About the Authors

Catherine A. Sanderson is the Poler Family Professor of Psychology at Amherst College. She received a bachelor's degree in psychology, with a specialization in Health and Development, from Stanford University, and received both master's and doctoral degrees in psychology from Princeton University. Professor Sanderson's research examines how personality and social variables influence health-related behaviors, such as safer sex and disordered eating. Her research also examines the development of persuasive messages and interventions to prevent unhealthy behavior and predictors of relationship satisfaction. This research has received grant funding from the National Science Foundation and the National Institutes of Health. Professor Sanderson has published more than 25 journal articles and book chapters; four college textbooks; high school and middle school health textbooks; and a trade book, *The Positive Shift*, which examines how mind-set influences happiness, health, and even how long people live. Her latest book, *Why We Act: Turning Bystanders into Moral Rebels*, examines why good people often stay silent or do nothing in the face of wrongdoing. In 2012, she was named one of the country's top 300 professors by the Princeton Review.

Mark Zelman is a Professor of Biology at Aurora University, Aurora, Illinois. He received a bachelor's degree in biology from Rockford College. He received a PhD in microbiology and immunology from Loyola University of Chicago and completed a postdoctoral fellowship at the University of Chicago. Dr. Zelman's research focuses on prevention and control of infectious diseases, mechanisms of antibiotic resistance, and community factors affecting public health. He teaches science education courses for high school teachers. He has published articles on microbiology, infectious disease, autoimmune disease, and biotechnology, and he has written two college texts on human diseases and infection control. Dr. Zelman works with the West Africa AIDS Foundation in Ghana and other public health projects in the US and abroad. He is an officer of the Illinois State Academy of Sciences and Editor-in-Chief of the Academy's scientific journal, *Transactions*.

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Pedagogy Developers

Diane Farthing received her bachelor's degree and teaching credentials from Kent State University in Ohio. She taught health education for 16 years at a continuation school, five years at the middle-school level, and 17 years at Amador Valley High School in Pleasanton, California. In 2010, she became a National Board Certified Teacher, recertifying in 2020. She is a strong believer in the power of collaboration. She spent seven years on the leadership team for the Bay Area Physical Education-Health Subject Matter Project, designing and delivering professional development institutes. In 2014, she took on the role of Health Program Director for the Health and Physical Education Collaborative (H-PEC), a nonprofit organization dedicated to helping teachers develop physical and health literacy in their students. Diane helped write the Health Education Curriculum Framework for California Public Schools. She is the 2019 California Association for Health, Physical Education, Recreation, and Dance (CAHPERD) Health Teacher of the Year and the 2020 SHAPE America Western District Teacher of the Year.

Melanie Lynch is an experienced teacher with almost 30 years in the classroom. She spent the first 21 years of her career specializing in teaching only health education. She now teaches health and physical education in Pittsburgh, Pennsylvania, at North Allegheny Intermediate High School. She has served as Vice President of Health Education for SHAPE Pennsylvania for five years and served as their President in 2016. Also in 2016, SHAPE America named Melanie the National Health Education Teacher of the Year. Melanie's love of working with students and her creative, skills-based lesson ideas have taken her all over the country, where she has spoken to thousands of teachers. Melanie is grateful to work, learn, and grow with so many amazing teachers.

Melissa Munsell worked as an instructional specialist in the Physical Education and Health Department at North East Independent School District in San Antonio, Texas. She served as the K–12 Health Education Lead for the district. Melissa received a bachelor's degree in kinesiology from The University of Texas at Austin and is certified to teach Physical Education K–12 and Health Education 6–12, among other endorsements, in the state of Texas. She has 28 years of teaching and administrative experience, including six years teaching health education at the high-school level. Melissa has also served as vice president of the Health Division and General Division of the Texas Association for Health, Physical Education, Recreation, and Dance (TAHPERD) and presents workshops and lectures on various health topics locally and statewide.

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Contributors and Reviewers

Contributors

Goodheart-Willcox Publisher would like to thank the following classroom instructors who contributed to the development of the *Warm-Up Activities* and *Health and Wellness Skills*.

Michael A. Cleffi, II
Health and Physical Education Instructor
Bethlehem Area School District
Bethlehem, Pennsylvania

Haillie Bell
Health and Physical Education Instructor
Sherman E. Burroughs High School
Ridgecrest, California

Kathryn Smith, MAT
Family and Consumer Sciences Instructor
Issaquah High School
Issaquah, Washington

Advisory Board

Goodheart-Willcox Publisher would like to thank the following advisory board members who provided guidance in the development of *Essential Health Skills for High School*.

Haillie Bell
Health and Physical Education Instructor
Sherman E. Burroughs High School
Ridgecrest, California

Melanie Busch
Health and Physical Education Instructor
Homestead High School
Fort Wayne, Indiana

Cyndi Cain
Health Education Instructor
Champlin Park High School
Champlin, Minnesota

Amelia Chandler
Health Instructor
Anaheim Union High School District
Anaheim, California

Kimberly Clay
Health Instructor
Park Hill School District
Kansas City, Missouri

Kelly Dodd
Health Instructor
Park Hill School District
Kansas City, Missouri

Stephanie Eliasen
Health Instructor
Bondurant-Farrar Junior High School
Bondurant, Iowa

Kat Gratz
Health Instructor
Columbus East High School
Columbus, Indiana

Hilary Machemer
Health and Physical Education Instructor
Carmel Clay School District
Carmel, Indiana

Stephanie Neff
Health Instructor
Washington High School
Cedar Rapids, Iowa

Christina Olson
Health Education Instructor
Champlin Park High School
Champlin, Minnesota

Kyle Petty
Health Instructor
Washington Liberty
Arlington, Virginia

Caitlin Provance
Curriculum Coordinator
Lincoln Public Schools
Lincoln, Nebraska

Jamie Sebring
Wellness Instructor
Taft Middle School
Cedar Rapids, Iowa

Leah Swedberg
Health Instructor
West Fargo High School
West Fargo, North Dakota

Cynthia Terrell
Healthful Living Instructor
Wakefield High School
Raleigh, North Carolina

Sarah Van Berkum
Health Instructor
Anaheim Union High School District
Anaheim, California

SAMPLE

Professional Reviewers

Goodheart-Willcox Publisher would like to thank the following health professionals who reviewed selected lessons and contributed valuable input into the development of *Essential Health Skills for High School*.

Kelsey Banaszynski
Food Scientist, Research & Innovation
Danone North America
Louisville, Colorado

Kathy Barnes, Ed.D.
Educational Consultant
Texas

Jennifer Carroll, MSW
Resource Development Manager
National Eating Disorders Association (NEDA)
New York, New York

Maryann Y. Davis, CATC II
Addiction Counselor and Mental Health Program Technician
The Gooden Center
Pasadena, California

Michael Dorcas
Registered Pharmacist
Apple Valley, Minnesota

Pam Garramone, M.Ed.
Positive Psychology Keynote Speaker
Wholebeing Institute
Quincy, Massachusetts

Shawn V. Giammattei, PhD
Psychologist
Quest Family Therapy
Santa Rosa, California

Heidi Hanna, PhD
CEO, Stress Mastery Academy; Fellow, American Institute of Stress
Stress Mastery Academy
San Diego, California

Deb Kimberlin, PhD, RDN, LDN
Associate Professor
Olivet Nazarene University
Bourbonnais, Illinois

Linnea L. Mavrides, PsyD, CGP
Clinical Psychologist, Adjunct Professor
LIU-Post
Brookville, New York

Merle Wilder
High School Counselor
Belleville East High School
Belleville, Illinois

Instructor Reviewers

Goodheart-Willcox Publisher would like to thank the following health education instructors who reviewed selected lessons and contributed valuable input into the development of *Essential Health Skills for High School*.

Lindsay Armbruster
Health Education Teacher
Burnt Hills-Ballston Lake Central School District
Burnt Hills, New York

Trish Armstrong
Health Educator
Northampton High School
Northampton, Massachusetts

Karen Asbell
Health Instructor
St. Charles School District
St. Charles, Missouri

Michael Bargas
Health Education Instructor
Estancia High School
Costa Mesa, California

Tempe Beall
Instructional Facilitator, Health Education
Howard County Public School System
Ellicott City, Maryland

Kyle Bell
Health/Physical Education Instructor
Canyon High School
Anaheim Hills, California

Cheryl Berude
Dual Credit Instructor/ Health Science Pathway
Boerne-Champion High School
Boerne, Texas

Susie Blucher
Health Instructor
Tejeda Middle School
San Antonio, Texas

Andrew Bonsall
Health Science Instructor and Physical Educator
Marina High School
Huntington Beach, California

Kelly Brown
Health Instructor
Marriotts Ridge High School
Marriottsville, Maryland

Margaret Brown
Health Educator
Deerfield Academy
Deerfield, Massachusetts

Amanda Browning
Health and Physical Education Instructor
Weaver Academy, Guilford County Schools
Greensboro, North Carolina

Dr. Graciela Lea Bryant
Health Educator
Huntsville High School
Huntsville, Alabama

Kim Cherre
Health/Physical Education Department Chair
Cary Academy
Cary, North Carolina

Dominique Clarke
Physical Education Instructor
First Coast High School
Jacksonville, Florida

SAMPLE

Bryan Cromer
Instructor, Coach
Panther Creek High School
Cary, North Carolina

Maureen T. Delaney
Assistant Principal
Bowie High School
Bowie, Maryland

Sara Fiorini
Health and Physical Education Instructor
Arlington Public Schools
Arlington, Virginia

Susan Gabin
Health Educator
Frontier High School
Bakersfield, California

Dr. Stacy Germany
Health Science Educator
Westwood High School
Austin, Texas

Sarah Gershon
Health Instructor
Deerfield High School
Deerfield, Illinois

Kyle Gilmer
Physical Education Upper School Instructor
Greensboro Day School
Greensboro, North Carolina

Frith Gladdis
Health Instructor
El Sereno High School
Fair Oaks, California

Dr. Cara D. Grant
Supervisor, PreK–12 Health and Physical Education
Montgomery County Public Schools
Rockville, Maryland

Theron Gustafson
Health Instructor
Wasatch High School
Heber City, Utah

Glenn Hagood
Health and Physical Education Chair
St. John Paul II Catholic High School
Huntsville, Alabama

Lori Hewlett
Chairperson for Health Education
Sachem Central School District
Lake Ronkonkoma, New York

Michelle Ifill-Roseau
Health Instructor
White Plains City School District
White Plains, New York

Mary Irilian
Health Instructor
Hart High School
Newhall, California

Kellie A. Johnson
Assistant Athletic Coordinator, Health Instructor
LEE High School
San Antonio, Texas

Beth Kahn
Health Instructor
North Salinas High School
Salinas, California

Donine Kelly
Wellness Department Chair
Hamburg Area High School
Hamburg, Pennsylvania

Katie Laraway
Healthful Living Instructor
Raleigh Charter High School
Raleigh, North Carolina

Jessica Matheson
Health and Physical Education Instructor
Rockford High School
Rockford, Minnesota

Rachael McClure
Health Instructor
Pelham High School
Pelham, Alabama

Kayla McGee
Health Instructor
Oxford Hills Comprehensive High School
South Paris, Maine

Lori Mediate
Health Education Coordinator
Fairfield Public Schools
Fairfield, Connecticut

Lisa Mellentine
High School Health Instructor
Auburn High School
Rockford, Illinois

Jolene Meza
Instructor
Cleveland Charter High School
Reseda, California

Haillie Moudy
Health and Physical Education Instructor
Sierra Sands Unified School District
Ridgecrest, California

Heather R. Perrigan
Professional Health Educator
Corvallis High School
Corvallis, Oregon

Mary Record
High School Health Instructor
Scarborough High School
Scarborough, Maine

Dr. Chuck Rhoades
Health Instructor
Portsmouth High School
Portsmouth, New Hampshire

Tracey Rudnick
Health Instructor
Bradley Middle School
San Antonio, Texas

Julia Russell
Health Instructor
South Tahoe High School
South Lake Tahoe, California

Nancy H. Searle
Health Instructor
McCallum High School
Austin, Texas

Bill Shandor
Director of Athletics/Physical Education Instructor
Desert Academy
Santa Fe, New Mexico

Bo Shappell
Health and Physical Education Teacher
Daniel Boone Area High School
Birdsboro, Pennsylvania

Lindsay Slater
Health Instructor
Huffman High School
Birmingham, Alabama

Shasta Smith
Health Education Instructor
Sitka High School
Sitka, Alaska

Cynthia Smyser
Science and Health Instructor
University of Illinois Laboratory High School
Urbana, Illinois

Leah Swedberg
Health Instructor
West Fargo High School
West Fargo, North Dakota

Lyle Takeshita
Health Instructor
Temple City High School
Temple City, California

Delia Thibodeaux
Health Instructor
Westside High School
Houston, Texas

James Tulley
Health Education Instructor
Scarsdale High School
Scarsdale, New York

Deb Van Klei
QCOMP Coordinator
Stillwater Area Public Schools
Stillwater, Minnesota

Julie Woodruff
Health Science Technology Instructor
Champion High School
Boerne, Texas

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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 30. 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.





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