



Life Skills: 225 Ready-To-Use Health Activities for Success and Well-Being (Grades 6-12)

By Sandra McTavish

Jossey-Bass. Paperback. Book Condition: New. Paperback. 284 pages. Dimensions: 10.9in. x 8.5in. x 0.9in. Life Skills is a practical resource that gives teachers 225 ready-to-use worksheets that cover a wide variety of key life skills. The book addresses topics such as drug and alcohol use, sex, relationships, stress, food-related issues, and self-esteem. Life Skills is an easy-to-use, time-saving book that is designed for grades 6-12 and helpful for both new and seasoned teachers. For quick access and easy use, the worksheets are organized into eight sections and are printed in a large 8 1/2 x 11 format that folds flat for photocopying. Here's an overview of what you'll find in each section: Drugs, Alcohol, and Smoking: Trends in smoking, second-hand smoke, reasons why people smoke and ways to help people quit, facts about drug use, the classification of different drugs, alcoholism, fetal alcohol syndrome, as well as drinking and driving. Sex and Sex-Related Issues: Male and female sex organs, why people have sex, facts and myths, birth control, options after getting pregnant, sexually transmitted diseases, homosexuality, infertility options, sexual harassment, and date rape. Love, Relationships, Marriage, and Family: The role of friends in our lives, negative aspects of cliques, dating and...



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