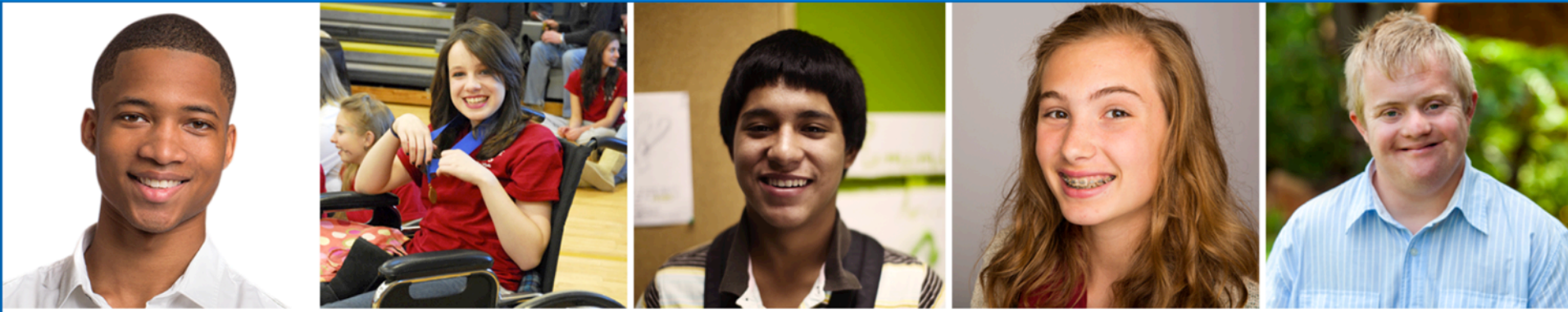


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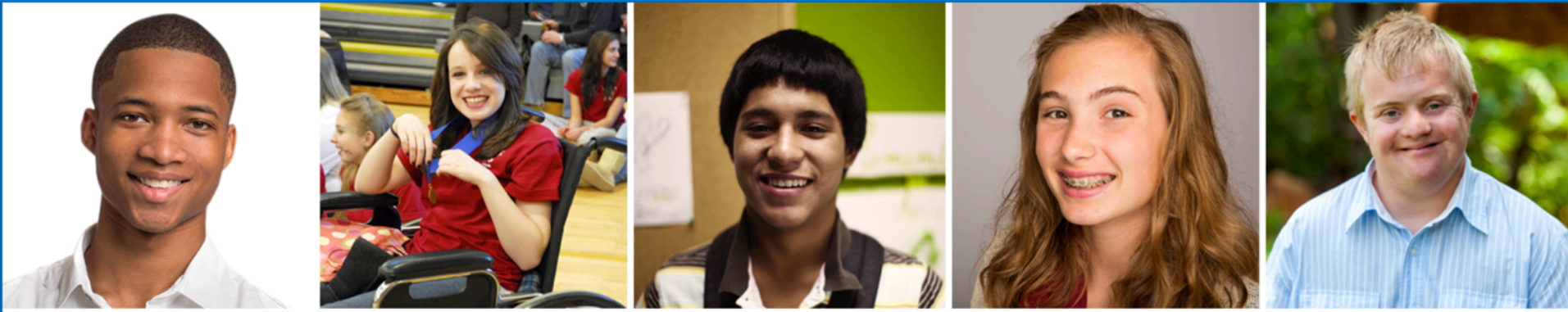
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- School administrators
- School nurses
- Intervention specialists
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What tools can you provide staff and parents to help them understand teen life issues and challenges?

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—Brodie

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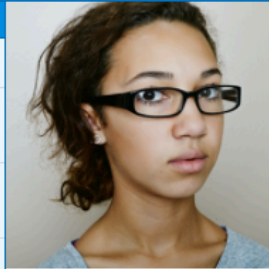
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Dear Dr. Jan,

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Respiratory System

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What Is the Respiratory System?

Every time we breathe, cough, sneeze, laugh, speak, move, cry, or sing, we use our respiratory system. We wouldn't be able to live more than a few minutes without it. It starts functioning when we are born, it works all night while we sleep, and it keeps working until we die, never taking a break.

The respiratory system is made up of your lungs, the tubes that connect your lungs to the outside air, and the part of your circulatory system that allows your blood to absorb, or pick up, the oxygen from your lungs.

However, there's a lot more to it than that. It's an amazingly complex system that relies on special muscles and nerves to allow you to breathe.

In recent years, respiratory conditions range from mild to severe. In the United States and Canada, the most common respiratory diseases are asthma (affecting 1 in 11) and 18.7 million (8.5 percent) children have asthma.

Lung cancer is one of the top ten causes of death around the world according to the World Health Organization (WHO). Lung cancer is the leading cancer killer in the United States and Canada.

Inhalation and Exhalation

When you inhale, you breathe in, and when you exhale you breathe out. The air you breathe in contains a lot of oxygen, which your body needs to survive. In fact, all animals need oxygen in order to live. The air you breathe out contains less oxygen and more carbon dioxide, which is a gas your body produces as a waste product. Since the carbon dioxide is potentially poisonous to you, you need to get it out of your body. Your respiratory system



The Respiratory System

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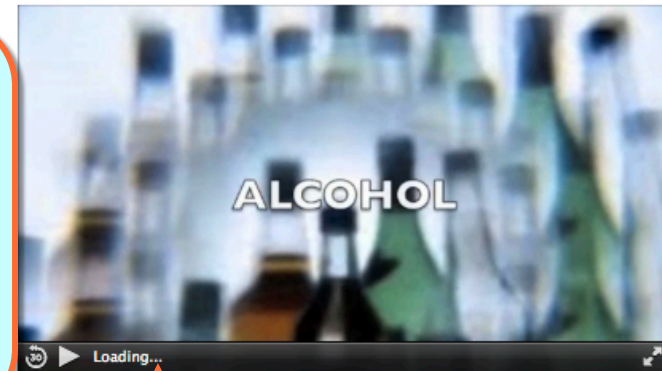
Alcohol Explained

Many of us think about alcohol as either of two substances: the

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- Related article links aid research and help teens dig deeper into topics.

ethanol. Beer, wine, whiskey, rum, vodka, tequila, and gin are just a few kinds of beverages that contain ethyl alcohol. Large amounts of ethyl alcohol, or ethanol, can act as a poison. So while it may not be as toxic as the other kinds of alcohol, ethanol is still a potentially life-threatening, poisonous substance.

Ethyl alcohol is made by a process known as fermentation. In fermenting foods containing sugar are mixed with yeast. Yeast, which are living organisms, produce carbon dioxide and ethyl alcohol as waste products. Grapes. In rum, the sugar comes from sugarcane. In vodka, the sugar comes from grains. In alcoholic beverages might use the sugar from wheat and other grains, such as corn, barley, cherries, and plums.



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Photos, videos, drawings, diagrams, callouts, and icons reinforce and explain key concepts.

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Many of us think about alcohol as either of two substances: the kind you drink or the kind you use to sterilize things. Actually, there are more than a hundred different kinds of alcohol, and almost all of them are toxic (poisonous) chemicals that definitely do not make you drunk. Methanol, which is found in products like

hairspray, nail polish, and windshield washer fluid, can cause blindness and even death. Some alcohols are thinner than water and can be absorbed through the skin. Some alcohols are used as solvents and can be absorbed through the lungs. Some alcohols are used as fuels and can be absorbed through the skin. Some alcohols are used as preservatives and can be absorbed through the skin. Some alcohols are used as disinfectants and can be absorbed through the skin. Some alcohols are used as anesthetics and can be absorbed through the skin. Some alcohols are used as antiseptics and can be absorbed through the skin. Some alcohols are used as preservatives and can be absorbed through the skin. Some alcohols are used as disinfectants and can be absorbed through the skin. Some alcohols are used as anesthetics and can be absorbed through the skin. Some alcohols are used as antiseptics and can be absorbed through the skin.

The kind of alcohol you drink can be dangerous. Ethanol, which is found in alcoholic beverages, can cause liver damage, heart disease, and other health problems. It can also be addictive. Some people drink alcohol to relax or to cope with stress. But drinking too much alcohol can be dangerous. It can cause liver damage, heart disease, and other health problems. It can also be addictive. Some people drink alcohol to relax or to cope with stress. But drinking too much alcohol can be dangerous.

a poison. So while it may not be as toxic as the other kinds of alcohol, ethanol is still a potentially life-threatening, poisonous substance.

Ethyl alcohol is made by a process known as fermentation. In fermentation, grain, fruit, honey, or other foods containing sugar are mixed with yeast. Yeast, which are living organisms, consume the sugar and produce carbon dioxide and ethyl alcohol as waste

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Alcohol Explained

Many of us think about alcohol as either of two substances: the good stuff or the bad stuff. Actually, there are many different types of alcohol, and some are much more dangerous than others. For example, the alcohol found in beer and wine is much less dangerous than the alcohol found in hard liquor, which is found in things like vodka and rum. In fact, the alcohol found in hard liquor is so dangerous that it can be used as a paint remover, can burn your skin, and can even be used as a weapon. So, while it's true that some alcohols are safe to drink—they're the ones you find in beer and wine—others are extremely poisonous.

The kind of alcohol that people drink is called ethyl alcohol, or ethanol. Beer, wine, whiskey, rum, vodka, tequila, and gin are just a few kinds of beverages that contain ethyl alcohol. Large amounts of ethyl alcohol, or ethanol, can act as a poison. So while it may not be as toxic as the other kinds of alcohol, ethanol is still a potentially life-threatening, poisonous substance.

Ethyl alcohol is made by a process known as fermentation. In fermentation, grain, fruit, honey, or other foods containing sugar are mixed with yeast. Yeast, which are living organisms, consume the sugar and produce carbon dioxide and ethyl alcohol as waste products. In wine, the sugar comes from grapes. In rum, the sugar comes from sugarcane. In vodka, the sugar comes from potatoes. Other alcoholic beverages might use the sugar from wheat and other grains, or fruits such as apricots,



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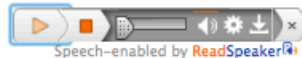
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Many of us think about alcohol as either of two substances: the kind you drink or the kind you use to sterilize things. Actually, there are more than a hundred different kinds of alcohol, and almost all of them are toxic (poisonous) chemicals that definitely do not make you drunk. Methanol, which is found in products like hairspray, aftershave, and nail-polish remover, can cause blindness and brain damage after a few sips. Paint



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Ethyl alcohol is made by a process known as fermentation. In fermentation, grain, fruit, honey, or other foods containing sugar are mixed with yeast. Yeast, which are living organisms, consume the sugar and produce carbon dioxide and ethyl alcohol as waste products. In wine, the sugar comes from

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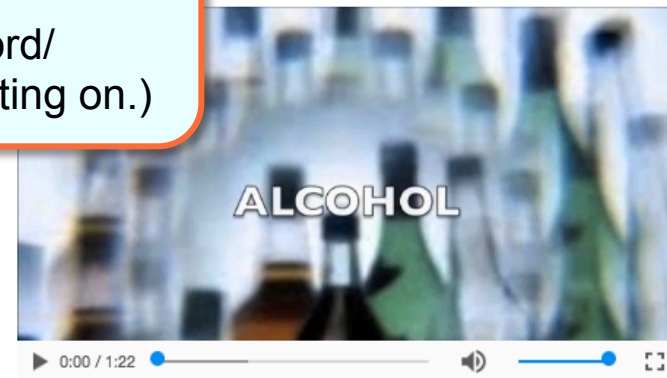
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Alcohol Explained

Many of us think about alcohol as either of two substances: the kind you drink or the kind you don't. There are more than a hundred different types of alcohol, but almost all of them are toxic. Some, like methanol, definitely do not make you drunk. Methanol, which is found in products like hairspray, aftershave, and nail polish remover, can cause blindness and brain damage after a few sips. Paint thinner is another product that contains dangerous alcohols. These alcohols are not anything you would want to drink—they are extremely poisonous.

The kind of alcohol that people drink is called ethyl alcohol, or ethanol. Beer, wine, whiskey, rum, vodka, tequila, and gin are

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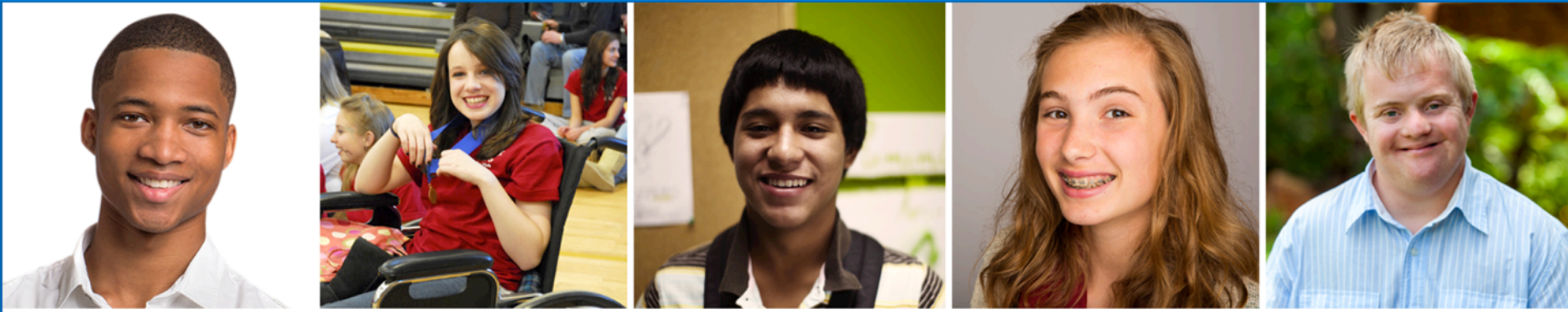
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“The counselors love that they have a site where they can send teenagers to **privately look up sensitive information and get answers** to questions that they are too embarrassed/shy to ask about!”

– Liz Philippi, Houston ISD, TX

“This valuable resource directly meets the needs of students, teachers, guidance counselors, and parents, and is unique in its offering of Canadian content and perspective.”

– Lisa Radha Weaver, Toronto District School Board