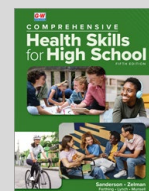


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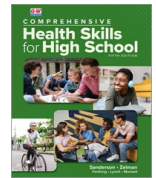
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Course: Health and Wellness - Grades 9 – 12

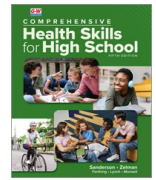
To: Indiana Academic Standards



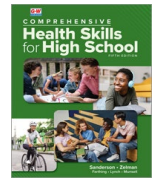
Indiana Academic Standards 2023	Correlating Textbook Pages
Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.	
1. Healthy Behaviors	
<p>HS.1.1 Predict how behaviors can impact personal health.</p>	<p><i>Individual Factors Affecting Health and Wellness</i></p> <p>Instruction: 10-22 Individual Factors Affecting Health and Wellness 11 Figure 1.2.1 Cell Structure 12 Figure 1.2.2 The Role of Genes in Non-Communicable Diseases 13 Case Study: Stressed Sick and Now What? 13 Figure 1.2.3 Nutrition and Physical Activity 14 Figure 1.2.5 Teen Drivers Higher Risk for Injury</p> <p>22 Skills for Health and Wellness: What Factors Affect Your Health?</p> <p>Application: 10 Warm-Up Activity 13 Case Study: Stressed Sick and Now What? - Practice Your Skills: Practicing Health-Enhancing Behaviors 15 Health and Wellness Skills, # 1-5 22 Skills for Health and Wellness: What Factors Affect Your Health? – Practice Your Skills: Analyze Influences</p> <p><i>Communicable and Noncommunicable Disease</i></p> <p>Instruction: 413-423 420 Figure 7.3.7 Obesity and Noncommunicable Diseases 421 Figure 4.3.8 Genetic Factors 422-423 Diagnosis and Treatment of Noncommunicable Diseases</p> <p>Application: 413 Warm Up Activity - Learning About Diseases 422 Local and Global Health - Promoting Health with Self Care 423 Critical Thinking Skills #2 423 Health and Wellness Skills #1</p>



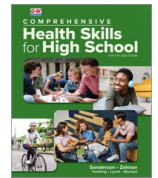
Indiana Academic Standards 2023	Correlating Textbook Pages
	<p><i>Preventing and Treating Communicable Diseases</i></p> <p>Instruction: 432 Preventing and Treating Communicable Diseases 433 Figure 7.5.1 Hand Washing 435 Figure 7.5.2 Use Respiratory Etiquette 436 Figure 7.5.3 Common Vaccines</p> <p>Application: 432 Warm Up Activity - What Do You Touch 434 Case Study - Blocking Germs Every Day 436 Skills for Health and Wellness - Help Prevent the Spread of Disease 439 Critical Thinking Skills #1 439 Health and Wellness Skills #1-3</p> <p><i>Preventing and Treating Types of Cardiovascular Diseases</i></p> <p>Instruction:442-448 442 Figure 7.6.2 Hypertension 43 Figure 7.6.3 Blood Pressure 443 Figure 7.6.4 Blood Pressure Ranges 445 Figure 7.6.7 Congestive Heart Failure 446 Figure 7.6.8 Arrhythmias 447 Figure 7.6.9 Be Physically Active</p> <p>Application: 449 Comprehend Concepts #3 449 Critical Thinking Skills #1-3 449 Health and Wellness Skills #1.#3</p> <p><i>Preventing and Treating Cancer</i></p> <p>Instruction: 452-453 452 Figure 7.7.1 Signs and Symptoms of Cancer 453 Figure 7.7.2 Skin Cancer 455 Figure 7.7.3 Reducing Your Risk for Cancer</p> <p>Application: 450 Warm Up Activity - Cancer: Your Decisions 452 Case Study - Understanding Risk 456 Comprehend Concepts #3 456 Health and Wellness Skills #2, #3</p> <p><i>Other Noncommunicable Diseases-ex. Diabetes Asthma</i></p> <p>Instruction: 457-463 458 Figure 7.8.1 Health Complications of Diabetes Mellitus</p>



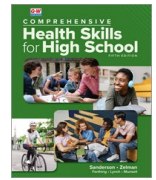
Indiana Academic Standards 2023	Correlating Textbook Pages
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2. Dimensions of Health	
<p>HS.1.2 Cite evidence that demonstrates the interrelationships of emotional, intellectual, physical, and social health across the lifespan.</p>	<p><i>Dimensions of Health and Wellness</i></p> <p>Instruction: 2-8 Dimensions of Health and Wellness 3 Case Study: The Interactions of Your Health 4 Figure 1.1.1 People in a state of well-being 5 Figure 1.1.2 Mental and Emotional Health Relationship 7 Research in Action: Teen Mental Health During COVID 19 Pandemic 8 Figure 1.1.3 Health Continuum</p> <p>Application: 2 Warm-Up Activity 3 Practice Your Skills: Communicate with Others 7 Practice Your Skills 15 Critical Thinking # 1-3 15 Health and Wellness Skills # 1-5</p> <p><i>Mental and Emotional Health and Well-Being</i></p> <p>Instruction: 78-87 Mental and Emotional Health and Well-Being 79 Figure 2.1.1 Common Traits of People with Positive Mental and Emotional Health, 80 Figure 2.1.2 Mental Health Continuum, 81 Figure 2.1.3 Ways to Increase Happiness, 82 Figure 2.1.4 Stressful Events, 83 Figure 2.1.5 Maslow’s Hierarchy of Human Needs, 84 Research in Action: Technology and Your Mental and Emotional Health 85 Figure 2.1.6 Cognitive Distortions, 85 Figure 2.1.7 Meaning, 86 Figure 2.1.8 Seeking Help</p> <p>Application: 78 Warm-Up Activity - Mental and Emotional Health Wheel 87 Comprehend Concepts #1-4, Critical Thinking Skills #2-4, Health and Wellness Skills #1-4</p>



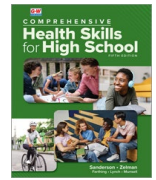
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<p>HS.1.3 Analyze how the environment could impact overall health.</p>	<p>Instruction: 16-17, 48, 51, 381-390 17 Figure 1.3.1 Pollution 383 Figure 6.6.1 Environmental Protection Strategies 384 Figure 6.6.2 Buy Green Products 385 Figure 6.6.3 Conserving Energy at Home 389 Figure 6.6.5 Ways You Can Advocate for Your Environment</p> <p>Application: 16 Warm Up Activity - You and the Environment 381 Warm Up Activity - Deciding to Protect the Environment 382 Case Study - Environmental Impact 385 Health in the Media - The Cost of Cheap Goods 387 Skills for Health and Wellness - Donating Used Belongings 390 Critical Thinking Skills #2 390 Health and Wellness Skills #1, #3</p>



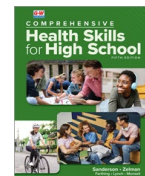
Indiana Academic Standards 2023	Correlating Textbook Pages
<p>4. Preventing Injury</p> <p>HS.1.4 Propose ways to reduce or prevent injuries and health problems.</p>	<p><i>Individual Factors Affecting Health and Wellness</i></p> <p>Instruction: 10-22 Individual Factors Affecting Health and Wellness 10-11 Risk and Protective Factors 11 Genetic Factors 11 Figure 1.2.1 Cell Structure 12 Figure 1.2.2 The Role of Genes in Non-Communicable Diseases 13 Case Study: Stressed, Sick, and Now What? 13-14 Behavioral Factors 13 Figure 1.2.3 Nutrition and Physical Activity 14 Figure 1.2.5 Teen Drivers Higher Risk for Injury, 16-22 Environmental Factors Affecting Health and Wellness 22 Skills for Health and Wellness: What Factors Affect Your Health?</p> <p>Application: 10 Warm-Up Activity 13 Case Study: Stressed, Sick, and Now What? - Practice Your Skills: Practicing Health-Enhancing Behaviors 15 Health and Wellness Skills, # 1-5, 22 Skills for Health and Wellness: What Factors Affect Your Health? – Practice Your Skills: Analyze Influences</p> <p><i>Preventing Accidents and Injuries</i></p> <p>Instruction: 43,329-336, 329 Reducing Full Hazards in the Home</p> <p>Application: 336 (Health and Wellness skills, 1-3)</p> <p><i>Understanding/Preventing Communicable Disease</i></p> <p>Instruction: 418-419 Immunity: The Body’s Defense Against Infection 422-423 Diagnosis and Treatment of Noncommunicable Diseases</p> <p>Application: 422(Local and Global Health)</p> <p><i>Preventing and Treating Communicable Disease</i></p>



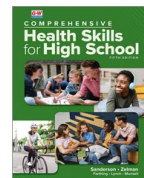
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<p>6. Family History & Personal Health</p>	
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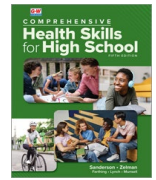
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7. Practicing Healthy Behaviors	
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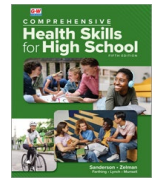
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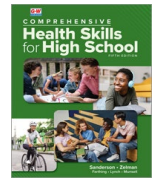
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	<p>Application: 457 Warm Up Activity 459 Health in the Media: Social Media and Disease- Practice Your Skills: Access Information 462 Case Study: Dealing with Illness-Practice Your Skills: Advocate for Health 464 Critical Thinking #1-3 464 Health and Wellness #1-3</p>
<p>8. Unhealthy Behavior Outcomes</p>	
<p>HS.1.8 Analyze personal susceptibility to injury, illness or death if engaging in unhealthy behaviors.</p>	<p><i>Individual Factors Affecting Health and Wellness</i></p> <p>Instruction: 10-22 Individual Factors Affecting Health and Wellness 10-11 Risk and Protective Factors 11 Genetic Factors 11 Figure 1.2.1 Cell Structure 12 Figure 1.2.2 The Role of Genes in Non- Communicable Diseases 13 Case Study: Stressed, Sick, and Now What? 13-14 Behavioral Factors 13 Figure 1.2.3 Nutrition and Physical Activity 14 Figure 1.2.5 Teen Drivers Higher Risk for Injury, 16-22 Environmental Factors Affecting Health and Wellness 22 Skills for Health and Wellness: What Factors Affect Your Health?</p> <p>Application: 10 Warm-Up Activity 13 Case Study: Stressed, Sick, and Now What? - Practice Your Skills: Practicing Health-Enhancing Behaviors 15 Health and Wellness Skills, # 1-5, 22 Skills for Health and Wellness: What Factors Affect Your Health? – Practice Your Skills: Analyze Influences</p> <p><i>Preventing Accidents and Injuries</i></p> <p>Instruction: 43,329-336, 329 Reducing Full Hazards in the Home</p> <p>Application: 336 (Health and Wellness skills, 1-3)</p> <p><i>Understanding/Preventing Communicable Disease</i></p> <p>Instruction: 418-419 Immunity: The Body’s Defense Against Infection</p>



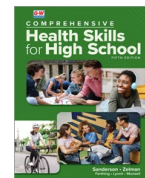
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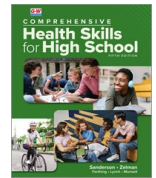
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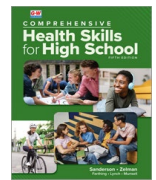
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Standard 2: Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.	
1. Family Influence on Health	
HS.2.1 Analyze how the family influences the health or individuals across the lifespan.	Instruction: 12, 18-19, 82-83, 105, 314-315, 421, 474-475 12 Figure 1.2.2 Genes 82 Figure 2.1.4 Stressful Events 19 Figure 1.3.3 Cultural Practices That Affect Health and Wellness 82 Figure 2.1.4 Stressful Events 83 Figure 2.1.5 Maslow’s Hierarchy of Human Needs 421 Figure 7.3.8 An Example of Genetic Factors and Noncommunicable Diseases 475 Figure 8.2.1 Diverse Family Structures Application: 15 Comprehend Concepts #2 87 Comprehend Concepts #3 22 Skills for Health and Wellness - What Factors Affect Your Health 23 Comprehend Concepts #2 474 Warm Up Activity - Family Village 477 Local and Global Health - Parents and Children Around the World 483 Critical Thinking Skills #1
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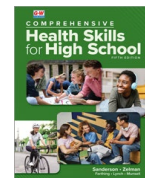
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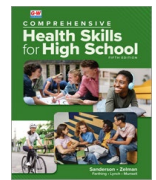
Indiana Academic Standards 2023	Correlating Textbook Pages
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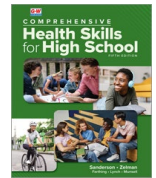
Indiana Academic Standards 2023	Correlating Textbook Pages
	<p>Application: 20 Health in the Media - How Has Technology Affected Health 33 Health in the Media - Analyzing Health Advertisements 73 Health in the Media - The Power of Virtual Peer Pressure 84 Research in Action - Technology and Your Mental and Emotional Health 101 Health in the Media - Fear of Missing Out (FOMO) 104 Warm Up Activity - Social Media Models 106 Case Study - How Do I Look 110 Health in the Media - Editing and Airbrushing Media Images 113 Critical Thinking Skills #2-3 Health and Wellness Skills #2 116 Health in the Media - The Rapid Spread of Negative Emotions 143 Health in the Media - Can Social Media Cause Stress 190 Health in the Media - Media Representations of Suicide 225 Health in the Media - Be Wary of Celebrity Endorsements 275 Health in the Media - Tobacco in the Media: Then and Now 301 Health in the Media - Drugs and Your Digital Footprint 331 Health in the Media - Social Media Dares and Challenges 385 Health in the Media - The Hidden Costs of Cheap Goods 408 Health in the Media - Using Technology to Improve Sleep 427 Health in the Media - The Health Hazards of Misinformation 459 Health in the Media - Social Media and Disease 471 Health in the Media - Media Relationships - Healthy or Unhealthy</p>
7. Norms Perception Influence on Health Behaviors	
<p>HS.2.7 Analyze how the perceptions of norms influence health behaviors.</p>	<p>Instruction: 18-19, 112, 315-316 315 Figure 5.6.3 Perceptions of Norms Application: 18 Local and Global Health - Perceptions and Norms: The Impact on Health 23 Critical Thinking Skills #3 326 Critical Thinking Skills #1</p>
8. Personal Values Influence on Health Behaviors	



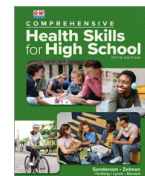
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<p>HS.2.8 Analyze the influence of personal values and beliefs on individual health practices and behaviors.</p>	<p>Instruction: 19, 84-85 19 Figure 1.3.3 Cultural Practices That Affect Health and Wellness 85 Figure 2.1.7 Meaning</p> <p>Application: 23 Comprehend Concepts #2</p>
9. Health Risk Behaviors	
<p>HS.2.9 Analyze how some health risk behaviors can increase the likelihood of engaging in additional unhealthy behaviors.</p>	<p>Instruction: 293-294, 313-316 293 Figure 5.4.10 Violent Attacks 294 Figure 5.4.11 Social Consequences for Teen Drinking 313 Figure 5.6.2 The Complex Relationship Between Mental Health and Substance Misuse</p> <p>Application: 314 Research in Action - Co-Occurring Disorders: Substance Use and Mental Health 326 Comprehend Concepts #1</p>
10. School/Public Health Policy Influence on Health Behaviors	
<p>HS.2.10 Analyze how public health policies and government regulations can influence health practices and behaviors.</p>	<p>Instruction: 51-53, 226, 282, 294, 304-305, 312-321, 373, 376, 381-383 52 Figure 1.7.6 National Public Health Goals 52 Figure 1.7.6 Federal Health Organizations 321 Figure 5.6.7 Government Regulations on Substances 383 Figure 6.6.1 EPA Waste Management Hierarchy</p> <p>Application: 53 Comprehend Concepts #2-3 275 Health in the Media - Tobacco in the Media - Then and Now 311 Comprehend Concepts #2 382 Case Study - Environmental Impact 422 Local and Global Health - Promoting Health with Self Care</p>
Standard 3: Students will demonstrate the ability to access valid information, products and services to enhance health.	
1. Health Information and Services	
<p>HS.3.1 Evaluate the validity of health information, products and services.</p>	<p>Instruction: 31-38, 39-44 32 Figure 1.5.1 Health Literacy 34 Figure 1.5.2 Evaluating Health Information 37 Figure 1.5.4 Tips for Choosing Health Products 40 Figure 1.6.1 Medical Specialists 42 Figure 1.6.3 Minors Can Consent For 43 Figure 1.6.4 Preventative Healthcare 44 Figure 1.6.5 Emergency Healthcare</p> <p>Application:</p>



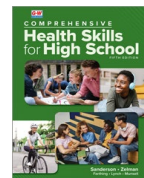
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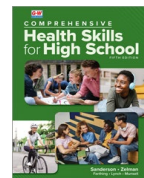
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HS.3.4 Access valid and reliable health products and services that enhance health.	Instruction: 31-38, 39-44 32 Figure 1.5.1 Health Literacy 34 Figure 1.5.2 Evaluating Health Information 37 Figure 1.5.4 Tips for Choosing Health Products 40 Figure 1.6.1 Medical Specialists 42 Figure 1.6.3 Minors Can Consent For 43 Figure 1.6.4 Preventative Healthcare 44 Figure 1.6.5 Emergency Healthcare Application: 31 Warm Up Activity - Can You Trust This Website 33 Health in the Media - Analyzing Health Advertisements 36 Research in Action - Debunking Health Claims 38 Comprehend Concepts #1-3 Critical Thinking Skills #2-4 Health and Wellness Skills #1-2 41 Case Study - Health Resources: What Are Available and How to Access Them 45 Comprehend Concepts #1-4 45 Health and Wellness Skills #3
Standard 4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.	
1. Verbal/Nonverbal Communication Skills	
HS.4.1 Apply effective verbal (assertiveness) and nonverbal communication skills in real-life health situations.	<i>Utilize skills for communicating effectively with family, peers, and others to enhance health.</i> Instruction: 54-62 55 Figure 1.8.1 The Communication Process 56 Figure 1.8.2 Nonverbal Elements 57 Figure 1.8.3 Use Active Listening 58 Figure 1.8.4 Factors Affecting Communication 59 Figure 1.8.5 Using I-Statements 61 Figure 1.8.6 The Tone or Meaning of Online Communication Application: 54 Warm Up Activity - Verbal and Nonverbal Communication 56 Local and Global Health - Culture Affects Communication 60 Case Study - Handling Poor Communication 62 Comprehend Concepts #1-2



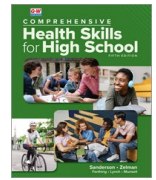
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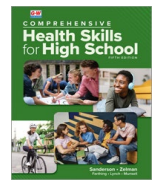
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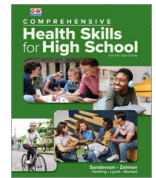
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HS.4.8 Implement strategies for overcoming health-related communication barriers.	<i>Examine barriers that can hinder healthy decision-making.</i> Instruction: 25, 31-35 32 Figure 1.5.1 Health Literacy 34 Figure 1.5.2 Science and Pseudoscience Application: 30 Health and Wellness Skills #1 33 Health in the Media - Analyzing Health Advertisements 36 Research in Action - Debunking Health Claims 38 Comprehend Concepts #3 38 Critical Thinking Skills #1-3 38 Health and Wellness Skills #1-2



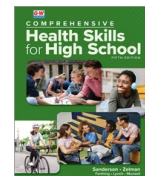
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9. Overcoming Communication Barriers	
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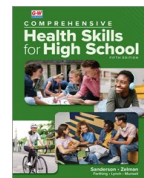
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Standard 5: Students will demonstrate the ability to use decision-making skills to enhance health.	
1. Personal Health Decisions and Influences	
HS.5.1 Identify personal health decisions and analyze related internal and external influences.	Instruction: 24-27 25 Figure 1.4.1 Using the Decision Making Process 26 Figure 1.4.2 Alternatives 27 Figure 1.4.3 Evaluate Application: 24 Warm Up Activity - Get Motivated 27 Case Study - Good Information Enables a Good Decision 30 Comprehend Concepts #1 30 Health and Wellness Skills #1-3
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HS.5.2 Gather, synthesize, and evaluate available information to enhance health.	Instruction: 25, 31-35 32 Figure 1.5.1 Health Literacy 34 Figure 1.5.2 Science and Pseudoscience Application: 30 Health and Wellness Skills #1 33 Health in the Media - Analyzing Health Advertisements 36 Research in Action - Debunking Health Claims 38 Comprehend Concepts #3 38 Critical Thinking Skills #1-3 38 Health and Wellness Skills #1-2
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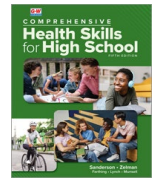
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4. Health Decision Connections	
HS.5.4 Apply a decision making process to real-life health related situations.	Instruction: 24-27 25 Figure 1.4.1 Using the Decision Making Process 26 Figure 1.4.2 Alternatives 27 Figure 1.4.3 Evaluate Application: 24 Warm Up Activity - Get Motivated 27 Case Study - Good Information Enables a Good Decision 30 Comprehend Concepts #1 30 Health and Wellness Skills #1-3
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6. Personal Health Decisions	
HS.5.6 Assume responsibility for personal health decisions.	Instruction: 25, 31-35 32 Figure 1.5.1 Health Literacy 34 Figure 1.5.2 Science and Pseudoscience Application: 30 Health and Wellness Skills #1 33 Health in the Media - Analyzing Health Advertisements 36 Research in Action - Debunking Health Claims



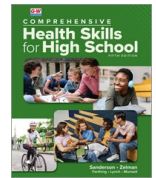
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	38 Comprehend Concepts #3 38 Critical Thinking Skills #1-3 38 Health and Wellness Skills #1-2
Standard 6: Students will demonstrate the ability to use goal-setting skills to enhance health.	
1. Setting Health Goals	
HS.6.1 Critically analyze and articulate the benefits of planning and setting personal health goals.	Instruction: 28-29 29 Figure 1.4.5 Goals Application: 30 Comprehend Concepts #2 Critical Thinking Skills #2 44 Skills for Health and Wellness - Creating a Health Management Plan
2. Achieving Health Goals	
HS.6.2 Develop a personal health goal and a plan to achieve it.	<p><i>Implement strategies and monitor progress in achieving a personal health goal.</i></p> Instruction: 28-29, 125 29 Figure 1.4.5 Goals Application: 44 Skills for Health and Wellness - Creating a Health Management Plan 125 Case Study - Social Media Envy <p><i>Design, monitor, and adjust a personal nutrition plan, considering cost, availability, access, nutritional value, balance, freshness, and culture.</i></p> Instruction: 207-228 208 Figure 4.2.1 MyPlate Food Guidance 209 Figure 4.2.3 Vegetables 210 Figure 4.2.4 MyPlate Plan 212 Figure 4.2.5 A 100 Calorie Snack 214 Figure 4.2.6 Making Healthier Food Choices 221 Figure 4.3.1 Strategies for Eating Healthy in Social Situations Application: 206 Critical Thinking Skills #1 206 Health and Wellness Skills #1-3 207 Warm Up Activity - Portion Sizes 214 Figure 4.2.6 Making Healthier Food Choices 221 Figure 4.3.1 Strategies for Eating Healthy in Social Situations



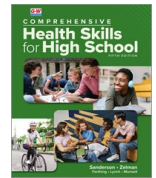
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3. Barriers to Health Goals	
<p>HS.6.3 Analyze and develop strategies to overcome barriers to achieving the personal health goal.</p>	<p><i>Implement strategies and monitor progress in achieving a personal health goal.</i></p> <p>Instruction: 28-29, 125 29 Figure 1.4.5 Goals</p> <p>Application: 44 Skills for Health and Wellness - Creating a Health Management Plan 125 Case Study - Social Media Envy</p> <p><i>Examine the harmful effects of using certain weight-loss measures.</i></p> <p>Instruction: 215, 268-269 215 Figure 4.2.7 Characteristics of Fad Diets, 268 Figure 5.2.6 Diet Pills</p> <p><i>Investigate how food access impacts food choices and health outcomes.</i></p> <p>Instruction: 222</p> <p>Application: 229 Critical Thinking Skills #1</p> <p><i>Analyze various eating patterns and their impact on personal health.</i></p> <p>Instruction: 199-206, 207-219 206 Comprehend Concepts #1 206 Health and Wellness Skills #3</p> <p>Application: 206 Comprehend Concepts #1 206 Health and Wellness Skills #3 211 Skills for Health and Wellness - Weight and Nutrition</p> <p><i>Summarize how to make balanced food selections when dining out.</i></p> <p>Instruction: 207-228 208 Figure 4.2.1 MyPlate Food Guidance 209 Figure 4.2.3 Vegetables 210 Figure 4.2.4 MyPlate Plan 212 Figure 4.2.5 A 100 Calorie Snack</p>



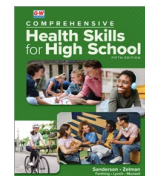
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4. Health Goal Adaptability	
HS.6.4 Implement and analyze the plan and adjust it, as needed, to achieve the personal health goal.	<i>Implement strategies and monitor progress in achieving a personal health goal.</i> Instruction: 28-29, 125 29 Figure 1.4.5 Goals Application: 44 Skills for Health and Wellness - Creating a Health Management Plan 125 Case Study - Social Media Envy <i>Design, monitor, and adjust a personal nutrition plan, considering cost, availability, access, nutritional value, balance, freshness, and culture.</i> Instruction: 207-228 208 Figure 4.2.1 MyPlate Food Guidance 209 Figure 4.2.3 Vegetables 210 Figure 4.2.4 MyPlate Plan 212 Figure 4.2.5 A 100 Calorie Snack 214 Figure 4.2.6 Making Healthier Food Choices 221 Figure 4.3.1 Strategies for Eating Healthy in Social Situations Application: 206 Critical Thinking Skills #1 206 Health and Wellness Skills #1-3 207 Warm Up Activity - Portion Sizes 214 Figure 4.2.6 Making Healthier Food Choices 221 Figure 4.3.1 Strategies for Eating Healthy in Social Situations
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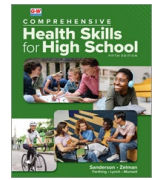
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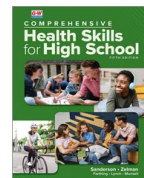
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	<p>73 Health in the Media - The Power of Virtual Peer Pressure</p> <p>74 Case Study - Peer Pressure in Action</p> <p>76 Comprehend Concepts #1</p> <p>76 Critical Thinking Skills #1</p> <p>76 Health and Wellness Skills #2</p> <p><i>Evaluate how the school and community can impact personal health practices and behaviors.</i></p> <p>Instruction: 17-18, 141, 246, 351</p> <p>141 Figure 3.1.1 Stressors, 246 Figure 4.5.8 Places to Get Physical Activity, 351 Figure 6.3.1 Staying Safe At School</p> <p>Application: 16 Warm Up Activity - You and the Environment 22 Skills for Health and Wellness - What Factors Affect Your Health 23 Critical Thinking Skills #2 23 Health and Wellness Skills #2 252 Health and Wellness Skills #1, #3</p> <p><i>Evaluate the effect of media on personal and family health.</i></p> <p>Instruction: 83-84, 105-107, 109-112, 190-191, 275, 427, 471 105 Figure 2.4.2 Media and Society 109 Figure 2.4.4 View Media Critically 112 Figure 2.4.6 Government Advocacy for Positive Body Image 191 Figure 3.6.2 Suicide Contagion</p> <p>Application: 20 Health in the Media - How Has Technology Affected Health 33 Health in the Media - Analyzing Health Advertisements 73 Health in the Media - The Power of Virtual Peer Pressure 84 Research in Action - Technology and Your Mental and Emotional Health 101 Health in the Media - Fear of Missing Out (FOMO) 104 Warm Up Activity - Social Media Models 106 Case Study - How Do I Look 110 Health in the Media - Editing and Airbrushing Media Images 113 Critical Thinking Skills #2-3 113 Health and Wellness Skills #2</p>



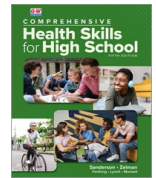
Indiana Academic Standards 2023	Correlating Textbook Pages
	<p>116 Health in the Media - The Rapid Spread of Negative Emotions</p> <p>143 Health in the Media - Can Social Media Cause Stress</p> <p>190 Health in the Media - Media Representations of Suicide</p> <p>225 Health in the Media - Be Wary of Celebrity Endorsements</p> <p>275 Health in the Media - Tobacco in the Media: Then and Now</p> <p>301 Health in the Media - Drugs and Your Digital Footprint</p> <p>331 Health in the Media - Social Media Dares and Challenges</p> <p>385 Health in the Media - The Hidden Costs of Cheap Goods</p> <p>408 Health in the Media - Using Technology to Improve Sleep</p> <p>427 Health in the Media - The Health Hazards of Misinformation</p> <p>459 Health in the Media - Social Media and Disease</p> <p>471 Health in the Media - Media Relationships - Healthy or Unhealthy</p> <p><i>Evaluate the impact of technology on personal, family and community health.</i></p> <p>Instruction: 83-84, 190-191</p> <p>191 Figure 3.6.2 Suicide Contagion</p> <p>Application: 84 Research in Action - Technology and Your Mental and Emotional Health 190 Health in the Media - Media Representations of Suicide 125 Case Study - Social Media Envy</p> <p><i>Analyze how the perceptions of norms influence healthy and unhealthy behaviors.</i></p> <p>Instruction: 18-19, 112, 315-316</p> <p>315 Figure 5.6.3 Perceptions of Norms</p> <p>Application: 18 Local and Global Health - Perceptions and Norms: The Impact on Health 23 Critical Thinking Skills #3 326 Critical Thinking Skills #1 676 Health in the Media - Media Messages About Contraception</p>



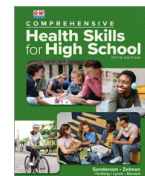
Indiana Academic Standards 2023	Correlating Textbook Pages
	<p><i>Analyze the influence of personal values and beliefs on individual health practices and behaviors.</i></p> <p>Instruction: 19, 84-85 19 Figure 1.3.3 Cultural Practices That Affect Health and Wellness 85 Figure 2.1.7 Meaning</p> <p>Application: 23 Comprehend Concepts #2</p> <p><i>Analyze how some health risk behaviors can influence the likelihood of engaging in unhealthy behaviors.</i></p> <p>Instruction: 293-294, 313-316 293 Figure 5.4.10 Violent Attacks 294 Figure 5.4.11 Social Consequences for Teen Drinking 313 Figure 5.6.2 The Complex Relationship Between Mental Health and Substance Misuse</p> <p>Application: 314 Research in Action - Co-Occurring Disorders: Substance Use and Mental Health 326 Comprehend Concepts #1</p> <p><i>Analyze how public health policies and government regulations can influence health promotion and disease prevention.</i></p> <p>Instruction: 51-53, 226, 282, 294, 304-305, 312-321, 373, 376, 381-383 52 Figure 1.7.6 National Public Health Goals 52 Figure 1.7.6 Federal Health Organizations 321 Figure 5.6.7 Government Regulations on Substances 383 Figure 6.6.1 EPA Waste Management Hierarchy</p> <p>Application: 53 Comprehend Concepts #2-3 275 Health in the Media - Tobacco in the Media - Then and Now 311 Comprehend Concepts #2 382 Case Study - Environmental Impact 422 Local and Global Health - Promoting Health with Self Care</p> <p><i>Implement strategies and monitor progress in achieving a personal health goal.</i></p>



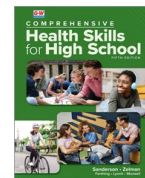
Indiana Academic Standards 2023	Correlating Textbook Pages
	<p>Instruction: 28-29, 125 29 Figure 1.4.5 Goals</p> <p>Application: 44 Skills for Health and Wellness - Creating a Health Management Plan 125 Case Study - Social Media Envy</p>
6. Health Goal Support Systems	
<p>HS.6.6 Assess, reflect on, and adjust the plan to reach and maintain the personal health goal.</p>	<p><i>Implement strategies and monitor progress in achieving a personal health goal.</i></p> <p>Instruction: 28-29, 125 29 Figure 1.4.5 Goals</p> <p>Application: 44 Skills for Health and Wellness - Creating a Health Management Plan 125 Case Study - Social Media Envy <i>Examine the harmful effects of using certain weight-loss measures.</i></p> <p>Instruction: 215, 268-269 215 Figure 4.2.7 Characteristics of Fad Diets, 268 Figure 5.2.6 Diet Pills</p> <p><i>Investigate how food access impacts food choices and health outcomes.</i></p> <p>Instruction: 222</p> <p>Application: 229 Critical Thinking Skills #1</p> <p><i>Analyze various eating patterns and their impact on personal health.</i></p> <p>Instruction: 199-206, 207-219 206 Comprehend Concepts #1 206 Health and Wellness Skills #3</p> <p>Application: 206 Comprehend Concepts #1 206 Health and Wellness Skills #3 211 Skills for Health and Wellness - Weight and Nutrition</p>



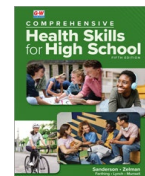
Indiana Academic Standards 2023	Correlating Textbook Pages
	<p><i>Summarize how to make balanced food selections when dining out.</i></p> <p>Instruction: 207-228 208 Figure 4.2.1 MyPlate Food Guidance 209 Figure 4.2.3 Vegetables 210 Figure 4.2.4 MyPlate Plan 212 Figure 4.2.5 A 100 Calorie Snack 214 Figure 4.2.6 Making Healthier Food Choices 221 Figure 4.3.1 Strategies for Eating Healthy in Social Situations</p> <p>Application: 206 Critical Thinking Skills #1 206 Health and Wellness Skills #1-3 207 Warm Up Activity - Portion Sizes</p>
<p>7. Health Goal Progress</p>	
<p>No standards defined.</p>	
<p>Standard 7: Students demonstrate the ability to practice strategies and skills to enhance personal health and reduce health risks.</p>	
<p>1. Safety Knowledge Skills</p>	
<p>HS.7.1 Conduct a personal assessment of health and safety knowledge and skills.</p>	<p><i>Analyze the role of individual responsibility in enhancing health.</i></p> <p>Instruction: 28-29, 324 29 Figure 1.4.5 Goals 324 Figure 5.6.11 Self Management Strategies</p> <p>Application: 44 Skills for Health and Wellness - Creating a Health Management Plan 237 Health Across the Life Span - Steps to a Healthier Life 243 Skills for Health and Wellness - Making a Physical Activity and Fitness Plan 446 Skills for Health and Wellness - Promote Heart Health</p> <p><i>Analyze impact of decisions related to bicycle, pedestrian, traffic, water, and recreation safety.</i></p> <p>Instruction: 328-335 Safety-Preventing Accidents and Injuries 329 Fall Prevention 329 Figure 6.1.1 Reducing Fall Hazards in the Home 330 Poisoning Prevention 330 Figure 6.1.2 Poisonous Substances Around the Home</p>



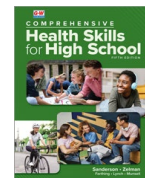
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	<p>331-333 Road Safety 331-332 Pedestrian Safety 332-333 Motor Vehicle Safety 332 Figure 6.1.4 Safety on a School Bus 333 Figure 6.1.5 Texting While Driving 334 Weapons Safety 334-335 Workplace Safety 335 Figure 6.1.6 Ergonomic Arrangement for Workplace Safety 335 Water Safety 351 Staying Safe at Home 351 Staying Safe at School</p> <p>Application: 328 Warm-Up Activity -What Do Your Classmates Know? 336 Critical Thinking Skills #1-3 336 Health and Wellness Skills #1-3</p>
<p>2. Health and Safety Strengths and Needs</p>	
<p>HS.7.2 Analyze the results of the personal assessment to identify personal health and safety strengths and needs.</p>	<p><i>Analyze the role of individual responsibility in enhancing health.</i></p> <p>Instruction: 28-29, 324 29 Figure 1.4.5 Goals 324 Figure 5.6.11 Self Management Strategies</p> <p>Application: 44 Skills for Health and Wellness - Creating a Health Management Plan 237 Health Across the Life Span - Steps to a Healthier Life 243 Skills for Health and Wellness - Making a Physical Activity and Fitness Plan 446 Skills for Health and Wellness - Promote Heart Health</p> <p><i>Analyze impact of decisions related to bicycle, pedestrian, traffic, water, and recreation safety.</i></p> <p>Instruction: 328-335 Safety-Preventing Accidents and Injuries 329 Fall Prevention 329 Figure 6.1.1 Reducing Fall Hazards in the Home 330 Poisoning Prevention 330 Figure 6.1.2 Poisonous Substances Around the Home 331-333 Road Safety 331-332 Pedestrian Safety 332-333 Motor Vehicle Safety 332 Figure 6.1.4 Safety on a School Bus 333 Figure 6.1.5 Texting While Driving 334 Weapons Safety 334-335 Workplace Safety</p>



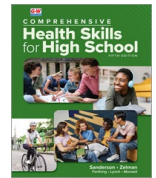
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	<p>335 Figure 6.1.6 Ergonomic Arrangement for Workplace Safety 335 Water Safety 351 Staying Safe at Home 351 Staying Safe at School</p> <p>Application: 328 Warm-Up Activity -What Do Your Classmates Know? 336 Critical Thinking Skills #1-3 336 Health and Wellness Skills #1-3</p>
3. Health and Safety Strengths and Needs	
<p>HS.7.3 Analyze the results of the personal assessment to identify personal health and safety strengths and needs.</p>	<p><i>Analyze the role of individual responsibility in enhancing health.</i></p> <p>Instruction: 28-29, 324 29 Figure 1.4.5 Goals 324 Figure 5.6.11 Self Management Strategies</p> <p>Application: 44 Skills for Health and Wellness - Creating a Health Management Plan 237 Health Across the Life Span - Steps to a Healthier Life 243 Skills for Health and Wellness - Making a Physical Activity and Fitness Plan 446 Skills for Health and Wellness - Promote Heart Health</p> <p><i>Analyze impact of decisions related to bicycle, pedestrian, traffic, water, and recreation safety.</i></p> <p>Instruction: 328-335 Safety-Preventing Accidents and Injuries 329 Fall Prevention 329 Figure 6.1.1 Reducing Fall Hazards in the Home 330 Poisoning Prevention 330 Figure 6.1.2 Poisonous Substances Around the Home 331-333 Road Safety 331-332 Pedestrian Safety 332-333 Motor Vehicle Safety 332 Figure 6.1.4 Safety on a School Bus 333 Figure 6.1.5 Texting While Driving 334 Weapons Safety 334-335 Workplace Safety 335 Figure 6.1.6 Ergonomic Arrangement for Workplace Safety 335 Water Safety 351 Staying Safe at Home 351 Staying Safe at School</p> <p>Application: 328 Warm-Up Activity -What Do Your Classmates Know? 336 Critical Thinking Skills #1-3 336 Health and Wellness Skills #1-3</p>



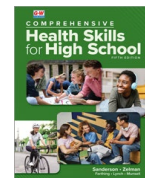
Indiana Academic Standards 2023	Correlating Textbook Pages
Standard 8: Students will demonstrate the ability to advocate for personal, family and community health.	
1. Safety Concerns and Assessments	
<p>HS.8.1 Conduct a personal, family, or community health or safety assessment and/or review data from current similar health assessments.</p>	<p><i>Analyze the role of individual responsibility in enhancing health.</i></p> <p>Instruction: 28-29, 324 29 Figure 1.4.5 Goals 324 Figure 5.6.11 Self Management Strategies</p> <p>Application: 44 Skills for Health and Wellness - Creating a Health Management Plan 237 Health Across the Life Span - Steps to a Healthier Life 243 Skills for Health and Wellness - Making a Physical Activity and Fitness Plan 446 Skills for Health and Wellness - Promote Heart Health</p> <p><i>Compare how family, peers, culture, media, technology, and other factors influence safety and injury prevention practices and behaviors.</i></p> <p>Instruction: 83-84, 357-366 358 Figure 6.4.1 Aspects of a Digital Footprint 360 Figure 6.4.2 Copyright Laws 361 Figure 6.4.3 Online Etiquette 362 Figure 6.4.4 Personal Information - What You Should Keep Private 363 Figure 6.4.5 Tips for Using Privacy Settings 363 Figure 6.4.6 Before You Post Online 365 Figure 6.4.7 Passwords 366 Figure 6.4.8 Navigating Websites Safely</p> <p>Application: 84 Research in Action - Technology and Your Mental and Emotional Health 125 Case Study - Social Media Envy 357 Warm Up Activity - My Online Presence 359 Skills for Health and Wellness - Promoting an Online Environment of Respect 364 Case Study - Navigating Life Online 367 Comprehend Concepts #1-3 367 Critical Thinking Skills #1-3 367 Health and Wellness Skills #1</p>



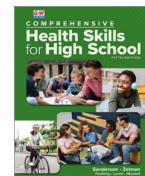
Indiana Academic Standards 2023	Correlating Textbook Pages
2. Standing for Health/Safety Issues	
<p>HS.8.2 Analyze data to determine a priority health or safety issue to be able to use and understand.</p>	<p><i>Demonstrate a variety of healthy practices and behaviors that will maintain or improve the health of self and others.</i></p> <p>Instruction: 13-14, 17-22, 43, 109-113, 221-222, 316-321 13 Figure 1.2.3 Physical Activity 14 Figure 1.2.4 Sleep 14 Figure 1.2.5 Teen Drivers 17 Figure 1.3.2 Physical Activity Needs 19 Figure 1.3.4 Questions for Analyzing Media 21 Figure 1.3.5 Education 43 Figure 1.6.4 Preventative Healthcare 109 Figure 2.4.4 View Media Critically 111 Figure 2.4.5 Check Your Self-Talk 112 Figure 2.4.6 Advocate for Positive Body Image 221 Figure 4.3.1 Strategies for Eating Healthy in Social Situations 317 Figure 5.6.4 Analyzing Advertisements 318 Figure 5.6.5 Planning Ahead 319 Figure 5.6.6 Use Refusal Skills</p> <p>Application: 16 Warm Up Activity - You and the Environment 22 Skills for Health and Wellness - What Factors Affect Your Health 23 Comprehend Concepts #4 Critical Thinking Skills #1 Health and Wellness Skills #2 113 Comprehend Concepts #1 Health and Wellness Skills #2, #4 320 Skills for Health and Wellness - Refusing Substances 326 Comprehend Concepts #2</p>



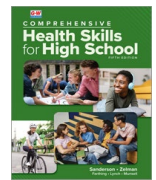
Indiana Academic Standards 2023	Correlating Textbook Pages
	<p><i>Work cooperatively as an advocate for improving personal, family, and community health.</i></p> <p>Instruction: 37, 49-53, 112-113, 215, 389 50 Figure 1.7.4 Ways You Can Help 112 Figure 2.4.6 Government Advocacy for Positive Body Image 389 Figure 6.6.5 Ways You Can Advocate for Your Environment</p> <p>Application: 38 Comprehend Concepts #4 38 Critical Thinking Skills #4 49 Local and Global Health - Challenges to Accessing Healthcare 53 Critical Thinking Skills #2 53 Health and Wellness Skills #1-3 113 Health and Wellness Skills #4 219 Health and Wellness Skills #2</p>
3. Evidence for Health/Safety Issues	
<p>HS.8.3 Identify and familiarize yourself with agencies, organizations, and others who advocate for and against the health issue.</p>	<p><i>Demonstrate a variety of behaviors that avoid or reduce health risks to self and others.</i></p> <p>Instruction: 13-14, 17-22, 43, 109-113, 221-222, 316-321 13 Figure 1.2.3 Physical Activity 14 Figure 1.2.4 Sleep Figure 1.2.5 Teen Drivers 17 Figure 1.3.2 Physical Activity Needs 19 Figure 1.3.4 Questions for Analyzing Media 21 Figure 1.3.5 Education 43 Figure 1.6.4 Preventative Healthcare 109 Figure 2.4.4 View Media Critically 111 Figure 2.4.5 Check Your Self-Talk 112 Figure 2.4.6 Advocate for Positive Body Image 221 Figure 4.3.1 Strategies for Eating Healthy in Social Situations 317 Figure 5.6.4 Analyzing Advertisements 318 Figure 5.6.5 Planning Ahead 319 Figure 5.6.6 Use Refusal Skills</p> <p>Application: 16 Warm Up Activity - You and the Environment 22 Skills for Health and Wellness - What Factors Affect Your Health 23 Comprehend Concepts #4</p>



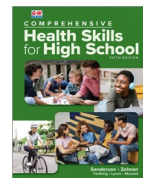
Indiana Academic Standards 2023	Correlating Textbook Pages
	<p>Critical Thinking Skills #1 Health and Wellness Skills #2 113 Comprehend Concepts #1 Health and Wellness Skills #2, #4 320 Skills for Health and Wellness - Refusing Substances 326 Comprehend Concepts #2</p> <p><i>Work cooperatively as an advocate for improving personal, family, and community health.</i></p> <p>Instruction: 37, 49-53, 112-113, 215, 389 50 Figure 1.7.4 Ways You Can Help 112 Figure 2.4.6 Government Advocacy for Positive Body Image 389 Figure 6.6.5 Ways You Can Advocate for Your Environment</p> <p>Application: 38 Comprehend Concepts #4 38 Critical Thinking Skills #4 49 Local and Global Health - Challenges to Accessing Healthcare 53 Critical Thinking Skills #2 Health and Wellness Skills #1-3 113 Health and Wellness Skills #4 219 Health and Wellness Skills #2</p>
4. Advocating for Health Issues	
<p>HS.8.4 Take a clear stand or position on health-enhancing behaviors.</p>	<p><i>Demonstrate how to influence and support others to make positive health choices.</i></p> <p>Instruction: 37-38, 112-113, 215, 389 38 Figure 1.5.5 The Wider Scope of Health Promotion 112 Figure 2.4.6 Government Advocacy for Positive Body Image 389 Figure 6.6.5 Ways You Can Advocate for Your Environment</p> <p>Application: 38 Comprehend Concepts #4 38 Critical Thinking Skills #4 53 Critical Thinking Skills #2 Health and Wellness Skills #1 113 Health and Wellness Skills #4 219 Health and Wellness Skills #2</p>



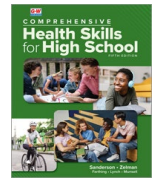
Indiana Academic Standards 2023	Correlating Textbook Pages
	<p><i>Demonstrate a variety of behaviors that avoid or reduce health risks to self and others.</i></p> <p>Instruction: 13-14, 17-22, 43, 109-113, 221-222, 316-321 13 Figure 1.2.3 Physical Activity 14 Figure 1.2.4 Sleep Figure 1.2.5 Teen Drivers 17 Figure 1.3.2 Physical Activity Needs 19 Figure 1.3.4 Questions for Analyzing Media 21 Figure 1.3.5 Education 43 Figure 1.6.4 Preventative Healthcare 109 Figure 2.4.4 View Media Critically 111 Figure 2.4.5 Check Your Self-Talk 112 Figure 2.4.6 Advocate for Positive Body Image 221 Figure 4.3.1 Strategies for Eating Healthy in Social Situations 317 Figure 5.6.4 Analyzing Advertisements 318 Figure 5.6.5 Planning Ahead 319 Figure 5.6.6 Use Refusal Skills</p> <p>Application: 16 Warm Up Activity - You and the Environment 22 Skills for Health and Wellness - What Factors Affect Your Health 23 Comprehend Concepts #4 23 Critical Thinking Skills #1 23 Health and Wellness Skills #2 113 Comprehend Concepts #1 113 Health and Wellness Skills #2, #4 320 Skills for Health and Wellness - Refusing Substances 326 Comprehend Concepts #2</p>
5. Personal Belief for Health/Safety Issues	
<p>HS.8.5 Use communication techniques to educate the individual or group to support or act on the health safety issue.</p>	<p><i>Evaluate societal influences on violence.</i></p> <p><i>Violence</i></p> <p>Instruction: 502-512 Bullying and Cyberbullying 502-503 Bullying 503 Figure 9.1.1 Risk Factors for Violent Behavior 504 Types of Bullying 504 Figure 9.1.2 Types of Bullying 505 Research in Action - Do Violent Video Games Cause Violence 505-506 Effects of Bullying</p>



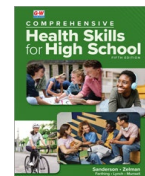
Indiana Academic Standards 2023	Correlating Textbook Pages
	<p>505 Figure 9.1.3 Emotional Signs of Bullying 506 Skills for Health and Wellness: Being an Upstander and Ally 507 Responding to Bullying and Harassment 507 Figure 9.1.4 Bystanders and Upstanders 508 Cyberbullying 508-509 Types of Cyberbullying 508 Figure 9.1.5 Examples of Cyberbullying 509-510 Effects of Cyberbullying 509 Case Study: Rumors: A Harmless Story? 510 Responding to Cyberbullying 510 Figure 9.1.6 What Content Should You Report on Social Media 511-512 Ways to Prevent Bullying and Cyberbullying 511 Build Your Self Esteem 511 Avoid Bullying Behavior 511 Figure 9.1.7 Developing Self-Confidence 512 Celebrate Differences 512 Have Positive Relationships 512 Be Safe Online 512 Communicate With Trusted Adults</p> <p>Application: 502 Warm Up Activity 505 Research in Action - Do Violent Video Games Cause Violence - Practice Your Skills 506 Skills for Health and Wellness: Being an Upstander and Ally-Practice Your Skills 509 Case Study: Rumors: A Harmless Story?-Practice Your Skills 513 Critical Thinking #1-3 513 Health and Wellness Skills #1-3</p>
<p>6. Communicating Health/Safety Issues</p>	
<p>HS.8.6 Identify and create messaging and marketing to a priority audience concerning the health and safety message.</p>	<p><i>Evaluate the validity of health information, products, and services.</i></p> <p>Instruction: 31-38, 39-44 32 Figure 1.5.1 Health Literacy 34 Figure 1.5.2 Evaluating Health Information 37 Figure 1.5.4 Tips for Choosing Health Products 40 Figure 1.6.1 Medical Specialists 42 Figure 1.6.3 Minors Can Consent For 43 Figure 1.6.4 Preventative Healthcare 44 Figure 1.6.5 Emergency Healthcare</p> <p>Application: 31 Warm Up Activity - Can You Trust This Website 33 Health in the Media - Analyzing Health Advertisements</p>



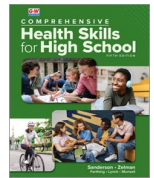
Indiana Academic Standards 2023	Correlating Textbook Pages
	<p>36 Research in Action - Debunking Health Claims 38 Comprehend Concepts #1-3 38 Critical Thinking Skills #2-4 38 Health and Wellness Skills #1-2 41 Case Study - Health Resources: What Are Available and How to Access Them 45 Comprehend Concepts #1-4 45 Health and Wellness Skills #3</p> <p><i>Demonstrate the ability to read and compare nutrition facts labels.</i></p> <p>Instruction: 220-226 223 Figure 4.3.2 Nutrition Facts Label 224 Figure 4.3.3 Ingredients</p> <p>Application: 220 Warm Up Activity - Nutrition Conversion 229 Comprehend Concepts #2 229 Critical Thinking Skills #2-3 229 Health and Wellness Skills #2, #4</p> <p><i>Utilize accurate peer and societal norms to formulate a health-enhancing message.</i></p> <p>Instruction: 18-19</p> <p>Application: 18 Local and Global Health - Perceptions and Norms: The Impact on Health 62 Health and Wellness Skills #4</p>



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7. Communicating Health/Safety Issues	
<p>HS.8.7 Work collaboratively with individuals, agencies, and organizations to advocate for the health of self, families, and communities.</p>	<p>Instruction: 37, 49-53, 112-113, 215, 389 50 Figure 1.7.4 Ways You Can Help 112 Figure 2.4.6 Government Advocacy for Positive Body Image 389 Figure 6.6.5 Ways You Can Advocate for Your Environment</p> <p>Application: 38 Comprehend Concepts #4 38 Critical Thinking Skills #4 49 Local and Global Health - Challenges to Accessing Healthcare 53 Critical Thinking Skills #2 Health and Wellness Skills #1-3 113 Health and Wellness Skills #4 219 Health and Wellness Skills #2</p>
8. Communicating Health/Safety Issues	
<p>HS.8.8 Evaluate the effectiveness of the advocacy effort and revise and adjust, as needed.</p>	<p><i>Demonstrate how to influence and support others to make positive health choices.</i></p> <p>Instruction: 37-38, 112-113, 215, 389 38 Figure 1.5.5 The Wider Scope of Health Promotion 112 Figure 2.4.6 Government Advocacy for Positive Body Image 389 Figure 6.6.5 Ways You Can Advocate for Your Environment</p> <p>Application: 38 Comprehend Concepts #4 38 Critical Thinking Skills #4 53 Critical Thinking Skills #2 53 Health and Wellness Skills #1 113 Health and Wellness Skills #4 219 Health and Wellness Skills #2</p> <p><i>Evaluate societal influences on violence.</i></p> <p><i>Violence</i></p> <p>Instruction: 502-512 Bullying and Cyberbullying 502-503 Bullying 503 Figure 9.1.1 Risk Factors for Violent Behavior 504 Types of Bullying 504 Figure 9.1.2 Types of Bullying</p>



Indiana Academic Standards 2023	Correlating Textbook Pages
	<p>505 Research in Action - Do Violent Video Games Cause Violence</p> <p>505-506 Effects of Bullying</p> <p>505 Figure 9.1.3 Emotional Signs of Bullying</p> <p>506 Skills for Health and Wellness: Being an Upstander and Ally</p> <p>507 Responding to Bullying and Harassment</p> <p>507 Figure 9.4.1 Bystanders and Upstanders</p> <p>508 Cyberbullying</p> <p>508-509 Types of Cyberbullying</p> <p>508 Examples of Cyberbullying</p> <p>509-510 Effects of Cyberbullying</p> <p>509 Case Study: Rumors: A Harmless Story?</p> <p>510 Responding to Cyberbullying</p> <p>510 Figure 9.1.6 What Content Should You Report on Social Media</p> <p>511-512 Ways to Prevent Bullying and Cyberbullying</p> <p>511 Build Your Self Esteem</p> <p>511 Avoid Bullying Behavior</p> <p>511 Figure 9.1.7 Developing Self-Confidence</p> <p>512 Celebrate Differences</p> <p>512 Have Positive Relationships</p> <p>512 Be Safe Online</p> <p>512 Communicate With Trusted Adults</p> <p>Application:</p> <p>502 Warm Up Activity</p> <p>505 Research in Action - Do Violent Video Games Cause Violence</p> <p>505 Practice Your Skills</p> <p>506 Skills for Health and Wellness: Being an Upstander and Ally</p> <p>509 Practice Your Skills</p> <p>509 Case Study: Rumors: A Harmless Story?-Practice Your Skills</p> <p>513 Critical Thinking #1-3</p> <p>513 Health and Wellness Skills #1-3</p> <p><i>Utilize skills for communicating effectively with family, peers, and others to enhance health.</i></p> <p>Instruction:</p> <p>54-62</p> <p>55 Figure 1.8.1 The Communication Process</p> <p>56 Figure 1.8.2 Nonverbal Elements</p> <p>57 Figure 1.8.3 Use Active Listening</p>



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