



Choices[®]

Your Health & Life Skills Guide

2025-26 Editorial Calendar

Sneak Peek at 2026-27 Topics Calendar

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Fall 2026

September	October	November	December/January
Debate: Should You Be Allowed to Snack in Class?	Physical Health: What to Know About Circadian Rhythms	Debate: Is Social Media Making Us Less Social?	Social Skills: How to Disagree
Mental Health: No, Chatbots Are Not Your Friends	Life Skills: Your Guide to Making Healthy Snacks	Real Teen: How a Pow-wow Dancer Celebrates His Indigenous Culture	Physical Health: Your Guide to Cold and Flu Season
Physical Health: Everything You Need to Know About Teeth	Mental Health: The Truth About Hazing	Substance Use: The Dangers of Vaping	Life Skills: What You Need to Know to Be a One-Person Business
Life Skills: A User's Guide to Study Skills	Real Teen: Living with Dyslexia	Physical Health: Myths and Facts About Skin Care	Mental Health: Coping with Grief

Spring 2027

February	March	April	May
Debate: Should Schools Have Snow Days?	Physical Health: Stop the Stink!	Mental Health: Are You Addicted to Video Games?	Debate: Should Teens Be Allowed to Buy Energy Drinks?
Physical Health: What to Know About Your Heart	Social Skills: How to Really Listen	Physical Health: How to Read a Nutrition Label	Life Skills: A User's Guide to Getting a Job
Real Teen: Life with Obsessive Compulsive Disorder	Mental Health: True Stories of Grit	Substance Use: Why More Teens Are Saying No to Alcohol	Real Teens: The Growing Movement to Ditch Smartphones
Social Skills: Dating in the Digital Age	Life Skills: A User's Guide to Making Tough Decisions	Life Skills: Your Spring Cleaning Guide	Physical Health: Summer First Aid

Fall 2025

September	October	November	December/January
Mental Health: The Mental Health Workout	Mental Health: What Happens in Therapy?	Substance Use: The Scary Truth About Fentanyl	Mental Health: A User's Guide to Natural Brain Boosts
Social Skills: The Truth About Peer Pressure	Life Skills: A User's Guide to Online Safety	Physical Health: Why Are Snack Foods So Addictive?	Social Skills: The Homelessness Crisis
Real Teen: A teen Who Invented Soap to Heal Damaged Skin	Physical Health: Everything You Need to Know About Hair	Debate: Should Social Media Challenges Be Banned?	Life Skills: Everything You Need to Know About Laundry
Debate: Should Teens Get Recess?	On the Job: I'm a Nurse	On the Job: I'm a Public Defender	Real Teen: A teen who builds recycled Buddy Benches

Spring 2026

February	March	April	May
Social Skills: How to Survive a School Dance	Debate: Should People Have to Say When They Share Edited Photos?	Life Skills: Five Important Things You Can Do Without Your Phone	Mental Health/Social Skills: How to Overcome Rejection
Life Skills: So You Wanna Be an Influencer?	Real Teens: Living with Autoimmune Diseases	Mental Health: What Is Orthorexia?	Physical Health: A User's Guide to Stretching
Physical Health: Everything You Need to Know About Fat	Life Skills: Investing Basics for Teens	Substance Use: All About Prescription Stimulants	Real Teen: Meet a Teen Who Used CPR to Save a Life
On the Job: I'm an Interior Designer	Life Hack: Be a Tourist in Your Hometown	Real Teen: Turning Trauma into Art	Physical Health: All About Bug Bites