

## Goodheart-Willcox

Correlated to Essential Health Skills for High School ©2023

Course: Health and Wellness - Grades 9-12

To: Indiana Academic Standards



### Indiana Academic Standards 2017

### Correlating Textbook Pages

**Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.**

#### Core Health Concepts

<p>2.1.1 Predict how healthy behaviors can impact personal health.</p>	<p>5 (Setting the Scene), 6-8, 16-18, 18 Think Critically (4), 31 Health and Wellness Skills (19), 34-35, 37, 40 Think Critically (5), Real World Health Skills), 248-255, 261-264, 267-269, 328-334, 335 (Real World Health Skills), 370 (Case Study), 513 Health and Wellness Skills (19), 609-611, 616, 641 Health and Wellness Skills (18), 752-757, 773-775, 777-781, 785, 787, 791-793</p>
<p>12.1.2 Cite evidence that demonstrates the interrelationships of emotional, intellectual, physical, and social health across the lifespan.</p>	<p>7-10, 7 (Case Study), 12 Think Critically (8), 211-220, 330-331, 335 (Real World Health Skills), 772-773, 780-781, 782-786, 788-789</p>
<p>12.1.3 Analyze how environment and personal health are interrelated.</p>	<p>19-27, 22 (Local and Global Health), 26 (Skills for Health and Wellness), 27 (3, 5, 6, 8), 107, 138 Critical Thinking Skills (3), 176-183, 211, 610-622, 649-650, 659-660, 768 Critical Thinking Skills (14), 773, 777-781, 782-787</p>
<p>12.1.4 Propose ways to reduce or prevent injuries and health problems.</p>	<p>35-38, 37 (Caption question), 40 Think Critically (5), 67 (Hands-On Skills Activity), 221-223, 230-231, 295 Health and Wellness Skills (20), 349-355, 358 Critical Thinking Skills (11), 382-385, 413-414, 421 Health and Wellness Skills (20), 427-429, 456-458, 559 Health and Wellness Skills (19), 565-571, 607 Health and Wellness Skills (17, 20), 661-667, 671 Health and Wellness Skills (16, 18-20), 683-688, 691-695, 731 Health and Wellness Skills (17, 19-21), 785, 787, 791-795</p>
<p>12.1.5 Analyze the relationship between access to health care and personal health.</p>	<p>26-27, 29 Review and Recall (14), Reading and Writing Practice (17), 55 (Local and Global Health), 57-59, 228-229, 662-665, 754-755</p>
<p>12.1.6 Analyze how genetics and family history can affect personal health.</p>	<p>13-16, 15 (caption question), 18 Know and Understand (3), 106, 211, 335 Think Critically (6), 703, 730 Critical Thinking Skills (15), 750-752, 755, 773</p>
<p>12.1.7 Compare and contrast the benefits of and barriers to practicing a variety of healthy behaviors.</p>	<p>16-26, 27 Know and Understand (4), Think Critically (6), Real World), 39-40, 66 Critical Thinking Skills (3, 5), Health and Wellness Skills (14), 89-91, 96 Health and Wellness Skills (14), 228-229, 242 Critical Thinking Skills (9), 267-273, 277-279, 279 Think Critically (5), 380-382, 385-389, 411-414, 426-429, 454-458, 464 Health and Wellness Skills (14), 465 Health and Wellness Skills (19), 470-476, 482-484,</p>



Indiana Academic Standards 2017		Correlating Textbook Pages
<b>Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.</b>		
<b>Core Health Concepts</b>		
		490–492, 495–499, 504–506, 509 (Real World Health Skills), 564–602, 607 Health and Wellness Skills (17), 631– 636, 640 Critical Thinking Skills (12), Health and Wellness Skills (15), 683–688, 692–693, 694–695, 695 Think Critically (8), 739–740, 745–749, 758–759, 764
12.1.8 Analyze the potential severity of injury and/or illness if engaging in unhealthy behaviors.		13–14, 13 (Warm-Up Activity), 16–18, 30 Critical Thinking Skills (8), Health and Wellness Skills (16), 31 Health and Wellness Skills (19), 184–191, 191 Know and Understand (1), 248–255, 267–269, 311–312, 366–374, 393 (Hands-On Skills Activity), 400–409, 421 Health and Wellness Skills (20), 431–445, 465 (Hands-On Skills Activity), 565–571, 573–582, 584–585, 606 Health and Wellness Skills (16), 607 Health and Wellness Skills (17), 616–628, 661–663, 666, 674–682, 682 (Real World Health Skills), 689–692, 695
12.1.9 Analyze personal susceptibility to injury, illness or death if engaging in unhealthy behaviors.		13–14, 13 (Warm-Up Activity), 16–18, 30 Critical Thinking Skills (8), Health and Wellness Skills (16), 31 Health and Wellness Skills (19), 184–191, 191 Know and Understand (1), 248–255, 267–269, 311–312, 366–374, 393 (Hands-On Skills Activity), 400–409, 421 Health and Wellness Skills (20), 431–445, 465 (Hands-On Skills Activity), 565–571, 573–582, 584–585, 606 Health and Wellness Skills (16), 607 Health and Wellness Skills (17), 616–628, 661–663, 666, 674–682, 682 (Real World Health Skills), 689–692, 695
<b>Standard 2: Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.</b>		
<b>Analyzing Influences</b>		
12.2.1 Analyze how the family influences the health or individuals across the lifespan.		55 (Local and Global Health), 60-61, 105 (Research in Action), 139 Health and Wellness Skills (20), 173 Health and Wellness Skills (20), 229 (Local and Global Health), 435 (Local and Global Health), 465 Health and Wellness Skills (20), 488 (Research in Action), 535 (Health in the Media), 551 (Local and Global Health), 578 (Local and Global Health), 635 (Skills for Health and Wellness)
12.2.2 Evaluate how the school and community can impact personal health practice and behaviors.		20-21, 23, 27 Think Critically (8), 30 Critical Thinking Skills (10), 31 (Hands-On Skills Activity), 107, 111 Think Critically (8), 138 Critical Thinking Skills (3), 206 Critical Thinking Skills (2), 229 (Local and Global Health), 234, 271-273, 299-300, 306 Think Critically (7), 338, 346-347, 347 Think Critically (9), 380, 392 Critical Thinking Skills (7), 412, 417 Know and Understand (1), 456, 459, 464 Health and Wellness Skills (14), 516-517, 521, 525
12.2.3 Evaluate the effect of media on health behaviors.		23-25, 29 Review and Recall (13), 30 Critical Thinking Skills (11), Health and Wellness Skills (15), 107-108, 138 Health and



<b>Standard 2: Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.</b>	
<b>Analyzing Influences</b>	
	Wellness Skills (14), 177-178, 178 (Health in the Media), 235 (Health in the Media), 242 Health and Wellness Skills (15), 271-272, 294 Health and Wellness Skills (14), 300-304, 306 Know and Understand (3), 324 Critical Thinking Skills (7, 8), 380, 382, 384, 387 (Health in the Media), 392 Health and Wellness Skills (14), 412-413, 420 Critical Thinking Skills (14), 456, 459, 464 Health and Wellness Skills (14), 475 (Health in the Media), 519 (Research in Action), 522-524, 558 Health and Wellness Skills (14), 569 (Health in the Media), 785
12.2.4 Analyze how peers can influence healthy and unhealthy behaviors.	22 (Local and Global Health), 88-91, 93 Know and Understand (1), 96 Critical Thinking Skills (10), 105-107, 177, 271-272, 299-300, 380, 382-383, 389 Know and Understand (1), 392 (14, 16), 412-414, 417 Think Critically (7), 456, 464 Health and Wellness Skills (14), 505-506, 512 Health and Wellness Skills (14), 516-524, 685, 785-786
12.2.5 Analyze how culture supports and challenges health beliefs, practices and behaviors.	22, 23 (Local and Global Health), 27 Know and Understand (3), 106-107, 111 Think Critically (8), 229 (Local and Global Health), 271, 299-305, 306 Think Critically (7), 380-383, 392 Health and Wellness Skills (14), 412-413, 455-456, 464 Health and Wellness Skills (14), 481 (Local and Global Health), 516-517, 525, 535 (Health in the Media), 698 Critical Thinking Skills (7), 768 Critical Thinking Skills (14)
12.2.6 Evaluate the impact of technology on personal, family and community health.	23-25, 24 (Health in the Media), 29 Review and Recall (13), 30 (11, 15), 107-108, 138 Health and Wellness Skills (14), 177-178, 178 (Health in the Media), 235 (Health in the Media), 242 Health and Wellness Skills (15), 271-272, 294 Health and Wellness Skills (14), 300-304, 306 Know and Understand (3), 324 Critical Thinking Skills (7, 8), 380, 382, 384, 387 (Health in the Media), 392 Health and Wellness Skills (14), 412-413, 420 Critical Thinking Skills (14), 456, 459, 464 Health and Wellness Skills (14), 475 (Health in the Media), 519 (Research in Action), 522-524, 558 Health and Wellness Skills (14), 569 (Health in the Media), 785
12.2.7 Analyze how the perceptions of norms influence healthy and unhealthy behaviors.	22 (Local and Global Health), 88-91, 93 Know and Understand (1), 96 Critical Thinking Skills (10), 105-107, 177, 271-272, 299-300, 380, 382-383, 389 Know and Understand (1), 392 (14, 16), 412-414, 417 Think Critically (7), 456, 464 Health and Wellness Skills (14), 505-506, 512 Health and Wellness Skills (14), 516-524, 685, 785-786
12.2.8 Analyze the influence of personal values and beliefs on individual health practices and behaviors.	16, 23, 39, 75, 81, 86 Think Critically (5), 113, 271, 300-306, 380, 392 Health and Wellness Skills (14), 412-414, 456, 458, 464 Health and Wellness Skills (14), 512 Health and Wellness Skills (14), 513 (Hands-On Skills Activity), 516-518
12.2.9 Analyze how some health risk behaviors can increase the	16-18, 29 Review and Recall (8), 31 Health and Wellness Skills (17), 374 (Research in Action), 380-382, 400, 405-409,



<b>Standard 2: Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.</b>	
<b>Analyzing Influences</b>	
likelihood of engaging in additional unhealthy behaviors.	420 Critical Thinking Skills (3), 457, 464 Critical Thinking Skills (9)
12.2.10 Analyze how public health policies and government regulations can influence health practices and behaviors.	49, 58–59, 62–63, 257–260, 317, 320–321, 382–383, 389 Know and Understand (2), 413–415, 419 Review and Recall (12), 421 (Hands-On Skills Activity), 447, 463 Review and Recall (2), 544–545, 628 (Real World Health Skills), 629–631, 637 Know and Understand (1), 643 (Health Management Plan), 660, 719 (Health in the Media), 775
<b>Standard 3: Students will demonstrate the ability to access valid information, products and services to enhance health.</b>	
<b>Accessing Resources</b>	
12.3.1 Evaluate the validity of health information, products and services.	43 (Research in Action), 44–46, 49 (2, 4, 7, Real World Health Skills), 138 Health and Wellness Skills (15), 324 Health and Wellness Skills (13), 352 (Health in the Media), 392 Health and Wellness Skills (15), 512 Health and Wellness Skills (15), 653 (Real World Health Skills)
12.3.2 Use resources from home, school, and community that provide valid health information for making personal health decisions.	42-44, 45-46, 50-52, 55 (Local and Global Health), 67 Health and Wellness Skills (19), 220 (Real World Health Skills), 223, 242 Health and Wellness Skills (16), 307 (Warm-Up Activity), 512 Health and Wellness Skills (15), 673 Thinking Critically (3), 684 (Skills for Health and Wellness), 687-688, 748 (Skills for Health and Wellness)
12.3.3 Determine the accessibility of products and services that enhance health.	45–46, 50–52, 55 (Local and Global Health), 67 Health and Wellness Skills (19), 223, 242 Health and Wellness Skills (16), 687–688, 748 (Skills for Health and Wellness)
12.3.4 Determine when professional health services may be required.	55-56, 56 Know and Understand (5), 66 Critical Thinking Skills (10), 109, 111 Think Critically (9), 203 Think Critically (10), 221-223, 231 Think Critically (5), 312-314, 594, 598, 601, 687-688, 740, 749
12.3.5 Access valid and reliable health products and services that enhance health.	45–46, 50–52, 55 (Local and Global Health), 67 Health and Wellness Skills (19), 223, 242 Health and Wellness Skills (16), 687–688, 748 (Skills for Health and Wellness)
<b>Standard 4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.</b>	
<b>Communication Skills</b>	
12.4.1 Apply effective verbal (assertiveness) and nonverbal communication skills in real-life health situations.	73-79, 79 (Real World Health Skills), 207 Health and Wellness Skills (18), 294–295 Health and Wellness Skills (16), 479–485, 491–493, 499–500, 506–508, 512 (13, 16), 698 Health and Wellness Skills (16), 768 Health and Wellness Skills (16)
12.4.2 Employ active listening and response skills to enhance health.	38, 73-74, Figure 3.3 Active Listening, 82-85, 85 (Skills for Health and Wellness), 86 (Real World Health Skills), 91- 93, 93 (Real World Health Skills), 96 (11), 272, 385, 388 (Skills for Health and Wellness), 389 (7), 393 (19), 414, 420 (8), 458, 465 (17), 471-474, 479-481, 484- 485, 490-493, 499-501,



<b>Standard 4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.</b>	
<b>Communication Skills</b>	
	506-508, 509 (Skills for Health and Wellness), 512 Health and Wellness Skills (16), 685, 720 (Real World Health Skills)
12.4.3 Demonstrate healthy ways to express needs, wants and feelings.	82-85, 85 (Skills for Health and Wellness), 86 (Real World Health Skills), 97 Health and Wellness Skills (16), 232 (Warm-Up Activity), 294-295 Health and Wellness Skills (16), 471-474, 479-481, 490-493, 499-502, 506-509
12.4.4 Demonstrate ways to communicate care, consideration, and respect of self and others.	73-79, 79 (Real World Health Skills), 207 Health and Wellness Skills (18), 294-295 Health and Wellness Skills (16), 479-485, 491-493, 499-500, 506-508, 512 (13, 16), 698 Health and Wellness Skills (16), 768 Health and Wellness Skills (16)
12.4.5 Demonstrate effective refusal skills in real-life health-related situations.	38, 73-74, Figure 3.3 Active Listening, 82-85, 85 (Skills for Health and Wellness), 86 (Real World Health Skills), 91- 93, 93 (Real World Health Skills), 96 (11), 272, 385, 388 (Skills for Health and Wellness), 389 (7), 393 (19), 414, 420 (8), 458, 465 (17), 471-474, 479-481, 484- 485, 490-493, 499-501, 506-508, 509 (Skills for Health and Wellness), 512 Health and Wellness Skills (16), 685, 720 (Real World Health Skills)
12.4.6 Demonstrate how to ask for and offer assistance to enhance the health of self and others.	74-79, 198, 203, 222-223, 234-239, 237 (Skills for Health and Wellness), 309 (Skills for Health and Wellness), 385, 388-389, 414-417, 458, 461 (Skills for Health and Wellness), 471-474, 482-483, 491-493, 500-501, 508, 521, 523 (Skills for Health and Wellness), 524, 531, 535, 546, 558 Health and Wellness Skills (15)
12.4.7 Implement and evaluate strategies to prevent and manage conflict.	82-85, 85 (Skills for Health and Wellness), 86 (Real World Health Skills), 97 Health and Wellness Skills (16), 232 (Warm-Up Activity), 294-295 Health and Wellness Skills (16), 471-474, 479-481, 490-493, 499-502, 506-509
12.4.8 Implement strategies for overcoming health-related communication barriers.	16-26, 27 Know and Understand (4), Think Critically (6), Real World), 39-40, 66 Critical Thinking Skills (3, 5), Health and Wellness Skills (14), 89-91, 96 Health and Wellness Skills (14), 228-229, 242 Critical Thinking Skills (9), 267-273, 277-279, 279 Think Critically (5), 380-382, 385-389, 411-414, 426-429, 454-458, 464 Health and Wellness Skills (14), 465 Health and Wellness Skills (19), 470-476, 482-484, 490-492, 495-499, 504-506, 509 (Real World Health Skills), 564-602, 607 Health and Wellness Skills (17), 631- 636, 640 Critical Thinking Skills (12), Health and Wellness Skills (15), 683-688, 692-693, 694-695, 695 Think Critically (8), 739-740, 745-749, 758-759, 764
12.4.9 Analyze how interpersonal communication impacts and is impacted by relationships.	16-26, 27 Know and Understand (4), Think Critically (6), Real World), 39-40, 66 Critical Thinking Skills (3, 5), Health and Wellness Skills (14), 89-91, 96 Health and Wellness Skills (14), 228-229, 242 Critical Thinking Skills (9), 267-273, 277-279, 279 Think Critically (5), 380-382, 385-389, 411-414, 426-429, 454-458, 464 Health and Wellness Skills (14), 465 Health and Wellness Skills (19), 470-476, 482-484, 490-492, 495-499, 504-506, 509 (Real World Health Skills), 564-602, 607 Health and Wellness Skills (17), 631- 636, 640 Critical



<b>Standard 4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.</b>	
<b>Communication Skills</b>	
	Thinking Skills (12), Health and Wellness Skills (15), 683–688, 692–693, 694–695, 695 Think Critically (8), 739–740, 745–749, 758–759, 764
<b>Standard 5: Students will demonstrate the ability to use decision-making skills to enhance health.</b>	
<b>Decision Making</b>	
12.5.1 Identify personal health decisions and analyze related internal and external influences.	35-38, 40 Think Critically (4), 65 Review and Recall (1), 66 (1, 14), 67 Health and Wellness Skills (17), 607 Health and Wellness Skills (17), 776 (Real World Health Skills), 785 (Research in Action), 798 Critical Thinking Skills (10)
12.5.2 Gather, synthesize, and evaluate available information to enhance health.	42-44, 45-46, 50-52, 55 (Local and Global Health), 67 Health and Wellness Skills (19), 220 (Real World Health Skills), 223, 242 Health and Wellness Skills (16), 307 (Warm-Up Activity), 512 Health and Wellness Skills (15), 673 Thinking Critically (3), 684 (Skills for Health and Wellness), 687-688, 748 (Skills for Health and Wellness)
12.5.3 Personalize health risk of decisions to self and others.	37, 295 Health and Wellness Skills (19), 331 (Research in Action), 363 (Setting the Scene), 465 Health and Wellness Skills (20), 509 (Real World Health Skills), 699 Health and Wellness Skills (17)
12.5.4 Apply a decision making process to real-life health-related situations.	37, 91–93, 93 (Real World Health Skills), 385, 388 (Skills for Health and Wellness), 389 Think Critically (7), 393 Health and Wellness Skills (19), 414–416, 420 Critical Thinking Skills (8), 458, 465 Health and Wellness Skills (17), 491, 500, 506–508, 509 Think Critically (5), 513 Health and Wellness Skills (17), 699 Health and Wellness Skills (18), 733 (Health Management Plan), 769 Health and Wellness Skills (19)
12.5.5 Describe how personal health decisions may affect subsequent decisions.	35-38, 40 Think Critically (4), 65 Review and Recall (1), 66 (1, 14), 67 Health and Wellness Skills (17), 607 Health and Wellness Skills (17), 776 (Real World Health Skills), 785 (Research in Action), 798 Critical Thinking Skills (10)
12.5.6 Assume responsibility for personal health decisions	37, 91–93, 93 (Real World Health Skills), 385, 388 (Skills for Health and Wellness), 389 Think Critically (7), 393 Health and Wellness Skills (19), 414–416, 420 Critical Thinking Skills (8), 458, 465 Health and Wellness Skills (17), 491, 500, 506–508, 509 Think Critically (5), 513 Health and Wellness Skills (17), 699 Health and Wellness Skills (18), 733 (Health Management Plan), 769 Health and Wellness Skills (19)



<b>Standard 6: Students will demonstrate the ability to use goal-setting skills to enhance health.</b>	
<b>Goal Setting</b>	
12.6.1 Critically analyze and articulate the benefits of planning and setting personal health goals.	34-40, 52 (Skills for Health and Wellness), 99 (Health Management Plan), 153 (Case Study), 245 (Health Management Plan), 305 (Research in Action), 346 (Skills for Health and Wellness), 361 (Health Management Plan), 467 (Health Management Plan), 561 (Health Management Plan), 713 (Skills for Health and Wellness), 733 (Health Management Plan)
12.6.2 Develop a personal health goal and a plan to achieve it.	39-40, 52 (Skills for Health and Wellness), 67 Health and Wellness Skills (18), 124 (Quiz), 135 (Real World Health Skills), 153 (Case Study), 183 (Real World Health Skills), 295 Health and Wellness Skills (18), 346 (Skills for Health and Wellness), 355 (Real World Health Skills), 536 (Real World Health Skills), 582 (Skills for Health and Wellness), 641 Health and Wellness Skills (19), 663 (Case Study), 713 (Skills for Health and Wellness)
12.6.3 Analyze and develop strategies to overcome barriers to achieving the personal health goal.	37-38, 40, 52 (Skills for Health and Wellness), 135 (Real World Health Skills), 207 Health and Wellness Skills (20), 305 (Research in Action), 346 (Skills for Health and Wellness), 438 (Case Study), 582 (Skills for Health and Wellness), 671 Health and Wellness Skills (18), 713 (Skills for Health and Wellness)
12.6.4 Implement the plan and adjust it, as needed, to achieve the personal health goal.	37-38, 40, 52 (Skills for Health and Wellness), 135 (Real World Health Skills), 207 Health and Wellness Skills (20), 305 (Research in Action), 346 (Skills for Health and Wellness), 438 (Case Study), 582 (Skills for Health and Wellness), 671 Health and Wellness Skills (18), 713 (Skills for Health and Wellness)
12.6.5 Analyze the impact of decisions on the personal health goal.	34-40, 52 (Skills for Health and Wellness), 99 (Health Management Plan), 153 (Case Study), 245 (Health Management Plan), 305 (Research in Action), 346 (Skills for Health and Wellness), 361 (Health Management Plan), 467 (Health Management Plan), 561 (Health Management Plan), 713 (Skills for Health and Wellness), 733 (Health Management Plan)
12.6.6 Identify personal support systems and explain their importance in achieving the personal health goal.	39-40, 52 (Skills for Health and Wellness), 67 Health and Wellness Skills (18), 124 (Quiz), 135 (Real World Health Skills), 153 (Case Study), 183 (Real World Health Skills), 295 Health and Wellness Skills (18), 346 (Skills for Health and Wellness), 355 (Real World Health Skills), 536 (Real World Health Skills), 582 (Skills for Health and Wellness), 641 Health and Wellness Skills (19), 663 (Case Study), 713 (Skills for Health and Wellness)
12.6.7 Assess, reflect on and adjust the plan to reach and maintain the personal health goal.	39-40, 52 (Skills for Health and Wellness), 67 Health and Wellness Skills (18), 124 (Quiz), 135 (Real World Health Skills), 153 (Case Study), 183 (Real World Health Skills), 295 Health and Wellness Skills (18), 346 (Skills for Health and Wellness), 355 (Real World Health Skills), 536 (Real World Health Skills), 582 (Skills for Health and Wellness), 641



<b>Standard 6: Students will demonstrate the ability to use goal-setting skills to enhance health.</b>	
<b>Goal Setting</b>	
	Health and Wellness Skills (19), 663 (Case Study), 713 (Skills for Health and Wellness)
<b>Standard 7: Students demonstrate the ability to practice strategies and skills to enhance personal health and reduce health risks.</b>	
<b>Practicing Healthy Behaviors</b>	
12.7.1 Conduct a personal assessment of health and safety knowledge and skills.	39–40, 52 (Skills for Health and Wellness), 67 Health and Wellness Skills (18), 124 (Quiz), 135 (Real World Health Skills), 153 (Case Study), 183 (Real World Health Skills), 295 Health and Wellness Skills (18), 346 (Skills for Health and Wellness), 355 (Real World Health Skills), 536 (Real World Health Skills), 582 (Skills for Health and Wellness), 641 Health and Wellness Skills (19), 663 (Case Study), 713 (Skills for Health and Wellness)
12.7.2 Analyze the results of the personal assessment to identify personal health and safety strengths and needs.	39–40, 52 (Skills for Health and Wellness), 67 Health and Wellness Skills (18), 124 (Quiz), 135 (Real World Health Skills), 153 (Case Study), 183 (Real World Health Skills), 295 Health and Wellness Skills (18), 346 (Skills for Health and Wellness), 355 (Real World Health Skills), 536 (Real World Health Skills), 582 (Skills for Health and Wellness), 641 Health and Wellness Skills (19), 663 (Case Study), 713 (Skills for Health and Wellness)
12.7.3 Select and apply a strategy to improve personal health or safety.	60-61, 63 (Real World Health Skills), 74-81, 79 (Real World Health Skills), 88-92, 93 (Real World Health Skills), 97 (16), 117-120, 125-127, 130-133, 139 (19), 146-148, 153-160, 162-169, 194-199, 200 (Skills for Health and Wellness), 221-223, 230- 231, 231 (9), 234-239, 237 (Skills for Health and Wellness), 261-264, 276-277, 278 (Skills for Health and Wellness), 287-291, 316-320, 337-347, 359 (18), 382- 385, 388 (Skills for Health and Wellness), 393 (19), 413-414, 416 (Skills for Health and Wellness), 417, 426-429, 456-458, 461 (Skills for Health and Wellness), 465 (19), 471-474, 479-481, 490-493, 499-501, 506-508, 509 (Skills for Health and Wellness), 513 Health and Wellness Skills (19), 620, 622-624, 627-628, 631-636, 641 Health and Wellness Skills (18-19)
12.7.4 Identify and access personal support, persons or systems, as needed.	55-56, 56 Know and Understand (5), 66 Critical Thinking Skills (10), 109, 111 Think Critically (9), 203 Think Critically (10), 221-223, 231 Think Critically (5), 312-314, 594, 598, 601, 687-688, 740, 749
12.7.5 Analyze the role of individual responsibility for personal health and safety behaviors.	34-40, 40 Think Critically (4), 52 (Skills for Health and Wellness), 168-169, 610, 612-616, 787, 789
12.7.6 Celebrate and reward self for personal health and safety accomplishments.	39–40, 52 (Skills for Health and Wellness), 67 Health and Wellness Skills (18), 124 (Quiz), 135 (Real World Health Skills), 153 (Case Study), 183 (Real World Health Skills), 295 Health and Wellness Skills (18), 346 (Skills for Health and Wellness), 355 (Real World Health Skills), 536 (Real World





Standard 7: Students demonstrate the ability to practice strategies and skills to enhance personal health and reduce health risks.	
Practicing Healthy Behaviors	
	Health Skills), 582 (Skills for Health and Wellness), 641 Health and Wellness Skills (19), 663 (Case Study), 713 (Skills for Health and Wellness)
Standard 8: Students will demonstrate the ability to advocate for personal, family and community health.	
Advocacy	
12.8.1 Conduct a personal, family or community health or safety assessment and/or review data from current similar health assessments.	42-44, 45-46, 50-52, 55 (Local and Global Health), 67 Health and Wellness Skills (19), 220 (Real World Health Skills), 223, 242 Health and Wellness Skills (16), 307 (Warm-Up Activity), 512 Health and Wellness Skills (15), 673 Thinking Critically (3), 684 (Skills for Health and Wellness), 687-688, 748 (Skills for Health and Wellness)
12.8.2 Analyze data to determine a priority health or safety issue on which to take a stand.	48-49, 67 Health and Wellness Skills (20), 73-79, 90 (Case Study), 93 Know and Understand (4), 159 (Health in the Media), 173 Health and Wellness Skills (20), 229 (Local and Global Health), 264, 295 Health and Wellness Skills (20), 347 (Real World Health Skills), 378 (Real World Health Skills), 383, 385, 387-388, 408 (Health Across the Life Span), 413- 417, 444 (Health in the Media)
12.8.3 Thoroughly research the health or safety issue.	22, 23 (Local and Global Health), 27 Know and Understand (3), 106-107, 111 Think Critically (8), 229 (Local and Global Health), 271, 299-305, 306 Think Critically (7), 380-383, 392 Health and Wellness Skills (14), 412-413, 455-456, 464 Health and Wellness Skills (14), 481 (Local and Global Health), 516-517, 525, 535 (Health in the Media), 698 Critical Thinking Skills (7), 768 Critical Thinking Skills (14)
12.8.4 Identify and familiarize self with agencies, organizations, and others who advocate for and against the health issue.	55 (Local and Global Health), 60-61, 105 (Research in Action), 139 Health and Wellness Skills (20), 173 Health and Wellness Skills (20), 229 (Local and Global Health), 435 (Local and Global Health), 465 Health and Wellness Skills (20), 488 (Research in Action), 535 (Health in the Media), 551 (Local and Global Health), 578 (Local and Global Health), 635 (Skills for Health and Wellness)
12.8.5 Clarify personal beliefs regarding the health or safety issue.	22, 23 (Local and Global Health), 27 Know and Understand (3), 106-107, 111 Think Critically (8), 229 (Local and Global Health), 271, 299-305, 306 Think Critically (7), 380-383, 392 Health and Wellness Skills (14), 412-413, 455-456, 464 Health and Wellness Skills (14), 481 (Local and Global Health), 516-517, 525, 535 (Health in the Media), 698 Critical Thinking Skills (7), 768 Critical Thinking Skills (14)
12.8.6 Take a clear health-enhancing stand.	48-49, 67 Health and Wellness Skills (20), 73-79, 90 (Case Study), 93 Know and Understand (4), 159 (Health in the Media), 173 Health and Wellness Skills (20), 229 (Local and Global Health), 264, 295 Health and Wellness Skills (20), 347 (Real World Health Skills), 378 (Real World Health Skills), 383,



<b>Standard 8: Students will demonstrate the ability to advocate for personal, family and community health.</b>	
<b>Advocacy</b>	
	385, 387-388, 408 (Health Across the Life Span), 413- 417, 444 (Health in the Media)
12.8.7 Use communication techniques to persuade the individual or group to support or act on the health or safety issue.	48-49, 71-79, 97 Health and Wellness Skills (19), 105 (Research in Action), 243 Health and Wellness Skills (21), 269 (Real World Health Skills), 273 (Health in the Media), 314 (Real World Health Skills), 359 Health and Wellness Skills (19), 387-388, 393 Health and Wellness Skills (20), 412-415, 421 Health and Wellness Skills (20), 457-458, 465 Health and Wellness Skills (20), 484-485, 490-493, 499-500, 508- 509, 591 (Real World Health Skills), 626 (Case Study), 641 Health and Wellness Skills (20), 692 (Local and Global Health), 699 Health and Wellness Skills (20)
12.8.8 Identify an audience and adapt the health or safety message and communication technique to the characteristics of the individual or group.	48-49, 71-79, 97 Health and Wellness Skills (19), 105 (Research in Action), 243 Health and Wellness Skills (21), 269 (Real World Health Skills), 273 (Health in the Media), 314 (Real World Health Skills), 359 Health and Wellness Skills (19), 387-388, 393 Health and Wellness Skills (20), 412-415, 421 Health and Wellness Skills (20), 457-458, 465 Health and Wellness Skills (20), 484-485, 490-493, 499-500, 508- 509, 591 (Real World Health Skills), 626 (Case Study), 641 Health and Wellness Skills (20), 692 (Local and Global Health), 699 Health and Wellness Skills (20)
12.8.9 Work collaboratively with individuals, agencies and organizations to advocate for the health of self, families, and communities.	55 (Local and Global Health), 60-61, 105 (Research in Action), 139 Health and Wellness Skills (20), 173 Health and Wellness Skills (20), 229 (Local and Global Health), 435 (Local and Global Health), 465 Health and Wellness Skills (20), 488 (Research in Action), 535 (Health in the Media), 551 (Local and Global Health), 578 (Local and Global Health), 635 (Skills for Health and Wellness)
12.8.10 Evaluate the effectiveness of the advocacy effort and revise and adjust, as needed.	48-49, 71-79, 97 Health and Wellness Skills (19), 105 (Research in Action), 243 Health and Wellness Skills (21), 269 (Real World Health Skills), 273 (Health in the Media), 314 (Real World Health Skills), 359 Health and Wellness Skills (19), 387-388, 393 Health and Wellness Skills (20), 412-415, 421 Health and Wellness Skills (20), 457-458, 465 Health and Wellness Skills (20), 484-485, 490-493, 499-500, 508- 509, 591 (Real World Health Skills), 626 (Case Study), 641 Health and Wellness Skills (20), 692 (Local and Global Health), 699 Health and Wellness Skills (20)