

## Spartanburg District Four Comprehensive Health Education Materials

Grade Level	Adopted Textbook	Approved Supplemental Materials/Programs/Videos
<b>Woodruff Primary School</b>		
<b>K</b>	Health and Wellness by McGraw-Hill Education, 2014  Written by Linda Meeks and Philip Heit	Second Step Child Protection Unit, 2014 Committee for Children Brain Pop, Jr. Pebble Go Conscious Discipline
<b>1</b>	Health and Wellness by McGraw-Hill Education, 2014  Written by Linda Meeks and Philip Heit	Second Step Child Protection Unit, 2014 Committee for Children Brain Pop, Jr. Pebble Go Conscious Discipline
<b>2</b>	Health and Wellness by McGraw-Hill Education, 2014  Written by Linda Meeks and Philip Heit	Second Step Child Protection Unit, 2014 Committee for Children Brain Pop, Jr. Pebble Go Conscious Discipline
<b>Woodruff Elementary School</b>		
<b>3</b>	Macmillan and McGraw-Hill Health and Wellness, Grade 3 by McGraw/Hill Learning Service Center	American Heart Association <a href="http://www.heart.org">www.heart.org</a> Healthy Living Guide <a href="http://www.choosemyplate.gov">www.choosemyplate.gov</a>
<b>4</b>	Macmillan and McGraw-Hill Health and Wellness, Grade 4 by McGraw/Hill Learning Service Center	Fitnessgram Guide <a href="http://www.fitnessgram.net">http://www.fitnessgram.net</a> Health and Nutrition Guide <a href="http://www.pecentral.com">www.pecentral.com</a>
<b>5</b>	Macmillan and McGraw-Hill Health and Wellness, Grade 5 by McGraw/Hill Learning Service Center	Physical Best Activity Guide <a href="http://www.shapeamerica.org">www.shapeamerica.org</a> Mary Black Foundation <a href="http://www.Maryblackfoundation.org">www.Maryblackfoundation.org</a> Partners for Active Living <a href="http://www.Active-living.org">www.Active-living.org</a>

		<p>Second Steps  <a href="http://www.secondstep.org/second-step-social-emotional-learning">http://www.secondstep.org/second-step-social-emotional-learning</a>  Kid President video lessons  B.I.N.T. Character Education Program (Bullying is Not Allowed)  Red Ribbon Week Campaign  Erin’s Law  <a href="http://www.erinslaw.org">www.erinslaw.org</a>  <a href="http://www.saferoutesinfo.org">www.saferoutesinfo.org</a></p>
<b>Woodruff Middle School</b>		
<b>6</b>	<p>Teen Health, Course 1, 6th Edition by  Glencoe/McGraw-Hill Learning Service Center</p>	<p>Nu-Culture  Healthy Relationships and Sexuality by Glencoe  Draw the Line, Respect the Line by ETR Associates  Websites:  <a href="http://www.caloriecount.com/">http://www.caloriecount.com/</a>  <a href="http://www.choosemyplate.gov/">http://www.choosemyplate.gov/</a>  <a href="http://meanstinks.com/">http://meanstinks.com/</a>  <a href="http://naturalhigh.org/">http://naturalhigh.org/</a></p>
<b>7</b>	<p>Teen Health, Course 2, 6th Edition by  Glencoe/McGraw-Hill Learning Service Center</p>	<p>Nu-Culture  Healthy Relationships and Sexuality by Glencoe  Draw the Line, Respect the Line by ETR Associates  Websites:  <a href="http://www.caloriecount.com/">http://www.caloriecount.com/</a>  <a href="http://www.choosemyplate.gov/">http://www.choosemyplate.gov/</a>  <a href="http://meanstinks.com/">http://meanstinks.com/</a>  <a href="http://naturalhigh.org/">http://naturalhigh.org/</a></p>
<b>8</b>	<p>Teen Health, Course 3, 6th Edition by  Glencoe/McGraw-Hill Learning Service Center</p>	<p>Nu-Culture  Healthy Relationships and Sexuality by Glencoe  Draw the Line, Respect the Line by ETR Associates  Websites:  <a href="http://www.caloriecount.com/">http://www.caloriecount.com/</a>  <a href="http://www.choosemyplate.gov/">http://www.choosemyplate.gov/</a>  <a href="http://meanstinks.com/">http://meanstinks.com/</a>  <a href="http://naturalhigh.org/">http://naturalhigh.org/</a></p>

**Woodruff High School**

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Safer Choices by Advocates for Youth  
<http://www.advocatesforyouth.org/publications/1128-ss>

Birth Control: Myths and Methods (26 minute DVD by Discovery Store Education)

STDs: Lifetime Consequences (20 minute DVD by New Dimension Media)

Sex Facts: Teens and STDs (28 minute DVD by Guidance Systems)

Human Relations Media's Total Health: Becoming Physically Fit Series (3-25 minute videos on Muscle Strength and Endurance, Cardiovascular Fitness, Composition and Flexibility)

Human Relation's Media's Essential Physical Fitness: What Every Teen Needs to Know (18 minute video)

Human Relation's Media's Lifestyle Diseases and How to Avoid Them (18 minute video)

Human Relation's Media's Ten Reasons to Get and Stay in Shape (24 minute video)

Human Relation's Media's Athletes and Alcohol (23 minute video)

Human Relation's Media's Ten Things You Didn't Know about Smoking and Tobacco (17 minute video)

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[Comprehensive Health Education Act](#)

[Instructional Resources for Erin's Law](#)

Updated: December 1, 2022