

Table of Contents

Introduction	5	Puberty	
Being Healthy		Developing Breasts	36
The Food Pyramid	9	Wearing Bras	37
Exercise	10	Menstruation	38
Cramming Food in My Mouth	11	Sanitary Products	39
Eating Only One Food	12	My Changing Body (Boys)	40
Eating off the Floor	13	Hair on Legs and Underarms (Girls)	41
Overeating	14	Acne	42
Drinking from My Own Glass	15	What Can I Do About Acne?	43
Taking Medicine	16	Manners	
Other People's Medicine	17	Picking My Nose	44
Scabs	18	Biting My Nails	45
Blowing with No Tissue	19	Passing Gas	46
Chewing on Dirty Tissues	20	Touching Myself	47
Inhalants	21	Adjusting Underwear	48
Marijuana	22	Books About Body Changes	49
Alcoholic Beverages	23	Picture Index	50
Smoking	24	Tracking Multiple Behaviors	51
Health Care		<i>Tracking Multiple Behaviors</i> Example	52
Wearing Glasses	25	Initial Behavior Analysis	53
A Cavity	26	<i>Initial Behavior Analysis</i> Example	54
Getting Braces	27	Record of Progress	55
My Retainer	28	<i>Record of Progress Example</i>	56
Immunizations	29	Tracking Form for Lessons — Individual	57
The Hospital	30	Tracking Form for Lessons — Group	59
Grooming		Overview of Lessons	61
Brushing Teeth	31	References and Resources	63
Washing Hair	32		
Washing Hands	33		
Using Deodorant	34		
Wearing Socks	35		