

**Standards Map Template–2020 Health Education Adoption
Grades Nine through Twelve**

(Download and use to cite where instructional resources fully address each standard)

Nutrition and Physical Activity

1: Essential Concepts

Standard	Standard Language	Publisher Citations	Met Y	Met N	Reviewer Comments, Citations, and Questions
9-12.1.1.N	Distinguish between facts and myths regarding nutrition practices, products, and physical performance.	16-17, 248-255, 257-269, 271-279, 281-282, 285, 288			
9-12.1.2.N	Research and discuss the practical use of current research-based guidelines for a nutritionally balanced diet.	257-260, 261, 264, 281-282, 288			
9-12.1.3.N	Explain the importance of variety and moderation in food selection and consumption.	271-273			
9-12.1.4.N	Describe dietary guidelines, food groups, nutrients, and serving sizes for healthy eating habits.	249-255, 257-260, 261, 271-273, 281-282			
9-12.1.5.N	Describe the relationship between poor eating habits and chronic diseases such as heart disease, obesity, cancer, diabetes, hypertension, and osteoporosis.	16-17, 267-269, 285			

Standard	Standard Language	Publisher Citations	Met Y	Met N	Reviewer Comments, Citations, and Questions
9-12.1.6.N	Explain how to keep food safe through proper food purchasing, preparation, and storage practices.	277-279			
9-12.1.7.N	Describe nutrition practices that are important for the health of a pregnant woman and her baby.	267, 755-756			
9-12.1.8.N	Describe the prevalence, causes, and long-term consequences of unhealthy eating.	16-17, 267-269, 271-273, 285			
9-12.1.9.N	Analyze the relationship between physical activity and overall health.	16-17, 148, 328-331, 336-337			
9-12.1.10.N	Evaluate various approaches to maintaining a healthy weight.	282-285, 287-291, 330			
9-12.1.11.N	Identify the causes, symptoms, and harmful effects of eating disorders.	298-306, 310-321			
9-12.1.12.N	Explain why people with eating disorders need professional help.	312-314			
9-12.1.13.N	Describe the amounts and types of physical activity recommended for teenagers' overall health and for the maintenance of a healthy body weight.	336-337, 346-347			
9-12.1.14.N	Analyze the harmful effects of using diet pills and anabolic steroids.	437-439			
9-12.1.15.N	Explain the physical, academic, mental, and social benefits of physical activity and the relationship between a sedentary lifestyle and chronic disease.	16-17, 148, 328-331			

2: Analyzing Influences

Standard	Standard Language	Publisher Citations	Met Y	Met N	Reviewer Comments, Citations, and Questions
9-12.2.1.N	Evaluate internal and external influences that affect food choices.	271-273			
9-12.2.2.N	Assess personal barriers to healthy eating and physical activity.	271-283, 340			
9-12.2.3.N	Distinguish between facts and myths regarding nutrition practices, products, and physical performance.	16-17, 248-255, 257-269, 271-279, 281-282, 285, 28			
9-12.2.4.N	Analyze the impact of nutritional choices on future reproductive and prenatal health.	267-269, 754-756, 764			
9-12.2.5.N	Analyze the impact of various influences, including the environment, on eating habits and attitudes toward weight management.	271-273			
9-12.2.6.N	Analyze internal and external influences that affect physical activity.	340			

3: Accessing Valid Information

Standard	Standard Language	Publisher Citations	Met Y	Met N	Reviewer Comments, Citations, and Questions
9-12.3.1.N	Access sources of accurate information about safe and healthy weight management.	287-291, 330			

Standard	Standard Language	Publisher Citations	Met Y	Met N	Reviewer Comments, Citations, and Questions
9-12.3.2.N	Evaluate the accuracy of claims about food and dietary supplements.	437			
9-12.3.3.N	Describe how to use nutrition information on food labels to compare products.	274-276			
9-12.3.4.N	Evaluate the accuracy of claims about the safety of fitness products.	348-355			
9-12.3.5.N	Describe community programs and services that help people gain access to affordable, healthy foods.	42, 44, 60			
9-12.3.6.N	Describe internal and external influences that affect physical activity.	340			

4: Interpersonal Communication

Standard	Standard Language	Publisher Citations	Met Y	Met N	Reviewer Comments, Citations, and Questions
9-12.4.1.N	Analyze positive strategies to communicate healthy eating and physical activity needs at home, at school, and in the community.	272-273, 328 – 331(Research In Action), 333 (Health Across the Life Span), 335 (Real World Health Skills), 337-343, 342 (Case Study), 346			
9-12.4.2.N	Practice how to refuse less-nutritious foods in social settings.	272-273			

5: Decision Making

Standard	Standard Language	Publisher Citations	Met Y	Met N	Reviewer Comments, Citations, and Questions
9-12.5.1.N	Demonstrate how nutritional needs are affected by age, gender, activity level, pregnancy, and health status.	248-255			
9-12.5.2.N	Use a decision-making process to plan nutritionally adequate meals at home and away from home.	258-265,67 (Case Study)			
9-12.5.3.N	Demonstrate how to use safe food handling procedures when preparing meals and snacks.	277-279			

6: Goal Setting

Standard	Standard Language	Publisher Citations	Met Y	Met N	Reviewer Comments, Citations, and Questions
9-12.6.1.N	Assess one's personal nutrition needs and physical activity level.	264-269, 336-337			
9-12.6.2.N	Develop practical solutions for removing barriers to healthy eating and physical activity.	271-273, 272 (Research In Action), 340			
9-12.6.3.N	Create a personal nutrition and physical activity plan based on current guidelines.	257-269, 336-337, 346			

7: Practicing Health-Enhancing Behaviors

Standard	Standard Language	Publisher Citations	Met Y	Met N	Reviewer Comments, Citations, and Questions
9-12.7.1.N	Select healthy foods and beverages in a variety of settings.	271-273, 413-415			
9-12.7.2.N	Critique one's personal diet for overall balance of key nutrients.	249-255, 257-269			
9-12.7.3.N	Identify strategies for eating more fruits and vegetables.	257-266			
9-12.7.4.N	Describe how to take more personal responsibility for eating healthy foods.	261-264			
9-12.7.5.N	Participate in school and community activities that promote fitness and health.	60-61			

Standard 8: Health Promotion

Standard	Standard Language	Publisher Citations	Met Y	Met N	Reviewer Comments, Citations, and Questions
9-12.8.1.N	Advocate enhanced nutritional options in the school and community.	60-61			
9-12.8.2.N	Educate family and peers about choosing healthy foods.	264			

Growth, Development, and Sexual Health

1: Essential Concepts

Standard	Standard Language	Publisher Citations	Met Y	Met N	Reviewer Comments, Citations, and Questions
9-12.1.1.G	Describe physical, social, and emotional changes associated with being a young adult.	782-787, 785 (Research In Action),			
9-12.1.2.G	Explain how conception occurs, the stages of pregnancy, and the responsibilities of parenting.	751-757, 760-761			
9-12.1.3.G	Discuss the characteristics of healthy relationships, dating, committed relationships, and marriage.	470-476, 495-501, 790			
9-12.1.4.G	Identify why abstinence is the most effective method for the prevention of HIV, other STDs, and pregnancy.	504-56, 685, 758-759, 818, 830, 832			
9-12.1.5.G	Summarize fertilization, fetal development, and childbirth.	736, 751 (Research In Action), 754-756			

Standard	Standard Language	Publisher Citations	Met Y	Met N	Reviewer Comments, Citations, and Questions
9-12.1.6.G	Explain responsible prenatal and perinatal care and parenting, including California's Safely Surrendered Baby Law.	754-756, 763			
9-12.1.7.G	Describe the short- and long-term effects of HIV, AIDS, and other STDs.	443,676-695, 696 (Real World Health Skills)			
9-12.1.8.G	Analyze STD rates among teens.	443, 6 76-696			
9-12.1.9.G	Explain laws related to sexual behavior and the involvement of minors.	531-536, 535 (Health In The Media),			
9-12.1.10.G	Recognize that there are individual differences in growth and development, physical appearance, gender roles, and sexual orientation.	115, 773-775, 806-807			
9-12.1.11.G	Evaluate the benefits to mother, father, and child when teenagers wait until adulthood to become parents.	760-765, 765 (Real World Health Skills)			
9-12.1.12.G	Evaluate the safety and effectiveness (including success and failure rates) of FDA-approved condoms and other contraceptives in preventing HIV, other STDs, and pregnancy.	830-832, 833-845			

2: Analyzing Influences

Standard	Standard Language	Publisher Citations	Met Y	Met N	Reviewer Comments, Citations, and Questions
9-12.2.1.G	Determine personal, family, school, and community factors that can help reduce the risk of engaging in sexual activity.	817-879, 817 (Skills for Health and Wellness)			
9-12.2.2.G	Evaluate how growth and development, relationships, and sexual behaviors are affected by internal and external influences.	773-775			
9-12.2.3.G	Assess the discrepancies between actual and perceived social norms related to sexual activity among teenagers.	588, 813-815			
9-12.2.4.G	Assess situations that could lead to pressure for sexual activity and to the risk of HIV, other STDs, and pregnancy.	817-819			
9-12.2.5.G	Evaluate how culture, media, and other people influence perceptions about body image, gender roles, sexuality, attractiveness, relationships, and sexual orientation.	23, 115, 298, 306, 316-317, 320-321, 588, 686, 806-807, 814-816, 827, 829			

Standard 3: Accessing Valid Information

Standard	Standard Language	Publisher Citations	Met Y	Met N	Reviewer Comments, Citations, and Questions
9-12.3.1.G	Analyze the validity of health information, products, and services related to reproductive and sexual health.	504-508, 531-536, 67-695, 739-740, 747-757, 763-765, 782-787, 818, 826-851			
9-12.3.2.G	Identify local resources concerning reproductive and sexual health, including all FDA-approved contraceptives, HIV/STD testing, and medical care.	504-508, 531-536, 67-695, 739-740, 747-757, 763-765, 782-787, 818, 826-851			
9-12.3.3.G	Compare the success and failure rates of FDA-approved condoms and other contraceptives in preventing HIV, other STDs, and pregnancy.	830-832, 833-845			
9-12.3.4.G	Evaluate laws related to sexual involvement with minors.	531-536, 535 (Health in the Media)			

4: Interpersonal Communication

Standard	Standard Language	Publisher Citations	Met Y	Met N	Reviewer Comments, Citations, and Questions
9-12.4.1.G	Analyze how interpersonal communication affects relationships.	70-79			
9-12.4.2.G	Use effective verbal and nonverbal communication skills to	70-79			

Standard	Standard Language	Publisher Citations	Met Y	Met N	Reviewer Comments, Citations, and Questions
	prevent sexual involvement, HIV, other STDs, and pregnancy.				
9-12.4.3.G	Demonstrate effective communication skills within healthy dating relationships.	70-79, 499-501			

5: Decision Making

Standard	Standard Language	Publisher Citations	Met Y	Met N	Reviewer Comments, Citations, and Questions
9-12.5.1.G	Use a decision-making process to evaluate the physical, emotional, and social benefits of abstinence, monogamy, and the avoidance of multiple sexual partners.	35-38, 400, 817 (Skills for Health and Wellness)			
9-12.5.2.G	Use a decision-making process to examine barriers to making healthy decisions about relationships and sexual health.	35-38, 400, 817 (Skills for Health and Wellness)			
9-12.5.3.G	Use a decision-making process to analyze when it is necessary to seek help with or leave an unhealthy situation.	35-38			
9-12.5.4.G	Evaluate the risks and consequences associated with sexual activities, including HIV, other STDs, and pregnancy.	35-38			

Standard	Standard Language	Publisher Citations	Met Y	Met N	Reviewer Comments, Citations, and Questions
9-12.5.5.G	Use a decision-making process to analyze the benefits of respecting individual differences in growth and development, physical appearance, gender roles, and sexual orientation.	35-38			
9-12.5.6.G	Use a decision-making process to evaluate the social, emotional, physical, and economic effects of teen pregnancy on the child, the teen parent, the family, and society.	35-38			
9-12.5.7.G	Use a decision-making process to evaluate the use of FDA-approved condoms and other contraceptives for pregnancy and STD prevention.	35-38			

6: Goal Setting

Standard	Standard Language	Publisher Citations	Met Y	Met N	Reviewer Comments, Citations, and Questions
9-12.6.1.G	Evaluate how HIV, AIDS, other STDs, or pregnancy could impact life goals.	39-40, 146-147, 815			
9-12.6.2.G	Identify short- and long-term goals related to abstinence and maintaining reproductive and sexual health, including the use of FDA-approved condoms and	39-40, 146-147, 815			

Standard	Standard Language	Publisher Citations	Met Y	Met N	Reviewer Comments, Citations, and Questions
	other contraceptives for pregnancy and STD prevention.				

7: Practicing Health-Enhancing Behaviors

Standard	Standard Language	Publisher Citations	Met Y	Met N	Reviewer Comments, Citations, and Questions
9-12.7.1.G	Describe personal actions that can protect sexual and reproductive health (including one's ability to deliver a healthy baby in adulthood).	504-508, 531-536, 67-695, 739-740, 747-757, 763-765, 782-787, 818, 826-851			

8: Health Promotion

Standard	Standard Language	Publisher Citations	Met Y	Met N	Reviewer Comments, Citations, and Questions
9-12.8.1.G	Encourage and support safe, respectful, and responsible relationships.	471-474, 495-499, 499-501			
9-12.8.2.G	Advocate the respect for and the dignity of persons living with HIV or AIDS.	690-695			
9-12.8.3.G	Support others in making positive and healthful choices about sexual behavior.	35-38, 817 (Skills for Health and Wellness)			

Injury Prevention and Safety

1: Essential Concepts

Standard	Standard Language	Publisher Citations	Met Y	Met N	Reviewer Comments, Citations, and Questions
9-12.1.1.S	Discuss ways to reduce the risk of injuries that can occur during athletic and social activities.	348-388, 352 (Health in the Media)			
9-12.1.2.S	Recognize potentially harmful or abusive relationships, including dangerous dating situations.	471-476, 495-499, 501			
9-12.1.3.S	Analyze emergency preparedness plans for the home, the school, and the community.	576-579, 578 (Local and Global Health)			
9-12.1.4.S	Examine ways that injuries are caused while traveling to and from school and in the community.	17-18, 566-569			
9-12.1.5.S	Describe rules and laws intended to prevent injuries.	569-570			
9-12.1.6.S	Evaluate the risks and responsibilities associated with teen driving and auto accidents.	17-18, 566-569			
9-12.1.7.S	Discuss the characteristics of gang members.	548-549			
9-12.1.8.S	Describe California laws regarding bullying, sexual violence, and sexual harassment.	544, 809			

Standard	Standard Language	Publisher Citations	Met Y	Met N	Reviewer Comments, Citations, and Questions
9-12.1.9.S	Explain the effects of violence on individuals, families, and communities.	517-536, 538-546, 548-549, 550-555			
9-12.1.10.S	Describe procedures for emergency care and lifesaving, including CPR, first aid, and control of bleeding.	354-355, 592-594, 595-602, 603 (Health and Wellness Careers)			
9-12.1.11.S	Identify ways to stay safe during natural disasters and emergency situations (e.g., land-slides, floods, earthquakes, wildfires, electrical storms, winter storms, and terrorist attacks).	577-579, 578 (Local and Global Health)			
9-12.1.12.S	Identify ways to prevent situations that might harm vision, hearing, or dental health.	863-864, 870-872			

2: Analyzing Influences

Standard	Standard Language	Publisher Citations	Met Y	Met N	Reviewer Comments, Citations, and Questions
9-12.2.1.S	Analyze internal and external influences on personal, family, and community safety.	59, 78-79, 277-279, 348-355, 427-429, 457, 507, 525-526, 533-534, 548, 552, 564-571, 573, 578 (Local and Global Health), 580-603			
9-12.2.2.S	Analyze the influence of alcohol and other drug use on personal, family, and community safety.	17, 399-409, 411-413, 441-453, 455-460			

Standard	Standard Language	Publisher Citations	Met Y	Met N	Reviewer Comments, Citations, and Questions
9-12.2.3.S	Explain how one's behavior when traveling as a passenger in a vehicle influences the behavior of others.	567-569			
9-12.2.4.S	Analyze why it is risky to belong to a gang.	548-549			

3: Accessing Valid Information

Standard	Standard Language	Publisher Citations	Met Y	Met N	Reviewer Comments, Citations, and Questions
9-12.3.1.S	Analyze sources of information and services concerning safety and violence prevention.	59, 78-79, 277-279, 348-355, 427-429, 457, 507, 525-526, 533-534, 548, 552, 564-571, 573, 578 (Local and Global Health), 580-603			
9-12.3.2.S	Analyze community resources for disaster preparedness.	577-579, 578 (Local and Global Health)			

4: Interpersonal Communication

Standard	Standard Language	Publisher Citations	Met Y	Met N	Reviewer Comments, Citations, and Questions
9-12.4.1.S	Demonstrate effective negotiation skills for avoiding dangerous and risky situations.	82-85, 82 (Research In Action), 85 (Skills for Health and Wellness)			
9-12.4.2.S	Use effective communication skills for preventing and reporting sexual assault and molestation.	71-79			

5: Decision Making

Standard	Standard Language	Publisher Citations	Met Y	Met N	Reviewer Comments, Citations, and Questions
9-12.5.1.S	Apply a decision-making process to avoid potentially dangerous situations.	35-38			
9-12.5.2.S	Analyze the laws regarding and detrimental effects of sexual harassment.	530-531, 544, 809			
9-12.5.3.S	Analyze the consequences of gang involvement for self, family, and the community.	548-549			
9-12.5.4.S	Analyze the consequences of violence for self, family, and the community.	517-536, 538-546, 548-549, 550-555			

6: Goal Setting

9-12.6.1.S	Develop a plan to prevent injuries during emergencies and natural disasters.	544-549, 578 (Local and Global Health)			
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7: Practicing Health-Enhancing Behaviors

Standard	Standard Language	Publisher Citations	Met Y	Met N	Reviewer Comments, Citations, and Questions
9-12.7.1.S	Practice injury prevention during athletic, social, and motor vehicle-related activities.	348-355, 352 (Health in the Media), 567-569			
9-12.7.2.S	Demonstrate conflict resolution skills to avoid potentially violent situations.	80-86, 85 (Skills for Health and Wellness), 86 (Real World Health Skills)			
9-12.7.3.S	Demonstrate first aid and CPR procedures.	354-355, 592-594, 595-602, 603 (Health and Wellness Careers)			
9-12.7.4.S	Apply strategies to avoid and report dangerous situations, including conflicts involving weapons and gangs.	59, 78-79, 277-279, 348-355, 427-429, 457, 474, 516-517, 519, (Research In Action) 525-526, 543-546, 548-549, 564-571, 573, 575-591, 578 (Local and Global Health), 592-603			
9-12.7.5.S	Assess characteristics of harmful or abusive relationships.	471-474, 495-499, 501			

8: Health Promotion

Standard	Standard Language	Publisher Citations	Met Y	Met N	Reviewer Comments, Citations, and Questions
9-12.8.1.S	Identify and support changes in the home, at school, and in the community that promote safety.	564-571, 576-577			
9-12.8.2.S	Encourage peers to use safety equipment during physical activity.	348-355			

Standard	Standard Language	Publisher Citations	Met Y	Met N	Reviewer Comments, Citations, and Questions
9-12.8.3.S	Encourage actions to promote safe driving experiences.	567-569			

Alcohol, Tobacco, and Other Drugs

1: Essential Concepts

Standard	Standard Language	Publisher Citations	Met Y	Met N	Reviewer Comments, Citations, and Questions
9-12.1.1.A	Describe the health benefits of abstaining from or discontinuing use of alcohol, tobacco, and other drugs.	382-385, 388 (Skills for Health and Wellness), 413-415, 456-459			
9-12.1.2.A	Explain the impact of alcohol, tobacco, and other drug use on brain chemistry, brain function, and behavior.	17, 373-375, 374 (Research In Action), 400-403, 402 (Local and Global Health), 441-444, 442 (Research In Action)			
9-12.1.3.A	Explain the connection between alcohol and tobacco use and the risk of oral cancer.	373			
9-12.1.4.A	Identify the social and legal implications of using and abusing alcohol, tobacco, and other drugs.	17, 366-375, 399-409, 402 (Local and Global Health), 406 (Case Study), 408 (Health Across the Life Span), 441-445			
9-12.1.5.A	Describe the use and abuse of prescription and nonprescription medicines and illegal substances.	425-426, 431-439, 435 (Local and Global Health), 438 (Case Study), 445-453			
9-12.1.6.A	Analyze the consequences for the mother and child of using alcohol, tobacco, and other drugs during pregnancy—including fetal alcohol spectrum disorders and other birth defects.	755			

Standard	Standard Language	Publisher Citations	Met Y	Met N	Reviewer Comments, Citations, and Questions
9-12.1.7.A	Analyze the consequences of binge drinking and its relationship to cancer; to liver, pancreatic, and cardiovascular diseases; and to a variety of gastrointestinal problems, neurological disorders, and reproductive system disorders.	17, 400-409, 402 (Local and Global Health), 406 (Case Study), 408 (Health Across the Life Span), 755			
9-12.1.8.A	Interpret school policies and community laws related to alcohol, tobacco, and illegal drug use, possession, and sale.	373-375, 405-409, 444-445, 573			
9-12.1.9.A	Explain the impact of alcohol and other drug use on vehicle crashes, injuries, violence, and risky sexual behavior.	17, 374, 399-406, 406 (Case Study), 404, 408 (Health Across the Life Span), 409, 433, 444-446, 452, 463, 516-519, 519 (Research In Action), 531-536, 543, 567-569			
9-12.1.10.A	Clarify myths regarding the scope of alcohol, tobacco, and other drug use among adolescents.	365, 371-372, 380-382, 387 (Health in the Media), 411-413, 412 (Health in the Media), 455-456			

2: Analyzing Influences

Standard	Standard Language	Publisher Citations	Met Y	Met N	Reviewer Comments, Citations, and Questions
9-12.2.1.A	Evaluate strategies for managing the impact of internal and external influences on alcohol, tobacco, and other drug use.	382-385, 388 (Skills for Health and Wellness), 413-415, 456-459			

Standard	Standard Language	Publisher Citations	Met Y	Met N	Reviewer Comments, Citations, and Questions
9-12.2.2.A	Analyze the role of individual, family, community, and cultural norms on the use of alcohol, tobacco, and other drugs.	380-382, 381 (Local and Global Health), 387, 411-413, 411 (Research In Action), 455-456			
9-12.2.3.A	Describe financial, political, social, and legal influences on the use of alcohol, tobacco, and other drugs.	373-375, 374 (Research In Action), 405-409, 406 Case Study), 408 (Health Across the Life Span), 444-445, 444 Health in the Media)			

3: Accessing Valid Information

Standard	Standard Language	Publisher Citations	Met Y	Met N	Reviewer Comments, Citations, and Questions
9-12.3.1.A	Access information, products, and services related to the use of alcohol, tobacco, and other drugs.	364 – 378, 376 (Health Across the Life Span), 379-389, (Local and Global Health), 387 (Health in the Media), 397-409, 402 (Local and Global Health), 406 Case Study, 408 Health Across the Life Span), 410-417, 411 (Research In Action), 412 (Health in the Media), 416 (Skills for Health and Wellness), 440-453, 442 (Research In Action), 448 (Health in the Media), 455-461, 461 (Skills for Health and Wellness)			
9-12.3.2.A	Evaluate prevention, intervention, and treatment resources and programs concerning alcohol, tobacco, and other drugs.	382-389, 413-417, 456-460			

4: Interpersonal Communication

Standard	Standard Language	Publisher Citations	Met Y	Met N	Reviewer Comments, Citations, and Questions
9-12.4.1.A	Demonstrate assertive communication skills to resist pressure to use alcohol, tobacco, and other drugs.	75-77, 76 (Quiz)			
9-12.4.2.A	Use effective refusal and negotiation skills to avoid riding in a car or engaging in other risky behaviors with someone who has been using alcohol or other drugs.	82-85, 91-92, 385, 388 Skills for Health and Wellness), 414 45, 508			

5: Decision Making

Standard	Standard Language	Publisher Citations	Met Y	Met N	Reviewer Comments, Citations, and Questions
9-12.5.1.A	Use a decision-making process to evaluate how the use of alcohol, tobacco, and other drugs affects individuals, families, and society.	35-38			
9-12.5.2.A	Explain healthy alternatives to alcohol, tobacco, and other drug use.	382-385, 388Jesus (Skills for Health and Wellness), 413-415, 456-459			

6: Goal Setting

Standard	Standard Language	Publisher Citations	Met Y	Met N	Reviewer Comments, Citations, and Questions
9-12.6.1.A	Predict how a drug-free lifestyle will support the achievement of short- and long-term goals.	39-40, 146-147, 815			

7: Practicing Health-Enhancing Behaviors

Standard	Standard Language	Publisher Citations	Met Y	Met N	Reviewer Comments, Citations, and Questions
9-12.7.1.A	Use effective coping strategies when faced with various social situations involving the use of alcohol, tobacco, and other drugs.	35-38, 382-385, 388 (Skills for Health and Wellness), 413-415, 456-459			

8: Health Promotion

Standard	Standard Language	Publisher Citations	Met Y	Met N	Reviewer Comments, Citations, and Questions
9-12.8.1.A	Participate in activities in the school and community that help other individuals make positive choices regarding the use of alcohol, tobacco, and other drugs.	35-38, 382-385, 388 (Skills for Health and Wellness), 413-415, 456-459			
9-12.8.2.A	Present a persuasive solution to the problem of alcohol, tobacco, and other drug use among youths.	75-77, 76 (Quiz)			

Mental, Emotional, and Social Health

1: Essential Concepts

Standard	Standard Language	Publisher Citations	Met Y	Met N	Reviewer Comments, Citations, and Questions
9-12.1.1.M	Describe the benefits of having positive relationships with trusted adults.	166-167, 291, 477-480, 481 (Local and Global Health), 483			
9-12.1.2.M	Analyze the qualities of healthy peer and family relationships.	87-93, 477-483, 487-502			
9-12.1.3.M	Describe healthy ways to express caring, friendship, affection, and love.	133, 471-474, 495-499, 498 (Health Across the Life Span)			
9-12.1.4.M	Describe qualities that contribute to a positive self-image.	121-127, 124 (Quiz)			
9-12.1.5.M	Describe how social environments affect health and well-being.	9 -10, 471-474, 487-493, 495-499			
9-12.1.6.M	Describe the importance of recognizing signs of disordered eating and other common mental health conditions.	218-220, 298-306, 310-312, 411 (Research In Action), 455			
9-12.1.7.M	Analyze signs of depression, potential suicide, and other self-destructive behaviors.	213-220, 232-236, 235 (Health in the Media),			
9-12.1.8.M	Explain how witnesses and bystanders can help prevent violence by reporting dangerous situations.	531-536, 548-555, 551 (Local and Global Health)			

Standard	Standard Language	Publisher Citations	Met Y	Met N	Reviewer Comments, Citations, and Questions
9-12.1.9.M	Classify personal stressors at home, in school, and with peers.	177-181, 178 (Health in the Media), 179 Quiz, 181 (Local and Global Health)			
9-12.1.10.M	Identify warning signs for suicide.	236			
9-12.1.11.M	Identify loss and grief.	238-239, 794-795, 794 (Skills for Health and Wellness)			

2: Analyzing Influences

Standard	Standard Language	Publisher Citations	Met Y	Met N	Reviewer Comments, Citations, and Questions
9-12.2.1.M	Analyze the internal and external issues related to seeking mental health assistance.	203, 221-223, 227 (Case Study), 313			

3: Accessing Valid Information

Standard	Standard Language	Publisher Citations	Met Y	Met N	Reviewer Comments, Citations, and Questions
9-12.3.1.M	Access school and community resources to help with mental, emotional, and social health concerns.	203 , 221-223, 227 (Case Study), 313			
9-12.3.2.M	Evaluate the benefits of professional services for people with mental, emotional, or social health conditions.	203 , 221-223, 227 (Case Study), 313			

4: Interpersonal Communication

Standard	Standard Language	Publisher Citations	Met Y	Met N	Reviewer Comments, Citations, and Questions
9-12.4.1.M	Seek help from trusted adults for oneself or a friend with an emotional or social health problem.	109 -111, 110 (Skills for Health and Wellness), 166-167 , 203, 221-223, 291			
9-12.4.2.M	Discuss healthy ways to respond when you or someone you know is grieving.	238-239, 784-795, 794 (Skills for Health and Wellness)			

5: Decision Making

Standard	Standard Language	Publisher Citations	Met Y	Met N	Reviewer Comments, Citations, and Questions
9-12.5.1.M	Monitor personal stressors and assess techniques for managing them.	177-181, 178 (Health in the Media), 179 Quiz, 181 (Local and Global Health), 194-203, 200 (Skills for Health and Wellness), 202 (Health Across the Life Span)			
9-12.5.2.M	Compare various coping mechanisms for managing stress.	177-181, 178 (Health in the Media), 179 Quiz, 181 (Local and Global Health), 194-203, 200 (Skills for Health and Wellness), 202 (Health Across the Life Span)			
9-12.5.3.M	Analyze situations when it is important to seek help with stress, loss, an unrealistic body image, and depression.	177-181, 178 (Health in the Media), 179 Quiz, 181 (Local and Global Health), 194-203, 200 (Skills for Health and Wellness), 202 (Health Across the Life Span)			

Standard 6: Goal Setting

Standard	Standard Language	Publisher Citations	Met Y	Met N	Reviewer Comments, Citations, and Questions
9-12.6.1.M	Evaluate how preventing and managing stress and getting help for mental and social problems can help a person achieve short- and long-term goals.	39-40, 146-147, 287, 815			
9-12.6.2.M	Set a goal to reduce life stressors in a health-enhancing way.	39-40, 146-147, 287, 815			

Standard 7: Practicing Health-Enhancing Behaviors

Standard	Standard Language	Publisher Citations	Met Y	Met N	Reviewer Comments, Citations, and Questions
9-12.7.1.M	Assess personal patterns of response to stress and use of resources.	177-181, 178 (Health in the Media), 179 Quiz, 181 (Local and Global Health), 194-203, 200 (Skills for Health and Wellness), 202 (Health Across the Life Span), 216-220, 238-239, 320-321			
9-12.7.2.M	Practice effective coping mechanisms and strategies for managing stress.	194-203, 200 is (Skills for Health and Wellness), 202 (Health Across the Life Span)			
9-12.7.3.M	Discuss suicide-prevention strategies.	166, 234-238, 235 (Health in the Media), 237 (Skills for Health and Wellness)			
9-12.7.4.M	Practice respect for individual differences and diverse backgrounds.	114-117, 158-159, 164-165, 305, 318-319, 478, 484, 775, 804-810, 804 (Local and Global Health), 808 (Case Study, 809 (Research In Action)			

Standard	Standard Language	Publisher Citations	Met Y	Met N	Reviewer Comments, Citations, and Questions
9-12.7.5.M	Participate in clubs, organizations, and activities in the school and in the community that offer opportunities for student and family involvement.	60-61, 147, 485-486			
9-12.7.6.M	Practice setting personal boundaries in a variety of situations.	474, 485, 500			

Standard 8: Health Promotion

Standard	Standard Language	Publisher Citations	Met Y	Met N	Reviewer Comments, Citations, and Questions
9-12.8.1.M	Support the needs and rights of others regarding mental and social health.	109 -111, 110 (Skills for Health and Wellness), 166-167 , 203, 221-223			
9-12.8.2.M	Promote a positive and respectful environment at school and in the community.	482-486			
9-12.8.3.M	Object appropriately to teasing of peers and community members that is based on perceived personal characteristics and sexual orientation.	114-117, 158-159, 164-165, 305, 318-319, 478, 484, 775, 804-810, 804 (Local and Global Health), 808 (Case Study), 809 (Research In Action)			

Personal and Community Health

1: Essential Concepts

Standard	Standard Language	Publisher Citations	Met Y	Met N	Reviewer Comments, Citations, and Questions
9-12.1.1.P	Discuss the value of actively managing personal health behaviors (e.g., getting adequate sleep, practicing ergonomics, and performing self-examinations).	248-291, 298-321, 328-355			
9-12.1.2.P	Evaluate the importance of regular medical and dental checkups, vaccinations, and examinations.	51, 54, 663 - 665, 665 (Skills for Health and Wellness), 870-871			
9-12.1.3.P	Identify symptoms that should prompt individuals to seek health care.	55-56			
9-12.1.4.P	Identify types of pathogens that cause disease.	15, 277 - 279, 278 (Skills for Health and Wellness), 647 - 648, 675, 689 - 690			
9-12.1.5.P	Investigate the causes and symptoms of communicable and non-communicable diseases.	15, 277-279, 443, 646-667, 674-695, 702-727			
9-12.1.6.P	Describe the dangers of exposure to ultraviolet (UV) light, lead, asbestos, pesticides, and unclean air and water; and discuss strategies for avoiding exposure.	617-627, 623 (Research In Action), 716 , 717, 868			
9-12.1.7.P	Identify symptoms that indicate a need for an ear, eye, or dental examination.	863-864, 866, 870-872			
9-12.1.8.P	Examine common types and symptoms of cancer.	367, 681-682, 717-720, 739-740, 746-749			

Standard	Standard Language	Publisher Citations	Met Y	Met N	Reviewer Comments, Citations, and Questions
9-12.1.9.P	Identify the importance of medical screenings (including breast, cervical, testicular, and prostate examinations, and other testing) necessary to maintain reproductive health.	739-740, 747-749			
9-12.1.10.P	Explain how public health policies and government regulations influence health promotion and disease prevention.	52-53, 62-63, 466, 630-631, 693, 775			
9-12.1.11.P	Examine ways to prevent and manage asthma.	370-727			
9-12.1.12.P	Identify global environmental issues.	612-615, 612 (Local and Global Health)			
9-12.1.13.P	Describe the impact of air and water pollution on health.	617-623, 623 (Research In Action)			
9-12.1.14.P	Identify ways to reduce pollution and harmful health effects (e.g., by using alternative methods of transportation).	618-619			

2: Analyzing Influences

Standard	Standard Language	Publisher Citations	Met Y	Met N	Reviewer Comments, Citations, and Questions
9-12.2.1.P	Discuss influences that affect positive health practices.	48-49, 48 (Case Study), 58-63, 264, 320-321, 684 (Skills for Health and Wellness)			

Standard	Standard Language	Publisher Citations	Met Y	Met N	Reviewer Comments, Citations, and Questions
9-12.2.2.P	Evaluate influences on the selection of personal health care products and services.	20-27, 22 (Local and Global Health), 24 (Health in the Media), 26 (Skills for Health and Wellness), 105-111, 105 (Research In Action), 110 (Skills for Health and Wellness)			
9-12.2.3.P	Analyze how environmental conditions affect personal and community health.	20-27, 22 (Local and Global Health), 24 (Health in the Media), 26 (Skills for Health and Wellness), 105-108			
9-12.2.4.P	Discuss ways to stay informed about environmental issues.	59, 610-637			
9-12.2.5.P	Analyze the social influences that encourage or discourage sun-safety practices.	717, 720, 868			
9-12.2.6.P	Evaluate the benefits of informed health choices.	42-49, 43 (Research In Action), 47 (Health in the Media), 48 (Case Study), 352 (Health in the Media), 384, 664 (Health in the Media), 719 (Health in the Media), 828, 829 (Case Study), 831 (Skills for Health and Wellness)			
9-12.2.7.P	Evaluate the need for rest, sleep, and exercise.	16-17, 148, 328-331, 331 (Research In Action), 873-874			

3: Accessing Valid Information

Standard	Standard Language	Publisher Citations	Met Y	Met N	Reviewer Comments, Citations, and Questions
9-12.3.1.P	Access valid information about personal health products and	42-49, 43 (Research In Action), 47 (Health in the Media), 48 (Case			

Standard	Standard Language	Publisher Citations	Met Y	Met N	Reviewer Comments, Citations, and Questions
	services available in the community.	Study), 352 (Health in the Media), 384, 664 (Health in the Media), 719 (Health in the Media), 828, 829 (Case Study), 831 (Skills for Health and Wellness)			
9-12.3.2.P	Access valid information about common diseases.	15, 277-279, 27 (Skills for Health and Wellness), 443, 612 (Local and Global Health), 646-667, 652 (Local and Global Health), 663 (Case Study), 664 (Health in the Media), 665 (Skills for Health and Wellness), 666 (Research In Action), 674-695, 702-727, 738-739, 745-747, 751			
9-12.3.3.P	Evaluate current research about the health consequences of poor environmental conditions.	610-637, 612 (Local and Global Health), 623 (Research In Action), 626 (Case Study), 632 (Health in the Media), 635 (Skills for Health and Wellness)			
9-12.3.4.P	Identify government and community agencies that promote health and protect the environment.	52-53, 60, 223, 346-347, 483, 630-631, 693, 765, 775			
9-12.3.5.P	Assess ways to be a responsible consumer of health products and services.	42-45, 43 (Research In Action), 47 (Health in the Media), 352 (Health in the Media), 384, 664 (Health in the Media), 828			

4: Interpersonal Communication

Standard	Standard Language	Publisher Citations	Met Y	Met N	Reviewer Comments, Citations, and Questions
9-12.4.1.P	Use effective communication skills to ask for assistance from parents, guardians, and medical or dental health care professionals to enhance health.	71-79, 74 (Local and Global Health), 76 (Quiz)			

5: Decision Making

Standard	Standard Language	Publisher Citations	Met Y	Met N	Reviewer Comments, Citations, and Questions
9-12.5.1.P	Apply a decision-making process to a personal health issue or problem.	35-38, 817 (Skills for Health and Wellness)			
9-12.5.2.P	Explain how decisions regarding health behaviors have consequences for oneself and others.	35-38, 817 (Skills for Health and Wellness)			
9-12.5.3.P	Apply a decision-making process to a community or environmental health issue.	35-38			
9-12.5.4.P	Analyze how using alcohol, tobacco, and other drugs influences health and other behaviors.	17, 373-375, 374 (Research In Action), 400-403, 402 (Local and Global Health), 441-444, 442 (Research In Action)			
9-12.5.5.P	Analyze the possible consequences of risky hygienic and health behaviors and fads (e.g., tattooing, body piercing, sun exposure, and sound volume).	16-18, 457, 507-508, 533-534, 552			

6: Goal Setting

Standard	Standard Language	Publisher Citations	Met Y	Met N	Reviewer Comments, Citations, and Questions
9-12.6.1.P	Develop a plan of preventive health management.	3, 52 (Skills for Health and Wellness), 99, 245, 467, 561, 643, 733			
9-12.6.2.P	Develop a plan of preventive dental health management.	870-871			

7: Practicing Health-Enhancing Behaviors

Standard	Standard Language	Publisher Citations	Met Y	Met N	Reviewer Comments, Citations, and Questions
9-12.7.1.P	Analyze environmental barriers to adopting positive personal health practices and strategies for overcoming the barriers.	13-27, 22(Local and Global Health), 24 (Health in the Media), 26 (Skills for Health and Wellness), 105-109, 105 (Research In Action)			
9-12.7.2.P	Execute a plan for maintaining good personal hygiene (including oral hygiene) and getting adequate rest and sleep.	17, 52 (Skills for Health and Wellness), 330, 870-871, 873-874			
9-12.7.3.P	Demonstrate the proper steps for protecting oneself against the harmful effects of the sun.	717, 720, 868			
9-12.7.4.P	Describe the steps involved in breast or testicular self-exams.	739-740, 747-749, 748 (Skills for Health and Wellness)			

Standard 8: Health Promotion

Standard	Standard Language	Publisher Citations	Met Y	Met N	Reviewer Comments, Citations, and Questions
9-12.8.1.P	Support personal or consumer health issues that promote community wellness.	23, 58-63, 107			
9-12.8.2.P	Encourage societal and environmental conditions that benefit health.	58-59, 610-637, 612 (Local and Global Health), 623 (Research In Action), 626 (Case Study), 632 (Health in the Media), 635 (Skills for Health and Wellness)			