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Correlation of *Essential Health Skills for Middle School* ©2023

to the Health Education Content Standards For California (Grades 7–8)

COMPETENCY		CORRELATING PAGES
Nutrition and Physical Activity		
Standard 1 – Essential Concepts		
1.1.N	Describe the short- and long-term impact of nutritional choices on health.	195–203, 210–211
1.2.N	Identify nutrients and their relationships to health.	195–203
1.3.N	Examine the health risks caused by food contaminants.	216, 371–376
1.4.N	Describe how to keep food safe through proper food purchasing, preparation, and storage practices.	216, 394–395
1.5.N	Differentiate between diets that are health-promoting and diets linked to disease.	205–215
1.6.N	Analyze the caloric and nutritional value of foods and beverages.	205–215
1.7.N	Describe the benefits of eating a variety of foods high in iron, calcium, and fiber.	195–203, 210–211
1.8.N	Identify ways to prepare food that are consistent with current research-based guidelines for a nutritionally balanced diet.	205–216
1.9.N	Analyze the harmful effects of engaging in unscientific diet practices to lose or gain weight.	223–225, 230, 232–233
1.10.N	Identify the impact of nutrition on chronic disease.	210, 379–386, 398–400

1.11.N	Analyze the cognitive and physical benefits of eating breakfast daily.	212
1.12.N	Examine the role of lifelong fitness activities in maintaining personal fitness, blood pressure, weight, and percentage of body fat.	219, 222–227, 577
1.13.N	Explain how to use a Body Mass Index (BMI) score as a tool for measuring general health.	220
1.14.N	Identify ways to increase daily physical activity.	246–247, 254 (Hands-On Activity), 262–268, 271 (#19–20)
1.15.N	Explain that incorporating daily moderate or vigorous physical activity into one’s life does not require a structured exercise plan or special equipment.	243, 246–247
1.16.N	Differentiate between physical activity and exercise and health-related and skill-related fitness.	243, 249–254
Standard 2 – Analyzing Influences.		
2.1.N	Describe the influence of culture and media on body image.	229–232
2.2.N	Evaluate internal and external influences on food choices.	215
2.3.N	Analyze the impact of nutritional choices on future reproductive and prenatal health.	209, 221–222, 553
2.4.N	Analyze the influence of technology and media on physical activity.	244 (Case Study), 246, 271 (#16 and 19)
Standard 3 – Accessing Valid Information.		
3.1.N	Distinguish between valid and invalid sources of nutrition information.	205–210, 213–214

3.2.N	Evaluate the accuracy of claims about dietary supplements and popular diets.	223-225
3.3.N	Describe how to access nutrition information about foods offered in restaurants in one's community.	213-214
3.4.N	Identify places where youths and families can be physically active.	246-247
3.5.N	Identify trusted adults in one's family, school, and community for advice and counseling regarding healthy eating and physical activity.	226-227
Standard 4 – Interpersonal Communication.		
4.1.N	Demonstrate the ability to use effective skills to model healthy decision making and prevent overconsumption of foods and beverages.	211-215, 216 (#5 and Hands-On Activity)
4.2.N	Practice effective communication skills with parents, guardians, or trusted adults regarding healthy nutrition and physical activity choices.	226-227, 271 (#20)
Standard 5 – Decision Making.		
5.1.N	Use a decision-making process to evaluate daily food intake for nutritional requirements.	211-215, 216 (Hands-On Activity), 239 (#22)
5.2.N	Identify recreational activities that increase physical activity.	245-247, 263-268
5.3.N	Contrast healthy and risky approaches to weight management.	218-227
5.4.N	Analyze the physical, mental, and social benefits of physical activity.	243-245, 247 (Hands-On Activity), 271 (#18)
Standard 6 – Goal Setting.		

6.1.N	Make a personal plan for improving one's nutrition and incorporating physical activity into daily routines.	35 (#22), 211–216, 222–227, 239 (#24), 262–268, 271 (#20)
6.2.N	Set a goal to increase daily physical activity.	263–265, 271 (#15 and 20)
Standard 7 – Practicing Health-Enhancing Behaviors.		
7.1.N	Make healthy food choices in a variety of settings.	211–216, 239 (#21–22)
7.2.N	Explain proper food handling safety when preparing meals and snacks.	216
7.3.N	Assess personal physical activity levels.	262–263, 271 (#20)
7.4.N	Examine ways to be physically active throughout a lifetime.	262–268, 577
Standard 8 – Health Promotion.		
8.1.N	Encourage nutrient-dense food choices in school.	203 (Hands-On Activity), 239 (#21)
8.2.N	Support increased opportunities for physical activity at school and in the community.	271 (#18)
8.3.N	Encourage peers to eat healthy foods and to be physically active.	239 (#21)
Growth, Development, and Sexual Health		
Standard 1 – Essential Concepts		
1.1.G	Explain physical, social, and emotional changes associated with adolescence.	500–504, 564–569, 581 (#23) Human Sexuality Supplement: 619–623
1.2.G	Summarize the human reproduction cycle.	553–554, 622, 641–643
1.3.G	Explain the effectiveness of abstinence in preventing HIV, other STDs, and unintended pregnancy.	507–508, 589–590, 599–600, 603 (#19) Human Sexuality Supplement: 623, 643–645

1.4.G	Explain how conception occurs, the stages of pregnancy, and the responsibilities associated with parenting.	553–555 Human Sexuality Supplement: 622–623, 641–643, 654
1.5.G	Explain the effectiveness of FDA-approved condoms and other contraceptives in preventing HIV, other STDs, and unintended pregnancy.	590–591, 599–600 Human Sexuality Supplement: 643–651
1.6.G	Identify the short- and long-term effects of HIV, AIDS, and other STDs.	585–590, 592–593, 596–597, 603 (#18)
1.7.G	Identify ways to prevent or reduce the risk of contracting HIV, AIDS, and other STDs.	589–591, 599–600, 603 (#19) Human Sexuality Supplement: 643–646
1.8.G	Recognize that there are individual differences in growth and development, physical appearance, gender roles, and sexual orientation.	558–559 Human Sexuality Supplement: 611–616
1.9.G	Explain why individuals have the right to refuse sexual contact.	507–508 Human Sexuality Supplement: 625–626, 628–629
1.10.G	Describe the emotional, psychological, and physical consequences of rape and sexual assault.	Human Sexuality Supplement: 630–632
1.11.G	Explain why rape and sexual assault should be reported to authorities and trusted adults.	Human Sexuality Supplement: 633–634
1.12.G	Describe responsible prenatal and child care, including California’s Safely Surrendered Baby Law.	559–562, 570–571 Human Sexuality Supplement: 651–652, 655–656
1.13.G	Evaluate the benefits to mother, father, and child when teenagers wait until adulthood to become parents.	570–571 Human Sexuality Supplement: 655–657

Standard 2 – Analyzing Influences.

2.1.G	Analyze how internal and external influences affect growth and development, relationships, and sexual behavior.	558–559, 562–564, 569–570, 603 (#22) Human Sexuality Supplement: 613–615, 624–626, 630–632, 654, 661 (#16 and 20)
2.2.G	Evaluate how culture, media, and other people influence our perceptions of body image, gender roles, sexuality, attractiveness, relationships, and sexual orientation.	229–231 Human Sexuality Supplement: 613–615, 661 (#16 and 20)
2.3.G	Analyze the influence of alcohol and other drugs on sexual behaviors.	590 Human Sexuality Supplement: 633, 654
2.4.G	Describe situations that could lead to pressure for sexual activity and to the risk of contracting HIV and other STDs.	590, 603 (#20) Human Sexuality Supplement: 624–626, 632–633, 634 (Hands-On Activity)
2.5.G	Recognize that there are individual, family, and cultural differences in relationships.	484, 492–493, 497 Human Sexuality Supplement: 611–615
2.6.G	Explain how sexual exploitation can occur through the Internet.	539
Standard 3 – Accessing Valid Information.		
3.1.G	Identify trusted adults in one’s family, school, and community for advice and counseling regarding reproductive and sexual health.	581 (#21) Human Sexuality Supplement: 614, 624, 634, 637 (#20), 641, 656
3.2.G	Locate medically and scientifically accurate sources of information on reproductive health.	581 (#20), 592 (Building Your Skills), 593 (Hands-On Activity), 603 (#23) Human Sexuality Supplement: 637 (#21), 641–643, 658 (Hands-On Activity)
3.3.G	Identify health care providers for reproductive and sexual health services.	553, 597–599, 603 (#21) Human Sexuality Supplement: 641–643, 655, 661 (#21)
Standard 4 – Interpersonal Communication.		

4.1.G	Practice effective communication skills with parents, guardians, health care providers, or other trusted adults by discussing issues related to reproductive and sexual health.	581 (#21) Human Sexuality Supplement: 637 (#20), 656 (Building Your Skills)
4.2.G	Use effective verbal and nonverbal communication skills to prevent sexual involvement, HIV, other STDs, and unintended pregnancy.	589-590, 603 (#20) Human Sexuality Supplement: 625-626, 637 (#23)
4.3.G	Use healthy and respectful ways to express friendship, attraction, and affection.	508-509 Human Sexuality Supplement: 637 (#22)
4.4.G	Analyze the benefits of respecting individual differences in growth and development, physical appearance, gender roles, and sexual orientation.	Human Sexuality Supplement: 616 (Building Your Skills), 617 (Hands-On Activity)
4.5.G	Demonstrate how to ask for help from parents, other trusted adults, or friends when pressured to participate in sexual behavior.	Human Sexuality Supplement: 624, 634 (Hands-On Activity)
Standard 5 – Decision Making.		
5.1.G	Analyze why abstinence is the most effective method for the prevention of HIV, STDs, and pregnancy.	507, 589-590, 599, 603 (#19) Human Sexuality Supplement: 623-624, 643
5.2.G	Use a decision-making process to examine the characteristics of healthy relationships.	506-507 Human Sexuality Supplement: 658 (Hands-On Activity)
5.3.G	Use a decision-making process to evaluate individual differences in growth and development, physical appearance, gender roles, and sexual orientation.	581 (#22) Human Sexuality Supplement: 616 (Building Your Skills)
5.4.G	Analyze the responsibilities and privileges of becoming a young adult.	573-574

5.5.G	Identify how good health practices in adolescence affect lifelong health and the health of future children.	569–571 Human Sexuality Supplement: 641–643, 655–658
5.6.G	Explain the immediate physical, social, and emotional risks and consequences associated with sexual activity.	570–571, 585, 589 (Case Study), 596 Human Sexuality Supplement: 622–623, 655–657
5.7.G	Use a decision-making process to evaluate the value of using FDA-approved condoms for pregnancy and STD prevention.	590–591 Human Sexuality Supplement: 643–649
Standard 6 – Goal Setting.		
6.1.G	Develop a plan to avoid HIV, AIDS, other STDs, and pregnancy.	589–591, 593 (#4), 599–600, 602 (#5 and 12), 603 (#19 and 21) Human Sexuality Supplement: 624–626, 643–651, 656–658
6.2.G	Describe how HIV, AIDS, other STDs, or pregnancy could impact life goals.	596–597 Human Sexuality Supplement: 622–623, 655–657, 661 (#22)
Standard 7 – Practicing Health-Enhancing Behaviors.		
7.1.G	Describe strategies for refusing unwanted sexual activity.	507–509, 590, 603 (#20) Human Sexuality Supplement: 625–626, 628–630, 632–633, 637 (#23)
7.2.G	Demonstrate the ability to anticipate and minimize exposure to situations that pose a risk to sexual health.	603 (#20) Human Sexuality Supplement: 624, 625 (Case Study), 632–633, 634 (#5 and Hands-On Activity)
7.3.G	Describe personal actions that can protect reproductive and sexual health.	589–591, 599–600, 603 (#19–20) Human Sexuality Supplement: 624–626, 632–633, 641–651, 657–658
Standard 8 – Health Promotion.		

8.1.G	Support and encourage safe, respectful, and responsible relationships.	508, 509 (Case Study) Human Sexuality Supplement: 616 (Building Your Skills), 626 (Hands-On Activity), 637 (#22), 656 (Building Your Skills)
8.2.G	Promote respect for and dignity of persons living with HIV or AIDS.	600 (#5)
Injury Prevention and Safety		
Standard 1 – Essential Concepts		
1.1.S	Describe the differences between physical, verbal, and sexual violence.	517-519, 522-524, 528-532 Human Sexuality Supplement: 629-631
1.2.S	Explain how witnesses and bystanders can help prevent violence by reporting dangerous situations.	520-521, 524-526, 538-539, 541, 542 (#5 and Hands-On Activity) Human Sexuality Supplement: 629-631
1.3.S	Describe how the presence of weapons increases the risk of serious violent injuries.	408-409
1.4.S	Discuss the importance of reporting weapon possession.	408-409, 418-419, 426 (Hands-On Activity)
1.5.S	Explain how violence, aggression, bullying, and harassment affect health and safety.	25-26, 441 (#20), 484-487, 516-526, 528-539, 541-542 Human Sexuality Supplement: 629, 630-632
1.6.S	Identify trusted adults to whom school or community violence should be reported.	521, 524, 538, 541-542 Human Sexuality Supplement: 629-630, 633
1.7.S	Describe possible legal consequences of sexual harassment and violence.	534 Human Sexuality Supplement: 629-631
1.8.S	Describe types of sexual harassment and ways to report them.	Human Sexuality Supplement: 629-631
1.9.S	Describe the behavioral and environmental factors associated with major causes of death in the United States.	15-21, 181-183, 309-316, 339-341, 398-400, 423-426
1.10.S	Identify basic safety guidelines for	412-414, 415 (Building Your Skills)

	emergencies and natural disasters.	
1.11.S	Identify ways to prevent climate-related physical conditions such as exhaustion, sunburn, heat stroke, and hypothermia.	258–259
1.12.S	Explain safety hazards associated with Internet usage.	420–423, 441 (#18 and 20), 499, 522–524
1.13.S	Explain ways to prevent fires and reduce the risk of fire-related injuries.	409–411
1.14.S	Explain ways to reduce the risk of injuries in and around water.	425–426
1.15.S	Explain ways to reduce the risk of injuries (including oral injuries) that can occur during sports and recreational activities.	88, 93, 256–260, 418–419
Standard 2 – Analyzing Influences.		
2.1.S	Analyze how the media portray fire and explosives.	416 (#5)
2.2.S	Evaluate individual, group, and societal influences that promote cooperation and respectful behaviors and those that promote violence and disrespectful behaviors.	478–487, 517–519, 531, 533–534, 540 Human Sexuality Supplement: 616 (Building Your Skills)
Standard 3 – Accessing Valid Information.		
3.1.S	Analyze sources of information regarding injury and violence prevention.	542 (Hands-On Activity), 545 (#22)
3.2.S	Demonstrate the ability to access accurate sources of information about abuse, violence, and bullying.	542 (Hands-On Activity), 545 (#22) Human Sexuality Supplement: 617 (Hands-On Activity)
Standard 4 – Interpersonal Communication.		
4.1.S	Report to a trusted adult situations that could lead to injury or harm.	183, 409, 421–423, 521, 524, 533–534, 541–542 Human Sexuality Supplement: 630
4.2.S	Use communication and refusal skills to avoid violence, gang involvement, and	299–300, 331 (#21), 441 (#20), 525–526, 533, 539, 542 (#5), 545 (#23), 590

	risky situations.	Human Sexuality Supplement: 632–633, 637 (#23)
4.3.S	Describe ways to manage interpersonal conflicts nonviolently.	25–26, 484–487, 492–494, 498–499, 521–526, 545 (#21 and 23)
4.4.S	Demonstrate ways to ask a parent or other trusted adult for help with a threatening situation.	520–521, 524–525, 533–535, 541–542 Human Sexuality Supplement: 630
4.5.S	Describe characteristics of effective communication.	299–300, 478–483, 492–494, 519 (Building Your Skills)
4.6.S	Differentiate between passive, aggressive, and assertive communication.	480–482
4.7.S	Locate resources in school, in the community, and on the Internet for first aid information and training, and assess the validity of the resources.	428–432, 434–438, 441 (#23)
Standard 5 – Decision Making.		
5.1.S	Use a decision-making process to examine risky social and dating situations.	441 (#20), 513 (#20), 569–570 Human Sexuality Supplement: 657–658
5.2.S	Apply a decision-making process to avoid potentially dangerous situations, such as gang activities, violence in dating, and other social situations.	441 (#20–21) Human Sexuality Supplement: 634 (Hands-On Activity)
5.3.S	Use a decision-making process to analyze the consequences of gang involvement.	542 (#5)
5.4.S	Evaluate why some students are bullies.	520–521
5.5.S	Apply decision-making or problem-solving steps to hypothetical situations involving assault and intimidation, including sexual harassment.	520–521, 524, 526 (Hands-On Activity), 532 (Case Study) Human Sexuality Supplement: 634 (Hands-On Activity)
Standard 6 – Goal Setting.		
6.1.S	Make a personal commitment to avoid	533–534, 542 (Hands-On Activity), 545 (#21)

	persons, places, or activities that encourage violence or delinquency.	
6.2.S	Create a personal-safety plan.	415 (Building Your Skills), 416 (Hands-On Activity), 441 (#19–23), 513 (#20)
Standard 7 – Practicing Health-Enhancing Behaviors.		
7.1.S	Practice first aid and emergency procedures.	259–260, 412–416, 428–438, 441 (#23)
7.2.S	Practice ways to resolve conflicts nonviolently.	22, 25–26, 484–487, 492–494, 498–499, 521–526, 545 (#21 and 23)
7.3.S	Practice the safe use of technology.	167, 420–423, 441 (#18 and 20), 483, 499, 524–526
Standard 8 – Health Promotion.		
8.1.S	Support changes to promote safety in the home, at school, and in the community.	404–419, 423–426, 427–440, 441 (#19 and 23)
8.2.S	Design a campaign for preventing violence, aggression, bullying, and harassment.	519 (Building Your Skills), 521, 524–526, 542, 545 (#25)
8.3.S	Demonstrate the ability to influence others’ safety behaviors (e.g., wearing bicycle helmets and seat belts).	30–31, 426 (Hands-On Activity), 441 (#22)
Alcohol, Tobacco, and Other Drugs		
Standard 1 – Essential Concepts		
1.1.A	Describe the harmful short- and long-term effects of alcohol, tobacco, and other drugs, including steroids, performance-enhancing drugs and inhalants.	272–286, 287–294, 312–319, 344–353
1.2.A	Describe the relationship between using alcohol, tobacco, and other drugs and engaging in other risky behaviors.	284, 298 (Building Your Skills), 311–312, 318–319, 344–345, 590
1.3.A	Explain the dangers of drug dependence and addiction.	339–341, 343–353 (Hands-On Activity)
1.4.A	Describe the consequences of using alcohol,	316

	tobacco, and other drugs during pregnancy, including fetal alcohol spectrum disorders.	
1.5.A	Analyze the harmful effects of using diet pills without physician supervision.	225, 342
1.6.A	Explain the short- and long-term consequences of using alcohol and other drugs to cope with problems.	279–286, 311–319, 321, 326, 331 (#17), 344–353, 355
1.7.A	Explain why most youths do not use alcohol, tobacco, or other drugs.	325
1.8.A	Explain school policies and community laws related to the use, possession, and sale of alcohol, tobacco, and illegal drugs.	284–285, 296–297, 316–318, 325–326, 345–347, 349
Standard 2 – Analyzing Influences.		
2.1.A	Analyze internal influences that affect the use of alcohol, tobacco, and other drugs.	290–294, 321–324, 329, 355, 365 (#16)
2.2.A	Evaluate the influence of marketing and advertising techniques and how they affect alcohol, tobacco, and other drug use and abuse.	283, 293–294, 296–299, 322–324, 355
2.3.A	Analyze family and peer pressure as influences on the use of alcohol, tobacco, and other drugs.	292–293, 296–297, 305 (#19) 321–324, 355
Standard 3 – Accessing Valid Information.		
3.1.A	Analyze the validity of sources of valid information, products, and services related to the use of alcohol, tobacco, and other drugs.	298–299, 328, 331 (#22–23), 337–339, 359
Standard 4 – Interpersonal Communication.		
4.1.A	Use effective refusal and negotiation skills to avoid risky situations, especially where alcohol, tobacco, and other drugs are being	25–26, 32 (Hands-On Activity), 299–300, 325, 331 (#19 and 21), 358–360, 362 (Hands-On Activity), 365 (#19–20), 590

	used.	
Standard 5 – Decision Making.		
5.1.A	Use a decision-making process to avoid using alcohol, tobacco, and other drugs in a variety of situations.	299–300, 324 (Building Your Skills), 365 (#19–20)
Standard 6 – Goal Setting.		
6.1.A	Develop short- and long-term goals to remain drug-free.	22–25, 263, 356–360
Standard 7 – Practicing Health-Enhancing Behaviors.		
7.1.A	Use a variety of effective coping strategies when there is alcohol, tobacco, or other drug use in group situations.	25–26, 32, 299–300, 325, 331 (#19 and 21), 358–360, 362 (Hands-On Activity)
7.2.A	Practice positive alternatives to the use of alcohol, tobacco, and other drugs.	296–302, 358 (Building Your Skills)
Standard 8 – Health Promotion.		
8.1.A	Participate in school and community efforts to promote a drug-free lifestyle.	286 (Hands-On Activity), 291 (Case Study), 296–302, 305 (#20), 319 (Hands-On Activity), 325, 331 (#20), 358–360, 362 (Hands-On Activity), 365 (#19 and 21)
Mental, Emotional, and Social Health		
Standard 1 – Essential Concepts		
1.1.M	Explain positive social behaviors (e.g., helping others, being respectful to others, cooperation, consideration).	146–147, 185, 478–487, 492–494, 498–499, 504, 508, 510, 525, 533, 542 Human Sexuality Supplement: 616 (Building Your Skills), 626, 634, 658
1.2.M	Identify a variety of nonviolent ways to respond when angry or upset.	141–145, 235, 478–487, 492–494, 496–498, 525, 533, 540
1.3.M	Identify qualities that contribute to a positive self-image.	131–137, 161 (#20), 234–236, 239 (#18 and 24)
1.4.M	Describe how emotions change during	502, 568, 571 (#5 and Hands-On Activity)

	adolescence.	Human Sexuality Supplement: 621–622
1.5.M	Recognize diversity among people, including disability, gender, race, sexual orientation, and body size.	235, 496–498, 525, 533, 540 Human Sexuality Supplement: 613–615
1.6.M	Describe the changing roles and responsibilities of adolescents as members of a family and community.	502, 568 Human Sexuality Supplement: 654–657
1.7.M	Describe the benefits of having positive relationships with trusted adults.	26, 138, 158, 161 (#23), 174–175, 183, 475–476, 486–487, 504, 521, 524, 526, 535, 541–542, 581 (#21) Human Sexuality Supplement: 624, 634, 654
1.8.M	Analyze the harmful effects of using diet pills without physician supervision.	225, 342
1.9.M	Identify the signs of various eating disorders.	232–234
1.10.M	Describe signs of depression, potential suicide, and other self-destructive behaviors.	158, 166–172, 174–175, 181–184, 189 (#22)
1.11.M	Describe common mental health conditions and why seeking professional help for these conditions is important.	158, 165–172, 174–175
Standard 2 – Analyzing Influences.		
2.1.M	Analyze internal and external influences on mental, emotional, and social health.	131–148, 150–151, 153 (Case Study), 165–167, 177–178, 181–183, 189 (#15 and 21–22), 475–476, 531, 538, 558–559, 569–570, 571 (Hands-On Activity) Human Sexuality Supplement: 616–617, 629, 632, 656
2.2.M	Analyze techniques that are used to pressure someone to engage in or be a target of violent behavior.	518–519, 522, 534, 537–541 Human Sexuality Supplement: 616 (Building Your Skills), 632–633

2.3.M	Analyze the influence of culture on family values and practices.	19–21, 23, 133, 490 Human Sexuality Supplement: 616
Standard 3 – Accessing Valid Information.		
3.1.M	Access accurate sources of information and services about mental, emotional, and social health.	26–29, 158, 161 (#18–19), 173–179, 183, 189 (#20 and 22), 513 (#21), 535, 541–542, 545 (#22 and 24), 581 (#20) Human Sexuality Supplement: 617 (Hands-On Activity), 656
3.2.M	Describe situations for which adult help is needed, including intimidating and dangerous situations, and how to access help for oneself and others.	35 (#19), 138, 158, 174–175, 183–184, 408–409, 421–423, 486, 513 (#21), 521, 524, 533–535, 539–543, 545 (#23–24) Human Sexuality Supplement: 630, 634
3.3.M	Identify trusted adults to report to if people are in danger of hurting themselves or others.	138, 161 (#23), 174–175, 183, 408–409, 421–423, 521, 524, 533–535, 539–543, 545 (#23–24)
3.4.M	Analyze situations to determine whether they call for acts of caring among friends or require getting the help of trusted adults.	99 (#23), 174–175, 183, 486, 504, 513 (#21), 521, 524, 533–535, 541–542 Human Sexuality Supplement: 616 (Building Your Skills), 624, 634
Standard 4 – Interpersonal Communication.		
4.1.M	Seek help from trusted adults for oneself or a friend with an emotional or social health problem.	35 (#19), 158, 161 (#23), 174–175, 183, 486–487, 504, 513 (#21), 521, 524, 526, 535, 541–542 Human Sexuality Supplement: 634
Standard 5 – Decision Making.		
5.1.M	Apply decision-making processes to a variety of situations that impact mental, emotional, and social health.	23–24, 171, 189 (#20 and 23), 222–226, 296–302, 324, 331 (#20 and 23), 365 (#19), 508, 510, 513 (#20), 570, 581 (#22) Human Sexuality Supplement: 624
5.2.M	Monitor personal stressors and assess techniques for managing them.	150–158, 185

5.3.M	Describe healthy ways to express caring, friendship, affection, and love.	178–179, 185–186, 365 (#19), 478–483, 492–494, 498–499, 508, 513 (#20) Human Sexuality Supplement: 616 (Building Your Skills), 626, 637 (#22)
5.4.M	Describe situations for which someone would seek help with stress, loss, an unrealistic body image, or depression.	158, 174–175, 183–184, 232–234
5.5.M	Analyze the importance of setting personal boundaries for privacy, safety, and expressions of emotions and opinions.	508, 513 (#20), 542 (#5) Human Sexuality Supplement: 624–628
Standard 6 – Goal Setting.		
6.1.M	Develop achievable goals for handling stressors in healthy ways.	23–25, 158 (Hands-On Activity)
Standard 7 – Practicing Health-Enhancing Behaviors.		
7.1.M	Demonstrate effective coping mechanisms and strategies for managing stress.	150–158, 161 (#19 and 22), 185
7.2.M	Practice respect for individual differences and diverse backgrounds.	235, 496–498, 525, 533, 540 Human Sexuality Supplement: 616 (Building Your Skills)
7.3.M	Participate in clubs, organizations, and activities in the school and community that offer opportunities for student and family involvement.	491
7.4.M	Practice personal boundaries in a variety of situations.	286 (#5), 325, 358–359, 362 (Hands-On Activity), 508, 542, 545 (#23) Human Sexuality Supplement: 625–626, 628, 634 (Hands-On Activity)
7.5.M	Demonstrate skills to avoid or escape from potentially violent situations, including dating.	520–522, 524, 528–532, 537–542, 545 (#23) Human Sexuality Supplement: 611–616
Standard 8 – Health Promotion.		

8.1.M	Promote a positive and respectful school environment.	29–32, 161 (#20), 185, 235, 487, 496–498, 504, 525, 533, 538, 540 Human Sexuality Supplement: 611–616
8.2.M	Object appropriately to teasing of peers and community members that is based on perceived personal characteristics or sexual orientation.	520–521, 524, 526, 545 (#23) Human Sexuality Supplement: 616 (Building Your Skills), 617 (Hands-On Activity)
Personal and Community Health		
Standard 1 – Essential Concepts		
1.1.P	Describe the importance of health-management strategies (e.g., those involving adequate sleep, ergonomics, sun safety, hearing protection, and self-examination).	77–86, 88–96, 103–104, 116–122, 125 (#21), 141–145, 150–158, 256–260 Human Sexuality Supplement: 657–658
1.2.P	Identify the importance of age-appropriate medical services.	395–396, 591–592, 597–599 Human Sexuality Supplement: 641
1.3.P	Identify Standard (Universal) Precautions and why they are important.	431
1.4.P	Examine the causes and symptoms of communicable and noncommunicable diseases.	59–61, 279–282, 285–286, 371–376, 378–389, 396, 585–589, 596
1.5.P	Discuss the importance of effective personal and dental hygiene practices for preventing illness.	60 (Building Your Skills), 77–86, 88–96, 392–394
1.6.P	Identify effective brushing and flossing techniques for oral care.	88–89
1.7.P	Identify effective protection for teeth, eyes, head, and neck during sports and recreational activities.	88, 93, 256–257
1.8.P	Identify ways to prevent vision or hearing damage.	93–96

1.9.P	Identify ways that environmental factors, including air quality, affect our health.	285–286, 379–380, 384–385, 445–454
1.10.P	Identify human activities that contribute to environmental challenges (e.g., air, water, and noise pollution).	445–454
1.11.P	Describe global influences on personal and community health.	445–454, 456–458
1.12.P	Identify ways to reduce exposure to the sun.	81
Standard 2 – Analyzing Influences.		
2.1.P	Analyze a variety of influences that affect personal health practices.	17–21, 132–137, 150–151, 271 (#16), 290–294, 294 (Hands-On Activity), 296–297, 305 (#16 and 19) Human Sexuality Supplement: 643, 654, 661 (#16 and 20)
2.2.P	Analyze how environmental pollutants, including noise pollution, affect health.	445–454, 456–458
2.3.P	Analyze the relationship between the health of a community and the global environment.	445–454, 456–458
2.4.P	Analyze the influence of culture, media, and technology on health decisions.	18–19, 80 (Building Your Skills), 99 (#17), 119–122, 125 (#17 and 21), 133–135, 151–153, 165–167, 181–183, 189 (#15 and 21), 215, 229–231, 244–246, 271 (#19), 290–294, 305 (#19), 324, 469 (#16), 603 (#22) Human Sexuality Supplement: 624, 626 (Hands-On Activity), 661 (#20)
2.5.P	Analyze the social influences that encourage or discourage sun-safety practices.	81
Standard 3 – Accessing Valid Information.		

3.1.P	Demonstrate the ability to access information about personal health products (e.g., deodorant, shampoo, sunscreen, and dental care products), and evaluate the information's validity.	80 (Building Your Skills), 592 (Building Your Skills), 603 (#21)
3.2.P	Access valid information about preventing common communicable diseases.	589-591, 592 (Building Your Skills), 599-600
3.3.P	Locate resources in school, in the community, and on the Internet for first aid information and training, and assess the validity of the resources.	427-438, 441 (#19 and 23)
3.4.P	Demonstrate how to access school and community health services.	31-32, 161 (#18-19), 183, 189 (#20 and 22), 592 (Building Your Skills), 603 (#21) Human Sexuality Supplement: 617 (Hands-On Activity), 641, 657, 661 (#21)
Standard 4 – Interpersonal Communication.		
4.1.P	Practice how to make a health-related consumer complaint.	35 (#17)
4.2.P	Use assertive communication skills to avoid situations that increase risk of communicable disease or illness.	403 (#20), 590 Human Sexuality Supplement: 625-626
Standard 5 – Decision Making.		
5.1.P	Apply a decision-making process to determine safe and healthy strategies for dealing with personal health problems.	23-24, 83, 99 (#24), 171 (Case Study), 189 (#23), 222-226, 246-260, 296-302, 331 (#23), 365 (#19), 441 (#21), 570, 581 (#22)
5.2.P	Apply a decision-making process when selecting health care products.	99 (#22) Human Sexuality Supplement: 643
5.3.P	Analyze the characteristics of informed health choices.	23-29 Human Sexuality Supplement: 641-643, 658

Standard 6 – Goal Setting.		
6.1.P	Establish goals for improving personal and community health.	24-25, 35 (#20), 92 (Building Your Skills), 135 (Building Your Skills), 211 (Building Your Skills), 222, 239 (#24), 263-265, 271 (#20), 400 (Hands-On Activity), 403 (#23), 469 (#21), 545 (#21), 581 (#22)
6.2.P	Design a plan to minimize environmental pollutants, including noise at home and in the community.	461-466, 469 (#21)
6.3.P	Create a plan to incorporate adequate rest and sleep into daily routines.	116-122
Standard 7 – Practicing Health-Enhancing Behaviors.		
7.1.P	Practice and take responsibility for personal and dental hygiene practices.	77-96, 403 (#23)
7.2.P	Describe situations where Standard (Universal) Precautions are appropriate.	431
Standard 8 – Health Promotion.		
8.1.P	Promote the importance of regular screenings and medical examinations.	10-11, 598
8.2.P	Demonstrate the ability to be a positive peer role model in the school and community.	29-31, 99 (#21 and 22), 161 (#20), 359-361, 441 (#22), 461 (Building Your Skills), 486-487
8.3.P	Demonstrate ways to accept responsibility for conserving natural resources.	461-466, 469 (#22)