

HEALTH AND SEX EDUCATION CURRICULUM - GRADES 1-8

Curriculum Area	R.L.	Series Titles Book Titles	ISBN	List Price	20% Disc Price	
Grade 1 - Active Living	K	Let's Get Active				
		Playground	978-1-4896-2234-1	28.79	23.03	
		Schoolyard	978-1-4896-2246-4	28.79	23.03	
	1	Healthy Me				
		My Body Needs Exercise	978-1-60753-586-7	28.55	22.84	
Grade 1 - Healthy Eating						
Hunger and Thirst Cues	1	Healthy Me				
		My Body Needs Food	978-1-60753-587-4	28.55	22.84	
Food for Healthy Bodies	1	Let's Learn About Food (Let's Read)				
		Dairy	978-1-4896-3991-2	28.79	23.03	
		Fruit	978-1-4896-3995-0	28.79	23.03	
		Meat and Fish	978-1-4896-3999-8	28.79	23.03	
		Vegetables	978-1-4896-4003-1	28.79	23.03	
		Whole Grains	978-1-4896-4007-9	28.79	23.03	
Grade 1 - Personal Safety and Injury Prevention						
Personal Safety	2	Be Safe				
		Be Safe on the Playground	978-1-60753-446-4	28.55	22.84	
Caring and exploitive behaviours and feelings	K-2	Theo's Mood	978-1-4896-2380-5	31.19	24.95	
		Character Education				
		Caring	978-1-60279-323-1	27.10	21.68	
		Respect	978-1-60279-320-0	27.10	21.68	
	2	My Feelings				
		Anger	978-1-58341-318-0	24.25	19.40	
	2	Values (pb)				
		Kindness	978-1-926722-18-4	15.65	12.52	
		Respect	978-1-926722-19-2	15.65	12.52	
Grade 1 - Substance Use, Addictions, and Related Behaviours						
unhealthy habits	1	Healthy Me				
		My Body Needs Rest	978-1-60753-588-1	28.55	22.84	
Grade 1 -Human Development and Sexual Health						
Body Parts	2	Inside My Body				
		My Bones	978-1-60753-753-3	28.55	22.84	
		My Brain	978-160753-754-0	28.55	22.84	
		My Heart	978-1-60753-755-7	28.55	22.84	
		My Lungs	978-1-60753-756-4	28.55	22.84	
		My Muscles	978-1-60753-757-1	28.55	22.84	
		My Stomach	978-1-60753-758-8	28.55	22.84	
	Pk-1	Where Do Babies Come From?: Our First Talk about Birth	978-1-4598-0942-0	19.95	15.96	
	Senses and functions	PK-2	Senses in My world			
			Hearing	978-1-62031-115-8	25.65	20.52
Seeing			978-1-62031-116-5	25.65	20.52	
Smelling			978-1-62031-117-2	25.65	20.52	
Tasting			978-1-62031-118-9	25.65	20.52	
Touching			978-1-62031-119-6	25.65	20.52	
1		My Senses				
		Hearing	978-1-61913-309-9	28.79	23.03	
		Sight	978-1-61913-310-5	28.79	23.03	
		Smell	978-1-61913-311-2	28.79	23.03	
		Taste	978-1-61913-312-9	28.79	23.03	
		Touch	978-1-61913-313-6	28.79	23.03	
Hygienic procedures	1	Healthy Me				

		My Body Needs Rest	978-1-60753-588-1	28.55	22.84
		My Body Needs to be Clean	978-1-60753-589-8	28.55	22.84
	1-2	Keep it Clean			
		Keep it Clean: Achoo	978-1-60279-856-4	24.25	19.40
		Keep it Clean: Germ Free	978-1-60279-857-1	24.25	19.40
		Keep it Clean: Time to Wash Up	978-1-60279-855-7	24.25	19.40
	2	My Body (pb)			
		Why Do I Wash My Hands?	978-1-77092-002-6	8.95	7.16
	2	My Healthy Body			
		Take a Bath!: My Tips for Keeping Clean	978-1-4677-1352-8	25.75	20.60
Grade 2 - Active Living	K-2	Let's Play			
		Skating	978-1-4896-1768-2	28.79	23.03
		Swimming	978-1-4896-1771-2	28.79	23.03
		Hockey	978-1-61690-940-6	28.79	23.03
		Soccer	978-1-61690-942-0	28.79	23.03
	2	My Healthy Habits			
		Move Your Body!: My Exercise Tips	978-1-4677-1349-8	25.75	20.60
	2	Start Smart: Health			
		Start Sweating!: A kid's guide to being active	978-1-93752-965-9	28.60	22.88
Grade 2 - Healthy Eating	2	My Healthy Habits			
Food choices		Choose good Food!: My Eating Tips	978-1-4677-1350-4	25.75	20.60
	2	Start Smart: Health			
		You Want Me to Eat That?: a kids' guide to eating right	978-1-93752-971-0	28.60	22.88
	3	Your Healthy Body			
		Eat a Balanced Diet	978-1-63188-983-7	27.10	21.68
Grade 2 - Personal Safety and Injury Prevention					
Personal Safety	2	Be Safe			
		Be Safe around Fire	978-1-60753-444-0	28.55	22.84
		Be Safe Around Strangers	978-1-60753-447-1	28.55	22.84
		Be Safe around Water	978-1-60753-448-8	28.55	22.84
		Be Safe on the Internet	978-1-60753-445-7	28.55	22.84
		Be Safe on Your Bike	978-1-60753-443-3	28.55	22.84
	2	My Healthy Body			
		Keep Calm!: My Stress-Busting Tips	978-1-4677-1354-2	25.75	20.60
		Poison Alert!: My Tips to Avoid Danger Zones at Home	978-1-4677-1353-5	25.75	20.60
Relating to Others	3	Thoughts and Feelings			
		Feeling Jealous	978-1-59604-168-4	24.20	19.36
Food Allergies	2	Living With			
		Allergies	978-1-60753-477-8	28.55	22.84
	2-3	Tell Me Why: Humans			
		I Can't Eat Peanuts	978-1-63188-993-6	27.10	21.68
Standing Up for Yourself	2	Show Your Character (pb)			
		Am I A Good Friend?: A Book About Trustworthiness	978-1-4677-2386-2	10.75	8.60
		How Can I Deal with Bullying?: A Book About Respect	978-1-4677-2389-3	10.75	8.60
		How Can I Help?: A Book About Caring	978-1-4677-2390-9	10.75	8.60
Grade 2 - Human Development and Sexual Health					
Oral health	2	My Body (pb)			
		Why Do I Brush My Teeth?	978-1-926853-99-4	8.95	7.16
Grade 3 - Active Living	3	Your Healthy Body			
		Exercise!	978-1-63188-984-4	27.10	21.68
Grade 3 - Healthy Eating					
Food Origins	2	Where Does Our Food Come From?			
		Dairy	978-1-60753-499-0	28.55	22.84
		Fruits	978-1-60753-495-2	28.55	22.84
		Grains	978-1-60753-497-6	28.55	22.84

		Meats and Proteins	978-1-60753-498-3	28.55	22.84
		Vegetables	978-1-60753-496-9	28.55	22.84
Local and Cultural foods	2-3	Cook With Me			
		Foods of China	978-1-62617-116-9	27.10	21.68
		Foods of France	978-1-62617-117-6	27.10	21.68
		Food of India	978-1-62617-118-3	27.10	21.68
		Foods of Italy	978-1-62617-119-0	27.10	21.68
		Foods of Japan	978-1-62617-120-6	27.10	21.68
		Foods of Mexico	978-1-62617-121-3	27.10	21.68
Oral health	3	Your Healthy Body			
		Visit the Dentist!	978-1-63188-986-8	27.10	21.68
Grade 3 - Personal Safety and Injury Prevention	2-3	What Should I do?			
Safety Guidelines outside of class		What Should I do? At the Pool	978-1-61080-056-3	27.10	21.68
		What Should I Do? If a Stranger Comes Near	978-1-61080-049-5	27.10	21.68
		What Should I do? If I See a Stray Animal	978-1-61080-050-1	27.10	21.68
		What Should I Do? If there is a Fire	978-1-61080-053-2	27.10	21.68
		What Should I Do? In the Car	978-1-61080-052-5	27.10	21.68
		What Should I Do? Near a Busy Street	978-1-61080-051-8	27.10	21.68
		What Should I Do? On My Bike	978-1-61080-055-6	27.10	21.68
		What Should I Do? On the Playground	978-1-61080-054-9	27.10	21.68
Grade 3 - Substance Use, Addictions, and Related Behaviours	2	Health (Pull Ahead)			
		Avoiding Drugs	978-0-8225-2867-8	24.30	19.44
Grade 3 - Human Development and Sexual Health					
Physical and emotional development	2	Your Body Inside and Out			
		Growing	978-1-59771-265-1	31.35	25.08
Grade 4 - Healthy Eating	4	Being Healthy			
		Fruit and Vegetables	978-1-55388-416-3	27.55	22.04
		Grain Products	978-1-55388-418-7	27.55	22.04
		Meat and Alternatives	978-1-55388-422-4	27.55	22.04
		Milk and Alternatives	978-1-55388-420-0	27.55	22.04
	4-6	Kids & Obesity			
		Bigger isn't Always Better: Choosing Your Portions	978-1-4222-1706-1	28.55	22.84
		Cookies or Carrots? You Are What you Eat	978-1-4222-1707-8	28.55	22.84
Grade 4 - Personal Safety and Injury Prevention	5	Under Pressure			
Bullying and abuse		How to Handle Bullying and Gangs	978-1-59920-825-1	37.10	29.68
Safe use of technology		How to Handle Cyberbullying	978-1-59920-826-8	37.10	29.68
Grade 4 - Substance, Use, Addictions, and Related Behaviours	4-5	Health at Risk			
Tobacco, Short-and-long term effects of smoke		Smoking	978-1-60279-286-9	29.95	23.96
Grade 4 - Human Development and Sexual Health					
Puberty- changes, personal hygiene and care	4	Growing Up (pb)			
		Boy Talk	978-1-926853-90-1	11.95	9.56
		Girl Talk	978-1-926853-91-8	11.95	9.56
Grade 5 - Healthy Eating	5	Asking questions About Media			
Media influences		Asking Questions About Food Advertising	978-1-63362-487-0	29.95	23.96
	4-5	Health at Risk			
Food Choices		Junk Food	978-1-60279-284-5	29.95	23.96
	5+	Understanding Nutrition: A Gateway to Physical & Mental Health			
		Eating Out: How to Order in Restaurants	978-1-4222-2877-7	28.55	22.84
		Healthy Fast Foods	978-1-4222-2879-1	28.55	22.84
Food Labels		How to Read Food Labels	978-1-4222-2880-7	28.55	22.84
Grade 5 - Personal Safety and Injury Prevention	5	Safety First			
bullying		Navigating Cyberspace	978-1-4222-3049-7	29.95	23.96
		Peer Pressure & Relationships	978-1-4222-3050-3	29.95	23.96

Injury prevention		Sports	978-1-4222-3053-4	29.95	23.96
Threats to personal safety		Stranger Danger	978-1-4222-3054-1	29.95	23.96
Grade 5 - Substance Use, Addictions, and Related Behaviours	5	Downside of Drugs (pb)			
Decision to drink Alcohol		Alcohol & Tobacco	978-1-4222-3190-6	13.15	10.52
Short-long-term effects of alcohol use	5	Safety First			
		Drugs & Alcohol	978-1-4222-3046-6	29.95	23.96
	4-5	Health at Risk			
		Alcohol	978-1-60279-280-7	29.95	23.96
	6-8	Straight Talking (pb)			
		Alcohol	978-1-895058-51-2	11.95	9.56
Grade 6 - Healthy Eating	7	Understanding Obesity			
Influences on healthy eating		Emotions & Eating	978-1-4222-3059-6	35.65	28.52
Grade 6 - Substance Abuse, Addictions, and Related Behaviours	5	Downside of Drugs (pb)			
Effects of cannabis, illicit drugs		Marijuana: Legal & Developmental Consequences	978-1-4222-3192-0	13.15	10.52
	4-5	Health at Risk			
		Drugs	978-1-60279-283-8	29.95	23.96
	6-8	Straight Talking (pb)			
		Marijuana	978-1-895058-54-3	11.95	9.56
Grade 7 Healthy Eating	4-5	Health at Risk			
Food Choices and Health Problems		Anorexia	978-1-60279-281-4	29.95	23.96
		Bulimia	978-1-60279-282-1	29.95	23.96
		Obesity	978-1-60279-285-2	29.95	23.96
	7-10	Issues That concern You			
		Junk Food	978-0-7377-4954-0	48.05	38.44
	7	The State of Mental Illness and It's Therapy			
		Eating Disorders	978-1-4222-2825-8	35.65	28.52
Grade 7 - Personal Safety and Injury prevention	7-10	Compact Research: The internet			
Benefits and Dangers - Technology		Cyberbullying	978-1-60152-262-7	41.40	33.12
		Online Addiction	978-1-60152-270-2	41.40	33.12
Impact -bullying, harassment	7-10	Issues That Concern You			
		Sexual Harassment	978-0-7377-6933-3	48.05	38.44
Grade 7 - Substance Abuse, Addictions, and Related Behaviours	5	Asking Questions About the Media			
Body Image		Asking Questions About Body Image in Advertising	978-1-63362-486-3	29.95	23.96
	7	Understanding Obesity			
		Looking & Feeling Good in Your Body	978-1-4222-3063-3	35.65	28.52
	6-12	Compact Research: Diseases and Disorders			
		Drug Addiction	978-1-60152-109-5	41.40	33.12
	6+	Downside of Drugs (pb)			
		Caffeine: Energy Drinks, Coffee, Soda, & Pills	978-1-4222-3191-3	13.15	10.52
	Prescription Painkillers: Oxycontin, Percocet, Vicodin, & Other Addictive Analgesics	978-1-4222-3194-4	13.15	10.52	
Mental health, substances	7	The State of Mental Illness and It's Therapy			
		Substance Disorders	978-1-4222-2838-8	35.65	28.52
Implications of Substance Abuse and addictions		Young Adult's guide to the Science of Health			
		Drug- & alcohol Related Issues	978-1-4222-2808-1	35.65	28.52

Grade 7 - Human Development and Sexuality	7-10	Compact Research: Diseases and Disorders			
Sexually transmitted infections		Herpes	978-1-60152-117-0	41.40	33.12
		HPV	978-1-60152-690-8	41.40	33.12
		Sexually Transmitted Diseases	978-1-60152-608-3	41.40	33.12
	7-10	Compact Research: Teenage Problems			
		Teenage Sex and Pregnancy	978-1-60152-168-2	41.40	33.12
	7-10	Diseases and Disorders			
STD and pregnancy prevention		Hepatitis	978-1-42050595-5	45.65	36.52
	6-12	In Controversy			
		Should Teens Have Access to Birth Control?	978-1-60152-556-7	41.40	36.52
Relationship changes at puberty	7-10	Issues That Concern You			
		Birth Control	978-0-7377-5689-0	48.05	38.44
	7	Gallup Youth Survey: Major Issues and Trends			
		Teens & Relationships	978-1-4222-2956-9	35.65	28.52
	7	Causes & Effects of Emotions			
		Romantic Attraction	978-1-4222-3077-0	34.25	27.40
	7-10	Hot Topics			
		Teen Pregnancy	978-1-42050-479-8	45.05	36.04
	7	Young Adult's Guide to the Science of Health			
	Contraception & Pregnancy	978-1-4222-2805-0	35.65	28.52	
	Growth & Development	978-1-4222-2810-4	35.65	28.52	
	Sexually Transmitted Infections	978-1-4222-2814-2	35.65	28.52	
Grade 8 Healthy Eating	7-12	Compact Research: Teen Well-Being			
Nutrients		Teens, Nutrition, and Dieting	978-1-60152-834-6	41.40	33.12
	7-10	Nutrition and Health			
		Junk Food Junkies	978-1-42050271-8	40.85	32.68
Grade 8 - Personal Safety and Injury Prevention	7-12	Compact Research: Teen Well-Being			
Reducing risk of injuries, death		Teens and Bullying	978-1-60152-908-4	41.40	33.12
	7-12	Compact Research: Teenage Problems			
Impact of violent behaviours		Teen Violence	978-1-60152-496-6	41.40	33.12
	6-12	Compact Research: Diseases and Disorders			
		Concussions	978-1-60152-512-3	41.40	33.12
	7	Traumatic Brain Injury: From concussion to Coma	978-1-4677-1348-1	37.10	29.68
	7-10	Hot Topics			
		Bullying	978-1-42050-814-7	45.05	36.04
	7-10	Introducing Issues With Opposing Viewpoints			
		Depression	978-0-7377-6921-0	48.05	38.44
		Food Safety	978-0-7377-5678-4	48.05	38.44
	7-10	Issues That Concern You			
		Date Rape	978-0-7377-6287-7	48.05	38.44
		Risky Teen Behavior	978-0-7377-5698-2	48.05	38.44
	6-12	The Library of Tattoos and body Piercings			
		Tattoos, Body Piercings, and Health	978-1-60152-564-2	41.40	33.12
	7	Young Adult's Guide to the Science of Health			
		Health Implications of Cosmetic Surgery, Makeovers, & Body Alterations	978-1-4222-2811-1	35.65	28.52
Grade 8 - Substance Use, Addictions, and Related Behaviours	7-9	Causes & Effects of Emotions			
Warning signs, consequences		Stress and Tension	978-1-4222-3079-4	34.25	27.40
	6-12	Compact Research: Addictions			
		Gambling Addictions	978-1-60152-758-5	41.40	33.12

	6-12	Compact Research: Diseases and Disorders			
		Fetal Alcohol Disorders	978-1-60152-159-0	41.40	33.12
		Self-Injury Disorder	978-1-60152-112-5	41.40	33.12
	7-12	Compact Research: Teenage Problems			
Mental health, stress management		Teens and Stress	978-1-60152-768-4	41.40	33.12
		Teens and Substance Abuse	978-1-60152-832-2	41.40	33.12
		Teens: cutting and Self-Injury	978-1-60152-770-7	41.40	33.12
	7-10	Diseases and Disorders			
		Fetal Alcohol Syndrome	978-1-42050695-2	45.65	36.52
		Teen Depression	978-1-42051-935-9	45.65	36.52
	7-9	Illicit and Misused Drugs			
		Dual Diagnosis: Drug Addiction and Mental illness	978-1-4222-2430-4	35.65	28.52
		Abusing Over the Counter Drugs: Illicit Uses for everyday Drugs	978-1-4222-2425-0	35.65	28.52
	7-10	Introducing Issues With Opposing Viewpoints			
		Drug Abuse	978-0-7377-5675-3	48.05	38.44
	7	Young Adult's Guide to the Science of Health			
		Drug - & Alcohol Related Health Issues	978-1-4222-2808-1	35.65	28.52
	suicide & Self-Destructive Behaviors	978-1-4222-2817-3			
Grade 8 - Human Development and Sexual Health	7-9	Causes & Effects of Emotions			
Decisions about sexual activity		Emotional Self-Awareness	978-1-4222-3070-1	34.25	27.40
	7-10	Introducing Issues With Opposing Viewpoints			
		Sexual Orientation	978-0-7377-6281-5	48.05	38.44
		Teen Sex	978-0-7377-5687-6	48.05	38.44
Gender identity	7-12	Compact Research: Teen Well-Being			
		Teens and LGBT issues	978-1-60152-830-8	41.40	33.12
	7-9	The Gallup's Guide to Modern Gay, Lesbian, & Transgender Lifestyle			
		Being Gay, Staying Healthy	978-1-4222-1744-3	32.80	26.24
		Coming out: Telling Family and Friends	978-1-4222-1745-0	32.80	26.24
		Feeling Wrong in Your body: Understanding What it Means to be Transgender	978-1-4222-1746-7	32.80	26.24
		Gays and Mental health: Fighting Depression, Saying No to Suicide	978-1-4222-1751-1	32.80	26.24
		Homophobia: From Social Stigma to Hate Crimes	978-1-4222-1752-8	32.80	26.24
		Smashing the Stereotypes: What it means to be Gay, Lesbian, Bisexual, or Transgender?	978-1-4222-1755-9	32.80	26.24
		What Causes Sexual Orientation?: Genetics, Biology, Psychology	978-1-4222-1757-3	32.80	26.24
	7-10	Issues That Concern You			
		Dating	978-0-7377-6288-4	48.05	38.44
		Homosexuality	978-0-7377-5904-4	48.05	38.44
	Sexting	978-0-7377-6299-0	48.05	38.44	
Decision making, contraception	7-12	Teen Choices			
		Teens and Sex	978-1-60152-912-1	41.40	33.12
	7	Transgender Lives	978-0-7613-9022-0	37.10	29.68