

CONTENTS

BODY BASICS	1
DEVELOPMENTAL DISABILITIES AND DISORDERS	1
DISEASES, INFECTIONS, AND CONDITIONS	2-4
DIVERSITY	4
DRUGS AND ALCOHOL	4-5
EATING DISORDERS	5
FAMILY LIFE	6

FRIENDSHIP AND DATING	6
GRIEF AND LOSS	7
MIND, MOOD, AND EMOTIONS	7
NUTRITION, FITNESS, AND APPEARANCE	7-8
SAFETY	8-9
SEXUALITY AND SEXUAL HEALTH	9-10
SKILLS FOR SCHOOL, WORK, AND LIFE	10-11
SUSTAINABLE LIVING	11

BODY BASICS

BODY PARTS

- Brain and Spinal Cord
- Ears
- Eyes
- Head and Neck
- Heart
- Lower Limbs
- Lungs
- Mouth and Nose
- Organ Donation
- Skin, Hair and Nails
- Stomach and Other Digestive Organs
- The Teen Brain
- Upper Limbs

BODY SYSTEMS

- Circulatory System
- Digestive System
- Endocrine System
- Immune System
- Muscular System
- Nervous System
- Reproductive System
- Respiratory System
- Skeletal System

GENETICS

- DNA and RNA
- Genetics
- Human Genome

DEVELOPMENTAL DISABILITIES AND DISORDERS

DEVELOPMENTAL DISORDERS

- Asperger's Syndrome
- Autism

LEARNING DISABILITIES

- Attention-Deficit/Hyperactivity Disorder (ADHD)
- Dyslexia, Dysgraphia and Dyscalculia

PHYSICAL DISABILITIES

- Cerebral Palsy
- Down Syndrome
- Hearing Impairment
- Loss of Mobility and Loss of Limb
- Muscular Dystrophy
- Spina Bifida
- Stuttering and Other Speech Impairments
- Vision Impairment

DISEASES, INFECTIONS, AND CONDITIONS

AIDS AND HIV

- AIDS and HIV

ASTHMA, ALLERGIES AND THE IMMUNE SYSTEM

- AIDS and HIV
- Allergies
- Asthma
- Celiac Disease
- Eczema, Rashes and Irritations
- Inflammatory Bowel Disease, Crohn's Disease, and Ulcerative Colitis
- Lupus

BONES, MUSCLES, AND JOINTS

- Bone Cancer
- Juvenile Rheumatoid Arthritis
- Lupus
- Muscular Dystrophy
- Polio
- Scoliosis and Other Back Problems
- Spina Bifida
- Wii and Video Game Fitness and Injuries

BRAIN AND NERVOUS SYSTEM

- Brain Cancer
- Cerebral Palsy
- Concussions
- Creutzfeldt-Jakob Disease
- Epilepsy
- Lyme Disease
- Mad Cow (Bovine Spongiform)
- Meningitis
- Migraines and Headaches
- Multiple Sclerosis
- Polio
- Sleeping Sickness
- Spina Bifida
- Sports Concussions
- Tics and Tourette's Syndrome

CANCER AND TUMORS

- Benign Tumors
- Bone Cancer
- Brain Cancer
- Breast Cancer
- Cervical Cancer
- Chemotherapy and Radiation
- Colon Cancer
- Leukemia
- Liver Cancer
- Lung Cancer
- Lymphoma
- Ovarian Cancer
- Pancreatic Cancer
- Prostate Cancer
- Skin Cancer
- Testicular Cancer

DIGESTIVE SYSTEM

- Amoebic Dysentery
- Celiac Disease
- Colon Cancer
- E. Coli
- Food Poisoning
- Inflammatory Bowel Disease, Crohn's Disease, and Ulcerative Colitis
- Liver Cancer
- Pancreatic Cancer
- Ulcers

EATING DISORDERS AND OBESITY

- Anorexia Nervosa
- Body Dysmorphic Disorder
- Bulimia Nervosa
- Compulsive (Binge) Eating
- Exercise Addiction
- Genetics of Obesity
- Mental and Physical Effects of Obesity
- Obesity
- Obesity and Self-Image
- Obesity and the Media
- Obesity Discrimination
- Treating Obesity

GENETIC AND CHROMOSOMAL CONDITIONS

- Alopecia Areata (Hair Loss)
- Cystic Fibrosis
- Down Syndrome
- Hemophilia and Bleeding Disorders
- Huntington's Disease
- Sickle Cell Anemia
- Tay Sachs

GROWTH, HORMONES, AND DIABETES

- Diabetes
- Growth Problems
- Obesity
- Thyroid Problems

HEALTHY HABITS

- Blood Pressure
- Cholesterol
- Living a Heart-Healthy Life
- Maintaining a Healthy Weight
- Protecting Yourself Against Infection and Illness
- Vaccines and Vaccinations
- Vitamins and Minerals

HEART, BLOOD, AND CIRCULATORY SYSTEM

- Anemia
- Hemophilia and Bleeding Disorders
- Hepatitis
- Hepatitis B
- Leukemia
- Rheumatic Fever
- Sickle Cell Anemia

INFECTIONS AND VIRUSES

- AIDS and HIV
- Avian Flu
- Botulism
- Chickenpox and Shingles
- Cholera
- Colds and Flu
- Dengue Fever, Zika, and Chikungunya

- Diphtheria
- Ebola
- Hantavirus
- Hepatitis
- Hepatitis B
- Legionnaire's Disease
- Listereosis
- Malaria
- Measles and Rubella
- Meningitis
- Mononucleosis
- The Plague
- Rheumatic Fever
- SARS
- Sleeping Sickness
- Smallpox
- Superbugs
- Swine Flu (H1N1)
- Typhoid Fever
- Urinary Tract Infection (UTI)
- West Nile Virus

LUNGS AND RESPIRATORY SYSTEM

- Allergies
- Asthma
- Cystic Fibrosis
- Lung Cancer
- Tuberculosis

MENTAL HEALTH

- Addictive Personality
- Anxiety and Panic Attacks
- Bipolar Disorder/Manic Depression
- Depression and Mood Disorders
- Obsessive-Compulsive Disorder
- Phobias
- Post-Traumatic Stress Disorder
- Schizophrenia
- Self-Harm
- Social Anxiety and Social Phobia
- Suicide

MOUTH AND TEETH

- Tooth and Gum Disease

REPRODUCTIVE SYSTEM AND SEXUAL HEALTH

- AIDS and HIV
- Amenorrhea
- Breast Health and Examinations
- Cervical Cancer
- Chlamydia
- Egg Donation
- Endocrine System
- Endometriosis
- Fertility
- Genital Herpes
- Gonorrhea
- Hepatitis
- Hepatitis B
- Human Papillomavirus (HPV)
- Infertility
- Ovarian Cancer
- Ovarian Tumors and Cysts
- Pelvic Inflammatory Disease (PID)
- Reproductive Rights
- Syphilis
- Testicular Cancer
- Urinary Tract Infection (UTI)
- Yeast Infections, Toxic Shock, and Trichomoniasis

SIGHT, SPEECH, AND HEARING

- Hearing Impairment
- Stuttering and Other Speech Impairments
- Vision Impairment

SKIN, HAIR, AND NAILS

- Acne
- Alopecia Areata (Hair Loss)
- Chickenpox and Shingles
- Eczema, Rashes and Irritations
- Leprosy (Hansen's Disease)
- Skin Cancer
- Tanning and Skin Care

SLEEP

- Normal Sleep and Common Arousal Disorders
- Sleep and Sleep Deprivation
- Sleep Disorders

DIVERSITY

- Being a Biracial/Biethnic Teen
- Being an Immigrant or First-Generation American Teen
- Being Part of an Interfaith Family
- Cross-Cultural Relationships
- Diversity and Multiculturalism
- Friendship, Dating, and Relationships for LGBTQ+ Teens
- Gender Identity
- Gender Stereotypes for Girls
- LGBTQ+ Teens and Society
- LGBTQ+ Teens at School and in the Community
- Growing Up as an Undocumented Immigrant
- Hate Crimes
- Homophobia/Discrimination Based on Sexual Orientation
- Human Trafficking
- Parents Are Immigrants or New Citizens
- Racism
- Religious Discrimination
- Same-Sex Marriage and Parent is Gay
- Sexism
- Women in the Workplace

DRUGS AND ALCOHOL

DEPENDENCY, ADDICTION, AND EMOTIONAL HEALTH

- Alcohol Abuse and Binge Drinking
- Cross-Addiction
- Drug Abuse
- Drugs, Alcohol, and Emotional Health

DRUGS, ALCOHOL, AND SOCIETY

- Drug Crime and Punishment
- Drug Testing
- Drug Trade and Trafficking
- Marijuana and the Legalization Debate

DRUGS, ALCOHOL, AND TOBACCO

- Alcohol
- Amphetamines and Stimulants
- Antidepressants
- Barbiturates and Depressants
- Caffeine and Nicotine
- Cocaine
- Crack
- Ecstasy
- GHB and Analogs
- Hallucinogens
- Heroin
- Inhalants
- Ketamine
- Lithium
- LSD
- Magic Mushrooms, Peyote and Mescaline
- Marijuana
- Methamphetamine and Crystal Meth
- Natural Stimulants
- Nitrous Oxide
- Over-the-Counter Drugs
- Oxycontin
- PCP
- Prescription Drugs
- Prozac
- Ritalin
- Rohypnol
- Steroids
- Tobacco and Nicotine
- Vaping and Smoking

DRUGS, ALCOHOL, AND YOUR RELATIONSHIPS

- Alcoholic Parent
- Drinking and Driving
- Drug and Alcohol Abuse in Your Family
- Drugs, Alcohol and Codependency
- Drugs, Alcohol and Domestic Violence
- Drugs, Alcohol and Peer Pressure
- Drugs, Alcohol and Sexual Assault
- When a Friend Has a Drug or Alcohol Problem

GETTING HELP AND STAYING DRUG- AND ALCOHOL-FREE

- Intervention
- Recovery From Drug and Alcohol Addiction
- Refuse to Use Drugs and Alcohol

EATING DISORDERS

DIET DANGERS

- Diet Drugs
- Diet Fads

DISORDERS

- Anorexia Nervosa
- Body Dysmorphic Disorder
- Bulimia Nervosa
- Compulsive (Binge) Eating
- Exercise Addiction
- Obesity

OBESITY

- Genetics of Obesity
- Mental and Physical Effects of Obesity
- Obesity
- Obesity and Self-Image
- Obesity and the Media
- Obesity Discrimination
- Treating Obesity

RECOVERY AND SUPPORT GROUPS

- Eating Disorder Support Groups
- Recovering From an Eating Disorder

WEIGHT ISSUES

- Athletes and Eating Disorders
- Food and Your Family
- Negative Body Image
- Weight and Depression

FAMILY LIFE

ABUSE AND VIOLENCE

- Child Abuse
- Domestic Violence
- Incest

DIVORCE

- Blended Family
- Custody and Family Court
- Divorce

ILLNESS IN THE FAMILY

- Cancer Decisions for You and Your Family
- When a Grandparent or Other Relative Is Ill
- When a Parent or Caregiver Is Ill

POVERTY AND HARDSHIP

- Health Care for Everyone
- Homelessness
- Parent Is Out of Work
- Welfare

TEEN PARENTING

- Financial Challenges for Teen Parents
- Living With Your Baby and Your Parents
- Placing Your Baby for Adoption
- Teen Parenting
- Teen Parents Speak Out

YOU AND YOUR FAMILY

- Alcoholic Parent
- Being a Biracial/Biethnic Teen
- Being a Foster Child
- Being Adopted
- Being Part of a Military Family
- Being Part of an Interfaith Family
- Birth Order
- Brother or Sister Is Autistic
- Dealing With Your Parents
- Death of a Brother or Sister
- Death of a Parent or Caregiver
- Drug and Alcohol Abuse in Your Family
- Dysfunctional Family
- Foster Care

- Home and Family Relationships for LGBTQ+ Teens
- Living With a Single Parent
- Moving
- Moving in With a Grandparent or Other Relative
- Parent Is Gay
- Parent Is Illiterate
- Parent Is in Jail
- Parent Is Out of Work
- Parents Are Immigrants or New Citizens
- Physically Challenged Brother or Sister
- Same-Sex Marriage and Parent is Gay
- Sibling Rivalry
- Teen Fatherhood
- When a Grandparent or Other Relative Has Alzheimer's or Dementia

FRIENDSHIP AND DATING

DATING

- Cross-Cultural Relationships
- Dating
- Friendship, Dating, and Relationships for LGBTQ+ Teens
- Online Predators
- Online Romance
- Rejection, Break-Ups and Moving On
- Relationship Skills for Girls
- Relationship Skills for Guys
- Teen Marriage

FRIENDSHIP

- Cliques
- Friendship for Girls
- Friendship for Guys
- Friendship, Dating, and Relationships for LGBTQ+ Teens
- When Friendship Ends

VIOLENCE AND ABUSE

- Abusive Relationships
- Date Rape
- Stalking
- Violence Against Women

GRIEF AND LOSS

GRIEF AND LOSS

- Death
- Grief and Loss
- Suicide

LOSS AND YOUR COMMUNITY

- Natural Disasters
- Terrorism

LOSS AND YOUR RELATIONSHIPS

- Accidental Death
- Death by Illness
- Death by Violence
- Death of a Brother or Sister
- Death of a Friend
- Death of a Parent or Caregiver

MIND, MOOD, AND EMOTIONS

EMOTIONAL HEALTH

- Academic Anxiety
- Anger and Anger Management
- Being Gifted
- Grief and Loss
- Jealousy
- Loneliness
- Overscheduling and Stress
- Peer Pressure
- Self-Esteem and Confidence
- Self-Image
- Stress
- The Teen Brain

GETTING HELP

- Choosing a Therapist
- Peer Mediation
- Support Groups

MENTAL HEALTH

- Addictive Personality
- Antisocial Behavior
- Anxiety and Panic Attacks
- Bipolar Disorder/Manic Depression

- Depression and Mood Disorders
- Obsessive-Compulsive Disorder
- Phobias
- Post-Traumatic Stress Disorder
- Schizophrenia
- Self-Harm
- Social Anxiety and Social Phobia
- Suicide
- The Teen Brain

NUTRITION, FITNESS, AND APPEARANCE

BODY IMAGE AND APPEARANCE

- Acne
- Braces and Orthodontia
- Cosmetic Surgery
- For Girls: Look and Feel Your Best
- For Guys: Look and Feel Your Best
- Growth Problems
- Negative Body Image
- Puberty
- Skin Care
- Tanning and Skin Care
- Tattooing, Piercing and Body Art

DIETING AND WEIGHT MANAGEMENT

- Diet Drugs
- Diet Fads
- Negative Body Image
- Obesity
- Weight Loss Programs

EATING DISORDERS

- Anorexia Nervosa
- Athletes and Eating Disorders
- Body Dysmorphic Disorder
- Bulimia Nervosa
- Compulsive (Binge) Eating
- Exercise Addiction
- Obesity

FITNESS FOR MIND AND BODY

- Athletes and Eating Disorders
- Concussions
- Exercise Addiction
- Martial Arts
- Meditation
- Playing Sports
- Sports Concussions
- Sports Injuries
- Staying Fit
- Steroids
- Strength and Flexibility Training
- Wii and Video Game Fitness and Injuries
- Yoga

FOOD AND NUTRITION

- Carbonated Beverages
- Fast Food
- Fish, Meat, and Poultry
- Food Additives
- Food Allergies and Sensitivities
- Food and Kitchen Safety
- Food and Physical Activity
- Food Labels
- Food Poisoning
- Food Pyramid/Food Guide
- Fried, Fast, and Processed Foods
- Genetically Modified Foods
- Guide to a Healthier Diet
- Mystery Meat: Hot Dogs, Sausages, and Lunch Meats
- Nutrition Sense
- Organic Foods
- Processed Food
- Safety and the Food Supply
- Salty and Sugary Snacks
- Trans Fats
- Vegetarian, Vegan, and Plant-Based Diets

OBESITY

- Genetics of Obesity
- Mental and Physical Effects of Obesity
- Obesity
- Obesity and Self-Image

- Obesity and the Media
- Obesity Discrimination
- Treating Obesity

SAFETY

ABUSE AND VIOLENCE

- Abusive Relationships
- Child Abuse
- Death by Violence
- Domestic Violence
- Drugs, Alcohol and Domestic Violence
- Gun Violence
- Hate Crimes
- Human Trafficking
- Masculinity, Bullying, and Aggression
- School Violence: Schools in Crisis
- School Violence: Staying Safe
- Sexual Abuse
- Stalking
- Violence Against Women
- Violence at Sports Events
- Violence in Movies, Music, and the Media

FIRST AID AND INJURIES

- Concussions
- Emergency Lifesaving Techniques
- First Aid
- Sports Concussions

ONLINE SAFETY

- Bullying and Cyberbullying
- Cyber Ethics
- Cyber Literacy
- Identity Theft
- Intellectual Property
- Masculinity, Bullying, and Aggression
- Online Gaming Addiction
- Online Predators
- Online Romance
- Privacy and Hacking
- Viruses and Spam

SEXUAL VIOLENCE

- Date Rape
- Human Trafficking
- Incest
- Rape and Sexual Assault
- Sexual Abuse
- Sexual Harassment
- Stalking
- Violence Against Women

STAYING SAFE

- Abduction
- Behind the Wheel
- Bomb Scares
- Bullying and Cyberbullying
- Domestic Violence
- Driving and the Law
- Gambling
- Gangs
- Gun Violence
- Guns and Weapons
- Hate Crimes
- Health Care for Everyone
- Human Trafficking
- Identity Theft
- Masculinity, Bullying, and Aggression
- Natural Disasters
- Online Gaming Addiction
- Public Safety and Terrorism
- Safety and the Food Supply
- School Violence: Schools in Crisis
- School Violence: Staying Safe
- Stalking
- Terrorism
- Violence at Sports Events
- Violence in Movies, Music, and the Media
- Your Legal Rights

SEXUALITY AND SEXUAL HEALTH

ABSTINENCE

- Abstinence
- Virginity

FOR GIRLS - YOUR BODY

- Amenorrhea
- Breast Health and Examinations
- Cervical Cancer
- Egg Donation
- Female Reproductive System
- Fertility
- Going to the Gynecologist
- Infertility
- Menstruation
- Ovarian Cancer
- Ovarian Tumors and Cysts
- Pelvic Inflammatory Disease (PID)
- PMS
- Puberty
- Reproductive Rights
- Urinary Tract Infection (UTI)
- Yeast Infections, Toxic Shock, and Trichomoniasis

FOR GUYS - YOUR BODY

- Fertility
- Infertility
- Male Reproductive System
- Puberty

PREGNANCY PREVENTION

- Birth Control
- Peer Pressure
- Safe Sex
- Virginity

STDs AND SEXUAL HEALTH

- AIDS and HIV
- Chlamydia
- Fertility
- Genital Herpes
- Gonorrhea
- Hepatitis

- Hepatitis B
- Human Papillomavirus (HPV)
- Infertility
- Syphilis
- Yeast Infections, Toxic Shock, and Trichomoniasis

SEXUAL IDENTITY

- Friendship, Dating, and Relationships for LGBTQ+ Teens
- Gender Identity
- LGBTQ+ Teens and Society
- LGBTQ+ Teens at School and in the Community
- Guy's Guide to Gender Stereotypes and Sexual Identity
- Home and Family Relationships for LGBTQ+ Teens
- Same-Sex Marriage and Parent is Gay
- Sexual Identity and Orientation

SEXUAL VIOLENCE

- Compulsive Sexual Behavior
- Date Rape
- Female Genital Cutting
- Human Trafficking
- Incest
- Rape and Sexual Assault
- Sexual Abuse
- Sexual Harassment
- Stalking
- Violence Against Women

TEEN PARENTING

- Financial Challenges for Teen Parents
- Living With Your Baby and Your Parents
- Placing Your Baby for Adoption
- Teen Fatherhood
- Teen Parenting
- Teen Parents Speak Out

TEEN PREGNANCY

- Teen Pregnancy

SKILLS FOR SCHOOL, WORK, AND LIFE

BUDGETING AND MONEY MANAGEMENT

- Being a Sustainable Consumer
- Budgeting and Money Management
- Financial Challenges for Teen Parents
- Financial Literacy
- First Apartment
- First Bank Account and First Investments
- First Budget
- First Car
- First Credit Cards
- First Job

ONLINE SKILLS

- College and Career Success for Young Men
- Copyright and Digital Ethics
- Digital Etiquette
- Digital Rights and Responsibilities
- Finding Credible Information Online
- Intellectual Property
- Online Basic and Advanced Search Skills
- Online Multimedia Research Skills
- Online Research Skills
- Plagiarism
- Privacy and Hacking
- Search Engine Tools
- Smartphone Safety and Privacy
- Social Networks
- Social Networking Safely
- User-Generated Content
- Viruses and Spam
- Wikis, Widgets, and Blogs
- Your Digital Footprint

PLANNING YOUR FUTURE

- Choosing a College
- College and Career Success for Young Men
- College and Career Training
- Joining the Military
- Living On Your Own

- Paying for College
- Your First Year of College

SKILLS FOR SUCCESS

- Citizenship Skills
- Communication Skills
- Conflict Resolution
- Critical Thinking Skills
- Critical Writing Skills
- Decision Making
- Leadership
- Listening Skills
- Nonverbal Communication Skills
- Plagiarism
- Public Speaking
- Teamwork
- Time Management

WORK, VOLUNTEERISM, AND ACTIVISM

- Being a Sustainable Consumer
- Citizenship Skills
- College and Career Success for Young Men
- Communicating on the Job
- First Job
- Gender Identity
- Getting a Job
- LGBTQ+ Teens and Society
- LGBTQ+ Teens at School and in the Community
- Interpersonal Skills
- Leadership
- Lifelong Learning
- Making Decisions on the Job
- Networking Skills
- Reducing Your Carbon Footprint at Home
- Reducing Your Carbon Footprint at School
- Reducing Your Carbon Footprint in the Kitchen
- Reducing Your Carbon Footprint on Vacation
- Resume, Application, and Interview Skills
- Sustainable Transportation
- Volunteering and Activism
- Women in the Workplace

SUSTAINABLE LIVING

- Animal Testing
- Being a Sustainable Consumer
- Biodegradability
- Biofuels
- Conservation
- Environmental Stewardship
- Fair Trade
- Fish, Meat, and Poultry
- Food Additives
- Genetically Modified Foods
- Nonrenewable Resources
- Organic Foods
- Processed Food
- Recycling and Reuse
- Reducing Your Carbon Footprint at Home
- Reducing Your Carbon Footprint at School
- Reducing Your Carbon Footprint in the Kitchen
- Reducing Your Carbon Footprint on Vacation
- Renewable Resources
- Sustainable Transportation
- Vegetarian, Vegan, and Plant-Based Diets
- Volunteering and Activism