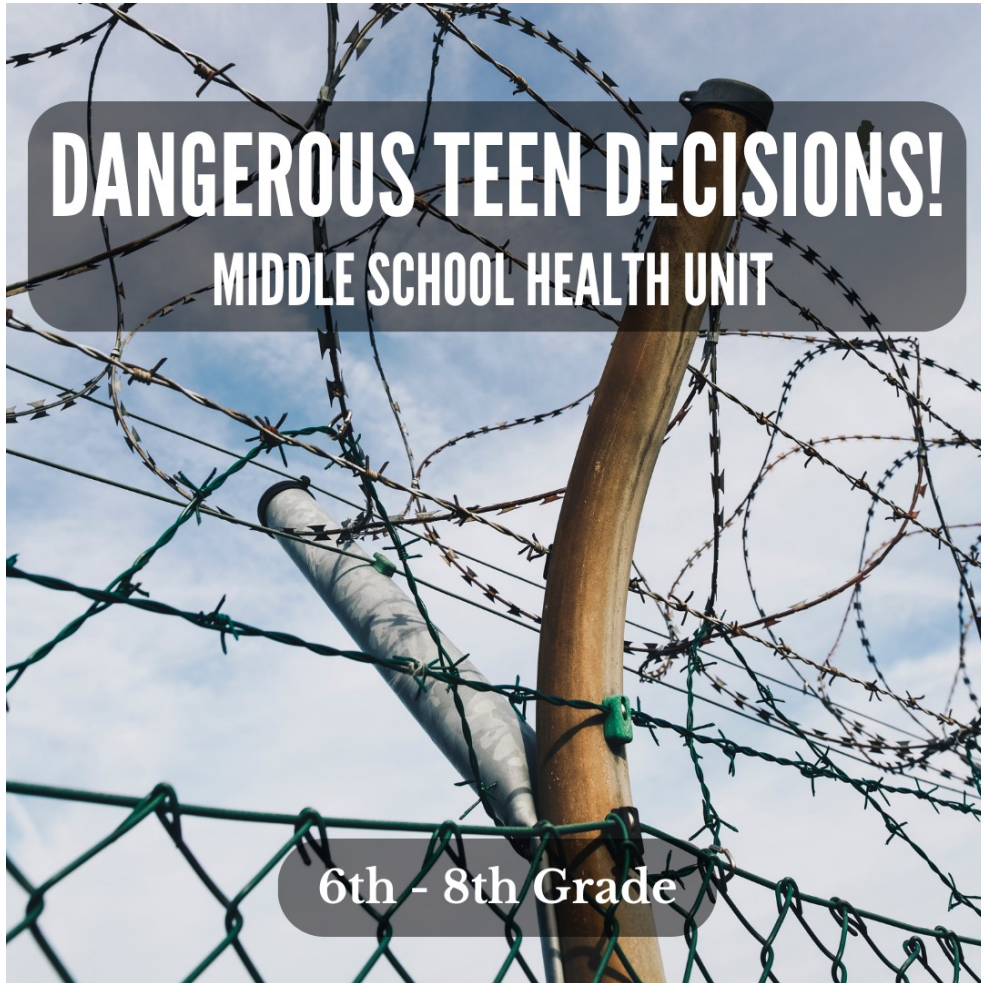


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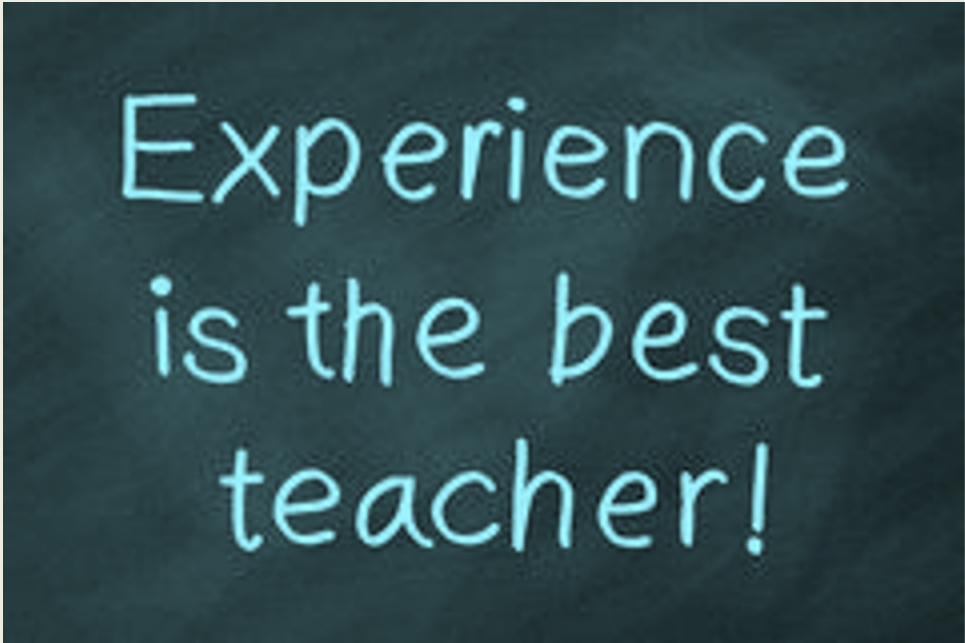
Health Education Today



**From my Best-Selling
Middle School
Health Unit**

1. This Program's Creator is a Qualified Teacher

- ◆ I am a National Board Certified Teacher with a Masters of Education Degree and I have many years of experience teaching Health.



Experience
is the best
teacher!

2. The Program Meets Educational Health Standards:



It meets **National** and COMMON CORE STANDARDS
FOR Middle School Health:

It also meets my Washington State Standards (So it's likely to meet **YOUR** state's Health Ed. standards!)



**The Centers for Disease Control and Prevention (the C.D.C.)
National Health Education Standards to be Completed by Grade 8**
<http://www.cdc.gov/healthyschools/sher/standards/index.htm>

Standard 1	Students will comprehend concepts related to health promotion and disease prevention to enhance health.
1.8.1	Analyze the relationship between healthy behaviors and personal health.
1.8.2	Describe the interrelationships of emotional, intellectual, physical, and social health in adolescence.
1.8.3	Analyze how the environment affects personal health.
1.8.4	Describe how family history can affect personal health.
1.8.5	Describe ways to reduce or prevent injuries and other adolescent health problems.
1.8.6	Explain how appropriate health care can promote personal health.
1.8.7	Describe the benefits of and barriers to practicing healthy behaviors.
1.8.8	Examine the likelihood of injury or illness if engaging in unhealthy behaviors.
1.8.9	Examine the potential seriousness of injury or illness if engaging in unhealthy behaviors.
Standard 2	Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
2.8.1	Examine how the family influences the health of adolescents.
2.8.2	Describe the influence of culture on health beliefs, practices, and behaviors.
2.8.3	Describe how peers influence healthy and unhealthy behaviors.
2.8.4	Analyze how the school and community can affect personal health practices and behaviors.
2.8.5	Analyze how messages from media influence health behaviors.
2.8.6	Analyze the influence of technology on personal and family health.
2.8.7	Explain how the perceptions of norms influence healthy and unhealthy behaviors.
2.8.8	Explain the influence of personal values and beliefs on individual health practices and behaviors.
2.8.9	Describe how some health risk behaviors can influence the likelihood of engaging in unhealthy behaviors.

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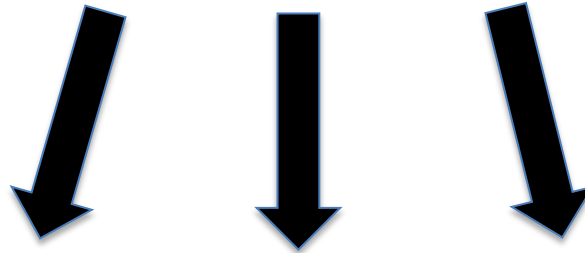
3. There are 3 Sequential Program Files:



< > Decision Unit Middle	
Name	
 00 How To Video.pdf	
 00 Level 3 Table of Contents for Reference.pdf	
>  01 LEVEL 1	
>  02 LEVEL 2	
>  03 LEVEL 3	
 Previews of Lessons.pdf	



< > 01 LEVEL 1	
Name	
▼  Decision Optional Activities L1	
 Decison Making Activities.docx	
 Decison Making Activities.pdf	
 Role Play Task Cards.pdf	
 Role Play Task Cards.pptx	



< > 02 LEVEL 2	
Name	
▼  Independent Study Decisions	
 0. Independent Version Directions.docx	
 0. Independent Version Directions.pdf	
 L2 Independent PowerPoint for Editing.pptx	
 L2 Independent Version Articles.docx	
 L2 Independent Version Articles.pdf	
>  Optional Docs for Teachers	

< > 03 LEVEL 3	
Name	
 0 Easy Version Directions.docx	
 0 Easy Version Directions.pdf	
>  02 Decision Docs	
>  03 EXTRA LARGE DOCS	
 04 LEARNING TARGET POSTERS.pdf	
 05 MIDDLE STANDARDS.pdf	
 06 GOOGLE SLIDES INFO.pdf	

Level 1 Activities: Decision-Making Model and Role-Play Task Cards

1. Pressurer:

"Let's skip class and go get something to eat."

We won't
get caught

I've done it
before

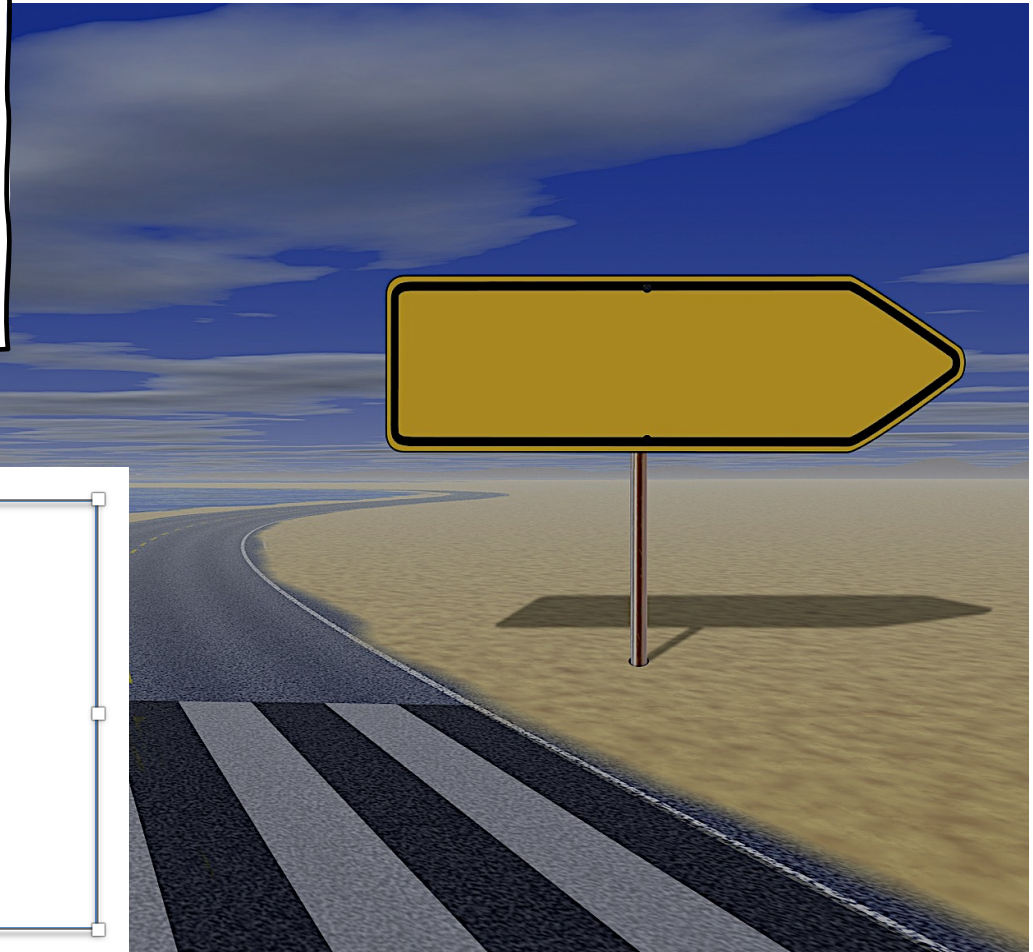
Who - could it hurt?

What - do adults think?

When - is it illegal?

Where - do I draw my line?

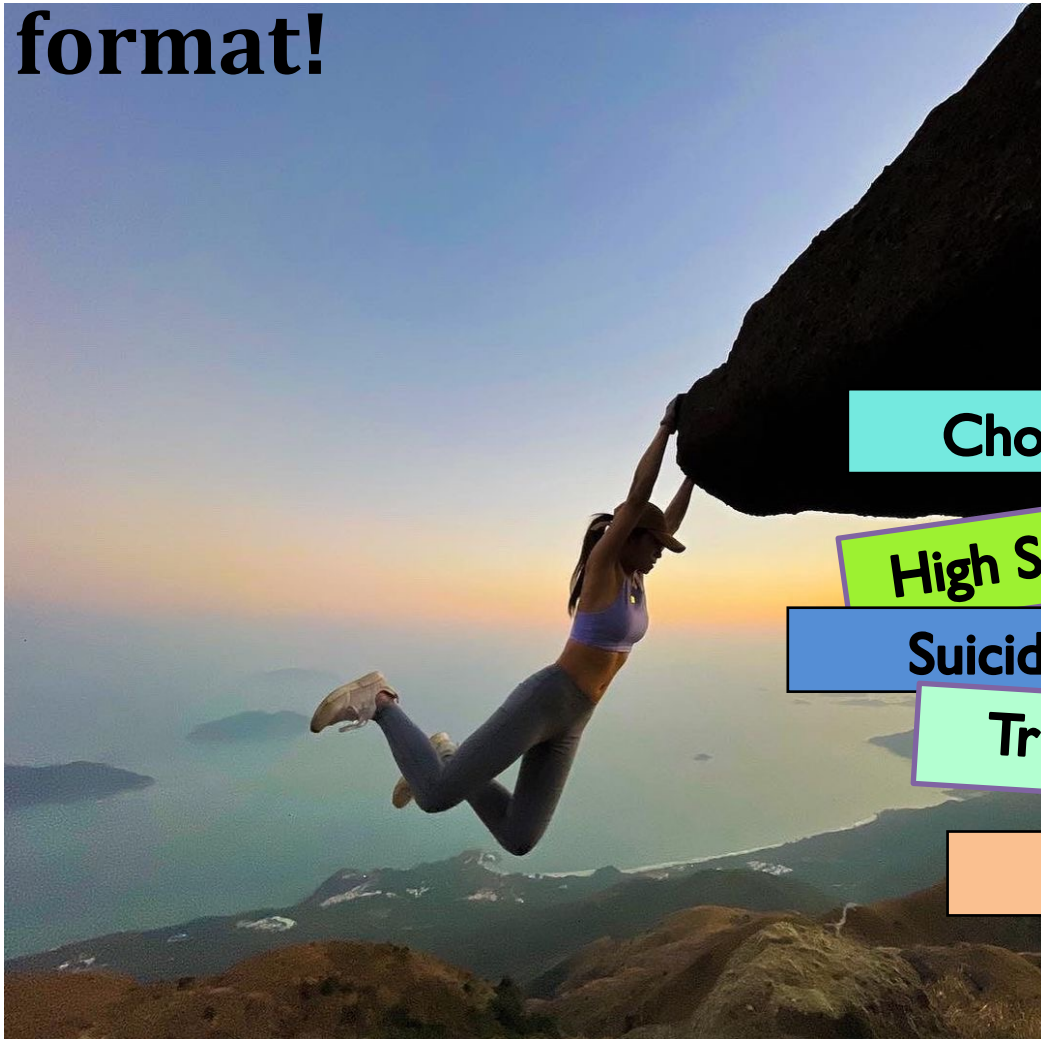
How - to get out of it? (alternative?)



3. Level 2 Activities:

**Read articles in 9 topics
in an independent study
format!**

**Teen who pushed friend off
bridge sentenced to jail**



Choking Game

High Speed Driving!

Suicide

Cutting

True Stories

Is it legal?

Sexting!

**Drinking
Games!**

Bets + Dares

Peer Pressures

Decisions

**Internet
Safety**

3. Level 3 Activities:



Shaken Baby Syndrome

Water Safety

runaways

Sexting!

Cutting

High Speed Driving!

Drinking Games!

Choking Game

Bets + Dares

Suicide

Peer Pressures

True Stories

Decisions

Sun and Tanning

Drugs

Goofing Around on Vehicles

Guns

Is it legal?

Internet Safety

This could save a life!

TOPIC 4: Taking Bets and Dares #1

FDA issues Benadryl warning as it investigates reports of teen injuries and deaths linked to TikTok challenge

By Shelby Lin Erdman, CNN

<https://www.cnn.com/2020/09/25/health/fda-issues-benadryl-warning-tiktok-challenge-wellness/index.html>



Mario Tama/Getty Images

CNN —
The US Food and Drug Administration issued a warning Thursday over “serious problems with high doses” of the common over-the-counter allergy medication Benadryl.

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TOPIC 2: Vaping #1

After vaping-related illness, teen now has lungs like 'a 70-year-old's' Article Highlights

<https://www.cnn.com/2019/09/11/health/vaping-lung-illness-illinois-teen-profile/index.html>

By [Jacqueline Howard](#) and Michael



his lungs are similar to those of a 70-year-old adult, doctors told

that -- that little device did that to my lungs," Adam said, in his doctors about his lung health.

ids of e-cigarette users in the United States who have been sickened ated lung

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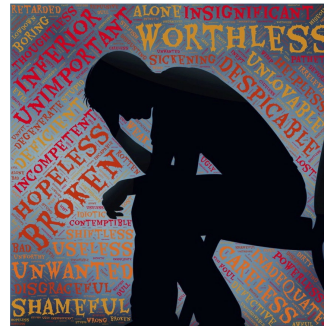
Cutting & Suicide #5

e Practice of Self-Injury Article Highlights

<http://apps.cignabehavioral.com/web/basicsite/bulletinBoard/selfInjury.jsp>

ten by: Katie Leboeuf, M.A. — CIGNA Behavioral

all remember our younger
erdays, the days when life was
ple." A "bad" day may have
stituted falling down and
ning your knee, the pain sharp,
n moments a parent runs to
side with a band-aid and kiss,
all is better. But life is never
ple, we will skin our knees, have
arms and hearts broken, and



often there will be no one to come to
our rescue.

A disturbing situation has

emerged among teens: the practice of self-injury or self-mutil.

anorexia, the practice of self-abuse or mutilating

the rise.

Photo By: ge
<https://www.pixabay.com>

behavior is on

Teenagers who self-mutilate — overwhelmingly girls — are inflicting pain and injuries on their own bodies. It is estimated that **one out of every 200 teen girls between the ages of 13 and 19 regularly practice self-abusive behavior with a reported 2 million cases in the US alone** (PageWise, 2002) ...The emotional issues that drive people to self-harm — and the physical fall-out from such practices as cutting and burning — make self-mutilation a serious problem and one that cannot be ignored...

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100 articles are all on 1 PDF doc

TOPICS:

The dangerous decision topics include:

1. NEW! Dangerous Selfies
2. NEW! Vaping
3. Cutting/ Self Mutilating / Suicide
4. Taking Bets and Dares
5. Sexting
6. The Choking Game:
7. Driving at High Speeds
8. Drinking Games and Binge Drinking
9. Giving Out Personal Information Online
10. Goofing around on cars and trucks
11. Using Drugs
12. The dangers of the sun and tanning booths
13. Messing around with loaded guns
14. Water safety
15. Homelessness and runaways
16. Unhygienic Body Piercings and Tattoos
17. Shaken baby syndrome

Dangerous Decisions Unit



AND...

Worksheets are also ready to be filled in on GOOGLE DRIVE:



Impacting articles for print and on Google Docs

TOPIC 1: Dangerous Selfies #1

Indiana man dies after falling from Puerto Rico cliff while filming a TikTok video

Video news clip on 2/12/2023 on Indiana man death-Devon Robinson 1/21/23
The New York Times
Updated 11:50 AM EST Tue February 14, 2023



Photo by: CNN

US Coast Guard

CNN —

An Indiana man died after falling from a cliff in Puerto Rico while trying to make a video for TikTok, according to his family.

Edgar Gary, 29, of Indiana, was on a recreational day trip to the southwestern coast of Puerto Rico on January 29 when he fell a 75-foot coastal cliff near the lighthouse in Culeo Bay, according to his family. [The US Coast Guard](#)

Copyright © Health Education Today

The fall was reported to the Coast Guard that evening and Gary's body was recovered the next day by a Puerto Rico Emergency Dive Unit.

Edgar's brother, Carlos Gary, called his sibling a "hardcore" [hiker](#) to CNN. Carlos was born in Puerto Rico and said a cousin told him the brother frequently along the cliffs at that time.

"Unfortunately, that was what he was trying to do when he was close to the edge that he should have been," said Carlos.

Carlos has set up a [GoFundMe](#) to cover the costs of transporting his brother's body back to Indiana.

"Our family is now on a mission to bring our brother's sibling home so that he can be laid to rest among friends and family," he wrote in the fundraising description. Coast Guard officials also expressed condolences to Gary's family in the release.

"We express our most heartfelt condolences to the family and loved ones of Edgar Gary and pray they find closure and strength during this most difficult time," said Captain José E. Diaz, Coast Guard Sector San Juan commander, in the release.

"We appreciate the efforts of all the Coast Guard, Puerto Rico Police and partner agency emergency responders, especially the Puerto Rico Emergency Management Bureau who did what he was able to do. Gary's body is such a highly unobtainable and challenging environment."

Dangerous Selfies #2

Hospital appears to confirm death of Hong Kong influencer who reportedly died while taking waterfall photo

Hong Kong, an influencer in Hong Kong, reportedly died while taking a waterfall selfie on Saturday.

A hospital official confirmed the death of Hong Kong, who was reportedly taking a selfie on Saturday.

Hong Kong, reportedly died after falling from a waterfall on Saturday.

The Pacific Youth Healthcare Eastern Hospital appeared to confirm the news in a statement on Saturday.

— Hong Kong, reportedly died after falling from a waterfall on Saturday.

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Photo by: CNN

US Coast Guard

CNN —

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Dangerous Selfies #3

Man fell to his death while taking pictures on a cliff in Arizona. Authorities discovered other remains while recovering his body

A 25-year-old man was found dead on Sunday after falling off a cliff at the Grand Canyon National Monument in Arizona, the National Park Service (NPS) said.

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Photo by: CNN

US Coast Guard

CNN —

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Dangerous Selfies #4

Selfie epidemic: How Israeli teenager fell to his death in Yosemite

Nevada fell to Yosemite National Park (NPS) on Saturday.

The man was found on Sunday after falling off a cliff at the Grand Canyon National Monument in Arizona, the National Park Service (NPS) said.

The man was found on Sunday after falling off a cliff at the Grand Canyon National Monument in Arizona, the National Park Service (NPS) said.



Photo by: CNN

US Coast Guard

CNN —

An Indiana man died after falling from a cliff in Puerto Rico while trying to make a video for TikTok, according to his family.

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Dangerous Selfies #5

Young man who died while taking photos over waterfall near Lake Tahoe

A young man who died while taking photos over a waterfall near Lake Tahoe, according to his family.

The man was found on Sunday after falling off a cliff at the Grand Canyon National Monument in Arizona, the National Park Service (NPS) said.

The man was found on Sunday after falling off a cliff at the Grand Canyon National Monument in Arizona, the National Park Service (NPS) said.



Photo by: CNN

US Coast Guard

CNN —

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Copyright © Health Education Today

Preview

phone to young women in the group, saying he wanted a memorable photo to take home. They were climbing over the cliff edge.

Other hikers about for him to see, that was dangerous. But soon the young — was dangling headfirst from above the rocks below.

For a few seconds, everything seemed fine. The woman taking pictures snapped away.

Then Finkbeiner said, "I need help."

People ran to him. They grabbed his arm and went. They started to pull him back in safety but he was getting tired and his arms were slippery with sweat. His leg was stuck out of their grasp.

After he fell, Finkbeiner's phone, on Sept. 4 of last year, was reported stolen. But the dramatic details of the accident — one of a growing number of fatalities involving young people in search of a memorable photo, often taken on cliffs, led to the investigation.

For generations, visitors have taken photos of the Grand Canyon and other natural wonders. But in recent years, getting too close to cliffs or waterfalls while trying to photograph landscapes —

Now, however, the internet and social media are changing the equation.

Photo by: CNN

US Coast Guard

CNN —

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Chiglit's net is probably useful for national parks to replace their warning with the photograph. It would be worth trying to see if anything can be done.

"We just didn't see it in time, at the end of the day. For example, warning people to stay away from the edge," Yosemite National Park spokesman said. "And, of course, we have safety equipment to park ranger and on the website. However, we don't have anything specific about taking photos on the edge of cliffs."

Photo by: CNN

US Coast Guard

CNN —

An Indiana man died after falling from a cliff in Puerto Rico while trying to make a video for TikTok, according to his family.

Edgar Gary, 29, of Indiana, was on a recreational day trip to the southwestern coast of Puerto Rico on January 29 when he fell a 75-foot coastal cliff near the lighthouse in Culeo Bay, according to his family. [The US Coast Guard](#)

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Dangerous Selfies #6

Young couple who died in plunge from Yosemite vista looked brave on the edge

Photo by: CNN

US Coast Guard

CNN —

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Copyright © Health Education Today

Nevada, 26, and Meredith Murthy, 26, were identified Monday as the man and woman who fell to their deaths last week after stopping at the scenic promenade before driving back to Nevada's job in Silver Lake. Rangers recovered their bodies from steep terrain Thursday. The fall, an area known for its spectacular views, is 1,000 feet down to the valley floor, and park spokesman Jake Richards.

The investigation is likely to take several weeks, but the couple's hiking, including a photo session, may provide a clue why Yosemite and Murthy were near the edge.

"A lot of us including me, truly it is a lot of daredevilery at times of the edge of cliffs and drop-offs, but I don't know how they ended up on the edge of the cliff," Murthy wrote on Instagram post attached to a photo of her sitting on the edge of the Grand Canyon. "We were 100 feet up the cliff when we were on the edge of the cliff."

Richards said 10 people have died in the past year. He said those people were killed on the edge of the cliff.

In May, a 29-year-old man fell from the climbing cliffs on Half Dome. In June, two women, age 45 and 42, fell from El Capitan. In September, an 18-year-old man fell from Nevada Falls while apparently taking a selfie.

Richards has been handling of waterfalls and cliffs, but he said he has seen many people who have been taking photos on the edge of the cliff.

Photo by: CNN

US Coast Guard

CNN —

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Photo by: CNN

US Coast Guard

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Preview

Dangerous Selfies #7

Fordham University senior, 22, dies after she fell from campus bell tower

A Fordham University student who climbed the campus' landmark bell tower to snap photos of the New York City skyline had after she accidentally fell, the university said.

...22-year-old senior, was taking part in a 3 a.m. climb when she fell through an opening on the bell tower's edge, plummeted 100 feet and struck her head, the New York Post reported. Her condition had been listed as critical at a hospital in the Bronx not far from the Fordham campus, but on Sunday evening, the university's president announced her death as not expected to materialize.

Photo by: CNN

US Coast Guard

CNN —

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TOPIC 2: Vaping #1

8 Wisconsin teens hospitalized with severe lung damage due to vaping, doctors suspect

Photo by: CNN

US Coast Guard

CNN —

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In Wisconsin, 17% of middle schools have tried electronic tobacco products, while 4% of high schools have tried them, according to the [National Youth Tobacco Survey](#). By the time they reach high school, 32% have tried e-cigarettes and 20% consumed themselves current users. Most e-cigarette companies contain the same highly addictive chemical compound found in cigarettes and other tobacco products. Nicotine can damage the parts of the brain that control attention and learning.

Also, there have been cases of the device exploding and injuring users.

At the end of the day, it is not a harmless "new wave" — it's a new wave of danger.

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Vaping #2

After vaping-related illness, teen now has lungs like 'a 70-year-old's'

Photo by: CNN

US Coast Guard

CNN —

An Indiana man died after falling from a cliff in Puerto Rico while trying to make a video for TikTok, according to his family.

Edgar Gary, 29, of Indiana, was on a recreational day trip to the southwestern coast of Puerto Rico on January 29 when he fell a 75-foot coastal cliff near the lighthouse in Culeo Bay, according to his family. [The US Coast Guard](#)

Copyright © Health Education Today

Adams, who used nicotine and THC products, and he isn't sure his lungs will ever be back at the level of his former self.

"I was a really worried before this and I thought one day he'd be able to breathe because that's a very physical sport and lung might not be able to hold that tension. It's not a risk."

There are more than

Here are Examples From Easy Version's Lessons:

Easy Version:

- Takes 1 day
- Students read on their own, and groups pass along envelopes of all the topics, but students get into groups of 4 near end of class to discuss 9 topics.

NAME: _____

Dangerous Decision Directions: Read one true story for each reasons why you should NOT do this activity.

To help you fill in the lines below, think through the WWWWH questions:

Who - could it hurt?

What - do adults think?

When - is it illegal? (See separate handout for laws)

Where - are my personal values on this activity?

How - can I get out of it? (Think of a good alternative)

1. **Cutting/Self-Mutilating/Suicide:** List 2 reasons why you should not do this

2. **Taking Bets and Dares:** List 2 reasons why you should not do this

3. **Sexting:** List 2 reasons why you should not do this



There are 100 impacting articles included!

TOPIC 1: Dangerous Selfies #1

Indiana man dies after falling from Puerto Rico cliff while filming a TikTok video

<https://www.cnn.com/2023/02/04/us/indiana-man-death-filming-tiktok/index.html>

By Zoe Sottile, CNN

Updated 9:14 AM EST, Sat February 4, 2023



Edgar Garay
US Coast Guard

CNN —

An Indiana man died after falling from a cliff in Puerto Rico while filming a TikTok video, according to his family.

Edgar Garay, 27, of Indiana, was on a recreational day trip to the west coast of Puerto Rico on January 29 when he fell off a 70-foot cliff at a lighthouse in Cabo Rojo, according to a news release from

Students see
consequences of
dangerous
actions!

Students learn
from the
mistakes of
others!

Internet and social media are changing the equation. The goal is often not to take a scenic photo, but rather to come back with a photo of yourself taking

"selfie epidemic," said Michael Ghiglieri, co-author of "Off the Wall: Death in the Park," a book about fatal accidents in the park.

"Today people are trying to prove that they did something," Ghiglieri said. "In the old days people went out to have an experience. Now they go out to record that they had that experience."

Frankfurter told his new friends that he wanted to duplicate a photo that tourists who go to Brazil commonly take at Telegraph Rock, near Rio de Janeiro. There, visitors hang from a rocky outcropping, and it appears in photos as if they are thousands of feet above the ground, while in reality they are only three feet above a rocky trail.

The height of Nevada Falls however, is not an optical illusion.

"I thought he was joking," one witness told investigators, referring to Frankfurter. "I turned around because I couldn't watch, but he was hanging off the rock. Then he started to struggle."



There are 100 impacting articles included!

Giving out Personal Info on Internet #5

Internet Dangers: Article Highlights

<http://www.chatdanger.com/games/truestory.aspx>

Article Highlights: How could we live without the Internet? That's how most of us keep in touch with friends, find homework support, research a cool place to visit, or find out the latest news.

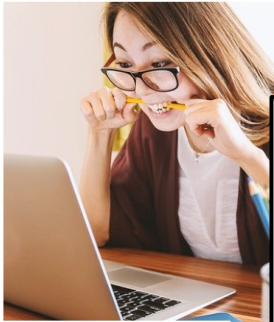


Photo By:
<https://www.pixabay.com>

are interested in more than themselves, their families,

Usually, the people who re

But besides the millions of sites to visit and things to do, the Internet offers lots of ways

Sexting #7

Sexting leads to felony charges for children Article Highlights:

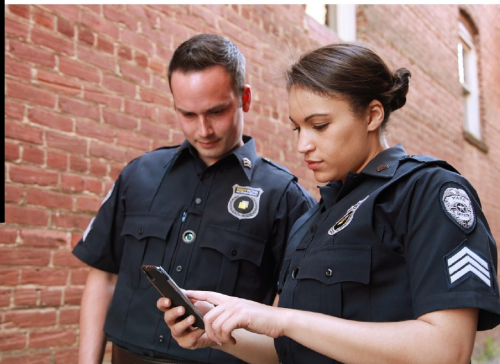
<http://www.blog2.tshirt-doctor.com/?p=6766>

The idea behind sexting, or sending a nude picture via a **cell phone** text, is not so new. Children played doctor long before grade school students were armed with cell phones capable of snapping photos. They just didn't record an image of the offense.

But technology has created a trail of evidence. *Children and teens are capturing nude photos or videos of each other and sending them from friend to friend, and that's landing them in court.*

"I think there has always been a sort of, you show me yours and I'll show you mine, and a curiosity there," Porter County, Ind., Prosecutor Brian Gensel said. "The problem now is the er because if a juvenile sends a picture of themselves to someone else, nated now to the entire world within minutes."

child pornography, Gensel said.



The students were caught when the 13-year-old girl's cell phone rang in class, and her

Students see consequences of dangerous actions!

TOPIC 11: Using Drugs #1

[Español \(Spanish\)](#)

THE FACTS ABOUT FENTANYL

Fentanyl is a synthetic opioid that **is up to 50 times stronger than heroin and 100 times stronger than morphine.**

It is a major contributor to fatal and nonfatal overdoses in the U.S.¹

There are two types of fentanyl: **pharmaceutical fentanyl** and **illegally made fentanyl**. Both are considered synthetic opioids. Pharmaceutical fentanyl is prescribed by doctors to treat severe pain, especially after surgery and for advanced-stage cancer.

Fentanyl is a synthetic opioid that is up to

50x
stronger than
heroin

100x
stronger than
morphine

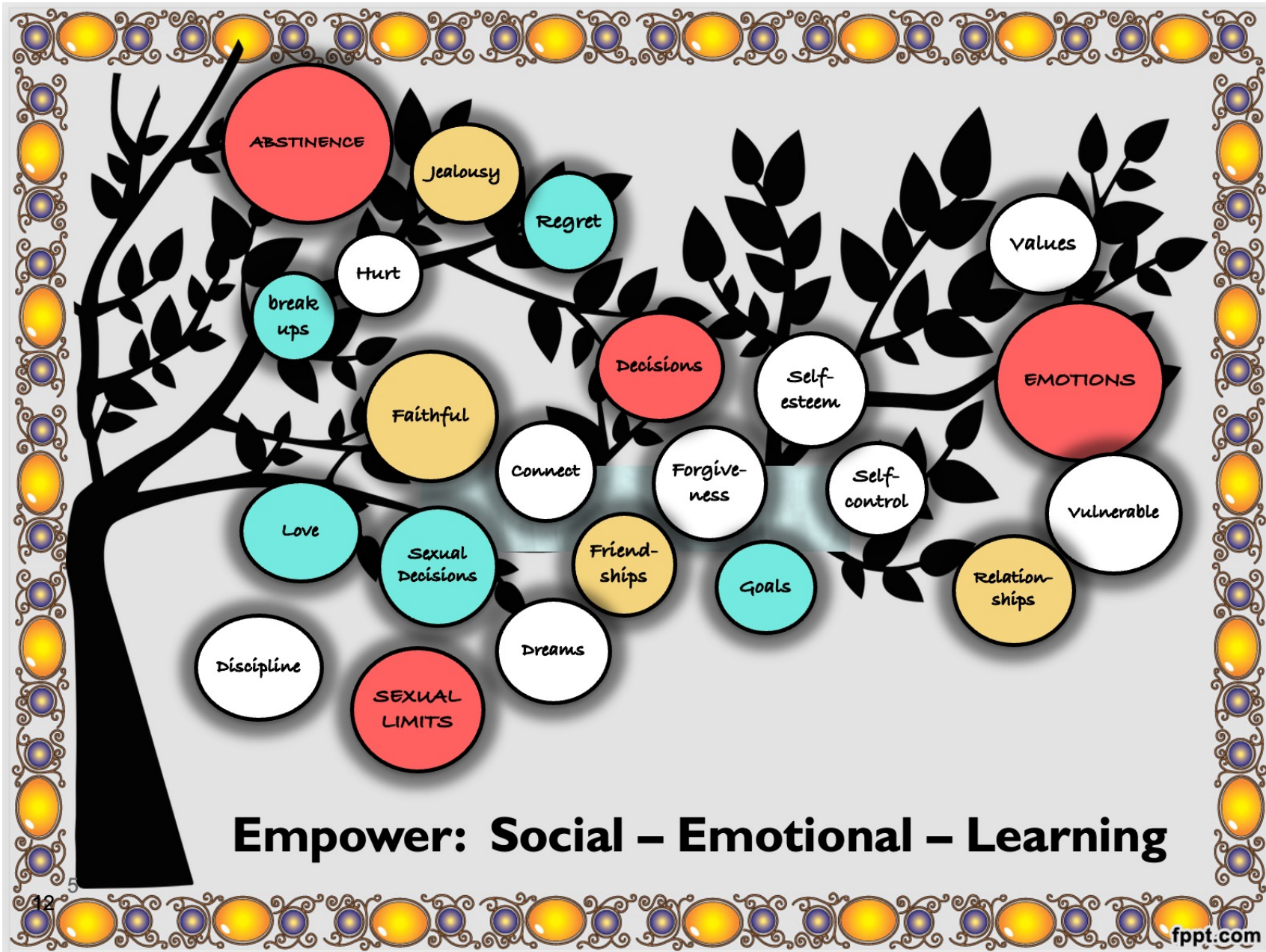
Drinking Games & Binge Drinking #2

Binge Drinking Turning Deadly Article Highlights

<http://www.cbsnews.com/>

By **Brian Dakss** (CBS)

In early September, a candlelight vigil was held for 19-year-old Samantha S. The high school homecoming queen and Colorado State University freshman had gone on a binge - **consuming an estimated 30-40 drinks.**



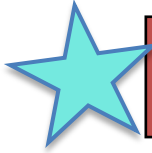
8.

This Program is all About the Students...

- ◆ The program is classroom and “kid-tested,” teacher-approved, and full of real student examples and responses.
- ◆ It promotes high student engagement and interaction!
- ◆ This lesson challenges and touches the lives of teens!



9. Buy it Today, Teach it Tomorrow!



Here is what makes this program unique!!

- ◆ This program features highly organized step-by-step teacher directions follow daily PowerPoints, and the directions tell you exactly to say!!
- ◆ Documents and PowerPoints are editable and docs are included in both Word and PDF formats.
- ◆ PowerPoints are full of nutritional info



10.



About the Author:

- ◆ I've been a certified K-12 Physical Education and Language Arts teacher for many years (19 of those years also include my Health certification). Over my teaching career I've taught all grade levels and a variety of subjects, including: Junior High P.E.; 8th Grade Reading; Elementary P.E.; 9th Grade English; 9th Grade P.E.; High School Aerobics; and 9th Grade Health. I have my Master's of Education Degree in Instructional Technology and I received my National Board Certification in Health.
- ◆ My hobbies include my family, photography, birding, reading, gardening, sewing, hiking, camping, and travelling.

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NYC Standards

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