
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 Middle School Health III can make a difference!

“In one day, reluctant teachers (scared of teaching health without a book) turned into excited teachers! I HIGHLY recommend it.”

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The Superhero of Health Educators is now available!

“The hands-on activities you modeled gave me the confidence I need to make teaching fun.”

SUCCESSFULLY TEACHING MIDDLE SCHOOL HEALTH III

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

