

**Goodheart-Willcox Correlation of  
 Comprehensive Health Skills Middle School © (2021)  
 to Florida Standards for Public Schools  
 Course: Comprehensive Health Education,  
 Florida Statute 1003.42 – Grade 6**



BENCHMARK		CORRELATING TEXT PAGES
<b>Strand: HEALTH LITERACY CONCEPTS</b>		
<b>Standard 1: Core Concepts - Comprehend concepts related to health promotion and disease prevention to enhance health.</b>		
HE.6.C.1.2	Describe how the physical, mental/emotional, social, and intellectual dimensions of health are interrelated.  <i>Clarifications:</i> Nutrition/mental alertness, interpersonal conflicts/emotional stress, sleep/physical stamina, and hunger/solving problems.	26, 138, 158, 161 (#23), 174-175, 183,475-476, 480-483, 481 (Building Your Skills), 486-487, 502, 504, 513, 521, 524, 526, 535, 541-542, 56, 581 (#20), 624, 634, 654-657
HE.6.C.1.3	Identify environmental factors that affect personal health.  <i>Clarifications:</i> Air and water quality, availability of sidewalks, contaminated food, and road hazards.	285-286, 379-380, 384-385, 445-454, 445 (Figure 14.1 Humans and the Environment Affect Each Other), 447 (Figure 14.4 Sources of Indoor Air Pollution), 448 (Figure 14.6 Climate Change and Flooding), 450 (Figure 14.8 Dangers of Unsafe Drinking Water), 445 (Figure 14.1 Humans and the Environment Affect Each Other), 447 (Figure 14.4 Sources of Indoor Air Pollution), 448 (Figure 14.6 Climate Change and Flooding), 450 (Figure 14.8 Dangers of Unsafe Drinking Water), 451 (Figure 14.10 Examples of Toxic Chemicals), 452 (Case Study) 453 (Figure 14.12 Groups Most at Risk for Chemical Harm)
HE.6.C.1.4	Identify health problems and concerns common to adolescents including reproductive development.  <i>Clarifications:</i> Acne, eating disorders, suicide/depression, and puberty.	566-567, 589-593, 655
HE.6.C.1.5	Explain how body systems are impacted by hereditary factors and infectious agents.  <i>Clarifications:</i> Cystic fibrosis affects respiratory and a digestive system, sickle-cell anemia affects the circulatory system, and influenza affects the respiratory system.	Respiratory System, 40 Anatomy, 51-53 Changes During Adulthood, 576 Defined, 46, 51, 384 Diseases of, 384–386 Effects Of Nicotine, 280–281  Digestive System Anatomy, 55–58 Changes During Adulthood, 576 Defined, 54–55 Effects Of Nicotine, 280
HE.6.C.1.6	Examine how appropriate health care can promote personal health.  <i>Clarifications:</i> Orthodontia, substance-abuse misuse prevention, hearing and vision screening, and prevention of communicable diseases.	10-13, 60 (feature), 158, 174-177, 185, 395-396, 403 (#17), 441 (#23), 553, 570, 577, 591-592, 599-600, 655



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HE.6.C.1.7	Recognize how heredity can affect personal health. <u>Clarifications:</u> Risk factors for diseases such as heart disease or cancers, poor vision, and allergies/asthma.	Body Composition, 219 Development, 558–559 Genetic Makeup, 16–17 Influence on health, 15–17, 165, 288, 379–380, 382, 398 Reproduction, 553
<b>Standard 2: Internal and External Influence - Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.</b>		
<b>Strand: HEALTH LITERACY CONCEPTS</b>		
HE.6.C.2.1	Examine how family influences the health of adolescents. <u>Clarifications:</u> Controls for media viewing and social networking, consistent family rules, family's diet and physical activity, and family modeling relationship behaviors.	16-19, 99 (#18), 134-135, 150-151, 165, 182, 271 (#20), 289, 321-323, 355, 475-476, 489-490, 517, 530-532, 559, 613, 654
HE.6.C.2.2	Examine how peers influence the health of adolescents. <u>Clarifications:</u> Conflict resolution skills, reproductive-health misinformation, and spreading rumors.	18, 35 (#17), 22, 25-26 (Figure 1.12 Tips for Resting Pressure), 26 (Figure 1.13 Conflict Resolution Skills), 133-135, 165, 179, 182, 185, 289, 297, 323, 355, 441 (#41), 475-476, 503-504, 518, 538, 559, 569-570, 590, 616-617
HE.6.C.2.3	Identify the impact of health information conveyed to students by the school and community. <u>Clarifications:</u> First-aid education program, refusal-skills practice, and healthy body composition: BMI.	26, 73 (#23), 161 (#19), 176-177, 189 (#19) and 21, 305 (#18), 328, 365 (#21), 403 (#22 and 24), 461 (feature), 469 (#20 and 23), 513 (#21), 533, 542 (Hands-On Activity), 545 (#21), 581 (#19), 593 (Hands-On Activity), 603 (#23), 617 (Hands-On Activity), 641-643, 661 (#21), 657
HE.6.C.2.4	Investigate school and public health policies that influence health promotion and disease prevention. <u>Clarifications:</u> Fitness reports for students, school zone speeding laws, school district wellness policies, and helmet laws.	10-13, 31-32, 205-209, 213, 246, 271 (#18), 296-297, 326, 359-360, 431, 436-438, 456-458, 598-599, 617, 657
HE.6.C.2.5	Examine how media influences peer and community health behaviors. <u>Clarifications:</u> Derogatory lyrics in music, anti-drug PSAs, sports beverage commercials, and Internet safety.	27-32, 80, 167, 234-235, 290-291, 298-299, 324, 355 420-423, 421 (Figure 13.5 THINK), 421 (Case Study), 441 (Develop Your Skills), (#20), 441 (Think Critically (#18), 483, 499 (Figure 15.23 Be Physically Present with Friends), 524-526, 526 (Figure 16.7 (THINK Before You Post)
HE.6.C.2.6	Propose ways that technology can influence peer and community health behaviors. <u>Clarifications:</u>	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 20), 215, 229-231, 244-246, 271 (#19), 289-291, 305 (#19), Technology Analyzing Media, 27–29, 80, 234–235, 298–299, Heart Rate Monitors And Fitness Trackers, 262,



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	Internet social media/networking sites, heart-rate monitors, and cross-walk signals.	324, 469 (#16), 603 (#22), 624, 626 (Hands-On Activity), 661 (#20)
HE.6.C.2.7	Investigate cultural changes related to health beliefs and behaviors. <u>Clarifications:</u> School breakfast programs, fast-food menus, and nutritional guidelines for snack machines, fitness programs, and school wellness programs.	14, 19-21, 23, 130, 133-134, 231, 475, 490, -491, 497-498, 518
HE.6.C.2.8	Determine how social norms may impact healthy and unhealthy behavior. <u>Clarifications:</u> Alcohol, tobacco and inhalant-use, bullying behaviors, and walking/biking vs. riding in a vehicle to a close location.	229-231, 325, 355, 503-504, 521, 538, 611, 624, 626 (Hands-On Activity), 661 (#16 and 21)
HE.6.C.2.9	Identify the influence of personal values, attitudes, and beliefs about individual health practices and behaviors. <u>Clarifications:</u> Curiosity, interests, fears, likes, and dislikes.	23-24, 271 (#16-17), 288, 321-323, 355-360, 492, 507, 540, 568, 626 (Hands-On Activity), 643, 654,
<b>Strand: HEALTH LITERACY RESPONSIBLE BEHAVIOR</b>		
<b>Standard 3: Accessing Information - Demonstrate the ability to access valid health information, products, and services to enhance health.</b>		
HE.6.B.3.1	Examine the validity of health information, and determine the cost of health products, and services. <u>Clarifications:</u> Advertisements, Internet, infomercials, articles, flyers, diet supplements, generic vs. name brand, individual fitness plan vs. gym membership, and private lessons vs. recreational play.	26-29, 80 (feature), 99 (#22), 161 (#18), 215, 223-225, 229-231, 234-235, 290-291, 298-299, 331 (#23-24), 324, 337-339, 355, 359-360, 403 (#22), 513 (#21), 545 (#21), 581 (#19), 593 (Hands-On Activity), 603 (#23), 617, 641-643
HE.6.B.3.3	Investigate a variety of technologies to gather health information. <u>Clarifications:</u> Thermometer, television, Internet, audio books, and technology tools.	10-13, 27-32, 80, 215, 229-231, 234-235, 290-291, 298-299, 324, 355
HE.6.B.3.4	Describe situations when professional health services may be required. <u>Clarifications:</u> Injuries, influenza, depression, substance use and abuse, child abuse, and domestic violence.	183-185, 316-317, 356-362, 407-411, 423-428, 430-438
<b>Standard 4: Interpersonal Communication - Demonstrate the ability to use interpersonal-communication skills to enhance health and avoid or reduce health risks.</b>		



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HE.6.B.4.1	<p>Determine strategies to improve effective verbal- and nonverbal-communication skills to enhance health.</p> <p><u>Clarifications:</u>            Role playing, short stories, and open-ended scenarios.</p>	99 (#23), 125 (#21 and 22), 137, 138 (Hands-On Activity), 140-148, 152-154, 161 (#23), 175 (feature), 178-179, 183, 189 (#22), 239 (#10), 271 (#20), 290 (feature), 299-300, 302 (Hands-On Activity), 305 (#20), 319 (Hands-On Activity), 325, 331 (#19 and 21-22), 358-360, 362 (Hands-On Activity), 365 (#19-20), 403 (#21 and 24), 416 (Hands-On Activity), 421-423, 430, 441 (#19-20), 461 (feature), 478-483, 492-494, 498-499, 508, 513 (#18), 521, 526, 533, 542, 545 (#22), 569 (feature), 581 (#20), 593 (Hands-On Activity), 603 (#20), 617 (Hands-On Activity), 625-626, 630, 634, 658 (Hands-On Activity), 661 (#19)
HE.6.B.4.2	<p>Practice refusal skills and negotiation skills to reduce health risks.</p> <p><u>Clarifications:</u>            Assertiveness, compromising, and use of "I" messages.</p>	25-26, 32 (Hands-On Activity), 125 (#22), 286 (Hands-On Activity), 299-300, 302 (Hands-On Activity), 325, 331 (#21-22), 358-359, 362 (Hands-On Activity), 365 (#19-20), 403 (#20), 441 (#20), 484-487, 508, 542, 545 (#22), 590, 603 (#20), 630, 657-658
HE.6.B.4.3	<p>Demonstrate effective conflict-management and/or resolution strategies.</p> <p><u>Clarifications:</u>            Talk to an adult, anger management, and conflict mediation.</p>	25-26, 125 (#23), 239 (#20), 331 (#19), 484-487, 492-494, 498-499, 521, 533, 545 (#22), 603 (#20)
HE.6.B.4.4	<p>Compile ways to ask for assistance to enhance the health of self and others.</p> <p><u>Clarifications:</u>            Verbalize, write, and ask others for help.</p>	99 (#24), 175 (feature), 183, 226-227, 271 (#20), 327-328, 361-362, 419-423, 430, 486-487, 504, 513 (#21), 521, 524, 533-535, 538-542, 581 (#20), 593 (Hands-On Activity), 630, 634, 661 (#19 and 21)
<b>Standard 5: Decision Making - Demonstrate the ability to use decision-making skills to enhance health.</b>		
HE.6.B.5.1	<p>Investigate health-related situations that require the application of a thoughtful decision-making process.</p> <p><u>Clarifications:</u>            Peer pressure, exposure to unsupervised firearms, and tobacco use.</p>	23-24, 137, 189 (#17), 271 (#21), 298-299, 324 (feature), 331 (#19), 356, 365 (#18), 441 (#21), 541, 569-571, 581 (#21), 622, 628, 643, 657-658
HE.6.B.5.2	<p>Choose healthy alternatives over unhealthy alternatives when making a decision.</p> <p><u>Clarifications:</u>            Not smoking, limiting sedentary activity, and practicing good character.</p>	23-24, 211-215, 239 (#19-20), 324 (feature), 342 (Hands-On Activity), 356-360, 365 (#19-20), 407-416, 441 (#20-21), 533-534, 570, 581 (#21), 624, 632-633, 658
HE.6.B.5.3	<p>Specify the potential outcomes of each option when making a health-related decision.</p> <p><u>Clarifications:</u>            Physical, social, emotional, financial, and legal consequences, and emergency preparedness.</p>	23-24, 210, 331 (#17), 403 (#23), 469 (#21), 570, 581 (#21), 622-623, 632-634, 658





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HE.6.B.5.4	Distinguish between the need for individual or collaborative decision-making. <u>Clarifications:</u> Consider the severity of the situation, consider personal skills, and consider when someone is a danger to self or others.	19-24, 137, 324, 559, 568-570, 623-624, 656-658
HE.6.B.5.5	Predict the potential outcomes of a health-related decision. <u>Clarifications:</u> Prescription drug use/abuse, eating disorders, depression, and sexual behavior.	23-24, 210, 331 (#17), 403 (#23), 469 (#21), 570, 581 (#21), 622-623, 632-634, 658
<b>Standard 6: Goal Setting - Demonstrate the ability to use goal-setting skills to enhance health.</b>		
HE.6.B.6.1	Use various methods to measure personal health status. <u>Clarifications:</u> BMI, surveys, heart-rate monitors, pedometer, blood-pressure cuff, and stress-management techniques.	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 20), 215, 229-231, 244-246, 271 (#19), 289-291, 305 (#19), Technology Analyzing Media, 27-29, 80, 234-235, 298-299, Heart Rate Monitors And Fitness Trackers, 262, 324, 469 (#16), 603 (#22), 624, 626 (Hands-On Activity), 661 (#20)
HE.6.B.6.2	Develop an individual goal to adopt, maintain, or improve a personal health practice. <u>Clarifications:</u> Physical activity, eating habits, safety habits, computer use/safety, bullying-prevention skills, and personal hygiene.	24-25, 32 (#5), 35 (#20), 70 (Hands-On Activity), 92 (feature), 117 (feature), 135, 211 (feature), 222, 239 (#22), 263-265, 271 (#20), 403 (#23), 469 (#21), 513 (#20), 545 (#20), 581 (#21)
HE.6.B.6.3	Determine strategies and skills needed to attain a personal health goal. <u>Clarifications:</u> Journaling, daily checklists, calorie counting, use of pedometers, participation in support groups, and injury-prevention measures.	24-25, 35 (#20), 117 (feature), 137, 211 (feature), 222, 239 (#22), 263-265, 271 (#20), 297-300, 325-327, 403 (#23), 469 (#21), 513 (#20), 545 (#20)
HE.6.B.6.4	Monitor progress toward attaining a personal health goal. <u>Clarifications:</u> Checklist, diary, log, computer software, and websites.	24-25, 35 (#20), 117 (feature), 137, 211 (feature), 222, 239 (#22), 263-265, 271 (#20), 297-300, 325-327, 403 (#23), 469 (#21), 513 (#20), 545 (#20)
<b>Strand: HEALTH LITERACY PROMOTION</b>		
<b>Standard 7: Self-Management - Demonstrate the ability to practice advocacy, health-enhancing behaviors, and avoidance or reduction of health risks for oneself.</b>		
HE.6.P.7.1	Explain the importance of assuming responsibility for personal-health behaviors. <u>Clarifications:</u>	19-21, 23-26, 141-144, 152-158, 161 (#22), 174, 178, 181-185, 211-216, 222-227, 256-260, 262-265, 328, 356-360, 403 (#18-21), 461-466, 541-542, 603 (#15), 622, 628, 641, 654



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	Medical/dental checkups, resisting peer pressure, and healthy relationships.	
HE.6.P.7.2	<p>Write about healthy practices and behaviors that will maintain or improve personal health and reduce health risks.</p> <p><u>Clarifications:</u>            Hygiene, healthy relationship skills, sleep, fitness, influences of advertising, internet safety, and avoidance of substance abuse including inhalants.</p>	15, 21 (Hands-On Activity), 23-32, 35 (#22), 77-96, 116-122, 161 (#19 and 22-23), 183-185, 203 (Hands-On Activity), 211-216, 222-227, 251, 256-260, 266, 268, 296-302, 319 (Hands-On Activity), 325-328, 337-339, 391-400, 403 (#20), 416-438, 441 (#19-22), 453-454, 461-466, 469 (#21-22), 501-504, 508, 510, 525-526, 533-535, 542, 569-570, 589-591, 599-600, 603 (#19), 616 (feature), 623-626, 630, 632-634, 643-651, 655-657
Standard 8: Advocacy - Demonstrate the ability to advocate for individual, peer, school, family, and community health.		
HE.6.P.8.1	<p>Practice how to influence and support others when making positive health choices.</p> <p><u>Clarifications:</u>            Encourage others to read food labels, promote physical activity, encourage practice of universal precautions, and leading by example.</p>	29-32, 99 (#21), 125 (#20 and 21), 161 (#20), 178-179, 185, 239 (#19-21), 271 (#18 and 20), 286 (Hands-On Activity), 289, 296-298, 305 (#20- 22), 319 (Hands-On Activity), 325-328, 331 (#19- 20), 358-360, 365 (#19-21), 403 (#20), 461 (feature), 466, 513 (#19), 533, 538, 540, 545 (#24), 603 (#20 and 23), 616 (feature), 626 (Hands-On Activity)
HE.6.P.8.2	<p>State a health-enhancing position on a topic and support it with accurate information.</p> <p><u>Clarifications:</u>            Tobacco laws, zero-tolerance policies, drinking laws, and bullying laws.</p>	26-30, 50 (feature), 99 (#22), 108 (Hands-On Activity), 161 (#19-21), 172 (Hands-On Activity), 189 (#20-21), 239 (#20), 271 (#18-19 and 21), 286 (Hands-On Activity), 298 (feature), 305 (#19-22), 319 (Hands-On Activity), 353 (Hands-On Activity), 358 (feature), 365 (#21), 403 (#24), 441 (#22), 461 (feature), 513 (#19), 545 (#24), 603 (#19 and 23), 617 (Hands-On Activity), 658
HE.6.P.8.3	<p>Work cooperatively to advocate for healthy individuals, families, and schools.</p> <p><u>Clarifications:</u>            Media campaigns, posters, skits, and PSAs.</p>	29-32, 99 (#21), 179 (Hands-On Activity), 185, 203 (Hands-On Activity), 239 (#20), 286 (Hands-On Activity), 298 (feature), 319 (Hands-On Activity), 325-328, 331 (#20), 358 (feature), 365 (#21), 403 (#20-21 and 24), 469 (#20), 513 (#19), 538, 540, 545 (#24), 603 (#19), 616 (feature), 658
HE.6.P.8.4	<p>Identify ways health messages and communication techniques can be targeted for different audiences.</p> <p><u>Clarifications:</u>            Surveys, advertisements, music, and clothing.</p>	286 (Hands-On Activity), 299, 403 (#24), 441 (#23), 461 (feature), 513 (#19), 603 (#23)
HE.6.C.1.8	<p>Examine the likelihood of injury or illness if engaging in unhealthy/risky behaviors.</p> <p><u>Clarifications:</u>            Obesity related to poor nutrition and inactivity, cancer and chronic lung disease related to tobacco use, injuries caused from failure to use seat restraint, and sexually transmitted diseases caused by sexual activity.</p>	19-21, 80-81, 84-85, 89-91, 95-96, 103-104, 210-211, 216, 218-225, 256-260, 279-286, 291-294, 311-319, 344-353, 379-380, 454, 529-533, 570-571, 585, 596, 603 (#19), 622-623, 632-633, 655