

# Proclamation 2022 Report of New Content

This report contains the new content that was reviewed and approved by the state review panels. The new content will be included in the final versions provided to schools as a condition of adoption by the State Board of Education.

## Publisher: Goodheart-Wilcox Publisher

### Subject: Health Education, Grade 6

#### Program: Texas Health Skills for Middle School - Online Learning Suite

##### Component: TEACHER'S EDITION Texas Health Skills for Middle School

ISBN: 9781683115366 (ePub)

Link to Current Content: [View Current Content](#)

Current Page Number(s): 239

Location: Develop Your Skills #22

Original Text: "Consider examples of processed foods you can replace with fresh options."

Updated Text: "Investigate how replacing processed foods with fresh options can help improve your family's nutrition."

##### Component: SPANISH OT *Habilidades de salud de Texas en la escuela intermedia*

ISBN: 9781683115373

Link to Current Content: [View Current Content](#)

Current Page Number(s): 246

Location: Second paragraph on page, last sentence

Original Text: "Estas pautas recomiendan que los niños y los adolescentes que tengan entre 6 y 17 años"

Updated Text: "Estas pautas también son promovidas por los CDC y recomiendan que los niños y los adolescentes que tengan entre 6 y 17 años"

##### Component: STUDENT EDITION *Texas Health Skills for Middle School*

ISBN: 9781683115267 (print), 9781683115380 (ePub)

Link to Current Content: [View Current Content](#)

Current Page Number(s): 247

Location: Lesson 8.1 Review #3

Original Text: "According to the *Physical Activity Guidelines for Americans*, how much activity should children and teens engage in each day?"

Updated Text: "According to the CDC and HHS Physical Activity Guidelines for Americans, how much activity should children and teens engage in each day?"

**Component: TEACHER'S EDITION Texas Health Skills for Middle School**

ISBN: 9781683115366 (ePub)

Link to Current Content: [View Current Content](#)

Current Page Number(s): 246

Location: Second paragraph on page, last sentence

Original Text: "These guidelines recommend that children and teens ages 6-17"

Updated Text: "These guidelines are also promoted by the CDC and they recommend that children and teens ages 6-17"

**Component: SPANISH OT Habilidades de salud de Texas en la escuela intermedia**

ISBN: 9781683115373

Link to Current Content: [View Current Content](#)

Current Page Number(s): 247

Location: Revisión de la lección 8.1, #3

Original Text: "Según las *Pautas de Actividad Física para Estadounidenses*, ¿cuánta actividad deben realizar los niños y los adolescentes cada día?"

Updated Text: "Según las Pautas de Actividad Física para Estadounidenses de los CDC y el HHS, ¿cuánta actividad deben realizar los niños y los adolescentes cada día?"

**Component: STUDENT EDITION Texas Health Skills for Middle School**

ISBN: 9781683115267 (print), 9781683115380 (ePub)

Link to Current Content: [View Current Content](#)

Current Page Number(s): 271

Location: Develop Your Skills #20

Original Text: "Make sure your goals meet the *Physical Activity Guidelines for Americans*. Display your goals in a visible place in your house."

Updated Text: "Make sure your goals meet the CDC and HHS Physical Activity Guidelines for Americans. Display your goals in your house."

**Component: TEACHER'S EDITION Texas Health Skills for Middle School**

ISBN: 9781683115366 (ePub)

Link to Current Content: [View Current Content](#)

Current Page Number(s): 247

Location: Lesson 8.1 Review #3

Original Text: "According to the *Physical Activity Guidelines for Americans*, how much activity should children and teens engage in each day?"

Updated Text: "According to the CDC and HHS Physical Activity Guidelines for Americans, how much activity should children and teens engage in each day?"

**Component: SPANISH OT Habilidades de salud de Texas en la escuela intermedia**

ISBN: 9781683115373

Link to Current Content: [View Current Content](#)

Current Page Number(s): 271

Location: Desarrolla tus habilidades #20

Original Text: "Asegúrate de que tus metas cumplan las *Pautas de Actividad Física para Estadounidenses*. Pon las metas en un lugar visible de tu casa."

Updated Text: "Asegúrate de que tus metas cumplan las Pautas de Actividad Física para Estadounidenses de los CDC y el HHS. Pon las metas en tu casa."

**Component: STUDENT EDITION Texas Health Skills for Middle School**

ISBN: 9781683115267 (print), 9781683115380 (ePub)

Link to Current Content: [View Current Content](#)

Current Page Number(s): 353

Location: Figure 11.7

Original Text: [image of highlighters of various colors]

Updated Text: [image removed]

**Component: TEACHER'S EDITION Texas Health Skills for Middle School**

ISBN: 9781683115366 (ePub)

Link to Current Content: [View Current Content](#)

Current Page Number(s): 271

Location: Develop Your Skills #20

Original Text: "Make sure your goals meet the *Physical Activity Guidelines for Americans*. Display your goals in a visible place in your house."

Updated Text: "Make sure your goals meet the CDC and HHS Physical Activity Guidelines for Americans. Display your goals in your house."

**Component: SPANISH OT Habilidades de salud de Texas en la escuela intermedia**

ISBN: 9781683115373

Link to Current Content: [View Current Content](#)

Current Page Number(s): 353

Location: Figura 11.7

Original Text: [image of highlighters of various colors]

Updated Text: [image removed]

**Component: *STUDENT EDITION Texas Health Skills for Middle School***

ISBN: 9781683115267 (print), 9781683115380 (ePub)

Link to Current Content: [View Current Content](#)

Current Page Number(s): 353

Location: Last paragraph

Original Text: "Using inhalants—even once—can cause death due to heart failure or suffocation."

Updated Text: "Using inhalants—even once—can cause death due to heart failure or suffocation. Using or misusing these substances to get high, even if they are commonly found in your home, can result in legal consequences like fines, community service, and jail time."

**Component: *STUDENT EDITION Texas Health Skills for Middle School***

ISBN: 9781683115267 (print), 9781683115380 (ePub)

Link to Current Content: [View Current Content](#)

Current Page Number(s): 353

Location: Hands-On Activity

Original Text: "In small groups, choose one of the drugs described in Lesson 11.2. Research how this drug can negatively affect social, mental and emotional, and physical health, along with the monetary costs of the drug or addiction over time and the legal consequences of use or possession of drugs. Identify how that drug can affect unsafe situations and risky behaviors."

Updated Text: "In small groups, choose one of the drugs or other substances, such as spray paint or toxic markers, described in Lesson 11.2. Research how this drug or substance can negatively affect social, mental and emotional, and physical health, along with the monetary costs of the drug or addiction over time and the legal consequences of use or possession of drugs or other substances. Identify how that drug or substance can affect unsafe situations and risky behaviors."

**Component: *TEACHER'S EDITION Texas Health Skills for Middle School***

ISBN: 9781683115366 (ePub)

Link to Current Content: [View Current Content](#)

Current Page Number(s): 353

Location: Figure 11.7

Original Text: [image of highlighters of various colors]

Updated Text: [image removed]

**Component: SPANISH OT Habilidades de salud de Texas en la escuela intermedia**

ISBN: 9781683115373

Link to Current Content: [View Current Content](#)

Current Page Number(s): 353

Location: Last paragraph

Original Text: "El uso de inhalantes, aunque sea una sola vez, puede causar la muerte por insuficiencia cardíaca o asfixia."

Updated Text: "El uso de inhalantes, aunque sea una sola vez, puede causar la muerte por insuficiencia cardíaca o asfixia. Usar o usar indebido de estas sustancias para drogarse, incluso si se encuentran comúnmente en su hogar, puede resultar en consecuencias legales como multas, servicio comunitario y tiempo en la cárcel."

**Component: STUDENT EDITION Texas Health Skills for Middle School**

ISBN: 9781683115267 (print), 9781683115380 (ePub)

Link to Current Content: [View Current Content](#)

Current Page Number(s): 408

Location: Last sentence of first paragraph under Weapons Safety and second paragraph

Original Text: "Accidents involving weapons can seriously injure or kill someone.

To help prevent accidents in homes that contain weapons, adults should keep guns and other weapons locked in a safe place that is out of reach of children. When storing a gun, adults should remove the ammunition (bullets) and keep it in another locked place away from the gun. It is important to comply with any rules prohibiting the possession and improper use of weapons, including in homes, schools, and public places."

Updated Text: "Improper use of weapons can seriously injure or kill someone. To help prevent injuries from improper use of weapons, adults should keep guns and other weapons locked in a safe place that is out of reach of children. When storing a gun, adults should remove the ammunition (bullets) and keep it in another locked place away from the gun. It is important to comply with any rules prohibiting the possession and improper use of weapons, including in homes, schools, and public places. Legal consequences for improper use of a weapon can include fines and jail time."

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**Component: SPANISH OT Habilidades de salud de Texas en la escuela intermedia**

ISBN: 9781683115373

Link to Current Content: [View Current Content](#)

Current Page Number(s): 353

Location: Actividad práctica

Original Text: "En grupos pequeños, elige una de las drogas descritas en la Lección 11.2. Investiga cómo esta droga puede afectar negativamente la salud social, mental, emocional y física, junto con los costos económicos de la droga o la adicción a lo largo del tiempo y las consecuencias legales. Averigua las consecuencias legales del consumo o la posesión de drogas. Identifica cómo esa droga puede afectar las situaciones peligrosas y los comportamientos riesgosos. "

Updated Text: "En grupos pequeños, elige una de las drogas u otras sustancias, como pintura en aerosol o marcadores tóxicos, descritas en la Lección 11.2. Investiga cómo esta droga o sustancia puede afectar negativamente la salud social, mental, emocional y física, junto con los costos económicos de la droga o la adicción a lo largo del tiempo y las consecuencias legales. Averigua las consecuencias legales del consumo o la posesión de drogas u otras sustancias. Identifica cómo esa droga o sustancia puede afectar las situaciones peligrosas y los comportamientos riesgosos. "

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ISBN: 9781683115267 (print), 9781683115380 (ePub)

Link to Current Content: [View Current Content](#)

Current Page Number(s): 419

Location: Last sentence on page

Original Text: "They can give you advice about how to stay safe."

Updated Text: "They can give you advice about how to maintain your personal safety."

**Component: TEACHER'S EDITION Texas Health Skills for Middle School**

ISBN: 9781683115366 (ePub)

Link to Current Content: [View Current Content](#)

Current Page Number(s): 353

Location: Hands-On Activity

Original Text: New Content

Updated Text: "In small groups, choose one of the drugs or other substances, such as spray paint or toxic markers, described in Lesson 11.2. Research how this drug or substance can negatively affect social, mental and emotional, and physical health, along with the monetary costs of the drug or addiction over time and the legal consequences of use or possession of drugs or other substances. Identify how that drug or substance can affect unsafe situations and risky behaviors."

**Component: SPANISH OT Habilidades de salud de Texas en la escuela intermedia**

ISBN: 9781683115373

Link to Current Content: [View Current Content](#)

Current Page Number(s): 408

Location: Last sentence of first paragraph and second paragraph under "Armas y seguridad"

Original Text: "El uso de inhalantes, aunque sea una sola vez, puede causar la muerte por insuficiencia cardíaca o asfixia."

Updated Text: "El uso inadecuado de armas puede causar lesiones graves o incluso la muerte. Para prevenir lesiones por el uso inadecuado de armas, los adultos deben guardar las pistolas y las armas de fuego en un lugar seguro que esté fuera del alcance de los niños. Antes de guardar las armas de fuego, los adultos deben retirar la munición (balas) y guardarla en un lugar separado y cerrado que esté lejos de las armas. Es importante cumplir con las reglas que prohíban la posesión y el uso inadecuado de armas, incluso en las casas, las escuelas y los lugares públicos. Las consecuencias legales por el uso indebido de armas pueden incluir multas y encarcelamiento."

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Link to Current Content: [View Current Content](#)

Current Page Number(s): 421

Location: Second to last sentence on page

Original Text: "Getting advice about a decision you have to make or feedback about an idea for solving a problem can help you make sure you make a healthy choice."

Updated Text: "Getting advice about a decision you have to make or feedback regarding the use of problem-solving skills related to personal safety can help you make sure you make a healthy choice."

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To help prevent accidents in homes that contain weapons, adults should keep guns and other weapons locked in a safe place that is out of reach of children. When storing a gun, adults should remove the ammunition (bullets) and keep it in another locked place away from the gun. It is important to comply with any rules prohibiting the possession and improper use of weapons, including in homes, schools, and public places."

Updated Text: "Improper use of weapons can seriously injure or kill someone. To help prevent injuries from improper use of weapons, adults should keep guns and other weapons locked in a safe place that is out of reach of children. When storing a gun, adults should remove the ammunition (bullets) and keep it in another locked place away from the gun. It is important to comply with any rules prohibiting the possession and improper use of weapons, including in homes, schools, and public places. Legal consequences for improper use of a weapon can include fines and jail time."

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ISBN: 9781683115373

Link to Current Content: [View Current Content](#)

Current Page Number(s): 419

Location: Last sentence on page

Original Text: "Ellos pueden darte consejos para mantenerte seguro."

Updated Text: "Ellos pueden darte consejos para mantenerte su seguridad personal."

**Component: STUDENT EDITION Texas Health Skills for Middle School**

ISBN: 9781683115267 (print), 9781683115380 (ePub)

Link to Current Content: [View Current Content](#)

Current Page Number(s): 441

Location: Develop Your Skills #20

Original Text: "One day, this person sends the following message to you. How would you respond to protect your personal safety?"

You are amazing. Tell me more about yourself. I want to know everything about you."

Updated Text: "One day, this person sends the following inappropriate message to you. What strategies can you use to protect your personal safety? You are amazing. Where do you live? I want to know everything about you."

**Component: TEACHER'S EDITION Texas Health Skills for Middle School**

ISBN: 9781683115366 (ePub)

Link to Current Content: [View Current Content](#)

Current Page Number(s): 419

Location: Last sentence on page

Original Text: "They can give you advice about how to stay safe."

Updated Text: "They can give you advice about how to maintain your personal safety."

**Component: SPANISH OT Habilidades de salud de Texas en la escuela intermedia**

ISBN: 9781683115373

Link to Current Content: [View Current Content](#)

Current Page Number(s): 421

Location: Second to last sentence on page

Original Text: "Recibir consejos sobre una decisión que debes tomar u opiniones sobre una idea para resolver un problema puede ayudarte a asegurar que tu elección sea saludable."

Updated Text: "Recibir consejos sobre una decisión que debes tomar u opiniones sobre el uso de habilidades para resolver problemas relacionadas con la seguridad personal puede ayudarte a asegurar que tu elección sea saludable."



**Component: SPANISH OT Habilidades de salud de Texas en la escuela intermedia**

ISBN: 9781683115373

Link to Current Content: [View Current Content](#)

Current Page Number(s): 441

Location: Desarrolla tus habilidades #20

Original Text: "Un día, esta persona te envía el siguiente mensaje. ¿Cómo le responderías para proteger tu seguridad? Eres increíble. Cuéntame más de ti. Quiero saber todo sobre ti."

Updated Text: "Un día, esta persona te envía el siguiente mensaje inapropiado. ¿Qué estrategias puede utilizar para proteger tu seguridad personal? Eres increíble. ¿Donde vives? Quiero saber todo sobre ti."

**Component: STUDENT EDITION Texas Health Skills for Middle School**

ISBN: 9781683115267 (print) 9781683115380 (ePub)

Link to Current Content: [View Current Content](#)

Current Page Number(s): 513

Location: Think Critically #14

Original Text: New Content

Updated Text: "How are social groups and peers important to social and mental health and wellness?"

**Component: TEACHER'S EDITION Texas Health Skills for Middle School**

ISBN: 9781683115366 (ePub)

Link to Current Content: [View Current Content](#)

Current Page Number(s): 421

Location: Second to last sentence on page

Original Text: "Getting advice about a decision you have to make or feedback about an idea for solving a problem can help you make sure you make a healthy choice."

Updated Text: "Getting advice about a decision you have to make or feedback regarding the use of problem-solving skills related to personal safety can help you make sure you make a healthy choice."

**Component: SPANISH OT Habilidades de salud de Texas en la escuela intermedia**

ISBN: 9781683115373

Link to Current Content: [View Current Content](#)

Current Page Number(s): 513

Location: Piensa de forma crítica, #14

Original Text: "¿De qué manera son importantes los grupos sociales y los pares para la salud mental y social?"

Updated Text: "¿De qué manera son importantes los grupos sociales y los pares para la salud y bienestar mental y social?"

**Component: *STUDENT EDITION Texas Health Skills for Middle School***

ISBN: 9781683115267 (print), 9781683115380 (ePub)

Link to Current Content: [View Current Content](#)

Current Page Number(s): 542

Location: Hands-On Activity

Original Text: "Search online for a reliable article about an act of violence that influenced your community. Read the article and identify the risk factors that led to violence and the type of violence. With a partner, describe how the violence affected the person who experienced violence, the person who behaved violently, and the community. Share this summary with the class and lead a discussion about what could have prevented the violence and what the benefits would be of avoiding the violence."

Updated Text: "Search online for a reliable article about an act of violence, improper use of weapons, or human trafficking in your community. Read the article and identify the risk factors that led to the incident. With a partner, describe how the incident affected the people involved, and the community. Share this summary with the class and lead a discussion about what could have prevented the incident and what the benefits would be of avoiding the this type of incident."

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Link to Current Content: [View Current Content](#)

Current Page Number(s): 441

Location: Develop Your Skills #20

Original Text: New Content

Updated Text: "One day, this person sends the following inappropriate message to you. What strategies can you use to protect your personal safety?

You are amazing. Where do you live? I want to know everything about you."

**Component: *SPANISH OT Habilidades de salud de Texas en la escuela intermedia***

ISBN: 9781683115373

Link to Current Content: [View Current Content](#)

Current Page Number(s): 542

Location: Actividad práctica

Original Text: "Busca en fuentes confiables en línea un artículo sobre un acto de violencia que influyó en tu comunidad. Lee el artículo e identifica los factores de riesgo que causaron la violencia y el tipo de violencia. Con un compañero, describe cómo la violencia afectó a la persona que la padeció, a la persona que actuó de forma violenta y a la comunidad. Comparte este resumen con el resto de la clase y comienza una conversación sobre cómo podría haberse prevenido la violencia y qué podría ser los beneficios de evitar la violencia."

Updated Text: "Busca en fuentes confiables en línea un artículo sobre un acto de violencia, uso indebido de armas o trata de personas en tu comunidad. Lee el artículo e identifica los factores de riesgo que causaron el incidente. Con un compañero, describe cómo el incidente afectó a las personas que las padeció y a la comunidad. Comparte este resumen con el resto de la clase y comienza una conversación sobre cómo podría haberse prevenido el incidente y qué podría ser los beneficios de evitar este tipo de incidente."

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ISBN: 9781683115267 (print), 9781683115380 (ePub)

Link to Current Content: [View Current Content](#)

Current Page Number(s): 545

Location: Develop Your Skills #23

Original Text: "Your role play should resolve the conflict healthfully and should include the use of assertive communication skills. It should confront and address the violence in a way that ensures everyone's safety physically, socially, and mentally and clearly discourages the behavior. As you develop the role play, pay attention to each team member's verbal and nonverbal communication. If someone is uncomfortable, show empathy and rework the role play. Enlist the help of your teacher as a mediator, if needed, and perform the role play for the class."

Updated Text: "Your role play should resolve the conflict healthfully and should include the use of assertive communication and mediation skills. It should confront and address the violence in a way that ensures everyone's safety physically, socially, and mentally, demonstrates the help of a mediator, and clearly discourages the behavior. As you develop the role play, pay attention to each team member's verbal and nonverbal communication. If someone is uncomfortable, show empathy and rework the role play. Perform the role play for the class."

**Component: *STUDENT EDITION Texas Health Skills for Middle School***

ISBN: 9781683115267 (print), 9781683115380 (ePub)

Link to Current Content: [View Current Content](#)

Current Page Number(s): 183

Location: First paragraph under Protective Factors

Original Text: "Professional help greatly reduces the risk of suicide. Suicide risk is also reduced by having easy access to a variety of clinical interventions."

Updated Text: "Professional help greatly reduces the risk of self-harm and suicide. Suicide risk is also reduced by having easy access to a variety of clinical interventions. Finding alternative ways to process intense emotions like meditating or making art can protect against self-harm behaviors as well as suicide."

**Component: *TEACHER'S EDITION Texas Health Skills for Middle School***

ISBN: 9781683115366 (ePub)

Link to Current Content: [View Current Content](#)

Current Page Number(s): 513

Location: Think Critically #14

Original Text: "How are social groups and peers important to social and mental health?"

Updated Text: "How are social groups and peers important to social and mental health and wellness?"

**Component: SPANISH OT Habilidades de salud de Texas en la escuela intermedia**

ISBN: 9781683115373

Link to Current Content: [View Current Content](#)

Current Page Number(s): 545

Location: Desarrolla tus habilidades #23

Original Text: "La representación debe resolver el conflicto de manera saludable e incluir el uso de habilidades de comunicación asertiva. Debe enfrentar la violencia y lidiar con ella de una manera que garantice la seguridad física, social y mental de todos y disuada claramente al comportamiento. A medida que desarrollan la representación, presten atención a la comunicación verbal y no verbal de los miembros del equipo. Si alguien se siente incómodo, muestren empatía y vuelvan a trabajar en la obra. Soliciten la ayuda del docente como un mediador, si la necesitan, y presenten la representación frente a la clase."

Updated Text: "La representación debe resolver el conflicto de manera saludable e incluir el uso de habilidades de comunicación asertiva y mediación. Debe enfrentar la violencia y lidiar con ella de una manera que garantice la seguridad física, social y mental de todos, demuestre la ayuda de un mediador y disuada claramente al comportamiento. A medida que desarrollan la representación, presten atención a la comunicación verbal y no verbal de los miembros del equipo. Si alguien se siente incómodo, muestren empatía y vuelvan a trabajar en la obra. Presenten la representación frente a la clase."

**Component: SPANISH OT Habilidades de salud de Texas en la escuela intermedia**

ISBN: 9781683115373

Link to Current Content: [View Current Content](#)

Current Page Number(s): 183

Location: First paragraph under "Factores protectores"

Original Text: "La ayuda profesional reduce en gran parte el riesgo de suicidio. También se reduce el riesgo de suicidio cuando se tiene fácil acceso a una variedad de intervenciones clínicas."

Updated Text: "La ayuda profesional reduce en gran parte el riesgo de autolesión y suicidio. También se reduce el riesgo de suicidio cuando se tiene fácil acceso a una variedad de intervenciones clínicas. Encontrar formas alternativas de procesar emociones intensas como meditar o hacer arte puede proteger contra comportamientos de autolesión y suicidio"

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ISBN: 9781683115267 (print), 9781683115380 (ePub)

Link to Current Content: [View Current Content](#)

Current Page Number(s): 212

Location: Limit Added Sugars, Saturated Fats, and Sodium section

Original Text: "To compare, most people in the United States consume more than 3,400 milligrams each day."

Updated Text: "To compare, most people in the United States consume more than 3,400 milligrams each day. Highly processed or commercially prepared foods are common sources of added sugars, saturated fats, and sodium and can increase the risk for diabetes, heart disease, and cancer. Preparing fresh or minimally processed food can reduce the amount of added sugars, saturated fats, and sodium a person consumes."

**Component: TEACHER'S EDITION Texas Health Skills for Middle School**

ISBN: 9781683115366 (ePub)

Link to Current Content: [View Current Content](#)

Current Page Number(s): 542

Location: Hands-On Activity

Original Text: "Search online for a reliable article about an act of violence that influenced your community. Read the article and identify the risk factors that led to violence and the type of violence. With a partner, describe how the violence affected the person who experienced violence, the person who behaved violently, and the community. Share this summary with the class and lead a discussion about what could have prevented the violence and what the benefits would be of avoiding the violence."

Updated Text: "Search online for a reliable article about an act of violence, improper use of weapons, or human trafficking in your community. Read the article and identify the risk factors that led to the incident. With a partner, describe how the incident affected the people involved, and the community. Share this summary with the class and lead a discussion about what could have prevented the incident and what the benefits would be of avoiding the this type of incident."

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Link to Current Content: [View Current Content](#)

Current Page Number(s): 183

Location: First paragraph under Protective Factors

Original Text: "Professional help greatly reduces the risk of suicide. Suicide risk is also reduced by having easy access to a variety of clinical interventions."

Updated Text: "Professional help greatly reduces the risk of self-harm and suicide. Suicide risk is also reduced by having easy access to a variety of clinical interventions. Finding alternative ways to process intense emotions like meditating or making art can protect against self-harm behaviors as well as suicide."

**Component: SPANISH OT Habilidades de salud de Texas en la escuela intermedia**

ISBN: 9781683115373

Link to Current Content: [View Current Content](#)

Current Page Number(s): 212

Location: Last sentence of "Limitación de azúcares añadidos, grasas saturadas y sodio" section

Original Text: "Para tener un punto de comparación, la mayoría de las personas en Estados Unidos consumen más de 3400 miligramos cada día."

Updated Text: "Para tener un punto de comparación, la mayoría de las personas en Estados Unidos consumen más de 3400 miligramos cada día. Los alimentos altamente procesados o preparados comercialmente son fuentes comunes de azúcares agregados, grasas saturadas y sodio y pueden aumentar el riesgo de diabetes, enfermedades cardíacas y cáncer. La preparación de alimentos frescos o mínimamente procesados puede reducir la cantidad de azúcares agregados, grasas saturadas y sodio que consume una persona "

**Component: *STUDENT EDITION Texas Health Skills for Middle School***

ISBN: 9781683115267 (print), 9781683115380 (ePub)

Link to Current Content: [View Current Content](#)

Current Page Number(s): 214

Location: Eating Healthy Meals Away from Home section

Original Text: "You can also make healthy food choices when eating away from home. Start by getting information about the nutrients in restaurant food. Many popular chain restaurants publish information about the nutrients and calories in their foods and beverages. People going out to eat can look up this information online and compare and contrast to make healthy food choices. Some companies that provide food for school lunches also provide nutrition information. You can use this information to make healthy choices. Remember to choose nutrient-dense food options in school."

Updated Text: "You can also make healthy food and beverage choices when eating away from home. Start by getting information about the nutrients in restaurant foods and beverages. Many popular chain restaurants publish information about the nutrients and calories in their foods and beverages. People going out to eat can look up this information online and compare and contrast to make healthy choices. Some companies that provide food and beverages for school lunches also provide nutrition information. You can use this information to make healthy choices. Remember to choose nutrient-dense food and beverage options in school."

**Component: *TEACHER'S EDITION Texas Health Skills for Middle School***

ISBN: 9781683115366 (ePub)

Link to Current Content: [View Current Content](#)

Current Page Number(s): 545

Location: Develop Your Skills #23

Original Text: "Your role play should resolve the conflict healthfully and should include the use of assertive communication skills. It should confront and address the violence in a way that ensures everyone's safety physically, socially, and mentally and clearly discourages the behavior. As you develop the role play, pay attention to each team member's verbal and nonverbal communication. If someone is uncomfortable, show empathy and rework the role play. Enlist the help of your teacher as a mediator, if needed, and perform the role play for the class."

Updated Text: "Your role play should resolve the conflict healthfully and should include the use of assertive communication and mediation skills. It should confront and address the violence in a way that ensures everyone's safety physically, socially, and mentally, demonstrates the help of a mediator, and clearly discourages the behavior. As you develop the role play, pay attention to each team member's verbal and nonverbal communication. If someone is uncomfortable, show empathy and rework the role play. Perform the role play for the class."

**Component: TEACHER'S EDITION Texas Health Skills for Middle School**

ISBN: 9781683115366 (ePub)

Link to Current Content: [View Current Content](#)

Current Page Number(s): 212

Location: Limit Added Sugars, Saturated Fats, and Sodium section

Original Text: "To compare, most people in the United States consume more than 3,400 milligrams each day."

Updated Text: "To compare, most people in the United States consume more than 3,400 milligrams each day. Highly processed or commercially prepared foods are common sources of added sugars, saturated fats, and sodium and can increase the risk for diabetes, heart disease, and cancer. Preparing fresh or minimally processed food can reduce the amount of added sugars, saturated fats, and sodium a person consumes."

**Component: SPANISH OT Habilidades de salud de Texas en la escuela intermedia**

ISBN: 9781683115373

Link to Current Content: [View Current Content](#)

Current Page Number(s): 214

Location: "Consumo de comidas saludables afuera del hogar" section

Original Text: "También puedes hacer elecciones de alimentos saludables cuando no comes en tu hogar. Empieza por conseguir información sobre los nutrientes y las calorías de los alimentos de los restaurantes. Muchas cadenas de restaurantes populares publican información sobre los nutrientes de sus alimentos y bebidas. Las personas que salen a comer pueden buscar esta información en línea y comparen y contrasten para hacer elecciones de alimentos saludables. Algunas empresas que brindan alimentos para los almuerzos escolares también ofrecen su información nutricional. Puedes usar esta información para hacer elecciones saludables. Recuerda elegir alimentos ricos en nutrientes en la escuela."

Updated Text: "También puedes hacer elecciones de alimentos y bebidas saludables cuando no comes en tu hogar. Empieza por conseguir información sobre los nutrientes y las calorías de los alimentos y las bebidas de los restaurantes. Muchas cadenas de restaurantes populares publican información sobre los nutrientes de sus alimentos y bebidas. Las personas que salen a comer pueden buscar esta información en línea y comparen y contrasten para hacer elecciones saludables. Algunas empresas que brindan alimentos y bebidas para los almuerzos escolares también ofrecen su información nutricional. Puedes usar esta información para hacer elecciones saludables. Recuerda elegir alimentos y bebidas ricos en nutrientes en la escuela."

**Component: STUDENT EDITION Texas Health Skills for Middle School**

ISBN: 9781683115267 (print), 9781683115380 (ePub)

Link to Current Content: [View Current Content](#)

Current Page Number(s): 239

Location: Develop Your Skills #22

Original Text: "Consider examples of processed foods you can replace with fresh options."

Updated Text: "Investigate how replacing processed foods with fresh options can help improve your family's nutrition."

**Component: *TEACHER'S EDITION Texas Health Skills for Middle School***

ISBN: 9781683115366 (ePub)

Link to Current Content: [View Current Content](#)

Current Page Number(s): 214

Location: Eating Healthy Meals Away from Home section

Original Text: "You can also make healthy food choices when eating away from home. Start by getting information about the nutrients in restaurant food. Many popular chain restaurants publish information about the nutrients and calories in their foods and beverages. People going out to eat can look up this information online and compare and contrast to make healthy food choices.

Some companies that provide food for school lunches also provide nutrition information. You can use this information to make healthy choices. Remember to choose nutrient-dense food options in school."

Updated Text: "You can also make healthy food and beverage choices when eating away from home. Start by getting information about the nutrients in restaurant foods and beverages. Many popular chain restaurants publish information about the nutrients and calories in their foods and beverages. People going out to eat can look up this information online and compare and contrast to make healthy choices. Some companies that provide food and beverages for school lunches also provide nutrition information. You can use this information to make healthy choices. Remember to choose nutrient-dense food and beverage options in school."

**Component: *SPANISH OT Habilidades de salud de Texas en la escuela intermedia***

ISBN: 9781683115373

Link to Current Content: [View Current Content](#)

Current Page Number(s): 239

Location: Desarrolla tus habilidades #22

Original Text: "Considera ejemplos de alimentos procesados que puedas reemplazar con opciones de alimentos frescos."

Updated Text: "Investigue cómo reemplazar los alimentos procesados con opciones frescas puede ayudar a mejorar la nutrición de su familia."

**Component: *STUDENT EDITION Texas Health Skills for Middle School***

ISBN: 9781683115267 (print), 9781683115380 (ePub)

Link to Current Content: [View Current Content](#)

Current Page Number(s): 246

Location: Second paragraph on page, last sentence

Original Text: "These guidelines recommend that children and teens ages 6-17"

Updated Text: "These guidelines are also promoted by the CDC and they recommend that children and teens ages 6-17"



## Subject: Health Education, Grades 7–8

### Program: Texas Health Skills for Middle School - Online Learning Suite

**Component: *STUDENT EDITION Texas Health Skills for Middle School***

ISBN: 9781683115267 (print) 9781683115380 (ePub)

Link to Current Content: [View Current Content](#)

Current Page Number(s): 214

Location: Eating Healthy Meals Away from Home section

Original Text: New Content

Updated Text: "You can also make healthy food and beverage choices when eating away from home. Start by getting information about the nutrients in restaurant foods and beverages. Many popular chain restaurants publish information about the nutrients and calories in their foods and beverages. People going out to eat can look up this information online and compare and contrast to make healthy choices.

Some companies that provide food and beverages for school lunches also provide nutrition information. You can use this information to make healthy choices. Remember to choose nutrient-dense food and beverage options in school."

**Component: *TEACHER'S EDITION Texas Health Skills for Middle School***

ISBN: 9781683115366 (ePub)

Link to Current Content: [View Current Content](#)

Current Page Number(s): 545

Location: Develop Your Skills #23

Original Text: New Content

Updated Text: "Your role play should resolve the conflict healthfully and should include the use of assertive communication and mediation skills. It should confront and address the violence in a way that ensures everyone's safety physically, socially, and mentally, demonstrates the help of a mediator, and clearly discourages the behavior. As you develop the role play, pay attention to each team member's verbal and nonverbal communication. If someone is uncomfortable, show empathy and rework the role play. Perform the role play for the class."

**Component: *TEACHER'S EDITION Texas Health Skills for Middle School***

ISBN: TEACHER'S EDITION Texas Health Skills for Middle School

Link to Current Content: [View Current Content](#)

Current Page Number(s): 183

Location: First paragraph under Protective Factors

Original Text: New Content

Updated Text: "Professional help greatly reduces the risk of self-harm and suicide. Suicide risk is also reduced by having easy access to a variety of clinical interventions. Finding alternative ways to process intense emotions like meditating or making art can protect against self-harm behaviors as well as suicide."

**Component: SPANISH OT Habilidades de salud de Texas en la escuela intermedia**

ISBN: 9781683115373

Link to Current Content: [View Current Content](#)

Current Page Number(s): 212

Location: Last sentence of "Limitación de azúcares añadidos, grasas saturadas y sodio" section

Original Text: New Content

Updated Text: "Para tener un punto de comparación, la mayoría de las personas en Estados Unidos consumen más de 3400 miligramos cada día. Los alimentos altamente procesados o preparados comercialmente son fuentes comunes de azúcares agregados, grasas saturadas y sodio y pueden aumentar el riesgo de diabetes, enfermedades cardíacas y cáncer. La preparación de alimentos frescos o mínimamente procesados puede reducir la cantidad de azúcares agregados, grasas saturadas y sodio que consume una persona "

**Component: STUDENT EDITION Texas Health Skills for Middle School**

ISBN: 9781683115267 (print) 9781683115380 (ePub)

Link to Current Content: [View Current Content](#)

Current Page Number(s): 239

Location: Develop Your Skills #22

Original Text: New Content

Updated Text: "Investigate how replacing processed foods with fresh options can help improve your family's nutrition."

**Component: TEACHER'S EDITION Texas Health Skills for Middle School**

ISBN: 9781683115366 (ePub)

Link to Current Content: [View Current Content](#)

Current Page Number(s): 212

Location: Limit Added Sugars, Saturated Fats, and Sodium section

Original Text: New Content

Updated Text: "To compare, most people in the United States consume more than 3,400 milligrams each day. Highly processed or commercially prepared foods are common sources of added sugars, saturated fats, and sodium and can increase the risk for diabetes, heart disease, and cancer. Preparing fresh or minimally processed food can reduce the amount of added sugars, saturated fats, and sodium a person consumes."

**Component: SPANISH OT Habilidades de salud de Texas en la escuela intermedia**

ISBN: 9781683115373

Link to Current Content: [View Current Content](#)

Current Page Number(s): 214

Location: "Consumo de comidas saludables afuera del hogar" section

Original Text: New Content

Updated Text: "También puedes hacer elecciones de alimentos y bebidas saludables cuando no comes en tu hogar. Empieza por conseguir información sobre los nutrientes y las calorías de los alimentos y las bebidas de los restaurantes. Muchas cadenas de restaurantes populares publican información sobre los nutrientes de sus alimentos y bebidas. Las personas que salen a comer pueden buscar esta información en línea y comparen y contrasten para hacer elecciones saludables.

Algunas empresas que brindan alimentos y bebidas para los almuerzos escolares también ofrecen su información nutricional. Puedes usar esta información para hacer elecciones saludables. Recuerda elegir alimentos y bebidas ricos en nutrientes en la escuela."

**Component: STUDENT EDITION Texas Health Skills for Middle School**

ISBN: 9781683115267 (print) 9781683115380 (ePub)

Link to Current Content: [View Current Content](#)

Current Page Number(s): 246

Location: Second paragraph on page, last sentence

Original Text: New Content

Updated Text: "These guidelines are also promoted by the CDC and they recommend that children and teens ages 6-17"

**Component: TEACHER'S EDITION Texas Health Skills for Middle School**

ISBN: 9781683115366 (ePub)

Link to Current Content: [View Current Content](#)

Current Page Number(s): 214

Location: Eating Healthy Meals Away from Home section

Original Text: New Content

Updated Text: "You can also make healthy food and beverage choices when eating away from home. Start by getting information about the nutrients in restaurant foods and beverages. Many popular chain restaurants publish information about the nutrients and calories in their foods and beverages. People going out to eat can look up this information online and compare and contrast to make healthy choices.

Some companies that provide food and beverages for school lunches also provide nutrition information. You can use this information to make healthy choices. Remember to choose nutrient-dense food and beverage options in school."

**Component: SPANISH OT Habilidades de salud de Texas en la escuela intermedia**

ISBN: 9781683115373

Link to Current Content: [View Current Content](#)

Current Page Number(s): 239

Location: Desarrolla tus habilidades #22

Original Text: New Content

Updated Text: "Investigue cómo reemplazar los alimentos procesados con opciones frescas puede ayudar a mejorar la nutrición de su familia."

**Component: SPANISH OT Habilidades de salud de Texas en la escuela intermedia**

ISBN: 9781683115373

Link to Current Content: [View Current Content](#)

Current Page Number(s): 246

Location: Second paragraph on page, last sentence

Original Text: New Content

Updated Text: "Estas pautas también son promovidas por los CDC y recomiendan que los niños y los adolescentes que tengan entre 6 y 17 años"

**Component: STUDENT EDITION Texas Health Skills for Middle School**

ISBN: 9781683115267 (print) 9781683115380 (ePub)

Link to Current Content: [View Current Content](#)

Current Page Number(s): 247

Location: Lesson 8.1 Review #3

Original Text: New Content

Updated Text: "According to the CDC and HHS Physical Activity Guidelines for Americans, how much activity should children and teens engage in each day?"

**Component: TEACHER'S EDITION Texas Health Skills for Middle School**

ISBN: 9781683115366 (ePub)

Link to Current Content: [View Current Content](#)

Current Page Number(s): 239

Location: Develop Your Skills #22

Original Text: New Content

Updated Text: "Investigate how replacing processed foods with fresh options can help improve your family's nutrition."

**Component: *SPANISH OT Habilidades de salud de Texas en la escuela intermedia***

ISBN: 9781683115373

Link to Current Content: [View Current Content](#)

Current Page Number(s): 247

Location: Revisión de la lección 8.1, #3

Original Text: New Content

Updated Text: "Según las Pautas de Actividad Física para Estadounidenses de los CDC y el HHS, ¿cuánta actividad deben realizar los niños y los adolescentes cada día?"

**Component: *STUDENT EDITION Texas Health Skills for Middle School***

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Link to Current Content: [View Current Content](#)

Current Page Number(s): 271

Location: Develop Your Skills #20

Original Text: New Content

Updated Text: "Make sure your goals meet the CDC and HHS Physical Activity Guidelines for Americans. Display your goals in your house."

**Component: *TEACHER'S EDITION Texas Health Skills for Middle School***

ISBN: 9781683115366 (ePub)

Link to Current Content: [View Current Content](#)

Current Page Number(s): 246

Location: Second paragraph on page, last sentence

Original Text: New Content

Updated Text: "These guidelines are also promoted by the CDC and they recommend that children and teens ages 6-17"

**Component: *SPANISH OT Habilidades de salud de Texas en la escuela intermedia***

ISBN: 9781683115373

Link to Current Content: [View Current Content](#)

Current Page Number(s): 271

Location: Desarrolla tus habilidades #20

Original Text: New Content

Updated Text: "Asegúrate de que tus metas cumplan las Pautas de Actividad Física para Estadounidenses de los CDC y el HHS. Pon las metas en tu casa."

**Component: *STUDENT EDITION Texas Health Skills for Middle School***

ISBN: 9781683115267 (print), 9781683115380 (ePub)

Link to Current Content: [View Current Content](#)

Current Page Number(s): 353

Location: Figure 11.7

Original Text: [image of highlighters of various colors]

Updated Text: [image removed]

**Component: *TEACHER'S EDITION Texas Health Skills for Middle School***

ISBN: 9781683115366 (ePub)

Link to Current Content: [View Current Content](#)

Current Page Number(s): 247

Location: Lesson 8.1 Review #3

Original Text: New Content

Updated Text: "According to the CDC and HHS Physical Activity Guidelines for Americans, how much activity should children and teens engage in each day?"

**Component: *SPANISH OT Habilidades de salud de Texas en la escuela intermedia***

ISBN: 9781683115373

Link to Current Content: [View Current Content](#)

Current Page Number(s): 353

Location: Figura 11.7

Original Text: [image of highlighters of various colors]

Updated Text: [image removed]

**Component: *STUDENT EDITION Texas Health Skills for Middle School***

ISBN: 9781683115267 (print) 9781683115380 (ePub)

Link to Current Content: [View Current Content](#)

Current Page Number(s): 353

Location: Last paragraph

Original Text: New Content

Updated Text: "Using inhalants—even once—can cause death due to heart failure or suffocation. Using or misusing these substances to get high, even if they are commonly found in your home, can result in legal consequences like fines, community service, and jail time."

**Component: *TEACHER'S EDITION Texas Health Skills for Middle School***

ISBN: 9781683115366 (ePub)

Link to Current Content: [View Current Content](#)

Current Page Number(s): 271

Location: Develop Your Skills #20

Original Text: New Content

Updated Text: "Make sure your goals meet the CDC and HHS Physical Activity Guidelines for Americans. Display your goals in your house."

**Component: *SPANISH OT Habilidades de salud de Texas en la escuela intermedia***

ISBN: 9781683115373

Link to Current Content: [View Current Content](#)

Current Page Number(s): 353

Location: Last paragraph

Original Text: New Content

Updated Text: "El uso de inhalantes, aunque sea una sola vez, puede causar la muerte por insuficiencia cardíaca o asfixia. Usar o usar indebido de estas sustancias para drogarse, incluso si se encuentran comúnmente en su hogar, puede resultar en consecuencias legales como multas, servicio comunitario y tiempo en la cárcel."

**Component: *STUDENT EDITION Texas Health Skills for Middle School***

ISBN: 9781683115267 (print) 9781683115380 (ePub)

Link to Current Content: [View Current Content](#)

Current Page Number(s): 353

Location: Hands-On Activity

Original Text: New Content

Updated Text: "In small groups, choose one of the drugs or other substances, such as spray paint or toxic markers, described in Lesson 11.2. Research how this drug or substance can negatively affect social, mental and emotional, and physical health, along with the monetary costs of the drug or addiction over time and the legal consequences of use or possession of drugs or other substances. Identify how that drug or substance can affect unsafe situations and risky behaviors."

**Component: *TEACHER'S EDITION Texas Health Skills for Middle School***

ISBN: 9781683115366 (ePub)

Link to Current Content: [View Current Content](#)

Current Page Number(s): 353

Location: Figure 11.7

Original Text: [image of highlighters of various colors]

Updated Text: [image removed]

*Proclamation 2022 Report of New Content (11/23/2021)*

**Component: *TEACHER'S EDITION Texas Health Skills for Middle School***

ISBN: 9781683115366 (ePub)

Link to Current Content: [View Current Content](#)

Current Page Number(s): 353

Location: Last paragraph

Original Text: New Content

Updated Text: "Using inhalants—even once—can cause death due to heart failure or suffocation. Using or misusing these substances to get high, even if they are commonly found in your home, can result in legal consequences like fines, community service, and jail time."

**Component: *SPANISH OT Habilidades de salud de Texas en la escuela intermedia***

ISBN: 9781683115373

Link to Current Content: [View Current Content](#)

Current Page Number(s): 353

Location: Actividad práctica

Original Text: New Content

Updated Text: "En grupos pequeños, elige una de las drogas u otras sustancias, como pintura en aerosol o marcadores tóxicos, descritas en la Lección 11.2. Investiga cómo esta droga o sustancia puede afectar negativamente la salud social, mental, emocional y física, junto con los costos económicos de la droga o la adicción a lo largo del tiempo y las consecuencias legales. Averigua las consecuencias legales del consumo o la posesión de drogas u otras sustancias. Identifica cómo esa droga o sustancia puede afectar las situaciones peligrosas y los comportamientos riesgosos."

**Component: *STUDENT EDITION Texas Health Skills for Middle School***

ISBN: 9781683115267 (print) 9781683115380 (ePub)

Link to Current Content: [View Current Content](#)

Current Page Number(s): 408

Location: Last sentence of first paragraph under Weapons Safety and second paragraph

Original Text: New Content

Updated Text: "Improper use of weapons can seriously injure or kill someone. To help prevent injuries from improper use of weapons, adults should keep guns and other weapons locked in a safe place that is out of reach of children. When storing a gun, adults should remove the ammunition (bullets) and keep it in another locked place away from the gun. It is important to comply with any rules prohibiting the possession and improper use of weapons, including in homes, schools, and public places. Legal consequences for improper use of a weapon can include fines and jail time."



**Component: TEACHER'S EDITION Texas Health Skills for Middle School**

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Link to Current Content: [View Current Content](#)

Current Page Number(s): 353

Location: Hands-On Activity

Original Text: New Content

Updated Text: "In small groups, choose one of the drugs or other substances, such as spray paint or toxic markers, described in Lesson 11.2. Research how this drug or substance can negatively affect social, mental and emotional, and physical health, along with the monetary costs of the drug or addiction over time and the legal consequences of use or possession of drugs or other substances. Identify how that drug or substance can affect unsafe situations and risky behaviors."

**Component: SPANISH OT Habilidades de salud de Texas en la escuela intermedia**

ISBN: 9781683115373

Link to Current Content: [View Current Content](#)

Current Page Number(s): 408

Location: Last sentence of first paragraph and second paragraph under "Armas y seguridad"

Original Text: New Content

Updated Text: "El uso inadecuado de armas puede causar lesiones graves o incluso la muerte. Para prevenir lesiones por el uso inadecuado de armas, los adultos deben guardar las pistolas y las armas de fuego en un lugar seguro que esté fuera del alcance de los niños. Antes de guardar las armas de fuego, los adultos deben retirar la munición (balas) y guardarla en un lugar separado y cerrado que esté lejos de las armas. Es importante cumplir con las reglas que prohíban la posesión y el uso inadecuado de armas, incluso en las casas, las escuelas y los lugares públicos. Las consecuencias legales por el uso indebido de armas pueden incluir multas y encarcelamiento."

**Component: STUDENT EDITION Texas Health Skills for Middle School**

ISBN: 9781683115267 (print) 9781683115380 (ePub)

Link to Current Content: [View Current Content](#)

Current Page Number(s): 419

Location: Last sentence on page

Original Text: New Content

Updated Text: "They can give you advice about how to maintain your personal safety."

**Component: *TEACHER'S EDITION Texas Health Skills for Middle School***

ISBN: 9781683115366 (ePub)

Link to Current Content: [View Current Content](#)

Current Page Number(s): 408

Location: Last sentence of first paragraph under Weapons Safety and second paragraph

Original Text: New Content

Updated Text: "Improper use of weapons can seriously injure or kill someone.

To help prevent injuries from improper use of weapons, adults should keep guns and other weapons locked in a safe place that is out of reach of children. When storing a gun, adults should remove the ammunition (bullets) and keep it in another locked place away from the gun. It is important to comply with any rules prohibiting the possession and improper use of weapons, including in homes, schools, and public places. Legal consequences for improper use of a weapon can include fines and jail time."

**Component: *SPANISH OT Habilidades de salud de Texas en la escuela intermedia***

ISBN: 9781683115373

Link to Current Content: [View Current Content](#)

Current Page Number(s): 419

Location: Last sentence on page

Original Text: New Content

Updated Text: "Ellos pueden darte consejos para mantenerte su seguridad personal."

**Component: *STUDENT EDITION Texas Health Skills for Middle School***

ISBN: 9781683115267 (print) 9781683115380 (ePub)

Link to Current Content: [View Current Content](#)

Current Page Number(s): 421

Location: Second to last sentence on page

Original Text: New Content

Updated Text: "Getting advice about a decision you have to make or feedback regarding the use of problem-solving skills related to personal safety can help you make sure you make a healthy choice."

**Component: *TEACHER'S EDITION Texas Health Skills for Middle School***

ISBN: 9781683115366 (ePub)

Link to Current Content: [View Current Content](#)

Current Page Number(s): 419

Location: Last sentence on page

Original Text: New Content

Updated Text: "They can give you advice about how to maintain your personal safety."

**Component: SPANISH OT Habilidades de salud de Texas en la escuela intermedia**

ISBN: 9781683115373

Link to Current Content: [View Current Content](#)

Current Page Number(s): 421

Location: Second to last sentence on page

Original Text: New Content

Updated Text: "Recibir consejos sobre una decisión que debes tomar u opiniones sobre el uso de habilidades para resolver problemas relacionadas con la seguridad personal puede ayudarte a asegurar que tu elección sea saludable."

**Component: STUDENT EDITION Texas Health Skills for Middle School**

ISBN: 9781683115267 (print) 9781683115380 (ePub)

Link to Current Content: [View Current Content](#)

Current Page Number(s): 441

Location: Develop Your Skills #20

Original Text: New Content

Updated Text: "One day, this person sends the following inappropriate message to you. What strategies can you use to protect your personal safety?

You are amazing. Where do you live? I want to know everything about you."

**Component: TEACHER'S EDITION Texas Health Skills for Middle School**

ISBN: 9781683115366 (ePub)

Link to Current Content: [View Current Content](#)

Current Page Number(s): 421

Location: Second to last sentence on page

Original Text: New Content

Updated Text: "Getting advice about a decision you have to make or feedback regarding the use of problem-solving skills related to personal safety can help you make sure you make a healthy choice."

**Component: SPANISH OT Habilidades de salud de Texas en la escuela intermedia**

ISBN: 9781683115373

Link to Current Content: [View Current Content](#)

Current Page Number(s): 441

Location: Desarrolla tus habilidades #20

Original Text: New Content

Updated Text: "Un día, esta persona te envía el siguiente mensaje inapropiado. ¿Qué estrategias puede utilizar para proteger tu seguridad personal?

Eres increíble. ¿Donde vives? Quiero saber todo sobre ti."

**Component: *STUDENT EDITION Texas Health Skills for Middle School***

ISBN: 9781683115267 (print) 9781683115380 (ePub)

Link to Current Content: [View Current Content](#)

Current Page Number(s): 513

Location: Think Critically #14

Original Text: New Content

Updated Text: "How are social groups and peers important to social and mental health and wellness?"

**Component: *TEACHER'S EDITION Texas Health Skills for Middle School***

ISBN: 9781683115366 (ePub)

Link to Current Content: [View Current Content](#)

Current Page Number(s): 441

Location: Develop Your Skills #20

Original Text: New Content

Updated Text: "One day, this person sends the following inappropriate message to you. What strategies can you use to protect your personal safety?

You are amazing. Where do you live? I want to know everything about you."

**Component: *SPANISH OT Habilidades de salud de Texas en la escuela intermedia***

ISBN: 9781683115373

Link to Current Content: [View Current Content](#)

Current Page Number(s): 513

Location: Piensa de forma crítica, #14

Original Text: New Content

Updated Text: "¿De qué manera son importantes los grupos sociales y los pares para la salud y bienestar mental y social?"

**Component: *STUDENT EDITION Texas Health Skills for Middle School***

ISBN: 9781683115267 (print) 9781683115380 (ePub)

Link to Current Content: [View Current Content](#)

Current Page Number(s): 542

Location: Hands-On Activity

Original Text: New Content

Updated Text: "Search online for a reliable article about an act of violence, improper use of weapons, or human trafficking in your community. Read the article and identify the risk factors that led to the incident. With a partner, describe how the incident affected the people involved, and the community. Share this summary with the class and lead a discussion about what could have prevented the incident and what the benefits would be of avoiding the this type of incident."

**Component: *STUDENT EDITION Texas Health Skills for Middle School***

ISBN: 9781683115267 (print) 9781683115380 (ePub)

Link to Current Content: [View Current Content](#)

Current Page Number(s): 183

Location: First paragraph under Protective Factors

Original Text: New Content

Updated Text: "Professional help greatly reduces the risk of self-harm and suicide. Suicide risk is also reduced by having easy access to a variety of clinical interventions. Finding alternative ways to process intense emotions like meditating or making art can protect against self-harm behaviors as well as suicide."

**Component: *TEACHER'S EDITION Texas Health Skills for Middle School***

ISBN: 9781683115366 (ePub)

Link to Current Content: [View Current Content](#)

Current Page Number(s): 513

Location: Think Critically #14

Original Text: New Content

Updated Text: "How are social groups and peers important to social and mental health and wellness?"

**Component: *SPANISH OT Habilidades de salud de Texas en la escuela intermedia***

ISBN: 9781683115373

Link to Current Content: [View Current Content](#)

Current Page Number(s): 542

Location: Actividad práctica

Original Text: New Content

Updated Text: "Busca en fuentes confiables en línea un artículo sobre un acto de violencia, uso indebido de armas o trata de personas en tu comunidad. Lee el artículo e identifica los factores de riesgo que causaron el incidente. Con un compañero, describe cómo el incidente afectó a las personas que las padeció y a la comunidad. Comparte este resumen con el resto de la clase y comienza una conversación sobre cómo podría haberse prevenido el incidente y qué podría ser los beneficios de evitar este tipo de incidente."

**Component: *STUDENT EDITION Texas Health Skills for Middle School***

ISBN: 9781683115267 (print) 9781683115380 (ePub)

Link to Current Content: [View Current Content](#)

Current Page Number(s): 545

Location: Develop Your Skills #23

Original Text: New Content

Updated Text: "Your role play should resolve the conflict healthfully and should include the use of assertive communication and mediation skills. It should confront and address the violence in a way that ensures everyone's safety physically, socially, and mentally, demonstrates the help of a mediator, and clearly discourages the behavior. As you develop the role play, pay attention to each team member's verbal and nonverbal communication. If someone is uncomfortable, show empathy and rework the role play. Perform the role play for the class."

**Component: *STUDENT EDITION Texas Health Skills for Middle School***

ISBN: 9781683115267 (print) 9781683115380 (ePub)

Link to Current Content: [View Current Content](#)

Current Page Number(s): 212

Location: Limit Added Sugars, Saturated Fats, and Sodium section

Original Text: New Content

Updated Text: "To compare, most people in the United States consume more than 3,400 milligrams each day. Highly processed or commercially prepared foods are common sources of added sugars, saturated fats, and sodium and can increase the risk for diabetes, heart disease, and cancer. Preparing fresh or minimally processed food can reduce the amount of added sugars, saturated fats, and sodium a person consumes."

**Component: *TEACHER'S EDITION Texas Health Skills for Middle School***

ISBN: 9781683115366 (ePub)

Link to Current Content: [View Current Content](#)

Current Page Number(s): 542

Location: Hands-On Activity

Original Text: New Content

Updated Text: "Search online for a reliable article about an act of violence, improper use of weapons, or human trafficking in your community. Read the article and identify the risk factors that led to the incident. With a partner, describe how the incident affected the people involved, and the community. Share this summary with the class and lead a discussion about what could have prevented the incident and what the benefits would be of avoiding the this type of incident."

**Component: SPANISH OT Habilidades de salud de Texas en la escuela intermedia**

ISBN: 9781683115373

Link to Current Content: [View Current Content](#)

Current Page Number(s): 545

Location: Desarrolla tus habilidades #23

Original Text: New Content

Updated Text: "La representación debe resolver el conflicto de manera saludable e incluir el uso de habilidades de comunicación asertiva y mediación. Debe enfrentar la violencia y lidiar con ella de una manera que garantice la seguridad física, social y mental de todos, demuestre la ayuda de un mediador y disuada claramente al comportamiento. A medida que desarrollan la representación, presten atención a la comunicación verbal y no verbal de los miembros del equipo. Si alguien se siente incómodo, muestren empatía y vuelvan a trabajar en la obra. Presenten la representación frente a la clase."

**Component: SPANISH OT Habilidades de salud de Texas en la escuela intermedia**

ISBN: 9781683115373

Link to Current Content: [View Current Content](#)

Current Page Number(s): 183

Location: First paragraph under "Factores protectores"

Original Text: New Content

Updated Text: "La ayuda profesional reduce en gran parte el riesgo de autolesión y suicidio. También se reduce el riesgo de suicidio cuando se tiene fácil acceso a una variedad de intervenciones clínicas. Encontrar formas alternativas de procesar emociones intensas como meditar o hacer arte puede proteger contra comportamientos de autolesión y suicidio"

**Subject: Health II**

**Program: Texas Health Skills for High School - Online Learning Suite HEALTH II**

**Component: Texas Health Skills for High School Student Edition**

ISBN: 9781683115311

Link to Current Content: [View Current Content](#)

Current Page Number(s): 459

Location: Treating Substance Use, Addiction, and Misuse, first paragraph

Original Text: Some community resources, such as drug-related safe havens, offer a safe space and counseling.

Updated Text: Some community resources, such as drug-related safe havens, offer a safe space and counseling. Information about safe havens, getting help, and reporting drug-related behaviors can help people with a substance use disorder. Designing a public health information campaign about these topics can spread awareness to improve health behaviors.

**Component: SPANISH OT Habilidades de salud de Texas en la escuela secundaria**

ISBN: 9781683115427

Link to Current Content: [View Current Content](#)

Current Page Number(s): 459

Location: Tratar consumo, adicción y uso indebido de sustancias, first paragraph

Original Text: Algunos recursos comunitarios, como los refugios relacionados con problemas de consumo, ofrecen un espacio seguro y asesoramiento.

Updated Text: Algunos recursos comunitarios, como los refugios relacionados con problemas de consumo, ofrecen un espacio seguro y asesoramiento. La información sobre espacios seguros, obtener ayuda y denunciar comportamientos relacionados con las drogas puede ayudar a las personas con un trastorno por uso de sustancias. Diseñar una campaña de información de salud pública sobre estos temas puede generar conciencia para mejorar los comportamientos de salud.

**Component: Texas Health Skills for High School Student Edition**

ISBN: 9781683115311

Link to Current Content: [View Current Content](#)

Current Page Number(s): 465

Location: Hands-On Skills Activity

Original Text: Using your comic, create a public health information campaign about the dangers of medication and drug abuse. Your campaign might take the form of an audio recording or short film. In your campaign, summarize the story of your fictional teen and identify the consequences this teen experienced. Include information about getting help, reporting drug-related behavior, and safe havens.

Updated Text: Using your comic, create a public health information campaign about the dangers of medication and drug abuse, safe havens, getting help, and reporting drug-related behaviors. Your campaign might take the form of an audio recording or short film. In your campaign, summarize the story of your fictional teen and identify the consequences this teen experienced. The goal of your campaign should be to spread awareness and improve health behaviors.

**Component: SPANISH OT Habilidades de salud de Texas en la escuela secundaria**

ISBN: 9781683115427

Link to Current Content: [View Current Content](#)

Current Page Number(s): 465

Location: Actividad de habilidades prácticas

Original Text: Utilizando tu cómic, crea una campaña de información de salud pública sobre los peligros del abuso de medicamentos y drogas. Tu campaña puede ser mediante una grabación de audio o un cortometraje. En tu campaña, resume la historia de tu adolescente ficticio e identifica las consecuencias que experimentó este adolescente. Incluye información sobre cómo recibir ayuda, denunciar comportamientos relacionados con las drogas y lugares seguros.

Updated Text: Utilizando tu cómic, crea una campaña de información de salud pública sobre los peligros del abuso de medicamentos y drogas, los espacios seguros, obtener la ayuda y denunciar comportamientos relacionados con las drogas. Tu campaña puede ser mediante una grabación de audio o un cortometraje. En tu campaña, resume la historia de tu adolescente ficticio e identifica las consecuencias que experimentó este adolescente. El objetivo de su campaña debe ser difundir la conciencia y mejorar los comportamientos relacionados con la salud.



**Component: *Texas Health Skills for High School Student Edition***

ISBN: 9781683115311

Link to Current Content: [View Current Content](#)

Current Page Number(s): 512

Location: Chapter 14 Skills Assessment, Critical Thinking Skills #12

Original Text: What strategies for choosing or returning to abstinence would work best for you? Why? Identify a trusted adult who could support you in your decision.

Updated Text: What strategies for choosing or returning to abstinence would work best for you? Why? Identify a trusted adult who could support you in your decision. What strategies could you use to build peer support for your decision?

**Component: *SPANISH OT Habilidades de salud de Texas en la escuela secundaria***

ISBN: 9781683115427

Link to Current Content: [View Current Content](#)

Current Page Number(s): 512

Location: Capítulo 14 Evaluación de habilidades, Habilidades de pensamiento crítico #12

Original Text: ¿Qué estrategias para elegir o volver a la abstinencia te funcionarían mejor? ¿Por qué? Identifica a un adulto de confianza que pueda apoyarte en tu decisión.

Updated Text: ¿Qué estrategias para elegir o volver a la abstinencia te funcionarían mejor? ¿Por qué? Identifica a un adulto de confianza que pueda apoyarte en tu decisión. ¿Qué estrategias podría utilizar para generar apoyo de pares para su decisión?

**Component: *Texas Health Skills for High School Student Edition***

ISBN: 9781683115311

Link to Current Content: [View Current Content](#)

Current Page Number(s): 531

Location: Sexual Assault section

Original Text: indecency with a child

Updated Text: indecency with a child, which includes any sexual contact with a child or inappropriate exposure

**Component: *SPANISH OT Habilidades de salud de Texas en la escuela secundaria***

ISBN: 9781683115427

Link to Current Content: [View Current Content](#)

Current Page Number(s): 531

Location: Agresión sexual section

Original Text: indecencia con un niño

Updated Text: indecencia con un niño, que incluye cualquier contacto sexual con un niño o exposición inapropiada

**Component: *Texas Health Skills for High School Student Edition***

ISBN: 9781683115311

Link to Current Content: [View Current Content](#)

Current Page Number(s): 765

Location: Real World Health Skills

Original Text: Using this textbook and outside valid and reliable resources, list the rights and responsibilities of a noncustodial parent, according to the laws in your state. Then, design an educational brochure outlining these rights and responsibilities. Include websites and resources a noncustodial parent could view for additional information.

Updated Text: Using this textbook and outside valid and reliable resources, analyze the rights and responsibilities of all parties involved in teen parenthood, according to the laws in your state. Then, design an educational brochure outlining these rights and responsibilities. Include websites and resources a parent could view for additional information.

**Component: *SPANISH OT Habilidades de salud de Texas en la escuela secundaria***

ISBN: 9781683115427

Link to Current Content: [View Current Content](#)

Current Page Number(s): 765

Location: Mundo Real Habilidades sobre salud

Original Text: Usando este libro de texto y recursos externos válidos y confiables, enumera los derechos y responsabilidades de un padre sin custodia, de acuerdo con las leyes de tu estado. Luego, diseña un folleto educativo que describa estos derechos y responsabilidades. Incluye sitios web y recursos que un padre sin custodia podría ver para obtener información adicional.

Updated Text: Usando este libro de texto y recursos externos válidos y confiables, analice los derechos y responsabilidades todas de las partes involucradas en la paternidad adolescente, de acuerdo con las leyes de tu estado. Luego, diseña un folleto educativo que describa estos derechos y responsabilidades. Incluye sitios web y recursos que un padre podría ver para obtener información adicional.

**Component: *Texas Health Skills for High School Instructor's Edition***

ISBN: 9781683115403

Link to Current Content: [View Current Content](#)

Current Page Number(s): 459

Location: Treating Substance Use, Addiction, and Misuse, first paragraph

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Updated Text: Some community resources, such as drug-related safe havens, offer a safe space and counseling. Information about safe havens, getting help, and reporting drug-related behaviors can help people with a substance use disorder. Designing a public health information campaign about these topics can spread awareness to improve health behaviors.

**Component: *Texas Health Skills for High School Instructor's Edition***

ISBN: 9781683115403

Link to Current Content: [View Current Content](#)

Current Page Number(s): 465

Location: Hands-On Skills Activity

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Link to Current Content: [View Current Content](#)

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Updated Text: What strategies for choosing or returning to abstinence would work best for you? Why? Identify a trusted adult who could support you in your decision. What strategies could you use to build peer support for your decision?

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Current Page Number(s): 765

Location: Real World Health Skills

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