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Correlation of <i>Essential Health</i> ©2015 to North Carolina Essential Standards for Healthful Living / Health Education – High School	
MENTAL AND EMOTIONAL HEALTH	
ESSENTIAL STANDARD	
9.MEH.1: Create positive stress management strategies.	
CLARIFYING OBJECTIVES	CORRELATING PAGES
9.MEH.1.1: Identify the body's physical and psychological responses to stressful situations and positive coping mechanisms.	481-484
9.MEH.1.2: Plan effective methods to deal with anxiety.	518-519, 524 (#24)
ESSENTIAL STANDARD	
9.MEH.2: Create help-seeking strategies for depression and mental disorders.	
CLARIFYING OBJECTIVES	CORRELATING PAGES
9.MEH.2.1: Identify causes and symptoms of depression and mental disorders.	487, 504-505, 509-511, 512 (Real World Health), 524 (#23)
9.MEH.2.2: Design useful help-seeking strategies for depression and mental disorders.	467 (Real World Health), 493, 517-521, 521 (Real World Health), 524 (#24)
PERSONAL AND CONSUMER HEALTH	
ESSENTIAL STANDARD	
9.PCH.1: Analyze wellness, disease prevention, and recognition of symptoms.	
CLARIFYING OBJECTIVES	CORRELATING PAGES
9.PCH.1.1: Recognize that individuals have some control over risks for communicable and chronic diseases.	42-44, 46-49
9.PCH.1.2: Summarize the procedures for organ donation, local and state resources, and benefits.	419
9.PCH.1.3: Explain the procedures for health screenings, checkups, and other early detection measures in terms of their health-related benefits.	21 (Warm-Up Activity), 26-27, 31, 34 (#28)
9.PCH.1.4: Design strategies for reducing risks for chronic diseases.	62 (#29), 62 (Hands-On Activity), 365-367, 368 (Health across the Life Span), 418 (Skills for Health and Wellness), 438 (#17-#20)
9.PCH.1.5: Select measures to get adequate rest and sleep.	198 (Before You Read), 200-202, 207 (Research in Action), 207-208, 222 (#4-#6)
9.PCH.1.6: Recognize the early warning signs of skin cancer and the importance of early detection.	236-237
9.PCH.1.7: Differentiate between the lifelong effects of positive and negative health behaviors.	5-10, 11 (Figure 1.3), 12 (Real World Health)
ESSENTIAL STANDARD	
9.PCH.2: Evaluate health information and products.	
CLARIFYING OBJECTIVES	CORRELATING PAGES
9.PCH.2.1: Critique the potential health and social consequences of body art (tattooing and piercing).	237-238, 238 (Real World Health), 248 (Research in Action), 249 (Real World Health), 252 (#35 and #36)

9.PCH.2.2: Monitor the effects of media and popular culture on normative beliefs that contradict scientific research on health.	Health in the Media (88, 236, 304, 321)
ESSENTIAL STANDARD	
9.PCH.3: Understand necessary steps to prevent and respond to unintentional injury.	
CLARIFYING OBJECTIVES	CORRELATING PAGES
9.PCH.3.1: Summarize the risks associated with operating ATVs and motorcycles.	
9.PCH.3.2: Analyze reports of injuries to determine how they might have been prevented and what first aid measures should be taken.	46-47
INTERPERSONAL COMMUNICATION AND RELATIONSHIPS	
ESSENTIAL STANDARD	
9.ICR.1: Understand healthy and effective interpersonal communication and relationships.	
CLARIFYING OBJECTIVES	CORRELATING PAGES
9.ICR.1.1: Illustrate the ability to respond to others with empathy.	448 (Research in Action), 448-449, 502 (Warm-Up Activity)
9.ICR.1.2: Classify negotiation and collaboration skills as helpful or harmful in solving problems or resolving conflicts.	560-561
9.ICR.1.3: Illustrate strategies for resolving interpersonal conflict without harming self or others.	559-561, 561 (Real World Health), 586 (#29),
9.ICR.1.4: Summarize principles of healthy dating.	545-551, 554 (Hands-On Activity), 554 (#29)
9.ICR.1.5: Explain how power and control in relationships can contribute to aggression and violence.	571
ESSENTIAL STANDARD	
9.ICR.2: Evaluate abstinence from sexual intercourse as a positive choice for young people.	
CLARIFYING OBJECTIVES	CORRELATING PAGES
9.ICR.2.1: Critique skills and strategies that are used to promote abstinence from sexual activity in terms of their effectiveness.	385-386, 385 (Skills for Health and Wellness), 387 (Real World Health), 396 (Real World Health), 703 (Skills for Health and Wellness), 743 (Skills for Health and Wellness)
9.ICR.2.2: Explain the consequences of early and unprotected sexual behaviors.	383, 384 (Figure 13.2), 701-702, 741, 756 (#42)
ESSENTIAL STANDARD	
9.ICR.3: Create strategies that develop and maintain reproductive and sexual health.	
CLARIFYING OBJECTIVES	CORRELATING PAGES
9.ICR.3.1: Contrast the myths, misconceptions, and stereotypes pertaining to sexual assault and sexual abuse with what is known based on law and research.	550, 575 (Warm-Up Activity), 576-580, 579 (Skills for Health and Wellness), 587 (Math Practice)
9.ICR.3.2: Design safe plans for the prevention of sexual assault and abuse that include appropriate resources and needed skills.	579 (Skills for Health and Wellness), 583 (Real World Health), 586 (#29, #30)
9.ICR.3.3: Illustrate skills related to safe and effective use of methods to prevent STDs as well as access resources for testing and treatment.	385-387, 390, 391 (Research in Action), 393-396
9.ICR.3.4: Exemplify decision-making skills and problem solving regarding safe and effective use of methods to prevent unintended pregnancy.	23, 385-386, 387 (Real World Health)

NUTRITION AND PHYSICAL ACTIVITY	
ESSENTIAL STANDARD	
9.NPA.1: Analyze strategies using tools (MyPlate, Dietary Guidelines, Food Facts Label) to plan healthy nutrition and fitness.	
CLARIFYING OBJECTIVES	CORRELATING PAGES
9.NPA.1.1: Attribute the prevention of chronic diseases to healthy nutrition and physical activity.	42, 47-48, 71, 74, 81, 88-89, 161-162
9.NPA.1.2: Organize meal plans to meet special dietary needs for athletes, pregnant women, diabetics and those experiencing allergies.	71, 97-99, 163, 194 (#31), 432, 611-612, 614
9.NPA.1.3: Recognize the benefits of folic acid and other vitamins and minerals.	74-77
ESSENTIAL STANDARD	
9.NPA.2: Create strategies to consume a variety of nutrient dense foods and beverages in moderation.	
CLARIFYING OBJECTIVES	CORRELATING PAGES
9.NPA.2.1: Plan vegetarian diets that are balanced and nutrient dense.	72-73, 78 (Case Study)
9.NPA.2.2: Recall the number of servings recommended from each food group and the need for balanced nutrition.	82 (Figure 3.9), 83-84, 85 (Figure 3.12)
9.NPA.2.3: Summarize the effects of hydration and dehydration and preventive measures for dehydration.	78-79, 166, 191 (Real World Health)
ESSENTIAL STANDARD	
9.NPA.3: Analyze the relationship of nutrition, fitness, and healthy weight management to the prevention of diseases such as diabetes, obesity, cardiovascular diseases, and eating disorders.	
CLARIFYING OBJECTIVES	CORRELATING PAGES
9.NPA.3.1: Differentiate between healthy and unhealthy plans for weight gain, maintenance and loss.	120-125, 128 (Hands-On Activity)
9.NPA.3.2: Classify the effects of eating disorders as short-term or long-term.	144-145
9.NPA.3.3: Recall resources for seeking help for people with eating disorders.	148-149
ESSENTIAL STANDARD	
9.NPA.4: Apply lifelong nutrition and health-related fitness concepts to enhance quality of life.	
CLARIFYING OBJECTIVES	CORRELATING PAGES
9.NPA.4.1: Execute exercise programs with safety and effectiveness.	170-180, 182 (Skills for Health and Wellness), 183, 185-191
9.NPA.4.2: Use appropriate methods for avoiding and responding to climate-related physical conditions during physical activity.	188-189
9.NPA.4.3: Implement a personal plan to improve current habits to achieve balanced nutrition and fitness.	81-83, 172 (Figure 6.8), 180-183, 194 (Hands-On Activity)
ALCOHOL, TOBACCO, AND OTHER DRUGS	
ESSENTIAL STANDARD	
9.ATOD.1: Understand the health risks associated with alcohol, tobacco, and other drug use.	
CLARIFYING OBJECTIVES	CORRELATING PAGES
9.ATOD.1.1: Explain the short-term and long-term effects of performance-enhancing drugs on health and eligibility to participate in sports.	137, 333, 334 (Figure 11.16)



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9.ATOD.1.2: Analyze the role of family, community, and cultural norms in deciding to use alcohol, tobacco, and other drugs.	270-271, 271 (#5, 6, 7, 8, and Real World Health), 282 (#22), 303-305, 305 (#4), 314 (#21), 340, 343 (#3)
9.ATOD.1.3: Contrast prescription medicines, nonprescription medicines, and illegal substances in terms of their use and abuse.	322-324, 327-336, 338-343
9.ATOD.1.4: Summarize the risks of IV drug use, including blood borne diseases.	330, 332-333, 334 (Figure 11.16)
9.ATOD.1.5: Predict the effects of substance abuse on other people as well as society as a whole.	264-265, 272 (Warm-Up Activity), 279 (Real World Health), 298-299, 305 (Real World Health), 311 (Real World Health), 314 (#21, #23), 336 (Real World Health), 337 (Warm-Up Activity), 341, 346 (Hands-On Activity)
9.ATOD.1.6: Summarize the consequences of alcohol or tobacco use during pregnancy.	264-265, 297-298
ESSENTIAL STANDARD	
9.ATOD.2: Apply risk reduction behaviors to protect self and others from alcohol, tobacco, and other drug use.	
CLARIFYING OBJECTIVES	CORRELATING PAGES
9.ATOD.2.1: Identify ways to avoid riding in a car or engaging in other risky behaviors with someone who is under the influence of alcohol or other drugs.	265, 293 (Warm-Up Activity), 307-308, 341
9.ATOD.2.2: Use strategies for avoiding binge drinking.	295-296, 307-308