

**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 8**



BENCHMARK		CORRELATING TEXT PAGES
Strand: HEALTH LITERACY CONCEPTS		
Standard 1: Core Concepts - Comprehend concepts related to health promotion and disease prevention to enhance health.		
HE.8.C.1.2	Analyze the interrelationship between healthy/unhealthy behaviors and the dimensions of health: physical, mental/emotional, social, and intellectual. <u>Clarifications:</u> Sleep/studying for tests, road rage/vehicular crashes, bullying/depression, and healthy relationships/emotional health.	13 (Hands-On Activity), 19-32, 35 (#19) and (#22), 73 (#18 and 23), 103-106, 116-122, 135-138, 140-148, 152-158, 161 (#16 and 22), 174-179, 183-185, 210-216, 218-227, 239 (#16), 243-246, 246-260, 262-268, 279-286, 297-300, 337-339, 356-360, 392-400, 403 (#18-19), 461-466, 478-487, 508, 533, 542, 559, 623, 632-634, 643, 655
HE.8.C.1.3	Predict how environmental factors affect personal health. <u>Clarifications:</u> Heat index, air/water quality, street lights and signs, bullying, gangs, and weapons in the community.	17-19, 30 (feature), 35 (#17), 134-135, 166, 179-180, 182-183, 214-215, 229-231, 239 (#15 and 17), 258-259, 321-324, 445-454, 559
HE.8.C.1.4	Investigate strategies to reduce or prevent injuries and other adolescent health problems. <u>Clarifications:</u> Recognize signs and symptoms of depression, accessing resources, abstinence to reduce sexually transmitted diseases, sexually transmitted infections, and pregnancy; places to avoid; and healthy relationship skills.	10, 15-21, 77-96, 110-114, 152-158, 161 (#19-22), 183-184, 216, 251, 256-260, 266, 268, 325-328, 391-400, 403 (#19-21), 407-438, 441 (#18-21), 453-454, 589-591, 603 (#19), 632-634, 655
HE.8.C.1.5	Identify major chronic diseases that impact human body systems. <u>Clarifications:</u> Cancer, hypertension and coronary artery disease, asthma, and diabetes.	313, 378 - 389 384 (Case Study) , (1-5), 389 (Hands-On Activity)
HE.8.C.1.6	Analyze how appropriate health care can promote personal health. <u>Clarifications:</u> Immunization for human papilloma virus and meningitis, sports physicals, and counseling for depression.	10-13, 60 (feature), 158, 174-177, 185, 395-396, 403 (#17), 441 (#23), 553, 570, 577, 591-592, 599-600, 655
HE.8.C.1.7	Explore how heredity and family history can affect personal health. <u>Clarifications:</u> Sickle-cell anemia, heart disease, diabetes, and mental health.	16-17, 165, 182, 232, 288, 379-380, 397 (feature), 558-559
HE.8.C.1.8	Anticipate the likelihood of injury or illness if engaging in unhealthy/risky behaviors.	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



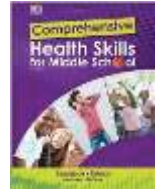
BENCHMARK		CORRELATING TEXT PAGES
	<p><u>Clarifications:</u> Death or injury from car crashes and underage drinking/distracted driving, injuries resulting from fighting and bullying, and respiratory infections from poor hygiene.</p>	
<p>Standard 2: Internal and External Influence - Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.</p>		
HE.8.C.2.1	<p>Assess the role of family health beliefs on the health of adolescents.</p> <p><u>Clarifications:</u> Alternative medical care, family religious beliefs, and importance of physical activity.</p>	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.8.C.2.2	<p>Assess how the health beliefs of peers may influence adolescent health.</p> <p><u>Clarifications:</u> Drug-use myths, perception of healthy body composition, and perceived benefits of energy drinks.</p>	18, 35 (#17), 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.8.C.2.3	<p>Analyze how the school and community may influence adolescent health.</p> <p><u>Clarifications:</u> Drug-abuse education programs, volunteering opportunities, and availability of recreational facilities/programs.</p>	17-19, 30 (feature), 165, 174-175, 182, 185, 271 (#18), 289-290, 297, 325, 355, 359, 475-476, 503-504, 518, 537-541, 559, 616-617, 630
HE.8.C.2.4	<p>Critique school and public health policies that influence health promotion and disease prevention.</p> <p><u>Clarifications:</u> Speed-limit laws, immunization requirements, universal precautions, zero tolerance, report bullying, and cell phone/texting laws.</p>	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.8.C.2.5	<p>Research marketing strategies behind health-related media messages.</p> <p><u>Clarifications:</u> Social acceptance of alcohol use, promotion of thinness as the best body type, sexual images to sell products, and normalization of violence.</p>	18 (feature), 26-29, 35 (#21), 80 (feature), 166-167, 182-183, 186 (Hands-On Activity), 189 (#20), 229-231, 290-291, 296-299, 305 (#19), 324, 355, 539, 603 (#22), 661 (#20)
HE.8.C.2.6	<p>Analyze the influence of technology on personal and family health.</p> <p><u>Clarifications:</u> TV advertisements for unhealthy foods, volume of headphones, websites, and social marketing for health information.</p>	27, 35 (#21), 106-107, 120-122, 125 (#17) and 21), 150, 155, 167, 172 (Hands-On Activity), 244 (feature), 246, 271 (#19), 290-291, 441 (#18 and 20), 458-459, 462-463, 469 (#16), 483, 522



BENCHMARK		CORRELATING TEXT PAGES
HE.8.C.2.7	Describe the influence of culture on health beliefs, practices, and behaviors. <i>Clarifications:</i> Medical procedures such as male circumcision, sexual abstinence, and prescription drug-use.	19, 99 (#17), 133-135, 182, 355, 490, 611, 626 (Hands-On Activity), 661 (#16), 642
HE.8.C.2.8	Explain how the perceptions of norms influence healthy and unhealthy behaviors. <i>Clarifications:</i> Sexual abstinence, prescription-drug use, marijuana use, and perception that certain abusive-relationship behaviors are “normal.”	229-231, 325, 355, 503-504, 521, 538, 611, 624, 626 (Hands-On Activity), 661 (#16 and 21)
HE.8.C.2.9	Analyze the influence of personal values, attitudes, and beliefs about individual health practices and behaviors. <i>Clarifications:</i> Social conformity, desires, and impulses.	23-24, 271 (#16-17), 288, 321-323, 355-360, 492, 507, 540, 568, 626 (Hands-On Activity), 643, 654,
Strand: HEALTH LITERACY RESPONSIBLE BEHAVIOR		
Standard 3: Accessing Information - Demonstrate the ability to access valid health information, products, and services to enhance health.		
HE.8.B.3.1	Analyze valid and reliable health services and the cost of products. <i>Clarifications:</i> Current research and news/standard practice; prescriptions and generic vs. store brand/name brand; over-the-counter medicines, energy, vitamins, nutritional supplements/foods, skin-care products, nutritional supplements, and healthcare providers.	26-29, 80 (feature), 99 (#22), 161 (#18), 223-225, 298-299, 331 (#23-24), 337-339, 359-360, 403 (#22), 513 (#21), 545 (#21), 581 (#19), 593 (Hands-On Activity), 603 (#23), 617, 641-643
HE.8.B.3.2	Analyze the accessibility, validity, and reliability of products and services that enhance home, school, and community health. <i>Clarifications:</i> Reliability of advertisements, articles, infomercials, and web-based products; health department; community agencies; and prescribed medications vs. over-the-counter.	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.8.B.3.3	Recommend a variety of technologies to gather health information. <i>Clarifications:</i> Glucose monitor, MRI, EKG, CAT-scan, scales [BMI], pedometer, Internet, and cell phone applications.	26-28, 80 (feature), 82, 99 (#22 and 24), 114 (Hands-On Activity), 172 (Hands-On Activity), 189 (#19 and 21), 223-225, 365 #22, 271 (#19), 300-302, 325, 327-328, 359-360, 365 (#21-22, 403 (#17), 453, 469 (#20), 513 (#21), 592 (feature), 591 (feature), 597-600, 603 #21, 647-651, 657, 661 #21



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HE.8.B.3.4	Determine situations when specific professional health services or providers may be required. <i>Clarifications:</i> Head injuries, infections, depression, and abuse.	138, 158, 174-175, 181-184, 232-234, 256-260, 279-282, 291-294, 312, 318-319, 327-328, 344-353, 360-361, 371-376, 378-389, 430-438, 453-454, 513 (#21), 541, 577, 591-592, 597-598, 633, 647-652, 655
Standard 4: Interpersonal Communication - Demonstrate the ability to use interpersonal-communication skills to enhance health and avoid or reduce health risks		
HE.8.B.4.1	Illustrate skills necessary for effective communication with family, peers, and others to enhance health. <i>Clarifications:</i> Refusal skills, nonverbal communication, asking questions, "I" messages, assertiveness, negotiation, and making requests.	25-26, 32 (Hands-On Activity), 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), 286 (Hands-On Activity), 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, 484-487, 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.8.B.4.3	Examine the possible causes of conflict among youth in schools and communities. <i>Clarifications:</i> Relationships, territory, jealousy, and gossip/rumors.	25-26, 125 (#23), 239 (#20), 331 (#19), 484-487, 492-494, 498-499, 521, 533, 545 (#22), 603 (#20)
HE.8.B.4.4	Compare and contrast ways to ask for and offer assistance to enhance the health of self and others. <i>Clarifications:</i> Compare responses, passive vs. assertive, written vs. spoken, and anonymous vs. face-to-face.	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)
Standard 5: Decision Making - Demonstrate the ability to use decision-making skills to enhance health.		
HE.8.B.5.1	Determine when health-related situations require the application of a thoughtful prepared plan of action. <i>Clarifications:</i> Consumption of alcohol, sexual situations, use of marijuana, prescription-drug abuse, and dating violence.	18-19, 23-24, 137, 177-178, 189 (#17), 229-232, 271 (#16-17), 271 (#21), 288-291, 296-300, 311, 313, 321-324, (feature), 331 (#16, #21, #22), 344, 356, 365 (#18), 441 (#21), 509-510, 541, 569-571, 581 (#21), 622, 624-625, 628, 633, 643, 657-658



BENCHMARK		CORRELATING TEXT PAGES
HE.8.B.5.2	<p>Categorize healthy and unhealthy alternatives to health-related issues or problems.</p> <p><u>Clarifications:</u> (Alcohol consumption, sleep requirements, physical activity, and time management.)</p>	23-24, 125 (#19), 137, 141-148, 152-158, 211-215, 239 (#19-20), 271 (#21), 288-302, 324 (feature), 331 (#20), 342 (Hands-On Activity), 356-360, 365 (#19-20), 407-416, 441 (#21), 533-534, 542, 570, 616 (feature), 623-624, 658
HE.8.B.5.3	<p>Compile the potential outcomes of each option when making a health-related decision.</p> <p><u>Clarifications:</u> Consequences: injury, addiction, and legal, social, sexual, and financial.</p>	20-21, 103-104, 116-122, 271 (#21), 279-286, 234 (feature), 353 (Hands-On Activity), 441 (#21), 469 (#18), 570, 581 (#21), 622-623, 658
HE.8.B.5.4	<p>Distinguish when individual or collaborative decision-making is appropriate.</p> <p><u>Clarifications:</u> Pressure to consume alcohol, self-injury, weight management, sexual activity, and mental-health issues.</p>	23-24, 137, 178, 183-185, 327-328, 407-416, 486-487, 658
HE.8.B.5.5	<p>Evaluate the outcomes of a health-related decision.</p> <p><u>Clarifications:</u> Addiction from alcohol consumption, brain damage from inhalant use, pregnancy from sexual activity, and weight management from proper nutrition.</p>	23-24, 210, 331 (#17), 403 (#23), 469 (#21), 570, 581 (#21), 622-623, 632-634, 658
Standard 6: Goal Setting - Demonstrate the ability to use goal-setting skills to enhance health.		
HE.8.B.6.1	<p>Assess personal health practices.</p> <p><u>Clarifications:</u> Physical activity, sleep habits, interpersonal skills, risky behaviors, and injury prevention.</p>	35 (#20), 76 (feature), 92 (feature), 117 (feature), 131-138, 174, 181-182, 211 (feature), 226, 239 (#18), 262, 271 (#20), 403 (#23), 415 (feature), 416 (Hands-On Activity), 469 (#21-22), 513 (#20), 545 (#20), 581 (#21)
HE.8.B.6.2	<p>Design an individual goal to adopt, maintain, or improve a personal health practice.</p> <p><u>Clarifications:</u> Physical activity, eating habits, cyber bullying, social relationships, and sleep habits.</p>	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.8.B.6.3	<p>Apply strategies and skills needed to attain a personal health goal.</p> <p><u>Clarifications:</u> Physical activity, nutrition modification, and anger management.</p>	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)



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HE.8.B.6.4	<p>Describe how personal health goals can vary with changing abilities, priorities, and responsibilities.</p> <p><u>Clarifications:</u> Weight reduction, cost of healthier food, availability of exercise equipment, and general health.</p>	24-25, 117 (feature), 239 (#22), 661 (#22)
Strand: 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.8.P.7.1	<p>Assess the importance of assuming responsibility for personal-health behaviors, including sexual behavior.</p> <p><u>Clarifications:</u> Sexual abstinence, skin care, and drug abuse.</p>	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
HE.8.P.7.2	<p>Apply healthy practices and behaviors that will maintain or improve personal health and reduce health risks.</p> <p><u>Clarifications:</u> Participate in various physical activities, foster healthy relationships, set healthy goals, make healthy food choices, and practice Internet safety, resist negative peer pressure, get adequate sleep, and engage in respectful equality-based relationships.</p>	15, 19-21, 23-32, 35 (#19 and 22), 45/53/61/70 (Hands-On Activities), 73 (#18 and 23), 77-96, 116-122, 135 (feature), 140-148, 152-158, 161 (#20), 174-179, 181-186, 203 (Hands-On Activity), 211-216, 222-227, 243-247, 251, 256-260, 262-268, 271 (#18-20), 286 (Hands-On Activity), 296-302, 319 (Hands-On Activity), 325-328, 337-339, 356-362, 365 (#19-20), 376 (Hands-On Activity), 391-400, 403 (#20), 407-438, 441 (#19-22), 453-454, 461-466, 469 (#22), 478-487, 498-499, 501-504, 508, 510, 520-521, 524-526, 533-535, 542, 559-570, 577, 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.8.P.8.1	<p>Promote positive health choices with the influence and support of others.</p> <p><u>Clarifications:</u> Promotion of oral health, sexual abstinence, no alcohol, tobacco, and other drug abuse.</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.8.P.8.2	<p>Justify a health-enhancing position on a topic and support it with accurate information.</p> <p><u>Clarifications:</u> Abstinence from unhealthy behaviors, gun-safety laws, legal- age limits, bullying laws, and zero tolerance.</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)



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BENCHMARK		CORRELATING TEXT PAGES
HE.8.P.8.3	<p>Work cooperatively to advocate for healthy individuals, peers, families, and schools.</p> <p><i>Clarifications:</i> Promote community initiatives; create media campaigns, peer-led prevention campaigns, and school wellness councils.</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.8.P.8.4	<p>Evaluate ways health messages and communication techniques can be targeted for different audiences.</p> <p><i>Clarifications:</i> Advertising, social media campaign, and health fairs.</p>	286 (Hands-On Activity), 299, 403 (#24), 441 (#23), 461 (feature), 513 (#19), 603 (#23)