

**Goodheart-Willcox Correlation of
Essential Health Skills for High School (2023)
to Florida Standards for Public Schools
Course: Essential Health Education
Grades 9-12**



BENCHMARK		CORRELATING TEXT PAGES
Strand HE.912.C: HEALTH LITERACY CONCEPTS		
Standard 1: Core Concepts-Comprehend concepts related to health promotion and disease prevention to enhance health.		
HE.912.C.1.1	Predict how healthy behaviors can affect health status. <u>Clarifications:</u> Making positive choices/avoiding risky behaviors: healthy food, substance abuse, and healthy relationship skills; regular medical and dental screenings; regular physical activity, and workplace safety.	16-18, 703-704, 716-717
HE.912.C.1.2	Interpret the significance of interrelationships in mental/emotional, physical, and social health. <u>Clarifications:</u> Substance abuse, eating disorders, sexual behaviors, healthy/unhealthy relationships, self-esteem, stress/anger management, and regular exercise.	13-27, 22 (Local And Global Health), 24 (Health In The Media), 26 (Skills For Health And Wellness), 105-109, 105 (Research And Action)
HE.912.C.1.3	Evaluate how environment and personal health are interrelated. <u>Clarifications:</u> Food options within a community; prenatal-care services; availability of recreational facilities; air quality; weather-safety awareness; and weather, air, and water conditions.	271-273, 610-637, 612 (Local And Global Health), 623 (Research And Action), 626 (Case Study), 632 (Health In The Media), 635 (Skills For Health And Wellness), 754, 764
HE.912.C.1.4	Propose strategies to reduce or prevent injuries and health problems. <u>Clarifications:</u> Mandatory passenger-restraint/helmet laws, refusal skills, mandatory immunizations, healthy relationship skills, and improved inspection of food sources.	277-279, 278 (Skills For Health And Wellness), 564-571, 569 (Health In The Media)
HE.912.C.1.5	Analyze strategies for prevention, detection, and treatment of communicable and chronic diseases. <u>Clarifications:</u> Health prevention, detection, and treatment of: breast and testicular cancer, suicide, obesity, and industrial-related chronic disease.	15, 234-238, 277-279, 443, 646-667, 652 (Local And Global Health) 663(Study), 664 (Health In The Media), 674-695, 702-727



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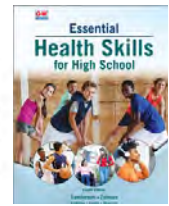
BENCHMARK		CORRELATING TEXT PAGES
HE.912.C.1.6	Evaluate the relationship between access to health care and health status. <i>Clarifications:</i> Early detection and treatment of cancer, HIV, diabetes, bipolar disorder, schizophrenia, childhood disease or illness, and first-responder care.	26-27, 50-55, 690-695, 719-720
HE.912.C.1.7	Analyze how heredity and family history can impact personal health. <i>Clarifications:</i> Drug use, family obesity, heart disease, mental health, and non-communicable illness or disease.	14-16, 106, 144, 189, 211, 271, 281, 380, 411, 455, 703, 716
HE.912.C.1.8	Assess the degree of susceptibility to injury, illness, or death if engaging in unhealthy/risky behaviors. <i>Clarifications:</i> Risks associated with alcohol abuse, including poison, date rape, and death; cancer and chronic lung disease related to tobacco use; overdose from drug use; child abuse or neglect; and dating violence.	16-18, 703-704
Standard 2: Internal and External Influence-Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.		
HE.912.C.2.1	Analyze how the family influences the health of individuals. <i>Clarifications:</i> Nutritional management of meals, composition of and relationships within families, and health-insurance status.	16-17, 21-22, 470-471
HE.912.C.2.2	Compare how peers influence healthy and unhealthy behaviors. <i>Clarifications:</i> Binge drinking and social groups, sexual coercion [pressure, force, or manipulation] by a dating partner, students' recommendations for school vending machines, healthy lifestyle, review trends in current and emerging diseases, and use of helmets and seatbelts.	88-93, 88 (Health In The Media), 90 (Case Study), 383, 385, 388, 414, 456-458, 787
HE.912.C.2.3	Assess how the school and community can affect personal health practice and behaviors. <i>Clarifications:</i> Healthier foods, required health education, health screenings, and enforcement of "no tolerance" policies related to all forms of violence, and AED availability and training.	23, 58-61, 107, 573-575, 574 (Health Across The Life Span)



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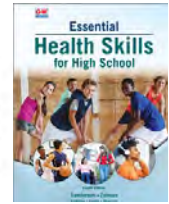
BENCHMARK		CORRELATING TEXT PAGES
HE.912.C.2.4	<p>Evaluate how public health policies and government regulations can influence health promotion and disease prevention.</p> <p><u>Clarifications:</u> Seat-belt enforcement, underage alcohol sales, reporting communicable diseases, child care, and AED availability.</p>	62-63, 63 (Federal Health Organization)
HE.912.C.2.5	<p>Evaluate the effect of media on personal and family health.</p> <p><u>Clarifications:</u> Compares brand-name/store-brand items in home, analyzes television viewing habits, identifies effective PSAs, consumer skills, advertisements of health-related community resources, participation in risky behaviors, and deconstructs media to identify promotion of unhealthy stereotypes, and normalization of violence.</p>	23-25, 24 (Health In The Media), 233, 273 (Health In The Media), 300-304, 384, 387 (Health In The Media), 412 (Health In The Media), 535, 588, 762
HE.912.C.2.6	<p>Evaluate the impact of technology on personal, family, and community health.</p> <p><u>Clarifications:</u> Automated external defibrillator in the community, pedestrian crosswalks with audible directions, type of information requested from local 211/hotlines or websites, consumer websites, Internet safety, and disease prevention and control.</p>	24 (Health In The Media) 522-526, 565, 567-568
HE.912.C.2.7	<p>Analyze how culture supports and challenges health beliefs, practices, and behaviors.</p> <p><u>Clarifications:</u> Various cultures' dietary patterns, rites of passage, courtship practices, family roles, personal relationships, ethics, and parenting.</p>	23, 74 (Local And Global Health), 107, 116 (Local And Global Health), 152 (Health Across The Life Span), 181 (Local And Global Health), 229 Local And Global Health)
HE.912.C.2.8	<p>Analyze how the perceptions of norms influence healthy and unhealthy behaviors.</p> <p><u>Clarifications:</u> Driving over the speed limit, teen parenting, binge drinking, relationships, parenting, health information, environmental practices, and media messages.</p>	22 (Local And Global Health), 304 (Research And Action), 481 (Local And Global Health)
HE.912.C.2.9	<p>Evaluate the influence of personal values, attitudes, and beliefs about individual health practices and behaviors.</p> <p><u>Clarifications:</u> Social conformity, self-discipline, and impulse vs. delayed gratification.</p>	16-18, 248, 291, 267 (Case Study), 272 (Research And Action), 286 (Health Across The Life Span), 298-321, 300 (Case Study) 304 (Research And Action), 328-355



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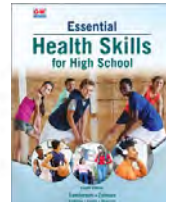
BENCHMARK		CORRELATING TEXT PAGES
Strand HE.912.B: HEALTH LITERACY RESPONSIBLE BEHAVIOR		
Standard 3: Accessing Information-Demonstrate the ability to access valid health information, products, and services to enhance health.		
HE.912.B.3.1	<p>Verify the validity of health information, products, and services.</p> <p><u>Clarifications:</u> Understanding product-packaging claims, magazine articles, diet/nutritional supplements, energy drinks, exercise video or equipment, tanning salon, fitness club, health professionals, health-related community resources, CPR procedure, qualifications of service provider, type of service, type of product, product safety, and reliability.</p>	23, 431 (Research And Action), 44-45, 471 (Health In The Media), 352 (Health In The Media), 384
HE.912.B.3.2	<p>Compile data reflecting the accessibility of resources from home, school, and community that provide valid health information.</p> <p><u>Clarifications:</u> Internet, family member, nurse, guidance counselor, physician, clinic, hotline, support group, community agency, domestic/dating-violence service provider, and first-aid training location, expense, services available, eligibility, scheduling appointments, healthcare, and mental-health resources.</p>	42-49, 43 (Research And Action), 47(Health In The Media), 384, 664 (Health In The Media), 828, 831 (Skills For Health And Wellness)
HE.912.B.3.3	<p>Justify the validity of a variety of technologies to gather health information.</p> <p><u>Clarifications:</u> Internet, telephone, 911 access, and medical technology, including X-rays, ultrasounds, mammograms, thermal imaging, and MRIs.</p>	24 (Health And The Media)
HE.912.B.3.4	<p>Justify when professional health services or providers may be required.</p> <p><u>Clarifications:</u> Injury, depression, suicide, drug abuse, medical emergency, 911, child abuse, domestic and/or dating violence, and natural or man-made conditions.</p>	17-18, 55-56, 216, 232-235, 354-355, 456-459, 531- 536, 540-542, 577-579, 594 -597



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BENCHMARK		CORRELATING TEXT PAGES
Standard 4: Interpersonal Communication-Demonstrate the ability to use interpersonal-communication skills to enhance health and avoid or reduce health risks.		
HE.912.B.4.1	<p>Explain skills needed to communicate effectively with family, peers, and others to enhance health.</p> <p><u>Clarifications:</u> Using "I" messages, voice pitch/volume, eye contact, journal experiences, writing letters, persuasive speech, and assertive communication.</p>	71-79, 74 (Local And Global Health), 76 (Quiz)
HE.912.B.4.2	<p>Assess refusal, negotiation, and collaboration skills to enhance health and avoid or reduce health risks.</p> <p><u>Clarifications:</u> Validate other's opinions, use direct statement, use active statement, and offer alternatives.</p>	38, 82-85, 85 (Skills For Health And Wellness), 91-92, 385, 388 (Skills For Health And Wellness), 414, 458, 508
HE.912.B.4.3	<p>Demonstrate strategies to prevent, manage, or resolve interpersonal conflicts without harming self or others.</p> <p><u>Clarifications:</u> Effective verbal and nonverbal communication, compromise, and conflict-resolution.</p>	80-86, 83 (Research In Action), 85 (Skills For Health And Wellness)
HE.912.B.4.4	<p>Analyze the validity of ways to ask for and offer assistance to enhance the health of self and others.</p> <p><u>Clarifications:</u> Verbal and written communication, active listening, and how to seek help for a friend.</p>	42, 44, 71-79, 74 Local And Global Health), 76 (Quiz)



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BENCHMARK		CORRELATING TEXT PAGES
Standard 5: Decision Making-Demonstrate The Ability To Use Decision-Making Skills To Enhance Health.		
HE.912.B.5.1	Determine the value of applying a thoughtful decision-making process in health-related situations. <u>Clarifications:</u> Defining healthy boundaries and relationships, sexual activity, alcohol consumption, organ-donor decisions, child care, protection against infectious agents, wellness promotion, and first-aid-treatment options.	8, 61, 279, 413-415, 471-474, 495-499, 498 (Health Across The Life Span), 501, 592-602, 661-665, 684-687, 694-695, 701 (Case Study)
HE.912.B.5.2	Generate alternatives to health-related issues or problems. <u>Clarifications:</u> Health benefits of menu options, refusal-skill options, pre- and post-natal care, natural and man-made conditions, and current trends in disease prevention.	16-17, 91-92, 217 (Case Study), 264-269, 279, 610-637, 612 (Local And Global Health), 623 (Research And Action), 703-704, 754, 764
HE.912.B.5.3	Appraise the potential short-term and long-term outcomes of each alternative on self and others. <u>Clarifications:</u> Nutrition plan based on personal needs and preferences, impact of chronic health condition on individual and family, weapons on campus, and use of stress management and coping skills.	192-203, 194 (Case Study), 200 (Skills For Health And Wellness), 202 (Health Across The Life Span), 271-273, 272 (Research And Action), 548, 708-727, 713 (Skills For Health And Wellness)
HE.912.B.5.4	Assess whether individual or collaborative decision making is needed to make a healthy decision. <u>Clarifications:</u> Planning a post-high school career/education, purchasing the family's groceries for the week, planning the weekly menu, planning appropriate activities for siblings, community planning, Internet safety, and purchasing insurance.	35 – 38
HE.912.B.5.5	Examine barriers that can hinder healthy decision making. <u>Clarifications:</u> Interpersonal, financial, environmental factors, and accessibility of health information.	35 – 38
Standard 6: Goal Setting-Demonstrate the ability to use goal-setting skills to enhance health.		
HE.912.B.6.1	Evaluate personal health practices and overall health status to include all dimensions of health. <u>Clarifications:</u> Personal strengths, physical fitness, peer relationships, environmental health, personal hygiene, non-communicable illness or disease, injury prevention, and first-aid responder's safety practices.	87-93, 90 (Case Study), 339-347, 346 (Skills For Health And Wellness), 487-502, 464-571, 592-603, 610-637, 708-727, 713 (Skills For Health And Wellness)



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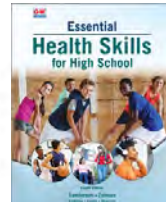
BENCHMARK		CORRELATING TEXT PAGES
HE.912.B.6.2	Formulate a plan to attain a personal health goal that addresses strengths, needs, and risks. <i>Clarifications:</i> Weight management, comprehensive physical fitness, stress management, dating relationships, risky behaviors, and a wellness-program plan.	39-40
HE.912.B.6.3	Implement strategies and monitor progress in achieving a personal health goal. <i>Clarifications:</i> Stress management, time out, using of a squeeze ball when frustrated, talking with a friend or professional, pacing yourself, setting realistic expectations, using rewards, getting support, and wellness promotion.	39-40
HE.912.B.6.4	Formulate an effective long-term personal health plan. <i>Clarifications:</i> Stress reduction, weight management, healthier eating habits, improved physical fitness, and individual responsibilities for protecting health.	8-11, 192-203, 194 (Case Study), 200 (Skills For Health And Wellness), 264-267, 267 (Case Study), 287-291, 330, 337-347, 346 (Skills For Health And Wellness)
Strand HE.912.P: HEALTH LITERACY PROMOTION		
Standard 7: Self-Management-Demonstrate the ability to practice advocacy, health-enhancing behaviors, and avoidance or reduction of health risks for oneself.		
HE.912.P.7.1	Analyze the role of individual responsibility in enhancing health. <i>Clarifications:</i> Food choices, media messages, future impact of lifestyle choices, individual responsibility for health protection, and stress management.	8-11, 23-25, 107-108, 192-203, 194 (Case Study), 200 (Skills For Health And Wellness), 264-267 267 (Case Study), 287-291, 330, 337-347, 346 (Skills For Health And Wellness)
HE.912.P.7.2	Evaluate healthy practices and behaviors that will maintain or improve health and reduce health risks. <i>Clarifications:</i> Lifestyle choices: drug use/abuse, healthy diet, controlling modes of transmission of infectious agents, riding with impaired drivers, seeking mental-health services when needed, sexual behavior, and engaging in healthy relationships.	17, 109, 111, 264-267, 279 406, 456-459, 471-474, 495-499, 501, 661-665, 675-682, 684-687, 694-695
Standard 8: Advocacy-Demonstrate the ability to advocate for individual, peer, school, family, and community health.		
HE.912.P.8.1	Demonstrate how to influence and support others in making positive health choices. <i>Clarifications:</i> Avoidance of underage drinking, prevention of driving under the influence, suicide prevention, promotion of healthy dating/personal relationships, responsible parenting, disease prevention, and promotion of first-aid training.	111, 234-238, 279, 406, 413-415, 471-474, 495-499, 501, 592-602, 661-665, 684-687, 694-695



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HE.912.P.8.2	<p>Utilize current, accurate data/information to formulate a health-enhancing message.</p> <p><i>Clarifications:</i> Validate perceptions of peers and societal norms regarding drug use, violence, sexual activity, visiting parenting-focused websites, data provided by government or community agencies, societal influences on the workplace, and teen-driving safety.</p>	71-79, 74 (Local And Global Health), 76 (Quiz)
HE.912.P.8.3	<p>Work cooperatively as an advocate for improving personal, family, and community health.</p> <p><i>Clarifications:</i> Support local availability of healthy food options; environmentally friendly shopping; victim, drug or teen court advocacy; advocate for peer-led abuse-prevention education programs, community resource information; and home/school safety.</p>	48-49, 48 (Case Study), 57-63, 264
HE.912.P.8.4	<p>Adapt health messages and communication techniques to a specific target audience.</p> <p><i>Clarifications:</i> Internet safety, disease prevention, health disparities, disaster relief, and CPR/AED training.</p>	62, (National Public Health Goals), 279, 522-526, 577-579, 570 (Local And Global Health), 583-584, 595, 598-599, 661-665, 684-687, 694-695, 706-727