

Health Education 7 and 8

Research Topic Starters - List

- 1.) Puberty: The changing body
- 2.) The benefits of exercise
- 3.) The relationship between nourishment and a healthy body
- 4.) Sleeping disorders.
- 5.) Anorexia Nervosa
- 6.) Bulimia Nervosa
- 7.) Cardiorespiratory Fitness
- 8.) HIV
- 9.) AIDS
- 10.) Drug Abuse
- 11.) Promoting a healthy life style
- 12.) Promoting mental well-being
- 13.) Promoting emotional well-being
- 14.) Promoting spiritual well-being
- 15.) The hierarchy of need
- 16.) Anti-bullying
- 17.) Types of behavior (passive, assertive and aggressive)
- 18.) Coping mechanism
- 19.) Dealing with grief
- 20.) Coping with death
- 21.) The importance of developing good citizenship
- 22.) Types of effective communications
- 23.) Coping with anxiety, stress and depression (panic attacks)
- 24.) Coping with a disability
- 25.) Nutrients
- 26.) Junk foods - The Horrors
- 27.) Good decision making - Taking calculated risks
- 28.) Dieting: Teen Weight-Loss - Healthy or Dangerous
- 29.) Advertisements - Commercialism directed towards teens
- 30.) Anti-smoking

- 31.) Diseases - Cancer
- 32.) Positive attitudes
- 33.) Active living - Physical fitness
- 34.) The power of positive thinking
- 35.) Feminism
- 36.) Stereotypical Gender Roles - The changing roles of women in the western world
- 37.) Volunteerism
- 38.) Illegal Drug
- 37.) Prescription drugs
- 38.) Common sense
- 39.) Alcoholism
- 40.) Peer pressure
- 41.) Advertisements and the tobacco companies.
- 42.) Sports injuries
- 43.) First Aid
- 44.) Teenage pregnancy
- 45.) Fetal development of a baby - complications
- 46.) Friendship
- 47.) Sexually Transmitted Diseases
- 49.) Blood donations
- 50.) Abortion
- 51.) Adoption
- 52.) Doctor assisted suicide
- 53.) ...

