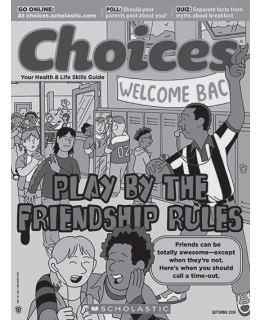


Choices

YOUR HEALTH & LIFE SKILLS GUIDE



DIGITAL RESOURCE GUIDE



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Dear teachers,
Welcome back to school! I hope you had a wonderful summer and are feeling rested and ready for a new year. As we planned this issue, we thought a lot about what would be on teens' minds as they head back to the classroom. We bet that in addition to academics, sports, and clubs, your students are thinking about their friendships. Whether long-standing or brand-new, teen friendships can be exhilarating, rewarding, and, sometimes, really tricky. We hope our story on how to identify common friendship red flags (and what to do about them) will come in handy as your classes settle in for another year. If you have a moment, feel free to drop me a line and let me know what you think!

Warmly,
Jennie Yabroff
Executive Editor,
Choices
jyabroff@scholastic.com

Turn the page to see the full suite of digital resources for this month's issue!

Join the Choices Community!

Harness the power of other *Choices* teachers by joining our Facebook group at





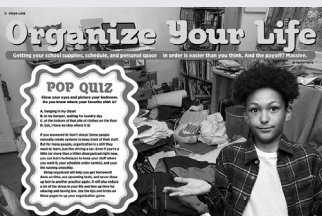






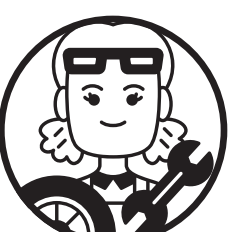
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CHOICES SEPTEMBER

HERE'S EVERYTHING AVAILABLE IN YOUR FULL TEACHING PACKAGE!

Article	Standards	Description	Essential Question	Teaching Objectives	Online Resources
<p>DEBATE: SHOULD PARENTS POST ABOUT THEIR KIDS? pgs. 2-3</p> 	<p>CASEL Competency: Social awareness NHES 2: Analyze influences that affect health and well-being of self and others.</p>	<p>Is it OK for parents to post about their teens on social media, or should they keep their thoughts about their children private?</p>	 <p>What are the pros and cons of parents posting about their kids on social media?</p>	<p>Read opposing viewpoints and take a side; evaluate potential reasons for and against parents posting about their teens on social media.</p>	<ul style="list-style-type: none"> ● Poll ● Spanish translation ● Comprehension quiz ● Extension activity
<p>EVERYTHING YOU NEED TO KNOW ABOUT: BREAKFAST pgs. 4-5</p> 	<p>CASEL Competency: Self-management NHES 7: Demonstrate practices to support health of self and others.</p>	<p>Starting the day with a nutritious meal can give you energy, help you pay attention, and even boost your emotional well-being. Here's the scoop.</p>	<p>How can eating a nutritious breakfast benefit your mind, body, and mood?</p> 	<p>Identify a range of health benefits associated with eating a nutritious breakfast.</p>	<ul style="list-style-type: none"> ● Poll ● Spanish translation ● Interactive quiz ● Comprehension quiz ● Extension activity
<p>YOUR LIFE: ORGANIZE YOUR LIFE pgs. 6-11</p> 	<p>CASEL Competency: Self-management NHES 6: Use a goal-setting process to support health and well-being of self and others.</p>	<p>Getting your school supplies, schedule, and personal space in order is easier than you think. And the payoff? Massive.</p>	 <p>How can being organized benefit you, and what are some ways to get organized?</p>	<p>Read about strategies for getting and staying organized; describe how being organized can benefit teens' health.</p>	<ul style="list-style-type: none"> ● Spanish translation ● Interactive quiz ● Comprehension quiz ● Extension activity
<p>REAL TEEN: MY LIFE WITH IMPAIRED VISION pgs. 12-15</p> 	<p>CASEL Competency: Social awareness; relationship skills NHES 8: Advocate to promote health and well-being of self and others.</p>	<p>Franny Chapman may not see the world as you do. But that hasn't stopped her from experiencing all the beauty and wonder around her.</p>	<p>What do you think teens living with impaired vision might want you to know?</p> 	<p>Read about a teen living with impaired vision; distinguish fact from myth about vision impairment; demonstrate awareness of how to interact with people who have impaired vision.</p>	<ul style="list-style-type: none"> ● Spanish translation ● Audio vocabulary review ● Interactive quiz ● Comprehension quiz ● Extension activity
<p>YOUR RELATIONSHIPS: FRIENDSHIP RED FLAGS pgs. 16-21</p> 	<p>CASEL Competency: Relationship skills NHES 4: Use communication skills to support health and well-being of self and others.</p>	<p>Are your friendships as healthy as they could be? Here's what to do if the answer's no.</p>	 <p>What does an unhealthy friendship look like?</p>	<p>Recognize the signs of healthy and unhealthy friendships; identify ways to deal with friendship red flags when you notice them.</p>	<ul style="list-style-type: none"> ● Spanish translation ● Audio vocabulary review ● Interactive quiz ● Comprehension quiz ● Extension activity
<p>ON THE JOB: I'M A MECHANIC pgs. 22-23</p> 	<p>CASEL Competency: Responsible decision making NHES 6: Use a goal-setting process to support health and well-being of self.</p>	<p>If you love cars and want to work with your hands, check out Victoria's story to learn what it takes to be an auto mechanic.</p>	<p>What does a mechanic do, and what skills are required to become one?</p> 	<p>Read about the role of a mechanic, including its benefits and challenges; understand how to get started in a career as a mechanic.</p>	<ul style="list-style-type: none"> ● Spanish translation ● Comprehension quiz ● Extension activity

Meet the Choices Team!



JENNIE YABROFF, Editor

Jennie has been the editor of *Choices* for five years. She lives in New York City with her family. **Jennie's favorite thing about back to school:** "Covering my books with brown paper—does anyone still do that?"



ELLEN SONG, Associate Editor

Ellen lives in Queens, N.Y. She loves writing articles for *Choices*. **Ellen's favorite thing about back to school:** "Buying new notebooks and pens for the school year. To this day, I get a thrill from opening up a fresh notebook."



BRIAN LIBFELD, Production Editor

Brian joined the *Choices* team in 2022. He shares his life with his one lovely wife, one wonderful child, and one very awkward Chihuahua. **Brian's favorite thing about back to school:** "Fresh marbled composition notebooks."



MARILU LOPEZ, Art Director

Marilu has been the art director of *Choices* since 2015. **Marilu's favorite thing about back to school:** "I went to an art and design high school. I loved learning new techniques and meeting my teachers, who were all professional artists."



ELS RIJPER, Photo Editor

Els works closely with the *Choices* art director to find high-impact images to go with our articles. She also works with photographers who take pictures of teens featured in the magazine. **Els's favorite thing about back to school:** "Seeing my friends again after the summer break."

NEED HELP WITH YOUR SUBSCRIPTION? Visit our Help and How-To's page at choices.scholastic.com/pages/help-and-how-tos.html; email magazines@scholastic.com; or call 1-800-SCHOLASTIC.

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