
The Lessons...

Increase health advocacy and meet the National Health Education Standards and the 2006 NC Health Education objectives in the Standard Course of Study. The activities are designed to help students:

- ✓ avoid involvement in violent acts (physical fighting, bullying, weapon carrying);
- ✓ avoid unwanted pregnancy and the spread of STDs including HIV/AIDS;
- ✓ increase physical activity and improve nutrition (eating habits);
- ✓ avoid using harmful or illegal substances including alcohol and tobacco;
- ✓ avoid engaging in inappropriate water-related recreation;
- ✓ increase self-esteem;
- ✓ improve decision-making and problem solving skills;
- ✓ increase effective communication skills (refusal, negotiation, conflict resolution);
- ✓ develop health advocacy skills

**Successfully Teaching High School Health IV
can make a difference!**

“I learned about the serious health risks for adolescents and now believe it’s even more important to do a good job teaching health.”

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The Superhero of Health Educators is now available!

*“We personally found all the
teaching ideas and strategies to
be most helpful in the classroom.”*

SUCCESSFULLY TEACHING HIGH SCHOOL HEALTH IV

A Manual to Supplement the
*North Carolina Standard Course of Study
in Healthful Living Education*

Produced by the

North Carolina Association
for the
Advancement of Health Education
and the

NC School Health Training Center

Teacher’s Manual

