



Goodheart-Willcox Publisher Correlation of *Essential Health* ©2018 to North Carolina Essential Standards for Healthful Living / Health Education – High School

MENTAL AND EMOTIONAL HEALTH

9.MEH.1: Create positive stress management strategies.

CLARIFYING OBJECTIVES	CORRELATING PAGES
Identify the body's physical and psychological responses to stressful situations and positive coping mechanisms.	481-484
Plan effective methods to deal with anxiety.	518-519, 524 (#24)

9.MEH.2: Create help-seeking strategies for depression and mental disorders.

Identify causes and symptoms of depression and mental disorders.	487, 504-505, 509-511, 512 (Real World Health), 524 (#23)
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

9.PCH.1: Analyze wellness, disease prevention, and recognition of symptoms.

CLARIFYING OBJECTIVES	CORRELATING PAGES
Recognize that individuals have some control over risks for communicable and chronic diseases.	42-44, 46-49
Summarize the procedures for organ donation, local and state resources, and benefits.	419
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)
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)
Select measures to get adequate rest and sleep.	198 (Before You Read), 200-202, 207 (Research in Action), 207-208, 222 (#4-#6)
Recognize the early warning signs of skin cancer and the importance of early detection.	236-237
Differentiate between the lifelong effects of positive and negative health behaviors.	5-10, 11 (Figure 1.3), 12 (Real World Health)

9.PCH.2: Evaluate health information and products.

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)
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)

9.PCH.3: Understand necessary steps to prevent and respond to unintentional injury.

Summarize the risks associated with operating ATVs and motorcycles.	47, 715-716
Analyze reports of injuries to determine how they	46-47



might have been prevented and what first aid measures should be taken.	
INTERPERSONAL COMMUNICATION AND RELATIONSHIPS	
9.ICR.1: Understand healthy and effective interpersonal communication and relationships.	
CLARIFYING OBJECTIVES	CORRELATING PAGES
Illustrate the ability to respond to others with empathy.	448 (Research in Action), 448-449, 502 (Warm-Up Activity)
Classify negotiation and collaboration skills as helpful or harmful in solving problems or resolving conflicts.	560-561
Illustrate strategies for resolving interpersonal conflict without harming self or others.	559-561, 561 (Real World Health), 586 (#29),
Summarize principles of healthy dating.	545-551, 554 (Hands-On Activity), 554 (#29)
Explain how power and control in relationships can contribute to aggression and violence.	571
9.ICR.2: Evaluate abstinence from sexual intercourse as a positive choice for young people.	
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)
Explain the consequences of early and unprotected sexual behaviors.	383, 384 (Figure 13.2), 701-702, 741, 756 (#42)
9.ICR.3: Create strategies that develop and maintain reproductive and sexual health.	
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)
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)
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
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	
9.NPA.1: Analyze strategies using tools (MyPlate, Dietary Guidelines, Food Facts Label) to plan healthy nutrition and fitness.	
CLARIFYING OBJECTIVES	CORRELATING PAGES
Attribute the prevention of chronic diseases to healthy nutrition and physical activity.	42, 47-48, 71, 74, 81, 88-89, 161-162
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
Recognize the benefits of folic acid and other vitamins and minerals.	74-77
9.NPA.2: Create strategies to consume a variety of nutrient dense foods and beverages in	

moderation.	
Plan vegetarian diets that are balanced and nutrient dense.	72-73, 78 (Case Study)
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)
Summarize the effects of hydration and dehydration and preventive measures for dehydration.	78-79, 166, 191 (Real World Health)
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.	
Differentiate between healthy and unhealthy plans for weight gain, maintenance and loss.	120-125, 128 (Hands-On Activity)
Classify the effects of eating disorders as short-term or long-term.	144-145
Recall resources for seeking help for people with eating disorders.	148-149
9.NPA.4: Apply lifelong nutrition and health-related fitness concepts to enhance quality of life.	
Execute exercise programs with safety and effectiveness.	170-180, 182 (Skills for Health and Wellness), 183, 185-191
Use appropriate methods for avoiding and responding to climate-related physical conditions during physical activity.	188-189
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	
9.ATOD.1: Understand the health risks associated with alcohol, tobacco, and other drug use.	
CLARIFYING OBJECTIVES	CORRELATING PAGES
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)
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)
Contrast prescription medicines, nonprescription medicines, and illegal substances in terms of their use and abuse.	322-324, 327-336, 338-343
Summarize the risks of IV drug use, including blood borne diseases.	330, 332-333, 334 (Figure 11.16)
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)
Summarize the consequences of alcohol or tobacco use during pregnancy.	264-265, 297-298
9.ATOD.2: Apply risk reduction behaviors to protect self and others from alcohol, tobacco, and other drug use.	
Identify ways to avoid riding in a car or engaging in other risky behaviors with someone who is under	265, 293 (Warm-Up Activity), 307-308, 341



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the influence of alcohol or other drugs.	
Use strategies for avoiding binge drinking.	295-296, 307-308