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# Teen Health & Wellness

real life · real answers



## Visit the Calm Room

Videos, sounds, and resources to help you relax and refocus.

**For your mental and physical health.**

### Visual Relaxation

Spending time outdoors is a great way to improve your mood. If you can't make it outside, watching nature videos can have a similar calming effect on your brain and body.



Cascading Waterfall



Rolling Waves



Coral Reef Aquarium

### Sounds and Music

Listening to calming music and nature sounds can reduce your stress levels. Classical music can also help you concentrate and stay focused while studying.



Ocean Waves



Crackling Fireplace



Falling Rain

### Nature and Animal Cams

The simple act of watching cute animals can lower your heart rate and reduce stress and anxiety. Take a break and de-stress with these wildlife web cams.



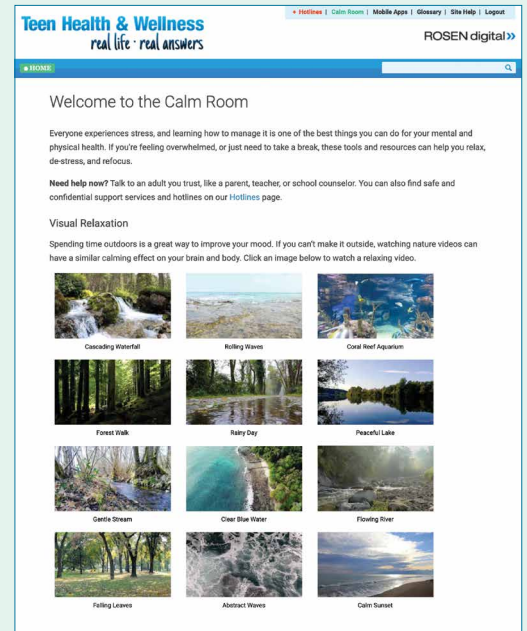
Waimea Falls: Oahu, Hawaii



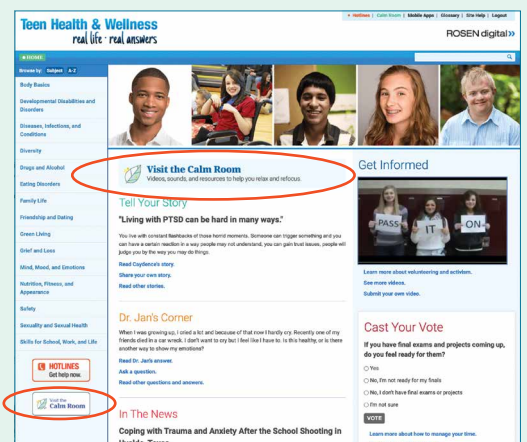
San Diego Zoo Live Cams



Smithsonian's National Zoo Webcams



### How to access the Calm Room



### We're Here to Help

Teen Health and Wellness provides advice and support on all sorts of topics, from improving your mental and physical health to making positive changes in your community. Check out some of these popular articles:

- Anxiety
- Depression
- Meditation
- Mindfulness
- Self-Esteem
- Sleep
- Staying Fit
- Stress
- Yoga



**"Ground-breaking... A+. Highly recommended  
for all libraries serving teens."  
—School Library Journal**

# Teen Health & Wellness

real life · real answers

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HOME

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Body Basics

Developmental Disabilities and Disorders

Diseases, Infections, and Conditions

Diversity

Drugs and Alcohol

Eating Disorders

Family Life

Friendship and Dating

Green Living

Grief and Loss

Mind, Mood, and Emotions

Nutrition, Fitness, and Appearance

Safety

Sexuality and Sexual Health

Skills for School, Work, and Life

**HOTLINES**  
Get help now.

Visit the  
**Calm Room**

**Visit the Calm Room**  
Videos, sounds, and resources to help you relax and refocus.

## Tell Your Story

**"Challenges make our life more exciting."**

If you fail, take it as a lesson, and keep moving on. Struggle through it and believe you can make it. Do challenging things that you want to try. Don't be afraid of failure or hardship.

[Read Phuong's story.](#)

[Share your own story.](#)

[Read other stories.](#)

## Dr. Jan's Corner

I have anxiety. Sometimes I cannot handle it. My parents are not very supportive and my therapist of five years just moved. I don't know what to do!

[Read Dr. Jan's answer.](#)

[Ask a question.](#)

[Read other questions and answers.](#)

## In The News

### Study Says Teen Brains Aged Faster During the First Year of the Pandemic

A new study published in the journal *Biological Psychiatry: Global Open Science* says the brains of U.S. teens physically changed during the COVID-19 pandemic and show signs of aging faster than normal. Researchers from Stanford University compared MRI scans of 163

## Get Informed

[Find out more about depression.](#)

[See more videos.](#)

[Submit your own video.](#)

## Cast Your Vote

**Have you been bullied by a sibling?**

☐ Yes

☐ No

**VOTE**

[Learn more about dealing with bullies at home.](#)

[See previous polls and results.](#)

## Did You Know?

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- **Correlations** to ELA and math state standards and Jump\$tart Coalition for Personal Financial Literacy standards
- **Digital storytelling opportunities:** Young Entrepreneurs Story (YES) Project



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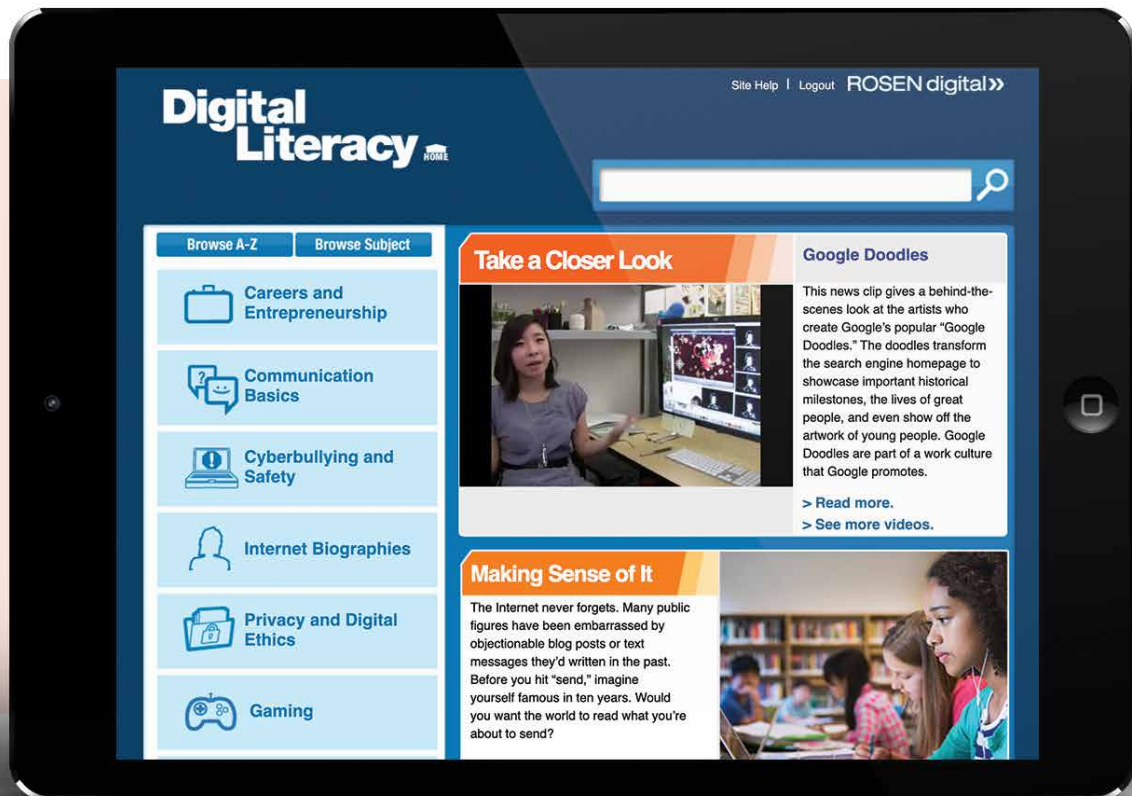
—Library Media Connection





# Digital Literacy

*What does your digital footprint say about you?*



**\*See also CyberSmarts and Teen CyberSmarts on page 22.**

- **New content** on the future of Twitter, safe communication and social networking, online gaming addiction, plagiarism, digital etiquette, and cyberbullying
- **Closed Captioning**, text-to-speech, enhanced text visibility
- **Foreign Language Read-Aloud** plus Instant Translation into 100+ languages
- **Correlations** to the ISTE Standards for Students (ISTE-S), AASL, and ELA and technology standards
- **Project-based learning activities** guide students to become citizen journalists by helping them create podcasts, PSAs, and social media campaigns

If ever there was an ideal product for the  
21st-century student, this is it.

—School Library Journal

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# PowerKnowledge Science Suite

**Life Science** **Earth & Space Science** **Physical Science**

*Empower students to think like scientists*



- **New content** on Hurricane Ian, the Webb Space Telescope, black holes, and Mars and the Perseverance rover
- **Closed Captioning**, text-to-speech, enhanced text visibility
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- **Scientist profiles**, experiments, science fair projects, live feeds, and interactive games
- **Lesson plans**, assessments, and enrichment activities



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and a **FREE** trial of  
**PK Science Suite!**



Provides the bridge between textbook,  
inquiry, and technology.

—National Science Teachers Association

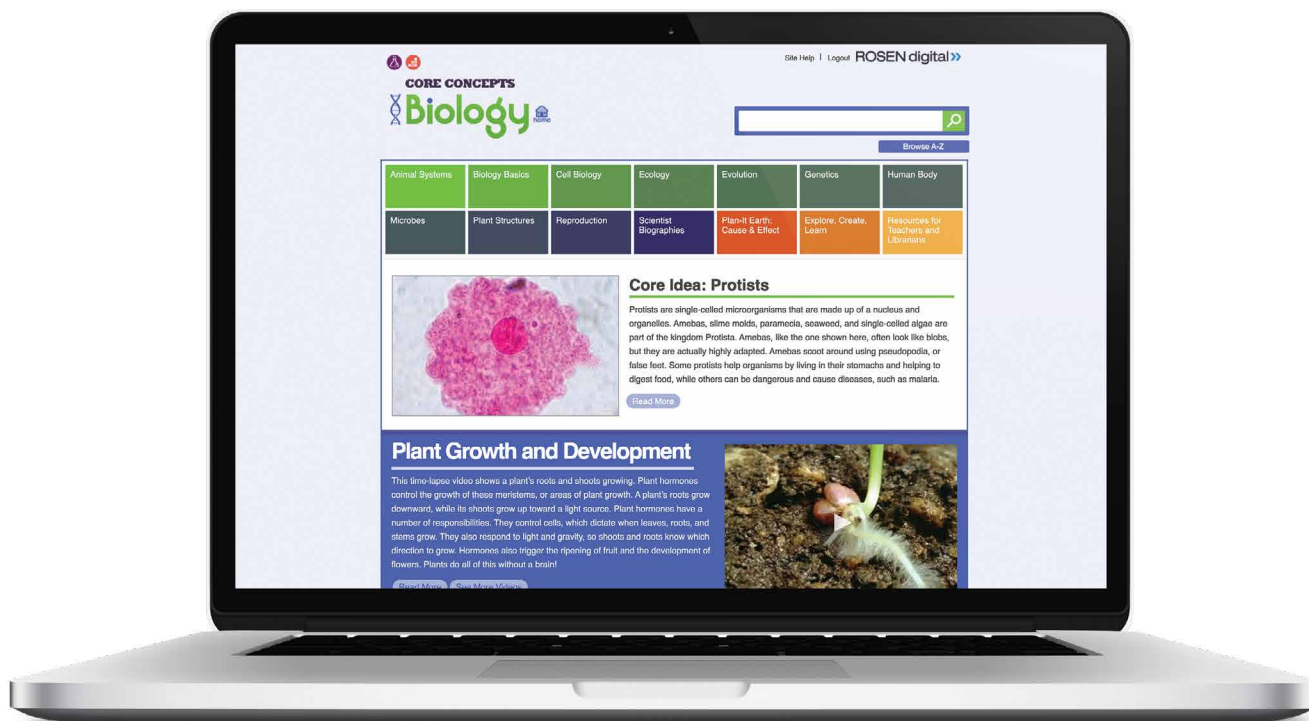




## CORE CONCEPTS Science Suite

# Biology Chemistry Periodic Table

*Students explore the world around them*



- **New content** on monkeypox, COVID, mass extinctions, renewable energy, and ecosystems
- **Closed Captioning**, text-to-speech, enhanced text visibility
- **Foreign Language Read-Aloud** plus Instant Translation into 100+ languages
- **Correlations** to NGSS and national, state, and provincial standards
- **Get hands-on** with experiments, digital flash cards, and lesson plans
- **Digital storytelling opportunities:** Student-created videos



Truly geared toward today's twenty-first century learners...especially 'digital natives.'

—Booklist



Scan for more information and a **FREE** trial of **CC Science Suite!**

# Spotlight On Science and Social Studies

*Engage learners through multiple literacies.*

**DYNAMIC TIMELINES**  
teach history in context

**ACTOR-NARRATED AUDIO**  
accessibility for all

**SUPPORTING QUESTIONS  
AND ANSWERS**  
reinforce concepts

The screenshot displays a digital learning interface for a lesson titled "Plastic Pollution and Our Earth". At the top, there are navigation buttons: "EXIT FULL SCREEN", "VIEW BOOK ONLY", and "OPEN BOOKSHELF". The main content area is divided into several sections:

- Timeline:** A horizontal timeline from 1860 to 2020. A yellow box highlights the years 1970 to 2020. Below the timeline, a legend indicates "Plastics Events" (blue dots) and "World Events" (red dots).
- Map:** A map of the Pacific Ocean showing the "PACIFIC GARBAGE PATCH" with labels for "NORTH PACIFIC OCEAN", "EQUATORIAL CONVERGENCE ZONE", "WESTERN GARBAGE PATCH", and "EASTERN GARBAGE PATCH". A "VIEW LARGER" button is present.
- EXPLORE THIS PAGE:** A sidebar menu with categories: "VOCABULARY WORD" (Great Pacific Garbage Patch), "PRIMARY SOURCE" (Plastic from the Pacific), "MORE ABOUT" (Ocean Garbage Patches), and "INSTRUCTIONAL SUPPORT" (Planning Guide, Lesson Plan, Lesson Plan Template, Graphic Organizers/Assessments, Events and Dates/Timeline, Concepts to Know, and a "VIEW ALL" button).
- Chapter Content:** The main text area is titled "CHAPTER SIX PLASTIC POLLUTION". It includes three paragraphs of text about plastic waste and the Great Pacific Garbage Patch. A "LISTEN" button is located above the text. To the right of the text is a large image of a sea turtle swimming near a plastic bag, with a text box stating: "Plastic litter kills up to 100 million ocean animals every year. Leatherback sea turtles eat plastic bags by accident, thinking that they're jellyfish. This kills 100,000 of them every year."
- Navigation:** "PREVIOUS PAGE" and "NEXT PAGE" buttons are located at the bottom of the content area.
- Footer:** At the very bottom, there are buttons for "CITE THIS BOOK", "CREDITS", "PREVIOUS PAGE", "PAGE 14 & 15 of 31", and "NEXT PAGE".

From Spotlight On Our Future. See page 11 for more information.

**PROFILES** provide  
real-world connections

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makes concepts easy to teach  
and easy to learn

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***"Rich and nuanced...this resource is first-rate."***

***—School Library Journal***



From Spotlight On a Fair and Equal Society. See page 10 for more information.

**Instructional support in Interactive eBooks include:**

- Essential and guiding questions
- Effective learning strategies
- Maps and editable graphic organizers
- Primary sources
- Lesson plans
- Inquiry and project-based learning activities
- Alignment to standards
- Assessments

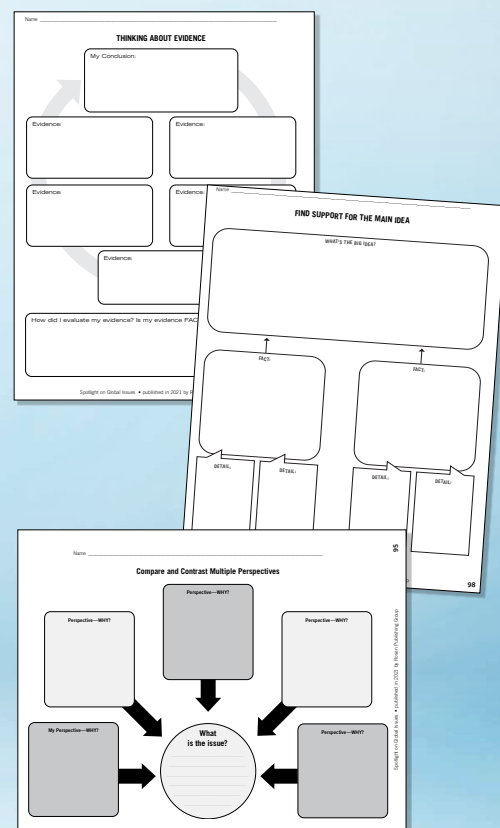
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**FREE Lesson Plan**  
Plastic Pollution and Our Earth



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# NEW! SPOTLIGHT ON A FAIR AND EQUAL SOCIETY

**Essential Question:** How can citizens create change by working together with awareness and empathy?

## GRADES 4–8

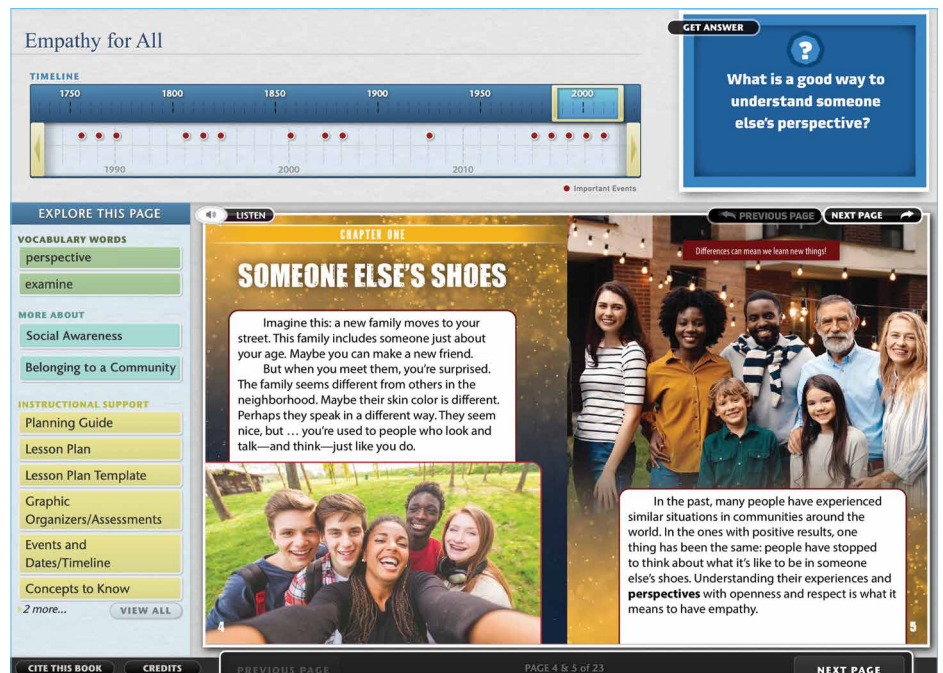
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Social Justice Through Activism  
Standing Up for Human Rights  
Valuing the Contributions of Others  
Your Contribution to Society





## SPOTLIGHT ON OUR FUTURE

**Essential Question:** How can young people use their voices  
and choices to make change for the common good?

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Equality, Social Justice, and Our Future  
Food Challenges and Our Future  
The Future of Our Education

Mental Health in Our World  
Pandemics: COVID-19 and Our World  
Physical Health in Our World  
Plastic Pollution and Our Earth  
Poverty and Our Future  
Protecting Our Earth's Land  
Technologies That Help Our World



Sample eBook

## SPOTLIGHT ON GLOBAL ISSUES

**Essential Question:** How does responsibility for the future depend on education,  
attitude, understanding, and action?

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Mental Health for All  
Pandemics: COVID-19 and Other Global  
Health Threats  
Physical Health for All  
The Poverty Problem  
Protecting Earth's Land  
Technologies That Help the Planet



Sample eBook

# SOCIAL AND EMOTIONAL LEARNING

**Essential Question:** How does self-awareness make healthy responses to emotions easier?



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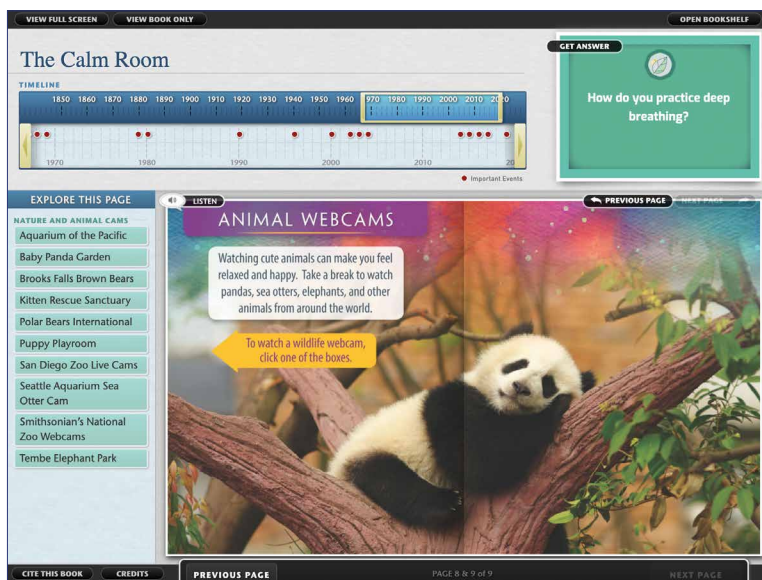
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In Charge and Unstoppable: Developing Organizational Skills  
An Inner Drive: Self-Motivation  
Keeping Calm and Focused: Stress Management  
Know Who You Are: Accurate Self-Perception  
Planning for Success: Goal Setting  
Talents and Abilities: Recognizing Strengths  
Think Before You Act: Impulse Control  
Thoughts and Feelings: Identifying Emotions

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Acknowledging Your Thoughts and Feelings: Reflecting  
Acting with Awareness: Respect for Others  
The Calm Room: Take a Brain Break  
Collaborating with Others: Teamwork  
Connecting with Others: Social Engagement  
Considering Every Side: Analyzing Situations  
Different but Equal: Appreciating Diversity  
Making Good Choices: Evaluating Consequences  
Overcoming Obstacles: Identifying Problems  
Speaking with Purpose: Communication  
The Right Thing to Do: Ethical Responsibility  
The Ties that Bind Us Together: Relationship Building  
Understanding Points of View: Perspective-Taking  
You Can Fix It: Solving Problems



From *The Calm Room: Take a Brain Break*



Librarians and teachers working in schools with SEL curricula will find *Spotlight on Social and Emotional Learning* a concise one-stop location.

—School Library Journal



## CIVIC ACTION

**Essential Question:** How does civic participation strengthen communities, governments, and individual rights?

### GRADES 4–8

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Civic Virtue: Honesty, Mutual Respect, and Cooperation

Community Service and Volunteering

Constitutional Democracy

The Importance of Jury Service

Majority Rule vs. Individual Rights

Separation of Powers: The Importance of Checks and Balances

Social Activism: Working Together to Create Change in Our Society

Understanding U.S. Elections and the Electoral College

Why Voting Matters



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## THE CIVIL RIGHTS MOVEMENT

**Essential Question:** Why was the Civil Rights Movement an important milestone in American history?

### GRADES 5–10

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Lyndon B. Johnson and the Civil Rights Act

The March on Washington

The Murder of Emmett Till

Rosa Parks and the Montgomery Bus Boycott

Sit-Ins and Nonviolent Protest for Racial Equality

Women in the Civil Rights Movement



Sample eBook

# IMMIGRATION AND MIGRATION

**Essential Question:** Can we understand today's headlines by studying the history of immigration?



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## GRADES 4–8

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The Disaster of the Irish Potato Famine: Irish Immigrants Arrive in America (1845–1850)  
The Dream of Manifest Destiny: Immigrants and the Westward Expansion

The Growth of the American City: Immigrants and Migrants Travel for Work  
Immigration to Colonial America  
The Industrial Revolution, Migration, and Immigration  
New Jobs, New Opportunities: British Immigrants Arrive in America (1830s–1890s)  
The Scotch-Irish Immigration to America: Economic Hardship in Ireland (1603–1775)  
The Transatlantic Slave Trade: The Forced Migration of Africans to America (1607–1830)

# AMERICAN HISTORY

**Essential Question:** How was the American Revolution revolutionary?



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The Marquis de Lafayette and Other International Champions of the American Revolution  
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Thomas Paine and the Power of "Common Sense"

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The Gold Rush: Gold Seekers, Miners, and Merchants  
The Homestead Act and Westward Expansion: Settling the Western Frontier  
The Lewis and Clark Expedition: The Corps of Discovery  
Manifest Destiny: The Dream of a New Nation  
The Monroe Doctrine: The Birth of American Foreign Policy  
Slavery in the United States: The "Abominable Trade"  
Thomas Jefferson and the Louisiana Purchase  
The U.S.-Mexican War and Its Impact on the United States  
The War of 1812: New Challenges for a Nation

# EXPLORERS AND COLONIZATION

**Essential Question:** What fueled European exploration of the rest of the world?

## GRADES 5–10

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Francisco Pizarro: Conqueror of the Incan Empire  
Giovanni da Verrazzano: Explorer of the Atlantic Coast of North America  
Hernán Cortés: Conquistador, Colonizer, and Destroyer of the Aztec Empire  
John Cabot: Explorer of the North American Mainland  
Juan Ponce de León: First Explorer of Florida and First Governor of Puerto Rico  
Pedro Álvares Cabral: First European Explorer of Brazil  
Vasco da Gama: First European to Reach India by Sea  
Vasco Núñez de Balboa: First European to Reach the Pacific Ocean from the New World  
Viking Explorers

### SET 2:

Bartolomeu Dias: First European Sailor to Reach the Indian Ocean  
Francisco Vázquez de Coronado: First European to Reach the Grand Canyon  
Henry Hudson: Explorer of the Hudson River and Bay  
Hernando de Soto: First European to Cross the Mississippi  
Ibn Battuta: The Greatest Traveler of the Muslim World  
Jacques Cartier: Navigator Who Claimed Canada for France  
James Cook: European Explorer of Australia and the Hawaiian Islands  
Lewis and Clark: Famed Explorers of the American Frontier  
Marco Polo: Epic Traveler Throughout Asia  
Samuel de Champlain: Founder of New France and Quebec City  
Sir Francis Drake: Privateering Sea Captain and Circumnavigator of the Globe  
Zheng He: China's Greatest Navigator



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# THE 13 COLONIES: BIRTH OF A NATION

**Essential Question:** How did the colonies work together as they sought independence?

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The Colony of North Carolina  
The Colony of Pennsylvania  
The Colony of Rhode Island  
The Colony of South Carolina  
The Colony of Virginia  
The Lost Colony of Roanoke



Sample eBook



## NATIVE AMERICANS

**Essential Question:** How is Native American culture a part of the past and present?



Sample eBook

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Ojibwe  
Shoshone

#### SET 2:

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Choctaw  
Comanche  
Delaware (Lenape)  
Iroquois  
(Haudenosaunee)

Pueblo  
Seminole  
Shawnee  
Sioux  
Ute  
Wampanoag

## ANCIENT CIVILIZATIONS

**Essential Question:** What were the characteristics of daily life in ancient Egypt, Greece, and Rome?



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The Ancient Greek Economy

Ancient Greek Geography  
Ancient Greek Government  
Ancient Greek Technology  
Ancient Roman Culture  
Ancient Roman Daily Life  
The Ancient Roman Economy  
Ancient Roman Geography  
Ancient Roman Government  
Ancient Roman Technology

# THE MAYA, AZTEC, AND INCA CIVILIZATIONS

**Essential Question:** How do artifacts, documents, and ruins tell the story of Maya, Aztec, and Inca life?

## GRADES 3–9

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Ancient Maya Government  
Ancient Maya Technology

Ancient Aztec Culture  
Ancient Aztec Daily Life  
The Ancient Aztec Economy  
Ancient Aztec Geography  
Ancient Aztec Government  
Ancient Aztec Technology

Ancient Inca Culture  
Ancient Inca Daily Life  
The Ancient Inca Economy  
Ancient Inca Geography  
Ancient Inca Government  
Ancient Inca Technology



Sample eBook

# THE RISE AND FALL OF ANCIENT CIVILIZATIONS: CHINA, INDIA, MESOPOTAMIA

**Essential Question:** How is modern society tied to ancient Mesopotamian, Chinese, and Indian civilizations?

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Ancient Mesopotamian Culture  
Ancient Mesopotamian  
Daily Life  
Ancient Mesopotamian  
Government and Geography  
Ancient Mesopotamian  
Religion and Beliefs  
Ancient Mesopotamian  
Technology  
The Decline of Ancient  
Mesopotamian Civilization

Daily Life in Ancient India  
The Culture of Ancient India  
The Decline of Ancient  
Indian Civilization  
The Government and  
Geography of Ancient India  
The Religion and Beliefs of  
Ancient India  
The Technology of  
Ancient India

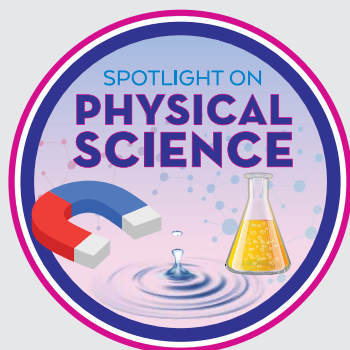


Sample eBook



## PHYSICAL SCIENCE

**Essential Question:** How does the use of energy taken from natural resources affect the environment?



Sample eBook

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Examining Interactions  
Heat: It's Energetic  
Light: It's Energetic  
Mixtures and Solutions: It Matters  
Motion: Examining Interactions  
Properties of Matter: It Matters  
Sound: It's Energetic  
Waves: Examining Interactions

## WEATHER AND NATURAL DISASTERS

**Essential Question:** How have scientists had an impact on the research, measurement, and prediction of weather?



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The Layers of Earth's Atmosphere  
Meteorology and Forecasting the Weather  
Storms, Floods, and Erosion  
Weather and Climate Around the World

# EARTH SCIENCE

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Essential Question: **How is computer programming useful in everyday life?**



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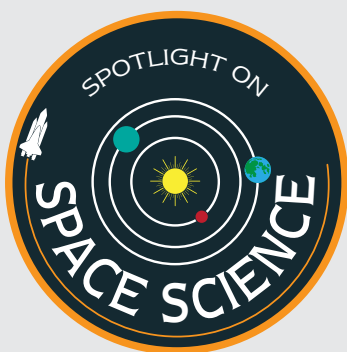
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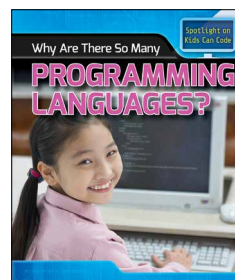
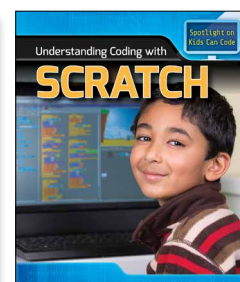
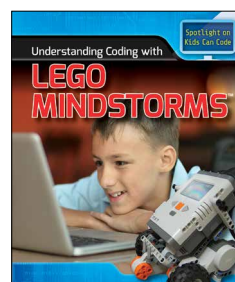
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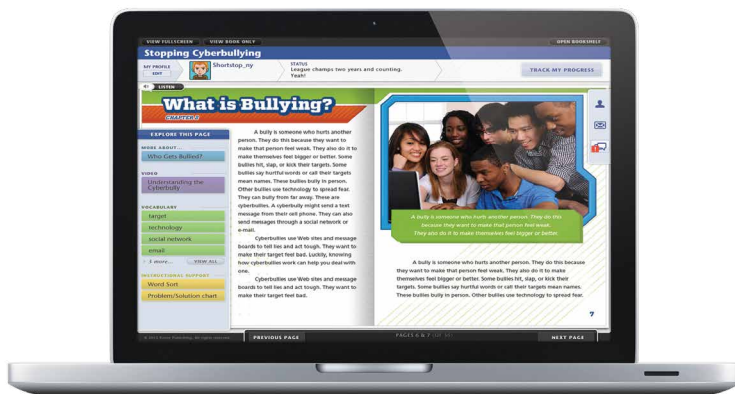
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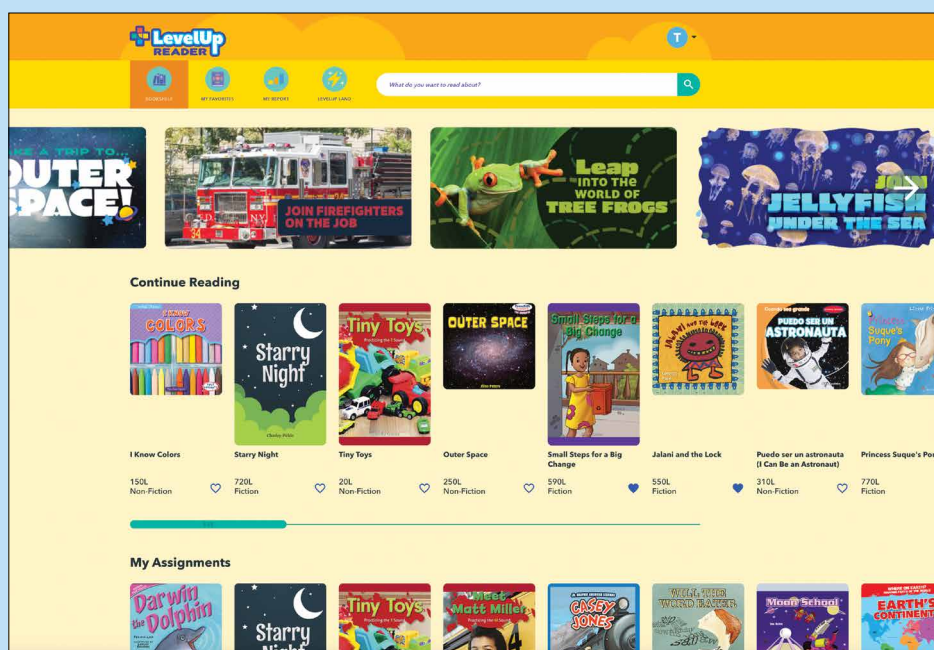
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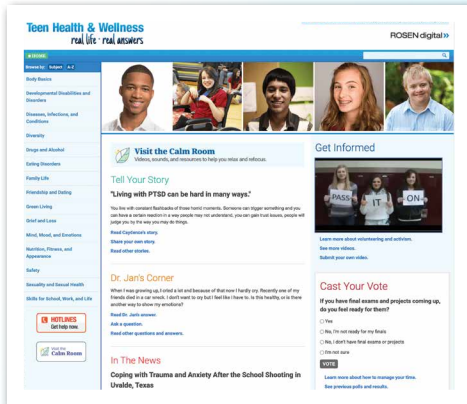


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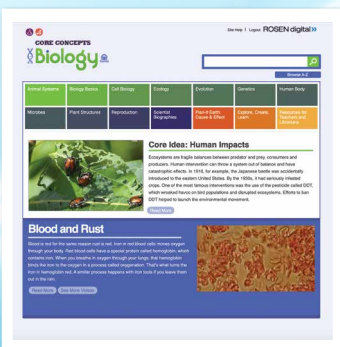
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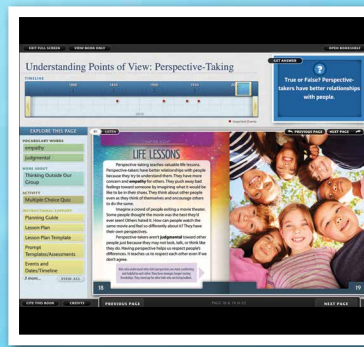
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