

Texas

Health Skills for High School

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Brief Contents

Unit 1	Promoting a Lifetime of Health and Wellness	2
	Chapter 1 Health and Wellness Fundamentals	4
	Chapter 2 Health and Wellness Skills	32
	Chapter 3 Interpersonal Skills	68
Unit 2	Being Mentally and Emotionally Healthy	98
	Chapter 4 Promoting Mental and Emotional Health	100
	Chapter 5 Shifting to Positive Thinking	140
	Chapter 6 Managing the Stress in Your Life	174
	Chapter 7 Understanding Mental Illnesses	208
Unit 3	Developing a Healthy Lifestyle	244
	Chapter 8 Following a Healthy Diet	246
	Chapter 9 Having a Healthy Body Image	296
	Chapter 10 Engaging in Physical Activity	326
Unit 4	Avoiding Hazardous Substances	360
	Chapter 11 Vaping and Tobacco	362
	Chapter 12 Alcohol	394
	Chapter 13 Medications and Drugs	422
Unit 5	Establishing Healthy Relationships	466
	Chapter 14 Maintaining Healthy Relationships	468
Unit 6	Protecting Your Health	510
	Chapter 15 Personal Safety	512
	Chapter 16 Environmental Health	558
Unit 7	Understanding Diseases and Disorders	592
	Chapter 17 Communicable Diseases	594
	Chapter 18 Noncommunicable Diseases	622
Unit 8	Human Development	654
	Chapter 19 Health Across the Life Span	656
	Background Lesson 1 The Body Systems	680
	Background Lesson 2 Personal Hygiene	692
	Background Lesson 3 Sleep	697

Contents

- Unit 1 Promoting a Lifetime of Health and Wellness 2**
 - Chapter 1 Health and Wellness Fundamentals 4**
 - Lesson 1.1** What Are Health and Wellness? 6
 - Lesson 1.2** Individual Factors Affecting Health and Wellness 13
 - Lesson 1.3** Environmental Factors Affecting Health and Wellness 19
 - Chapter 2 Health and Wellness Skills 32**
 - Lesson 2.1** Making Decisions and Setting Goals 34
 - Lesson 2.2** Using Health Information 41
 - Lesson 2.3** Accessing Health Services 50
 - Lesson 2.4** Advocating for Community and Public Health 57
 - Chapter 3 Interpersonal Skills 68**
 - Lesson 3.1** Communicating Effectively 70
 - Lesson 3.2** Resolving Conflicts 80
 - Lesson 3.3** Resisting Pressure 87
- Unit 2 Being Mentally and Emotionally Healthy 98**
 - Chapter 4 Promoting Mental and Emotional Health 100**
 - Lesson 4.1** Mental and Emotional Health and Well-Being 102
 - Lesson 4.2** Embracing Your Identity 112
 - Lesson 4.3** Building Your Self-Esteem 121
 - Lesson 4.4** Expressing Your Emotions 128
 - Chapter 5 Shifting to Positive Thinking 140**
 - Lesson 5.1** Understanding Happiness 142
 - Lesson 5.2** Establishing a Positive Mind-Set 149
 - Lesson 5.3** Developing Empathy and Resilience 161
 - Chapter 6 Managing the Stress in Your Life 174**
 - Lesson 6.1** What Is Stress? 176
 - Lesson 6.2** Health Effects of Stress 184
 - Lesson 6.3** Managing Stress 192

Chapter 7	Understanding Mental Illnesses	208
	Lesson 7.1 What Are Mental Illnesses?	210
	Lesson 7.2 Getting Help for Mental Illnesses.....	221
	Lesson 7.3 Preventing and Coping with Suicide.....	232
Unit 3	Developing a Healthy Lifestyle	244
Chapter 8	Following a Healthy Diet	246
	Lesson 8.1 What Is Nutrition?.....	248
	Lesson 8.2 Establishing a Healthy Eating Pattern	256
	Lesson 8.3 Choosing and Preparing Nutritious Foods	270
	Lesson 8.4 Managing Your Weight	280
Chapter 9	Having a Healthy Body Image	296
	Lesson 9.1 Factors That Influence Body Image.....	298
	Lesson 9.2 Disordered Eating and Eating Disorders.....	307
	Lesson 9.3 Improving Your Body Image.....	315
Chapter 10	Engaging in Physical Activity	326
	Lesson 10.1 Understanding Physical Activity and Fitness	328
	Lesson 10.2 Getting Enough Physical Activity	336
	Lesson 10.3 Staying Safe During Physical Activity	348
Unit 4	Avoiding Hazardous Substances	360
Chapter 11	Vaping and Tobacco	362
	Lesson 11.1 Health Effects of Vaping and Tobacco	364
	Lesson 11.2 Preventing and Treating Tobacco Use	379
Chapter 12	Alcohol	394
	Lesson 12.1 Health Effects of Alcohol	396
	Lesson 12.2 Preventing and Treating Alcohol Abuse.....	410
Chapter 13	Medications and Drugs	422
	Lesson 13.1 Safe Medication Use	424
	Lesson 13.2 Medication Misuse and Abuse	430

	Lesson 13.3	Drug Abuse	440
	Lesson 13.4	Preventing and Treating Medication and Drug Abuse	454
Unit 5	Establishing Healthy Relationships		466
	Chapter 14	Maintaining Healthy Relationships	468
	Lesson 14.1	Qualities of a Healthy Relationship	470
	Lesson 14.2	Supporting Family and Community Relationships	477
	Lesson 14.3	Developing Peer Relationships	487
	Lesson 14.4	Bullying and Cyberbullying	494
Unit 6	Protecting Your Health		510
	Chapter 15	Personal Safety	512
	Lesson 15.1	Preventing Accidents and Injuries	514
	Lesson 15.2	Handling Dangerous Situations	522
	Lesson 15.3	Being Safe on the Internet	530
	Lesson 15.4	Performing First Aid	542
	Chapter 16	Environmental Health	558
	Lesson 16.1	Understanding the Environment	560
	Lesson 16.2	Identifying Environmental Hazards	566
	Lesson 16.3	Protecting the Environment	579
Unit 7	Understanding Diseases and Disorders		592
	Chapter 17	Communicable Diseases	594
	Lesson 17.1	What Are Communicable Diseases?	596
	Lesson 17.2	Recognizing Communicable Diseases	604
	Lesson 17.3	Preventing and Treating Communicable Diseases	611
	Chapter 18	Noncommunicable Diseases	622
	Lesson 18.1	What Are Noncommunicable Diseases?	624
	Lesson 18.2	Cardiovascular Diseases	628
	Lesson 18.3	Cancer	637
	Lesson 18.4	Other Noncommunicable Diseases	643

Unit 8	Human Development.....	654
Chapter 19	Health Across the Life Span.....	656
	Lesson 19.1 Understanding Development	658
	Lesson 19.2 Health During the Childhood Years	663
	Lesson 19.3 Adulthood and the Nature of Aging.....	668
	Background Lesson 1 The Body Systems	680
	Background Lesson 2 Personal Hygiene.....	692
	Background Lesson 3 Sleep.....	697
	Glossary/Glosario	699
	Index	730

SAMPLE

Feature Contents



Case Studies

The Interactions of Your Health	7
Health Resources: What Are Available and How to Access Them	48
Peer Pressure in Action.....	90
Who You Are	118
Social Media Envy.....	153
Stressful Situations	194
Mental Health Medical Record Profiles.....	227
Individual Dietary Needs.....	267
How Do I Look?.....	300
Getting More Physical Activity	342
“Just” a Vape	370
The Impact of Alcohol	406
Prescription Problems.....	438
Rumors: A Harmless Story?	498
Navigating Life Online	537
Environmental Impact	576
Blocking Germs Every Day.....	613
Dealing with Illness.....	648



Research in Action

The Areas of Health Affect Each Other	10
Debunking Health Claims.....	43
The Magic Relationship Ratio.....	83
Technology and Your Mental and Emotional Health.....	105
Resilience’s Lasting Power	166
Can Stress Be Passed Through Generations?	189
Mental Illnesses: Biology and Psychology	211
How Do Emotions Affect Your Food Choices?	272

Diversity in the Media and Body Image.....	304
Physical Activity and Mental and Emotional Health	331
Tobacco Use and Risky Behaviors	374
Co-Occurring Disorders: Substance Use and Mental Health	411
Your Brain on Drugs	442
How Close Are Online Friendships?	488
Do Violent Video Games Cause Violence?	497
Which Substances Are Carcinogens?	573
Combating Antibiotic Resistance	616
Improving Diabetes Treatment	645

Local and Global Health



Perceptions and Norms: The Impact on Health	22
Challenges to Accessing Healthcare	55
Culture Affects Communication	74
Everyone Has a Cultural Identity.....	116
Describing Happiness Around the World	146
Are Some Countries More Stressful Than Others?	181
Perceptions of Mental Illnesses	229
Undernutrition: A Global Problem	268
The Thin Ideal Is Not Universal	302
Physical Activity Around the World.....	338
Rates of Tobacco Use Around the World	381
Consequences of Alcohol Use.....	402
The Opioid Epidemic.....	435
Parents and Children Around the World	481
Extreme Weather and a Changing Climate.....	528
Water and Sanitation	562
The Unequal Burden of Communicable Disease	602
Noncommunicable Diseases in Your Community and World	626
What Does It Mean to Be an Adult?.....	669



Health in the Media



How Has Technology Affected Health?.....	24
Analyzing Health Advertisements.....	47
The Power of Virtual Peer Pressure.....	88
The Rapid Spread of Negative Emotions.....	131
Social Media: A Rigged Game of Social Comparison	159
Can Social Media Cause Stress?	178
Media Representations of Suicide.....	235
Be Wary of Music Star Endorsements.....	273
Editing and Airbrushing Media Images	317
Choosing Fitness Products	352
Tobacco in the Media: Then and Now.....	387
The Impact of Alcohol Advertisements.....	412
Drugs and Your Digital Footprint	444
Media Relationships: Healthy or Unhealthy?	475
Social Media Challenges and Dares.....	519
The Hidden Costs of Cheap Goods	582
The Health Hazards of Misinformation.....	614
Social Media and Disease	641
Disabilities in the Media	662



Skills for Health and Wellness

What Factors Affect Your Health?.....	26
Creating a Health Management Plan	53
Solve a Conflict with a Friend.....	85
Mental and Emotional Health Checkup.....	110
Shifting to Positive Self-Talk	157
Trying Relaxation Techniques	200
Helping a Friend Who Is Considering Suicide.....	237
Following a Recipe	278
Helping a Friend with Disordered Eating.....	309
Making a Physical Activity and Fitness Plan.....	346

Refusing Tobacco.....	388
Reporting Substance Use.....	416
Helping Someone with Substance Use or Misuse.....	461
Being an Upstander and Ally.....	501
Promoting an Online Environment of Respect.....	532
Donating Used Belongings.....	585
Help Prevent the Spread of Disease.....	615
Promote Heart Health.....	635
Working Through Grief.....	674

Health Across the Life Span

How Does Mind-Set Affect Aging?.....	152
The Ups and Downs of Stress.....	202
Your Food Choices Affect Your Life.....	286
Steps to a Healthier Life.....	333
Choose Your Future: Vaping and Tobacco.....	376
The Consequences of Drunk Driving Do Not Go Away.....	408
My Life, My Actions.....	524



Quizzes

What Kind of Communicator Are You?.....	76
How Healthy Is Your Self-Esteem?.....	124
How Much Empathy Do You Have?.....	163
What Is Your Level of Stress?.....	179
How Healthy Is Your Friendship?.....	489



Spotlight on Health and Wellness Careers

Licensed Clinical Psychologist: Linnea Mavrides.....	225
Physical Therapist: Courtney Hansen.....	344
Substance Abuse Counselor: Maryann Davis.....	460
Marriage and Family Therapist: Ileana Ungureanu.....	482
Paramedic: Cristian Hinojosa.....	553

To the Student

We wrote this exciting textbook for high school health and wellness classes based on our experiences as professors of psychology (Catherine Sanderson) and biology (Mark Zelman), and as the accomplished authors of high school and college-level textbooks. Our backgrounds give us a deep well of knowledge of the most current scientific theory and research to draw from.

Perhaps the most valuable experience we had in preparing us to write this book is our roles as parents to a combined total of seven children, ages 15 through 29. After all, in writing this book, we both reflected frequently on our experiences as parents and our goal of ensuring that our own children maintain excellent physical, mental and emotional, and social health.

This book includes all of the standard topics found in high school health and wellness books—including self-talk, self-compassion, and self-care; body positivity, neutrality, and compassion; health effects of vaping; medication and drug abuse (including opioids); digital citizenship and personal digital footprint; how social media affects physical, mental and emotional, and social health; and healthy relationships. We wanted our book to give high school students the most current health information, presented in an engaging writing style so students would enjoy reading the book. We included a focus on practical health skills that young people can use to develop and promote positive health and wellness habits throughout their lives.

In this new edition, we include information about the COVID-19 pandemic, including the characteristics of a pandemic, controlling disease outbreaks, and disease prevention. We also discuss the influence of stress, such as experiencing a global pandemic, on health and strategies to promote physical and psychological well-being.

As the authors of high school and college-level textbooks, we felt confident in our research and writing abilities, but felt that the pedagogy was better left to health teachers. We would like to thank Diane Farthing, Melanie Lynch, and Melissa Munsell for developing the skills-based questions, activities, and resources that are a vital part of this course. We are delighted with the final product, and wish all readers of this book a lifetime of health.

