

**Goodheart-Willcox Publisher Correlation of *Essential Health* ©2018
to Oregon Department of Education Health Skills and Concepts
Course: Health Education – Grades 9-12 (8051)**

CONCEPTS	CORRELATING PAGES
Strand - ALCOHOL, TOBACCO AND OTHER DRUG PREVENTION	
Describe health benefits of abstaining from or discontinuing tobacco and/or drug use.	258-265, 326-336, 339-340
Explain short-and long-term effects of alcohol, tobacco, inhalants and other drug use, including anabolic steroids, performance enhancing drugs and controlled substances.	286-292, 293-299, 258-265, 326-336, 333
Describe the potential addictive qualities of alcohol, tobacco and other drugs.	300-305, 267-269, 272-279, 337-343
Explain the impact of secondhand smoke.	264-265
Interpret school policies and community laws related to alcohol, tobacco, steroids, performance enhancing and illegal drug use, possession, and sales.	276-279, 307-308, 309, 341
Explain the relationship between alcohol and other drug use on vehicle crashes, injuries, violence, suicide, and sexual risk behavior.	47, 294-295, 298, 336, 346 (#30), 563-564
Explain the effects of alcohol, tobacco and other drug use during pregnancy.	264, 265 (#8), 297-298, 510
Explain the effects of alcohol, tobacco, steroids, performance enhancing, other drug use, and controlled substances on athletic performance.	333
Identify the occupational dangers of drug use in the workplace.	336, 341
Strand - PREVENTION AND CONTROL OF DISEASE	
Describe strategies for preventing communicable diseases and early detection of non-communicable diseases.	365-367, 385-387, 410-413
Identify screenings, including melanoma, breast and testicular self-examinations, and medical examinations, including pap smear, HPV,STD, HIV and Hepatitis B and C testing necessary to maintain reproductive health.	26, 31, 53, 62 (#29), 391, 426, 428, 620, 622, 623
Explain how public health policies and government regulations influence health promotion and disease prevention.	27, 29-30, 151 (#3), 276, 367, 387
Describe strategies for preventing communicable diseases and early detection of non-communicable diseases.	365-367, 385-387, 410-413

Strand - PROMOTION OF ENVIRONMENTAL HEALTH	
Identify ways to reduce exposure to the sun, including tanning beds.	236-237, 252 (#35)
Describe the impact of air and water pollution, including secondhand smoke.	56, 57, 262, 264-265
Describe how physical environments affect health and well-being.	56-58, 62 (Hands-On Activity), 95, 115, 118, 201, 220
Identify ways to reduce pollution and harmful effects to health by using active modes of transportation.	57
Strand - PROMOTION OF HEALTHY EATING	
Describe dietary guidelines, food groups, nutrients and portion size for healthy eating habits.	68-79, 81-87, 90 (Warm-Up Activity), 115-116
Explain the importance of variety and moderation in food selection and consumption.	81, 83, 87, 92, 95
Describe the impact nutrition has on chronic disease.	415, 416, 432, 435, 438 (#17)
Explain how to keep food safe through proper food purchasing, preparation and storage practices.	90-99
Determine the benefits of healthy weight control and healthy weight control practices.	81, 109-110, 492-493
Strand - PROMOTION OF MENTAL, SOCIAL AND EMOTIONAL HEALTH	
Explain how to build and maintain healthy family and peer relationships.	528-555
Describe qualities that contribute to a healthy self-image.	132-139, 154 (Hands-On Activity), 457-460
Classify personal stressors at home, in school and community.	474-479
Describe law for reporting child abuse.	569, 574 (Real World Health), 586 (#30)
Recognize diversity among relationships including age, disability national origin, race, color, marital status, sex, sexual orientation and gender identity.	539-540
Describe how social environments affect health and well-being.	7, 531-532, 536-537, 539, 541-542, 546-549
Explain the causes, effects and symptoms of depression, including suicide and psychosis. (Essential)	10, 24, 42, 53, 163, 487, 504-505, 506, 509, 514, 571
Explain eating disorders and symptoms.	140-146, 148-149
Explain different signs and symptoms of addictive behaviors.	267-269, 301-302, 311 (Real World Health), 338-340

Strand - PROMOTION OF PHYSICAL ACTIVITY	
Explain physical academic, mental and social benefits of physical activity and the relationship of sedentary lifestyle to chronic disease.	128 (#29), 161-165, 174
Describe appropriate use of safety equipment and procedures for physical activity.	184-191
Describe the role of lifelong fitness in maintaining personal fitness, blood pressure, weight and percentage of body fat.	110, 160-165, 416, 686
Identify the health risks and legal issues related to using steroids, performance- enhancing drugs and controlled substances.	134, 137, 333, 334, 340
Strand - PROMOTION OF SEXUAL HEALTH	
Describe physical, social and emotional changes during the transition from adolescence to adulthood.	368, 453-455, 534-537, 603, 662 (Warm-Up Activity), 673-679, 682
Explain the menstrual cycle and its relationship to conception and pregnancy.	600-601
Explain how conception occurs, the stages of pregnancy, and responsibility of parenting.	590-627, 628-659
Explain why abstinence is the safest, most effective method of protection from HPV, STD/HIV, Hepatitis B and C and pregnancy.	23-24, 48, 385-386, 425
Describe contraceptive methods, disease reduction measures, their proper use, and their effectiveness including condoms.	385-387
Explain the laws related to reproductive and sexual health care.	401-403, 577, 638, 655, 658 (#27)
Identify common symptoms of and treatments for STDs and HIV, including increased risk with multiple partners.	380-407
Differentiate between biological sex, sexual orientation, and gender identity and expression.	452-453
Describe the impact of alcohol and other drug use on sexual decision-making.	298-299, 336, 554 (#30)
Describe a range of ways to express affection with healthy relationships.	546-549
Describe characteristics of healthy and unhealthy romantic and/or sexual relationships.	546-551
Define sexual consent and explain its implications for sexual decision- making.	567, 575 (Warm-Up Activity), 576-577, 580
Strand – UNINTENTIONAL INJURY PREVENTION	
Distinguish ways to prevent fires and reduce risk of injuries in case of fire.	718-719, 720

Explain ways to reduce risk of injuries in and around water.	732, 47, 295
Explain safe behavior while traveling to and from school and in the community.	715-716, 307, 336 (Real World Health)
Explain safe behaviors to reduce injury during sports/recreational participation.	184-191
Describe procedures for emergency care and lifesaving, including CPR, first aid, and control of bleeding.	725-734
Identify ways to prevent situations that might harm vision and hearing.	246, 740
Describe rules and laws intended to prevent injuries.	716 (#1), 722, 201, 294, 544
Describe methods for avoiding, responding to and recovering from climate-related physical conditions.	741-743
Examine the impact of alcohol, tobacco and other drug use on unintentional injury.	260-265, 288, 294-295, 327
Identify ways to reduce risk of work- related injuries including the examination of OSHA laws.	722-723, 57
Strand – VIOLENCE AND SUICIDE PREVENTION	
Explain pro-social behaviors and explain how they may prevent violence.	9, 449, 559-560, 569
Examine how violence, aggression bullying, cyber- bullying and harassment affect health and safety.	556-587
Explain the role problem solving; anger management and impulse control have on preventing violence.	445, 446, 447, 487, 505, 511, 549, 550, 560, 563
Interpret school policy related to bullying, cyber-bullying, harassment, and intimidation.	565-566, 569, 580-581
Explain how witnesses and bystanders can help prevent violence by reporting dangerous situations.	583, 568-569
Explain the relationship between alcohol and other drug use on violence, including suicide and sexual assault.	563-564, 577, 578, 579, 514
Identify the warning signs of suicide and describe what to do if someone seems depressed or is considering suicide.	513-515, 524 (#22, #24, #25)
Describe the consequences of prejudice and discrimination based on gender non- conformity, racism, sexism, and hate crimes.	567, 402-403
Explain how witnesses and bystanders can help prevent violence by reporting dangerous situations.	583, 568-569, 583



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Describe federal, state and local laws intended to prevent violence.	566, 567, 577, 564 (Research in Action, #3)
Identify that media and technology may contain violent messages and images.	563, 564, 565, 583, 586 (#31)