



Discovering Me: A Guide to Teaching Health and Building Adolescents' Self-Esteem

By Herod M.Ed., Leslie

Benjamin Cummings, 1999. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: 1. Who Am I? Building Connections. Self-Discovery. Personality Development. Recognizing Relationships. Building Confidence - Classroom Techniques and Projects. 2. Relationships. Friends. Ingredients to Friendship. Peer Pressures. Responsibility to Others. 3. Preparing for the Future. Setting Goals. Making Decisions. Problem Solving. Changing Behavior. 4. Dealing with Stress. Identifying Stress. Coping with Stress. 5. Communication. Body Language. Practicing Communication. Types of Attitudes. Refusal Skills. 6. Human Growth and Development. Classroom Guidelines. Secondary Sex Characteristics. Female and Male Reproductive Systems. Pregnancy and Fetal Development. Thinking Ahead. Sexually Transmitted Diseases. Choosing a Future. 7. A Healthy Body. Normal Body Weights. Nutrition. Diet and Exercise. Hygiene. 8. A Closer Look. Teacher Reference Material. Self Evaluation. Advertising's Role. Using Your Knowledge. Harmful Substances. Culminating Activities. In Conclusion.



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