

Health Education Materials used by Fort Mill Schools are listed below. These books and instructional materials have been approved by the Fort Mill Health Advisory Committee.

High School

A Teen's Guide to Sexuality by Meek & Heit
Glenco/McGraw Hill Publishing Co., New York
ISBN 0-07-865887

Breast self exam video: <https://www.youtube.com/watch?v=e6wpOnf2ORg>

Middle School

Teen Health 1, McGraw Hill Education
ISBN: 10:0026532050
Teen Health 2, McGraw Hill Education
ISBN: 10:0078239370
Teen Health 3, McGraw Hill Education
ISBN: 078239397

Videos:

Lucy, A Teenage Pregnancy, 1980

Meet the New You for Boys, Meet the New You for Girls

Topics covered include when to expect onset of puberty, physical and emotional changes, the importance of good hygiene, nutrition, exercise and sleep, and self-esteem. Geared towards grades 5-8.

March of Dimes Video...Journey to Birth

Aids: <https://www.youtube.com/watch?v=F23ygNsuOrM>

Elementary School

Harcourt Health and Fitness
Harcourt School Publishers

Video for Grade 5:

"The Always Changing and Growing Up Puberty Education Program"