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Goodheart-Willcox Publisher Correlation of <i>Essential Health Skills for Middle School</i> ©2019 and <i>Comprehensive Health Skills for Middle School</i> ©2019 to Oregon Department of Education Health Skills and Concepts Course: Health Education – Grades 6-8	
CONCEPTS	CORRELATING PAGES
Strand - ALCOHOL, TOBACCO AND OTHER DRUG PREVENTION	
Describe the benefits of a tobacco and drug- free environment.	259, 269 (#20)
Explain why most youth do not use alcohol, tobacco and other drugs.	252, 257 (#1), 287, 329 (#16)
Explain short-and long-term effects of alcohol, tobacco, inhalants and other drug use, including anabolic steroids, performance enhancing drugs and controlled substances.	245-249, 249 (#5), 275-282, 283 (Hands-On), 307-313, 317 (5)
Explain the stages of drug dependence and addiction and its' effects on the adolescent brain.	255-256, 257 (#5)
Explain the impact of second hand smoke.	248-249, 249 (#5)
Explain appropriate use of 'over the counter' and prescription drugs.	300-301, 303-304, 329 (#22)
Explain school policies and community laws related to alcohol, tobacco and illegal drug use, possession, and sales.	262-264, 290, 295 (#15)
Explain the relationship between alcohol and other drug use on vehicle crashes, injuries, violence, suicide, and sexual risk behavior.	280-282, 295 (#23)
Identify the effects of alcohol, tobacco and other drug use during pregnancy.	249, 277
Identify the effects of alcohol, tobacco, other drugs, including anabolic steroids and performance enhancing drugs.	245-249, 249 (#5), 275-282, 283 (Hands-On), 307-313, 317 (5)
Strand - PREVENTION AND CONTROL OF DISEASE	
Identify the differences between communicable diseases and non- communicable diseases.	335-337, 358-360, 383 (#15, 18)
Describe personal health care practices that prevent the spread of communicable disease including HIV/AIDS, STDs and Hepatitis B and C.	371-380, 380 (#1-5, Hands-On)
Strand - PROMOTION OF ENVIRONMENTAL HEALTH	
Identify sources of air and water pollution and how pollution affects health.	424 (Graphic Organizer), 426-430, 449 (#16)



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Identify ways to reduce exposure to the sun.	40, 44-45, 62 (#4)
Identify ways to reduce exposure to potentially harmful and toxic substances, including second-hand smoke and how these substances may affect health.	249, 249 (#5)
Identify ways that transportation affects environment, health, and air quality.	425-426, 449 (#17)
Strand - PROMOTION OF HEALTHY EATING	
Compare and contrast the food groups, nutrients and serving size in the USDA recommended guidelines.	171-175, 182 (Hands-On)
Explain the importance of variety and moderation in food selection and consumption.	166-167, 182 (#2)
Identify the impact nutrition has on chronic disease.	379, 380, 380 (Hands-On)
Understand health risks of improper food handling.	374-375, 380 (#3)
Identify disordered eating habits and symptoms.	198-202, 202 (#2-4)
Strand - PROMOTION OF MENTAL, SOCIAL AND EMOTIONAL HEALTH	
Explain how to build and maintain healthy family, peer, and dating relationships.	472-474, 475 (Hands-On), 478-480, 484 (Hands-On), 486-487, 490 (#2)
Identify qualities that contribute to a healthy self-image.	101-104, 104 (#4)
Identify personal stressors at home, in school and community.	117, 124 (Hands-On)
Recognize diversity among people, including age, disability national origin, race, color, marital status, sex, sexual orientation and gender identity.	477-478
Identify how to manage emotions during adolescence.	106-114, 114 (Hands-On)
Identify the causes, effects and symptoms of depression, including suicide.	135, 147-151, 152 (Hands-On)
Explain eating disorders and symptoms.	198-202, 202 (#2-4)
Identify different types of addictive behaviors, including drug use and problem gambling.	254-257, 257 (#5), 282, 317
Describe law for reporting child abuse.	511-512, 525 (#19)
Strand - PROMOTION OF PHYSICAL ACTIVITY	
Explain the physical, academic, mental, and social benefits of physical activity and the relationship of a sedentary lifestyle to chronic disease.	210-211, 210 (Thinking Critically),
Identify appropriate use of safety equipment and procedures for physical activity.	222-226, 226 (#1-5)



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Examine the role of lifelong fitness activities in maintaining personal fitness, blood pressure, weight and percentage of body fat.	210-211, 237 (#21)
Name the dangers and legal issues related to the use of steroids, performance-enhancing drugs and controlled substances.	196, 312
Strand - PROMOTION OF SEXUAL HEALTH	
Describe physical, social and emotional changes that occur during puberty.	545-549, 552 (#1-5) 617-620 [Comprehensive]
Define sexual intercourse and its relationship to human reproduction.	532-534, 563 (#16) 620-621, 634 (#7) [Comprehensive]
Explain how conception occurs, the stages of pregnancy, and responsibility of parenting.	534-535, 535 (#3-5)
Acknowledge that abstinence is the safest, most effective method of protection from STD/HIV/Hepatitis B and C and pregnancy.	347, 355, 383 (#19), 487-488, 490 (#5), 492 (#11) 622-623, 625 (#4), 635 (#22), 642-643, 655, 656 (Hands-On) [Comprehensive]
Identify methods of protection including abstinence, disease reduction measures and contraception, from STD/HIV, Hepatitis B and C and pregnancy.	346-348, 349 (#4), 355-356, 383 (#19)
Identify possible short and long-term consequences of sexual activity, including what it means to be responsible for the results of one's decisions.	342-346, 355 620-621 [Comprehensive]
Describe gender roles, gender identity and sexual orientation within healthy sexuality.	478 609-615, 615 (#1-5, Hands-On) [Comprehensive]
Identify the impact of alcohol and other drug use on sexual decision-making.	277-278, 312, 347
Discuss the impacts of bullying, sexual harassment, sexual abuse, sexual assault, incest, rape and dating violence.	35 (#15), 497-506, 506 (#1-5, Hands-On), 508-509 627-630, 632 [Comprehensive]
Differentiate between biological sex, sexual orientation, and gender identity and expression.	607-615, 615 (#1-5, Hands-On) [Comprehensive]
Compare and contrast the characteristics of healthy and unhealthy relationships.	455-467, 467 (#1-5)
Describe a range of ways people express affection within various types of relationships.	472-473, 474, 475 (Hands-On), 479, 484 (Hands-On), 487-488
Define STDs, HIV, Hepatitis B/C and how they are and are not transmitted.	342-346, 349 (#1-3, Hands-On)
Describe the consequences of prejudice, discrimination, racism, sexism and hate crimes.	520 614 (Building Your Skills), 635 (#17) [Comprehensive]
Strand – UNINTENTIONAL INJURY PREVENTION	



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Explain ways to prevent fires and reduce the risk of injuries in case of fire.	389-391, 396 (Hands-On)
Explain ways to reduce risk of injuries in and around water.	405-406, 406 (#4)
Explain safe behaviors when traveling to and from school and in the community.	398-399, 403-405, 406 (3, Hands-On)
Explain ways to reduce risk of injuries during sports/recreational participation.	222-226, 226 (#1-5)
Explain what to do during an emergency and/or natural disaster, including floods, tsunamis, and earthquakes.	392-394, 395 (Building Your Skills), 396 (#5)
Describe basic first aid procedures needed to treat injuries and other emergencies.	408-418, 418 (#1-5, Hands-On)
Identify ways to prevent situations that might harm vision and hearing.	56-60
Identify ways to prevent climate- related physical conditions, such as physical exhaustion, sunburn, heat stroke and hypothermia.	40, 44-45, 62 (#4), 224-225
Explain the impact of alcohol, tobacco and other drugs on unintentional injury.	280-282, 308 (Case Study), 316, 317 (Hands-On)
Strand – VIOLENCE AND SUICIDE PREVENTION	
Explain pro-social behaviors.	8, 35 (#15)
Explain how violence, aggression, bullying, cyber-bullying, and harassment affect health and safety.	18-20, 500-501, 502, 506 (#4)
Explain the role problem-solving; anger management and impulse control have on preventing violence.	108-111, 114 (Hands-On)
Describe the differences between physical, verbal, relational, sexual, and dating violence.	508-509, 515 (#1, 2) 628-629, 632 (#3) [Comprehensive]
Explain how witnesses and bystanders can help prevent violence by reporting dangerous situations.	501, 504, 525 (#19), 551
State the warning signs of suicide.	147-151, 152 (#5)
Identify that media and technology may contains violent messages and images.	400-402, 406 (#5)