

Teen **Health**

COURSE **2**

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TIME is the nation's leading news and information magazine. With over 80 years of experience, TIME provides an authoritative voice in the analysis of the issues of the day, from politics to pop culture, from history-making decisions to healthy living. TIME Learning Ventures brings the strength of TIME and TIME For Kids' editorial and photographic excellence to educational resources for school and home.



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CHAPTER

1

Understanding Health and Wellness

Lesson 1	Your Total Health	4
Lesson 2	Skills for Building Health	10
	Health Skills Activity: A Physical Fitness Campaign	15
Lesson 3	What Affects Your Health?	18
	Health Skills Activity: Evaluating Information in Ads.....	21
Lesson 4	Health Risks and Your Behavior	23
	Building Health Skills: Making Healthy Choices (<i>Advocacy</i>)	28
	HANDS-ON HEALTH: A Picture of Health	30
	Chapter 1 Reading Review	31
	Chapter 1 Assessment	32



CHAPTER

2

Taking Charge of Your Health

Lesson 1 **Making Responsible Decisions**..... 36
 Health Skills Activity: Is It Always Right to Help a Friend? 39

Lesson 2 **Setting and Reaching Your Goals** 42
 Health Skills Activity: Setting a Physical Activity Goal 43

Lesson 3 **Building Good Character**..... 47
 Health Skills Activity: Organizations to Get Involved With 50

Building Health Skills: Setting a Health Goal (*Goal Setting*) 52

HANDS-ON HEALTH: Read All About . . . Your Big Decision..... 54

Chapter 2 Reading Review 55

Chapter 2 Assessment..... 56



CHAPTER

3

Physical Activity and Fitness

Lesson 1 **Becoming Physically Fit** 60

Lesson 2 **Exploring Skeletal and Muscular Systems** 66

Lesson 3 **Exploring the Circulatory System**..... 71

Lesson 4 **Creating Your Fitness Plan**..... 77
 Health Skills Activity: Planning for Fitness 79

Lesson 5 **Weight Training and Sports** 84
 Health Skills Activity: Mental Conditioning for Sports 89

Lesson 6 **Preventing Physical Activity Injuries**..... 91
 Health Skills Activity: Taking Safety Seriously 93

Building Health Skills: Which Sports to Choose? (*Decision Making*) 96

TIME health news: Meet Me at the Gym 98

Chapter 3 Reading Review 99

Chapter 3 Assessment..... 100



CHAPTER
4

Nutrition

Lesson 1	Nutrients for Good Health	104
Lesson 2	Creating a Healthy Eating Plan	111
Lesson 3	Planning Healthful Meals	116
	Health Skills Activity: Eating Right When Eating Out	120
Lesson 4	Digestion and Excretion	122
Lesson 5	Body Image and Healthy Weight	128
Lesson 6	Maintaining a Healthy Weight	131
	Building Health Skills: Media Messages About Food (Analyzing Influences)	136
	HANDS-ON HEALTH: Keeping a Food Diary	138
	Chapter 4 Reading Review	139
	Chapter 4 Assessment	140

CHAPTER
5

Mental and Emotional Health

Lesson 1	What Is Mental and Emotional Health?	144
Lesson 2	Your Self-Concept and Self-Esteem	149
Lesson 3	Your Emotions	153
Lesson 4	Managing Stress	156
Lesson 5	Mental and Emotional Problems	159
Lesson 6	Help for Mental and Emotional Problems	163
	Health Skills Activity: Community Resources for Mental and Emotional Problems	164
	Building Health Skills: Dealing with Stress (<i>Stress Management</i>)	166
	TIME health news: Stressed Out	168
	Chapter 5 Reading Review	169
	Chapter 5 Assessment	170



Building Healthy Relationships

Lesson 1	Building Communication Skills	174
Lesson 2	Understanding Family Relationships	178
	Health Skills Activity: Communicating with Parents or Guardians.....	181
Lesson 3	Your Friendships and Peer Pressure	184
Lesson 4	Abstinence and Refusal Skills	189
	Health Skills Activity: Saying No to Risk Behaviors	193
	Building Health Skills: Expressing Your Feelings (<i>Communication Skills</i>)	194
	HANDS-ON HEALTH: One Story, Three Endings	196
	Chapter 6 Reading Review	197
	Chapter 6 Assessment	198



CHAPTER
7

Resolving Conflicts and Preventing Violence



Lesson 1	Understanding Conflict	202
Lesson 2	Conflict-Resolution Skills	206
	Health Skills Activity: Settling a Disagreement	209
Lesson 3	Preventing Violence	211
Lesson 4	Getting Help for Abuse	217
	Building Health Skills: Mediating a Conflict (<i>Conflict Resolution</i>).....	222
	TIME health news: Getting an Early Start on Peace.....	224
	Chapter 7 Reading Review	225
	Chapter 7 Assessment	226

CHAPTER
8

Tobacco

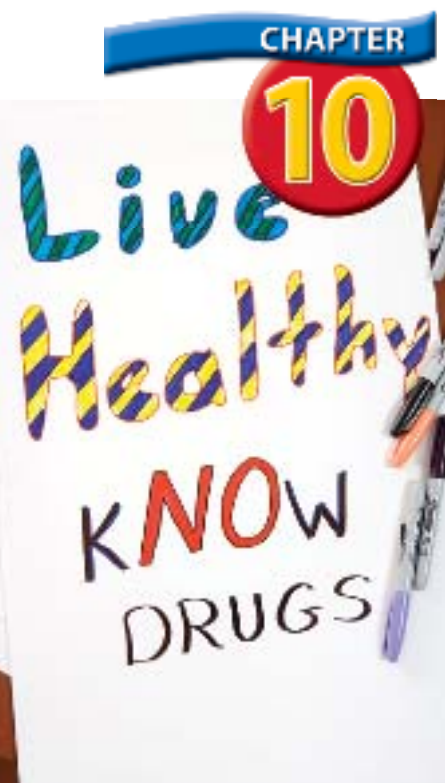
Lesson 1	How Tobacco Use Affects the Body	230
	Health Skills Activity: Convincing Others Not to Smoke.....	234
Lesson 2	The Respiratory System	236
Lesson 3	Tobacco Use and Teens	242
	Health Skills Activity: Quitting Tobacco Use	245
Lesson 4	Tobacco Use and Society	248
	Health Skills Activity: Promoting a Tobacco-Free Community	250
Lesson 5	Saying No to Tobacco Use	252
	Health Skills Activity: Refusing Tobacco	254
	Building Health Skills: Media Messages About Tobacco (<i>Analyzing Influences</i>).....	256
	HANDS-ON HEALTH: Inside Your Lungs.....	258
	Chapter 8 Reading Review	259
	Chapter 8 Assessment	260

Alcohol

Lesson 1 Alcohol Use and Abuse	264
Health Skills Activity: Alcoholism	269
Lesson 2 The Nervous System	272
Health Skills Activity: Skateboard Safety	276
Lesson 3 Alcohol Use and Teens	278
Health Skills Activity: Dealing With Emotions	280
Lesson 4 Alcohol Use and Society	282
Health Skills Activity: Helping a Friend	284
Lesson 5 Saying No to Alcohol Use	286
Health Skills Activity: Encouraging Teens to Avoid Alcohol	288
Building Health Skills: Saying No to Alcohol (<i>Refusal Skills</i>)	290
TIME health news: News About Teens and Alcohol Use	292
Chapter 9 Reading Review	293
Chapter 9 Assessment	294

Drugs

Lesson 1 Drug Use and Abuse	298
Health Skills Activity: Taking Medicine	299
Lesson 2 Types of Drugs and Their Effects	303
Health Skills Activity: Drug Use and Pregnancy	309
Lesson 3 Drug Risks and Teens	310
Health Skills Activity: Campaign for a Drug-Free School	314
Lesson 4 Staying Drug Free	316
Health Skills Activity: Refusing Drugs	319
Building Health Skills: Helping Others Say No to Drugs (<i>Advocacy</i>)	320
HANDS-ON HEALTH: Good News	322
Chapter 10 Reading Review	323
Chapter 10 Assessment	324





CHAPTER
11

Personal Health and Consumer Choices

Lesson 1	Healthy Teeth, Skin, Hair, and Nails	328
Lesson 2	Healthy Eyes and Ears	334
Lesson 3	Smart Consumer Choices	340
	Health Skills Activity: Choosing the Right Product	346
Lesson 4	Using Medicines Safely	347
	Health Skills Activity: Scheduling a Dosage.....	350
Lesson 5	Choosing Health Care	352
	Building Health Skills: Glasses or Contact Lenses? (<i>Decision Making</i>)	356
	TIME health news: Acne Facts.....	358
	Chapter 11 Reading Review	359
	Chapter 11 Assessment	360



CHAPTER
12

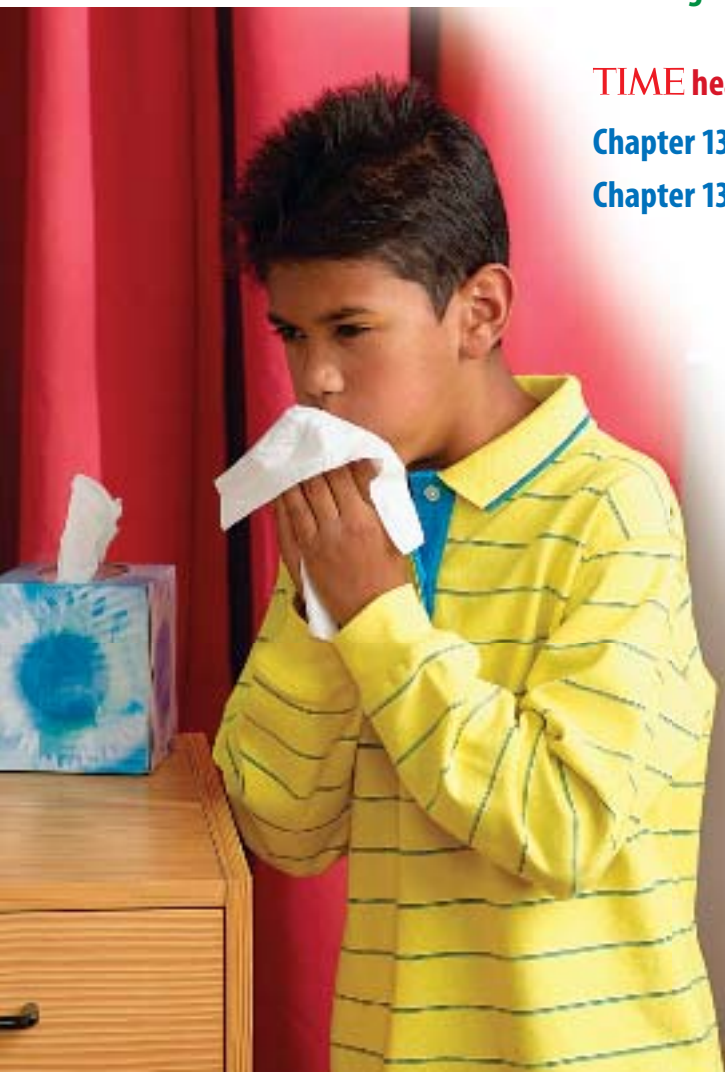
Growing and Changing

Lesson 1	Changes During Adolescence	364
	Health Skills Activity: Managing Anger	368
Lesson 2	The Endocrine System	370
	Health Skills Activity: Managing Diabetes.....	372
Lesson 3	The Male Reproductive System	374
	Health Skills Activity: How to Do a Testicular Self-Examination.....	377
Lesson 4	The Female Reproductive System	378
	Health Skills Activity: Promoting Breast Self-Examinations	381
Lesson 5	Heredity and Human Development	383
Lesson 6	The Life Cycle	388
	Health Skills Activity: Strategies for Reducing Stress.....	391
	Building Health Skills: Using S.T.O.P. to Choose Abstinence <i>(Refusal Skills)</i>	394
	HANDS-ON HEALTH: Analyzing Inherited Traits	396
	Chapter 12 Reading Review	397
	Chapter 12 Assessment	398

CHAPTER
13

Communicable Diseases

Lesson 1	What Are Communicable Diseases?	402
	Health Skills Activity: Safe Drinking Water?	405
Lesson 2	The Immune System	407
	Health Skills Activity: Keeping your Immune System Healthy	410
Lesson 3	Common Communicable Diseases	413
Lesson 4	Preventing the Spread of Disease	418
	Health Skills Activity: Wash Your Hands!	420
Lesson 5	Sexually Transmitted Diseases	422
	Health Skills Activity: Finding Information About STDs	425
Lesson 6	HIV/AIDS	427
	Health Skills Activity: Media Messages About Sexual Activity	430
	Building Health Skills: Finding the Facts About Disease <i>(Accessing Information)</i>	432
	TIME health news: Germ Survival Guide	434
	Chapter 13 Reading Review	435
	Chapter 13 Assessment	436



Noncommunicable Diseases

Lesson 1	Allergies and Asthma	440
Lesson 2	Heart Disease	446
	Health Skills Activity: What Ads Say About Fat.....	449
Lesson 3	Cancer	451
	Health Skills Activity: Promote Ways to Reduce Cancer Risk.....	457
Lesson 4	Diabetes and Arthritis	458
	Health Skills Activity: Juvenile Rheumatoid Arthritis	461
	Building Health Skills: Lifelong Good Health Habits: Emily's Walk (Goal Setting)	464
	HANDS-ON HEALTH: Determining Lung Capacity	466
	Chapter 14 Reading Review	467
	Chapter 14 Assessment	468





CHAPTER
15

Personal Safety

Lesson 1	Preventing Injury	472
Lesson 2	Staying Safe at Home	475
Lesson 3	Staying Safe Outdoors	480
	Health Skills Activity: Preventing Drowning	483
Lesson 4	Weather Emergencies and Natural Disasters	486
	Health Skills Activity: Creating an Emergency Supplies Kit	491
Lesson 5	Giving First Aid	493
	Building Health Skills: Safety at Home (<i>Practicing Healthful Behaviors</i>)	500
	TIME health news: 10 Tips for Cyber Safety	502
	Chapter 15 Reading Review	503
	Chapter 15 Assessment	504

CHAPTER
16

The Environment and Your Health

Lesson 1	How Pollution Affects Your Health	508
Lesson 2	Protecting the Environment	513
	Health Skills Activity: Choosing Environment-Friendly Products	514
	Building Health Skills: Finding Facts About the Environment (<i>Accessing Information</i>)	518
	HANDS-ON HEALTH: Managing the Packaging	520
	Chapter 16 Reading Review	521
	Chapter 16 Assessment	522
	Reading Skills Handbook	524
	Glossary	534
	Glosario	544
	Index	556

Be Healthy and Active with

Teen Health

Physical activity and fitness are important to good health. Use the Fitness Zone Handbook and Glencoe's Online Fitness Zone to develop personal fitness.

Fitness Zone Handbook

The Fitness Zone Handbook on pages xviii to 1 can help you create a personal fitness plan to balance your activities and build your overall fitness level. You'll also learn about the elements of fitness and discover fun group activities.

Physical Fitness Plan
Everyone should have a fitness plan. A personal plan can help you get started in developing your physical fitness. If you are already active or even athletic, a physical fitness plan can help you balance your activities and maintain a healthy level of activity.

Planning a Routine
When you're ready to start a fitness routine, it may be tempting to exercise as hard as you can for as long as you can. However, that approach is likely to leave you discouraged and even injured. Instead, you should plan a fitness routine that will let your body adjust to activity. Work up to your fitness goals slowly. Gradually increase both the length of time you spend exercising and the number of times you exercise each week. For example, you might start by doing a fitness activity for just 5 minutes a day, 3 days a week. Increase the amount of time you exercise, to say 7 minutes the next week and to 10 minutes during the third week of your plan. When you are exercising 20 minutes, 3 days a week, you're ready to add a fourth day to your fitness routine. Eventually, you will be exercising for 20 to 30 minutes, 5 days a week.

Warming Up
There's more to a physical fitness plan than fitness activities. It's important to prepare your body for exercise. Preparation involves warm-up activities that will raise your body temperature and get your muscles ready for your fitness activity. Easy warm-up activities include walking, marching, and jogging, as well as basic calisthenics.

When you're developing your own fitness plan, you should include warm-ups in your schedule. As you increase the time you spend doing a fitness activity, you should also increase the time you spend warming up.

This chart shows how you can plan the time you spend on warm-ups and fitness activities.

DAY	Monday		Tuesday		Wednesday		Thursday		Friday	
	Warm Up	Activity	Warm Up	Activity	Warm Up	Activity	Warm Up	Activity	Warm Up	Activity
1	5 min	5 min	---	---	5 min	5 min	---	---	5 min	5 min
2	5 min	7 min	---	---	5 min	7 min	---	---	5 min	7 min
3	5 min	10 min	---	---	5 min	10 min	---	---	5 min	10 min
4	5 min	12 min	---	---	5 min	12 min	---	---	5 min	12 min
5	7 min	15 min	---	---	7 min	15 min	---	---	7 min	15 min
6	7 min	17 min	---	---	7 min	17 min	---	---	7 min	17 min
7	10 min	20 min	---	---	10 min	20 min	---	---	10 min	20 min
8	10 min	20 min	10 min	20 min	10 min	20 min	---	---	10 min	20 min
9	10 min	20 min	10 min	20 min	10 min	20 min	10 min	20 min	10 min	20 min

xviii Fitness Zone Handbook

Go Online

Get energized with Glencoe's **Online Fitness Zone** at glencoe.com

Fitness Zone Online is a multimedia resource that helps students find ways to be physically active each day.

The Nutrition and Physical Activity Resources include:

- Clipboard Energizer Activities
- Fitness Zone Videos
- Polar Heart Rate Monitor Activities
- Tips for Healthy Eating, Staying Active, and Preventing Injuries
- Links to additional Nutrition and Physical Activity Resources

Reading in the health classroom with Teen Health

Preview the Lesson

Get a preview of what's coming by reading the lesson objectives in Focusing on the Main Ideas. You can also use this feature to prepare for quizzes and tests.

Review Key Terms

Complete the Building Vocabulary activity to become familiar with these terms before you read the lesson. Vocabulary terms are highlighted in yellow to make them easy to find.

Do the QuickWrite

This feature will help you start thinking about the information in the lesson.

Look at the Reading Checks

When you see a Reading Check, stop and answer the question to make sure that you understand what you have just read.

Reading Skills Handbook

The Reading Skills Handbook on pages 524-533 offers strategies to help you become a faster, more effective reader. Strong reading skills can help you improve your grades, study skills, and writing skills.

Lesson 2
The Endocrine System

Guide to Reading

- Building Vocabulary**
The ancient Greek word *metabolē* means "change." Look up the meaning of the word *metabolism*. Explain what you think the word *metabolism* has to do with change.
 - hormones (p. 370)
 - endocrine system (p. 370)
 - metabolism (p. 371)
- Focusing on the Main Ideas**
In this lesson, you will learn to
 - describe how the endocrine system affects growth and development.
 - identify two disorders of the endocrine system and how to treat them.
 - find information about managing diabetes.
- Reading Strategy**
Analyzing a Graphic Use the diagram shown here to create a concept map about the endocrine system. Fill in the map as you read the lesson.

QuickWrite
Write down three things you know about hormones. Revisit this list after you have read the lesson.

Parts of the Endocrine System
Hormones are one of the things that make your body change during puberty. **Hormones** are chemical substances produced in certain glands that help to regulate the way your body functions. They are produced by the organs of the endocrine system. The **endocrine system** is the system of glands throughout the body that regulate body functions. **Figure 12.2** shows the parts of the endocrine system.

Glands and Hormones
Each gland of the endocrine system makes one or more specific hormones. Hormones act like chemical signals that tell your organs and tissues what to do. For example, the pancreas makes the hormones insulin and glucagon. When the pancreas releases insulin into the blood, it lowers the level of sugar in the blood. When the pancreas releases glucagon, it raises the blood sugar level. If blood sugar is too low, you feel weak and light-headed. If it's too high, you can feel nauseated.

Reading Check
Identify What are two hormones produced by the pancreas?

370 Chapter 12. Growth and Aging

Reading Skills Handbook

Reading: What's in It for You?
What role does reading play in your life? There are many different ways that reading could be part of what you do every day. Are you on a sports team? Perhaps you like to read the latest news about your favorite team or find out about new ways to train for your sport. Are you interested in music or art? You might be looking for information about ways to create songs or about styles of painting. Are you enrolled in an English class, a math class, or a health class? Then your assignments probably require a lot of reading.

Improving or Fine-Tuning Your Reading Skills Will

- Improve your grades
- Allow you to read faster and more efficiently
- Improve your study skills
- Help you remember more information
- Improve your writing

The Reading Process
Good reading skills build on one another, overlap, and spiral around just like a winding staircase goes around and around while leading you to a higher place. This Reading Guide will help you find and use the tools you'll need before, during, and after reading.

Strategies You Can Use

- Identify, understand, and learn new words
- Understand why you read
- Take a quick look at the whole text
- Try to predict what you are about to read
- Take breaks while you read and ask yourself questions about the text
- Take notes
- Keep thinking about what will come next
- Summarize

Vocabulary Development
Vocabulary skills are the building blocks of the reading and writing processes. By learning to use a number of strategies to build your word skills, you will become a stronger reader.

Use Context to Determine Meaning
The best way to increase your vocabulary is to read widely, listen carefully, and take part in many kinds of discussions. When reading on your own, you can often figure out the meanings of new words by looking at their **context**, the other words and sentences that surrounded them.

524 Reading Skills Handbook