



Comprehensive Health

Catherine Sanderson, Mark Zelman

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Comprehensive Health offers a complete solution for high school health classes. All health education information, including pregnancy prevention and sexuality topics, is presented in the text, with no supplements needed. In this up-to-date, skills-based text, health and wellness topics are presented as a dynamic discussion, relevant to students' lives. In addition to the standard topics, the text contains in-depth coverage of sleep, body image, and health across the lifespan. Content and skills are aligned to the National Health Education Standards and the National Sexuality Education Standards.

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