

Alignment of Free Spirit Publishing’s Be the Boss of Your Body® Series with the National Health Education Standards (NHES), Grades 5–8

*Be Fit, Be Strong, Be You • Be the Boss of Your Stress
Be the Boss of Your Sleep • Be the Boss of Your Pain*

Standard 1: Health Promotion and Disease Prevention
Students will comprehend concepts related to health promotion and disease prevention

National Health Education Standard 1 Performance Indicators	Free Spirit’s Be the Boss of Your Body Series
Explain the relationship between positive health behaviors and the prevention of injury, illness, disease, and premature death.	In all the books, various treatments for kids’ common health problems are described, including sleep disorders, eating disorders, and stress and anxiety disorders, in a clear manner that also addresses the possible long-term effects if these problems are left untreated.
Describe the interrelationship of mental, emotional, social, and physical health during adolescence.	This series encourages strong social networks by providing examples of age-appropriate physical activities that also possess a social component. Each health tip explains how it benefits the spirit, the mind, and the body. This emphasis on holistic health is a theme carried throughout the series.
Describe how family and peers influence the health of adolescents.	The series discusses the need to have a “coach” to support kids’ healthy lifestyle choices. <i>Be Fit, Be Strong, Be You</i> stresses that exercise is easier and more fun when done with friends and/or family. This book also points out how family eating habits affect kids’ health.
Analyze how environment and personal health are interrelated.	The series investigates environmental influences on health, such as noise disturbances, influences of light or darkness, and placement of furniture and other objects in a way that helps kids understand how their health can be influenced by a combination of internal and external factors.

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Standard 1: Health Promotion and Disease Prevention
 Students will comprehend concepts related to health promotion and disease prevention (continued)

National Health Education Standard 1 Performance Indicators	Free Spirit's Be the Boss of Your Body Series
Describe ways to reduce risks related to adolescent health problems.	<p>Pictures and diagrams help explain a variety of health skills including yoga, acupressure, and aromatherapy, that help kids find a health method that best suits their needs and interests.</p> <p>The books stress the concept of “lifestyle” management, or the management of mind, body, and emotional needs. The books include activities to help reduce risk and give advice for seeking help.</p>
Explain how appropriate healthcare can prevent premature death and disability.	The series provides kids with coping strategies for eating disorders, depression, and other health problems they may be experiencing.
Describe how lifestyle, pathogens, family history, and other risk factors are related to the cause or prevention of disease and other health problems.	<p>The books include a “Lifestyle” section that helps kids look holistically at their health and their lives.</p> <p><i>Be Fit, Be Strong, Be You</i> explains the impacts of race, culture, family habits, and genetics on physical health and makeup.</p>

Standard 2: Health Information, Products and Services
 Students will demonstrate the ability to access valid health information and health-promoting products and services

National Health Education Standard 2 Performance Indicators	Free Spirit's Be the Boss of Your Body Series
Analyze the validity of health information, products, and services.	<i>Be Fit, Be Strong, Be You</i> details the contents of a variety of foods, including foods disguised as “healthy,” and raises portion control awareness.

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Standard 2: Health Information, Products and Services
Students will demonstrate the ability to access valid health information and health-promoting products and services (continued)

National Health Education Standard 2 Performance Indicators	Free Spirit's Be the Boss of Your Body Series
Demonstrate the ability to utilize resources from home, school, and community that provide valid health information.	All of the health improvement exercises, also known as “B ³ Skills,” explain how they can be accommodated to fit different environments. <i>Be Fit, Be Strong, Be You</i> includes detailed explanations of how to find the healthy food and exercise routine that is right for kids with all different levels of informational access.
Analyze how media influences the selection of health information and products.	<i>Be Fit, Be Strong, Be You</i> explains how the media distorts images of celebrities and provides kids with self-esteem boosting tips to help them counter the unrealistic beauty standards supported by these images.
Demonstrate the ability to locate health products and services.	Kids are encouraged to use the books’ advice in conjunction with any guidance they receive from healthcare professionals. Kids are also encouraged to talk to parents and other caregivers to help them find the best place to go for their individual needs. <i>Be Fit, Be Strong, Be You</i> includes contact information on national health advocacy organizations that kids and teens can turn to.
Describe situations requiring professional health services.	All of the books begin with an “Important Note” that outlines which symptoms need professional medical attention. Throughout, these books explain that they do not replace professional healthcare providers. The ways in which healthcare professionals can enhance well-being are explained contextually within each book.

Standard 3: Reducing Health Risks

Students will demonstrate the ability to practice health-enhancing behaviors and reduce health risks

National Health Education Standard 3 Performance Indicators	Free Spirit's Be the Boss of Your Body Series
Explain the importance of assuming responsibility for personal health behaviors.	The series emphasizes personal responsibility as the cornerstone for health improvement. In addition, the introductions in each title detail what it takes for readers to assume responsibility for their health.
Analyze a personal health assessment to determine health strengths and risks.	All the books include quizzes, journaling opportunities, and a variety of other interactive activities that will help kids understand their personal health strengths and weaknesses.
Demonstrate strategies to improve or maintain personal and family health.	The books use step-by-step instructions to explain a variety of techniques like aromatherapy, belly breathing, and visual imagery to help kids discover the health methods most appropriate for them. A "Note to Grown-Ups" section at the end of each book also provides caregivers with tips that enable them to help kids help themselves.
Develop injury prevention and management strategies for personal and family health.	All of the health skills in the series will help fortify kids against injury. B ³ Skills are low impact exercises meant to help relax kids with different degrees of physical ability.
Demonstrate ways to avoid and reduce threatening situations.	All the books help kids reduce harmful activities, such as overeating and substance abuse, by providing them with information about the activities as well as positive alternative activities and skills that will appeal to kids with a variety of different interests. The "Lifestyle" section in each book helps kids understand their health in a holistic way to help them see how one harmful behavior can be harmful to their overall health.

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Standard 3: Reducing Health Risks

Students will demonstrate the ability to practice health-enhancing behaviors and reduce health risks (continued)

National Health Education Standard 3 Performance Indicators	Free Spirit's Be the Boss of Your Body Series
Demonstrate strategies to manage stress.	<p><i>Be the Boss of Your Stress</i> is devoted entirely to stress management.</p> <p>The step-by-step health improvement tips in all of the books, also known as B³ Skills, are proven stress-reduction techniques.</p>

Standard 4: Influences on Health

Students will analyze the influence of culture, media, technology, and other factors on health

National Health Education Standard 4 Performance Indicators	Free Spirit's Be the Boss of Your Body Series
Describe the influence of cultural beliefs on health behaviors and the use of health services.	B ³ Skills are kid-centered health improvement techniques that are taken from a range of culturally diverse health traditions. Western medicine is presented as just one way of looking at personal health and non-Western health practices also are emphasized.
Analyze how messages from media and other sources influence health behaviors.	<i>Be Fit, Be Strong, Be You</i> explains how the media distorts images of celebrities. Kids are given coping strategies to help them counter the negative effects these images can have on their self-esteem.
Analyze the influence of technology on personal and family health.	<p>The negatives of having more than two hours of screen time per day are emphasized. "Screen-free" family meals also are encouraged for their social and physical health benefits.</p> <p>Kids also are directed to online resources from nationally recognized health advocacy organizations in <i>Be Fit, Be Strong, Be You</i>.</p>

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Standard 4: Influences on Health

Students will analyze the influence of culture, media, technology, and other factors on health (continued)

National Health Education Standard 4 Performance Indicators	Free Spirit's Be the Boss of Your Body Series
Analyze how information from peers influences health.	<p>The series teaches kids self-affirmation techniques to encourage a confidence that helps them stand up to negative peer pressure.</p> <p>Positive peer pressure can be just as life altering as negative peer pressure, if not more so. The series provides examples of healthy activities that need to be done with friends. <i>Be Fit, Be Strong, Be You</i> also details signs of health problems, like anorexia or bulimia, so kids can identify these symptoms in friends. Resources are provided so kids know where to go for help.</p>

Standard 5: Using Communication Skills to Promote Health

Students will demonstrate the ability to use interpersonal communication skills to enhance health

National Health Education Standard 5 Performance Indicators	Free Spirit's Be the Boss of Your Body Series
Demonstrate effective verbal and nonverbal communication skills to enhance health.	The self-affirmation training in each book gives kids the language they need to express their feelings so others can support them. Examples of specific negative phrases that are common in kid- and teen-speak are given positive alternatives to help kids and teens build a vocabulary to support a positive attitude toward health.
Describe how the behavior of family and peers affects interpersonal communication.	The books help both kids and adults work together on difficult health issues. The "Note to Grown-Ups" section at the end of each book informs adults how to use and talk about these books as well as provides them with advice on how they can change their own behaviors to help the whole family stay happy and healthy.

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Standard 5: Using Communication Skills to Promote Health
 Students will demonstrate the ability to use interpersonal communication skills to enhance health (continued)

National Health Education Standard 5 Performance Indicators	Free Spirit's Be the Boss of Your Body Series
Demonstrate healthy ways to express needs, wants, and feelings.	Kids are encouraged to talk to caregivers, doctors, other family members, and friends about their health concerns. The activities and techniques in each book teach kids how to relax so they can communicate more comprehensively about their needs and feelings.
Demonstrate ways to communicate care, consideration, and respect of self and others.	<p>Each book includes a section on improving positive self-talk by outlining common phrases in kid- and teen-speak and changing those phrases into positive statements that will help kids effectively express their feelings to themselves and others.</p> <p>In learning how different parts of the self affect each other, kids will be armed with the ability to talk more inclusively about what they are feeling, thinking, and experiencing.</p>
Demonstrate communication skills to build and maintain healthy relationships.	Social health is treated as one of the fundamental building blocks of personal health in all the books. The series gives examples of ways for families and friends to improve their health together through activities based on affective communication practices.
Demonstrate refusal and negotiation skills to enhance health.	<i>Be Fit, Be Strong, Be You</i> includes helpful tips and advice to encourage kids to stick to their health plans in the face of peer pressure, boredom, and other obstacles.

Standard 6: Setting Goals for Good Health

Students will demonstrate the ability to use goal-setting and decision-making skills to enhance health

National Health Education Standard 6 Performance Indicators	Free Spirit's Be the Boss of Your Body Series
Demonstrate the ability to apply a decision-making process to health issues and problems individually and collaboratively.	The series presents personal accountability as the key to kids' decision-making power. Kids learn how to build the self-confidence necessary to help them say no to negative behaviors.
Analyze how health-related decisions are influenced by individuals, family, and community values.	<i>Be Fit, Be Strong, Be You</i> looks at how self-image is formed from a variety of influences including family values, community values, and the media. Kids are encouraged to look at things like restaurant portions as a reflection of community values and to use this knowledge to inform their health goals.
Predict how decisions regarding health behaviors have consequences for self and others.	In all the books, good health is presented as a combination of healthy social, physical, mental, and spiritual activities. The series teaches kids that when it comes to healthy living, the best way to lead is by example. Kids also are encouraged to help their friends and family members make positive health decisions through the B ³ Skills, which can be done with multiple people.
Apply strategies and skills needed to attain personal health goals.	The B ³ Skills give step-by-step instructions on health techniques kids can apply to their daily lives. Some of the B ³ Skills include: deep breathing, yoga, positive self-talk, aromatherapy, and others. "Track Your Progress" sections give kids stick-with-it advice to help them reach their goals when things get tough.
Describe how personal health goals are influenced by changing information, abilities, priorities, and responsibilities.	The books encourage kids to focus on attainable goals and to start slowly when learning new techniques and skills.

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Standard 6: Setting Goals for Good Health
 Students will demonstrate the ability to use goal-setting and decision-making skills to enhance health (continued)

National Health Education Standard 6 Performance Indicators	Free Spirit's Be the Boss of Your Body Series
<p>Develop a plan that addresses personal strengths, needs, and health risks.</p>	<p>All the books include prompts and quizzes to help kids recognize their greatest health-related needs. These introspective hands-on activities help kids take control of their health. Explanations and advice are given based on a variety of possible answers.</p> <p>For example, <i>Be Fit, Be Strong, Be You</i> provides kids with the means to create a "Food Diary." Food quantity and content are explained with an emphasis on addressing kids' individual food needs for a variety of dietary situations.</p>

Standard 7: Health Advocacy
 Students will demonstrate the ability to advocate for personal, family, and community health

National Health Education Standard 7 Performance Indicators	Free Spirit's Be the Boss of Your Body Series
<p>Express information and opinions about health issues.</p>	<p>All the books contain journaling opportunities for kids to reflect on how they would like to feel physically, mentally, and spiritually. Also, more direct journaling prompts help both kids and the adults in their lives to see a new side of difficult health problems.</p>
<p>Demonstrate the ability to influence and support others in making positive health choices.</p>	<p>The importance of positive social supports for enhancing the success of individual health goals is discussed throughout the series. Kids and teens are provided with a number of socially active health-improvement activities that appeal to kids of all ages.</p>

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Standard 7: **Health Advocacy**

Students will demonstrate the ability to advocate for personal, family, and community health (continued)

National Health Education Standard 7 Performance Indicators	Free Spirit's Be the Boss of Your Body Series
<p>Identify barriers to effective communication of information, ideas, feelings, and opinions about health issues.</p>	<p>The books validate different ways of thinking by detailing a variety of perspectives on health. Both Eastern and Western medicine is discussed, and psychology and physical therapy, as well as many other medical disciplines, are used to give kids an understanding of wellness that allows them to communicate across cultural barriers.</p> <p>By exploring health from a variety of perspectives and in a variety of ways, these books help kids confidently articulate their health concerns.</p>
<p>Demonstrate the ability to work cooperatively when advocating for healthy individuals, families, and schools.</p>	<p>The holistic approach to health in the series encourages doctors, caregivers, family, and friends to be involved in every aspect of a child's health.</p> <p>These books also stress that exercise is easier and more fun when done with friends and family members.</p>