthy options at the mall	Antioxidants	Yoga in school	Sweeteners	Swimming
<b>Your Mind</b>	Laughter	Learning disabilities	Virtual worlds addiction	Bipolar disorder	Confidence	Alcohol's effect on mental health	Risk taking	Eating disorders
<b>Your Relationships</b>	School counselors	Divorce	Sharing meals with the family	Neighbors	Getting over a breakup	An alcoholic in the family	Sportsmanship	Getting along with the boss
<b>Your World</b>	Tuberculosis	Water	Teen EMT	Food safety systems	Future of health technology	Green building and health	Gangs	Organ donation

## Each issue of *Current Health 2* meets the eight National Health Education Standards:

1. Students will comprehend concepts related to health promotion and disease prevention to enhance health.
2. Students will demonstrate the ability to access valid information and products and services to enhance health.
3. Students will demonstrate the ability to use decision-making skills to enhance health.
4. Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
5. Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
6. Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
7. Students will demonstrate the ability to use goal-setting skills to enhance health.
8. Students will demonstrate the ability to advocate for personal, family, and community health.



**Pulse**  
A roundup of the latest health news.

**Safety Zone**  
Learn critical information about first aid and safety.

**What's Up, Doc?**  
Health professionals answer readers' questions.

**HealthWorks**  
Snapshots of cool—and hot—health careers.

**Please note:** In our effort to bring you the latest information available, we reserve the right to amend this outline.