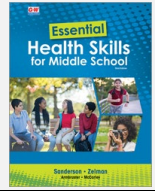
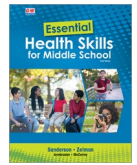


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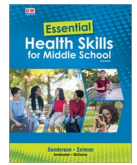
Correlation of Essential Health Skills for Middle School © (2023) to Idaho Department of Education Course: Middle School Health Education



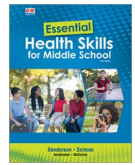
Standards		Correlating Text Pages
Standard 1: Comprehend Core Concepts		
Goal 1.1: Students will comprehend core concepts related to health promotion and disease prevention to enhance health including: Alcohol, Tobacco and Other Drugs; Nutrition and Physical Activity, Injury Prevention and Safety; Mental, Emotional, and Social Health; Prevention and Control of Disease; Consumer and Community Health; Growth, Development, and Family Life; and Environmental Health.		
6-8.H.1.1.1	Analyze the relationship between behaviors, body systems, and wellness.	13 (Hands-On Activity), 19–32, 35 Develop Your Skills (#19) and (#22), 73 Think Critically (#18), Develop Your Skills (#23), 103–106, 116–122, 135–138, 140–148, 152–158, 161 Think Critically (#16), Develop Your Skills (#22), 174–179, 183–185, 210–216, 218–227, 239 Think Critically (#16), 243–246, 246–260, 262–268, 279–286, 297–300, 337–339, 356–360, 392–400, 403 Think Critically (#18–19), 461–466, 478–487, 508, 533, 542, 559
6-8.H.1.1.2	Describe the interrelationships of mental, emotional, physical, and social health in adolescence.	10, 15, 35 Think Critically (#15), 99 Think Critically (#20), 103–104, 134–136, 142–148, 150–153, 161 Think Critically (#15), 166–172, 181–182, 189 Think Critically (#16), 475–476, 510, 522, 558
6-8.H.1.1.3	Analyze how the environment, environmental exposure (e.g., second hand smoke/vapors) and personal health are related.	17–19, 30 Building Your Skills, 35 Think Critically (#17), 134–135, 166, 179–180, 182–183, 214–215, 229–231, 239 Think Critically (#15 and 17), 258–259, 321–324, 445–454, 559
6-8.H.1.1.4	Describe how family history can affect personal health.	15-17, 19-21, 103-104, 165, 210-211, 244, 288, 379-380, 382, 386, 396-398
6-8.H.1.1.5	Describe ways to reduce or prevent injuries and adolescent health problems.	10, 15–21, 77–96, 110–114, 152–158, 161 Develop Your Skills (#19–22), 183–184, 216, 251, 256–260, 266, 268, 325–328, 391–400, 403 Think Critically (#19), Develop Your Skills (#21), 407–438, 441 Think Critically (#18), Develop Your Skills (#21), 453–454, 589–591, 603 Develop Your Skills (#19)
6-.H.1.1.6	Explain how appropriate health care can promote wellness.	10–13, 60 (Case Study), 158, 174–177, 185, 395–396, 403 Think Critically (#17), 441 Develop Your Skills (#23), 553, 570, 577, 591–592, 599–600
6-8.H.1.1.7	Describe the benefits of and barriers to practicing healthy behaviors.	13, 23–29, 99 Think Critically (#19), 103–106, 116–122, 137–138, 146–147, 177–179, 239 Think Critically (#20 and 22), 288–294, 300, 305 Develop Your Skills (#20), 321–324, 355, 485, 491–495, 498–504, 507–508, 531, 538–539, 559, 577
6-8.H.1.1.8	Examine the consequences and the likelihood of injury or illness if engaging in unhealthy behaviors.	19-21, 80-81, 84-85, 89-91, 95-96, 103-104, 210-211, 216, 218-225, 256-260, 279-286, 291-294, 311-319, 344-353, 379-380, 454, 529-533, 570-571, 585, 596, 603 Develop Your Skills (#19)



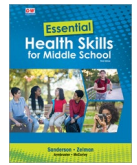
Standards		Correlating Text Pages
Standard 2: Analyzing Influences		
Goal 1.1: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behavior.		
6-8.H.2.1.1	Examine how family, culture, peers, school, and community influence healthy and unhealthy behaviors (e.g., social norms).	16-19, 35 Think Critically (#17), 99 Think Critically (#18), 133-135, 150-151, 165, 179, 182, 185, 229-231, 271, Develop Your Skills (#20), 289, 297, 321-323, 325, 355, 441 Develop Your Skills (#22), 475-476, 489-490, 503-504, 517, 518, 521, 530-532, 538, 559, 569-570, 590
6-8.H.2.1.2	Analyze the influence of media and technology on personal and family health (e.g., social media and internet safety and responsibility).	18 Building Your Skills, 26-29, 35 (#21), 80 Building Your Skills, 106-107, 120-122, 125 Think Critically (#17), Develop Your Skills (#21), 150, 155, 166-167, 172 (Hands-On Activity), 182-183, 186 (Hands-On Activity), 189 Develop Your Skills (#20), 229-231, 244 (Case Study), 246, 271 Develop Your Skills (#19), 290-291, 298-299, 305 Develop Your Skills (#19), 324, 355, 441 Think Critically (#18), Develop Your Skills (#20), 458-459, 462-463, 469 Think Critically (#16), 483, 522, 539, 603 Develop Your Skills (#22)
6-8.H.2.1.3	Explain the influence of personal values and beliefs on individual health practices and behaviors.	19, 23-24, 99 Think Critically (#17), 133-135, 182, 271 Think Critically (#16-17), 288, 321-323, 355-360, 490, 492, 507, 540, 568
6-8.H.2.1.4	Describe how some health risk behaviors can influence the likelihood of engaging in unhealthy behaviors (e.g., using drugs to fit in).	19-21, 181, 283-284, 288, 316-319, 340, 344-345, 348, 356, 531, 542, 603 Develop Your Skills (#20)
6-8.H.2.1.5	Explain how school and public health policies can influence health promotion and disease prevention.	10-13, 17-19, 30 Building Your Skills, 31-32, 165, 174-175, 182, 185, 205-209, 213, 246, 271 Develop Your Skills (#18), 289-290, 296-297, 325, 326, 355, 359-360, 431, 436-438, 456-458, 475-476, 503-504, 518, 537-541, 559, 592 Building Your Skills, 598-599
Standard 3: Accessing Information		
Goal 1.1: Students will demonstrate the ability to access valid information, products, and services to enhance health.		
6-8.H.3.1.1	Analyze the validity of healthy information, products, and services.	29, 80 Building Your Skills, 99 Develop Your Skills (#22), 161 Think Critically (#18), 223-225, 298-299, 331 Develop Your Skills (#23-24), 337-339, 359-360, 403 Develop Your Skills (#22), 513 Develop Your Skills (#21), 545 Develop Your Skills (#21), 581 Develop Your Skills (#19), 593 (Hands-On Activity), 603 Develop Your Skills (#23)



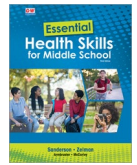
Standards		Correlating Text Pages
6-8.H.3.1.2	Access valid health information from home, school, and community.	26, 73 Develop Your Skills (#23), 161 Develop Your Skills (#19), 176–177, 189 Think Critically (#19), Develop Your Skills (#21), 305 Think Critically (#18), 328, 365 Develop Your Skills (#21), 403 Develop Your Skills (#22 and 24), 461 Building Your Skills, 469 Develop Your Skills (#20 and 23), 513 Develop Your Skills (#21), 533, 542 (Hands-On Activity), 545 Develop Your Skills (#21), 581 Develop Your Skills (#19), 593 (Hands-On Activity), 603 Develop Your Skills (#23)
6-8.H.3.1.3	Locate reliable and valid health products and services and determine accessibility.	26, 73 Develop Your Skills (#23), 161 Develop Your Skills (#19), 176–177, 189 Think Critically (#19), Develop your Skills (#21), 305 Think Critically (#18), 328, 365 Develop Your Skills (#21), 403 Develop Your Skills (#22 and 24), 461 Building Your Skills, 469 Develop Your Skills (#20 and 23), 513 Develop Your Skills (#21), 533, 542 (Hands-On Activity), 545 Develop Your Skills (#21), 581 Develop Your Skills (#19), 593 (Hands-On Activity), 603 Develop Your Skills (#23)
6-8.H.3.1.4	Describe situations that may require professional health services.	11–12, 11 (Case Study), 138, 158, 174–175, 174 Figure 6.7 Signs to Seek Professional Help, 181–184, 232–234, 256–260, 279–282, 291–294, 312, 318–319, 327–328, 344–353, 360–361, 371–376, 378–389, 430–438, 453–454, 513 Develop Your Skills (#21), 541, 577, 591–592, 597–598
Standard 4: Interpersonal Communication		
Goal 1.1: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.		
6-8.H.4.1.1	Apply effective verbal and nonverbal communication skills to enhance health.	99 Develop Your Skills (#23), 125 Develop Your Skills (#21 and 22), 137, 138 (Hands-On Activity), 140–148, 152–154, 161 Develop Your Skills (#23), 175 Building Your Skills, 178–179, 183, 189 Develop Your Skills (#22), 271 Develop Your Skills (#20), 290 (Triggers), 299–300, 302 (Hands-On Activity), 305 Develop Your Skills (#20), 319 (Hands-On Activity), 325, 331 Develop Your Skills (#19 and 21–22), 358–360, 362 (Hands-On Activity), 365 Develop Your Skills (#19–20), 403 Develop Your Skills (#21 and 24), 416 (Hands-On Activity), 421–423, 430, 441 Develop Your Skills (#19–20), 461 Building Your Skills, 478–483, 492–494, 498–499, 508, 513 Develop Your Skills (#18), 521, 526, 533, 542, 545 Develop Your Skills (#22), 569 Building Your Skills, 581 Develop Your Skills (#20), 593 (Hands-On Activity), 603 Develop Your Skills (#20)



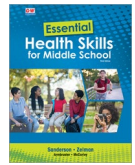
Standards		Correlating Text Pages
6-8.H.4.1.2	Demonstrate refusal and negotiation skills that avoid or reduce health risks.	25–26, 32 (Hands-On Activity), 125 Develop Your Skills (#22), 286 (Hands-On Activity), 299–300, 302 (Hands-On Activity), 325, 331 Develop Your Skills (#21–22), 358–359, 362 (Hands-On Activity), 365 Develop Your Skills (#19–20), 403 Develop Your Skills (#20), 441 Develop Your Skills (#20), 484–487, 508, 542, 545 Develop Your Skills (#22), 590, 603 Develop Your Skills (#20)
6-8.H.4.1.3	Demonstrate effective conflict management or resolution strategies.	25–26, 125 Develop Your Skills (#23), 239 Think Critically (#2), 331 Develop Your Skills (#19), 484–487, 492–494, 498–499, 521, 533, 545 Develop Your Skills (#22), 603 Develop Your Skills (#20)
6-8.H.4.1.4	Demonstrate how to request and offer assistance to enhance the health of self and others (e.g., suicide prevention, relationship violence and bullying).	99 Develop Your Skills (#24), 175 Building Your Skills, 183, 226–227, 271 Develop Your Skills (#20), 327–328, 361–362, 419–423, 430, 486–487, 504, 513 Develop Your Skills (#21), 521, 524, 533–535, 538–542, 581 Develop Your Skills (#20), 593 (Hands-On Activity)
Standard 5: Decision Making		
Goal 1.1: Students will demonstrate the ability to use decision-making skills to enhance health.		
6-8.H.5.1.1	Identify circumstances that can help or hinder healthy decision-making.	23–24, 137, 189 Think Critically (#17), 271 Develop Your Skills (#21), 298–299, 324 Building Your Skills, 331 Develop Your Skills (#19), 356, 365 Think Critically (#18), 441 Develop Your Skills (#21), 541, 569–571, 581 Develop Your Skills (#21)
6-8.H.5.1.2	Determine when health-related situations require the application of a thoughtful decision-making process (e.g., alcohol, tobacco and other drug use and consequences of a criminal record, recreational safety, texting, social media and general online presence, physical activity, nutritional choices).	23–24, 137, 189 Think Critically (#17), 271 Develop Your Skills (#21), 298–299, 324 Building Your Skills, 331 Develop Your Skills (#19), 356, 365 Think Critically (#18), 441 Develop Your Skills (#21), 541, 569–571, 581 Develop Your Skills (#21)
6-8.H.5.1.3	Distinguish when individual or collaborate decision-making is appropriate.	23–24, 137, 189 Think Critically (#17), 271 Develop Your Skills (#21), 298–299, 324 (Build Your Skills), 331 Develop Your Skills (#19), 356, 365 Think Critically (#18), 441 Develop Your Skills (#21), 541, 569–571, 581 Develop Your Skills (#21)



Standards		Correlating Text Pages
6-8.H.5.1.4	Distinguish between healthy and unhealthy alternatives to health-related issues or problems.	23-24, 125 (#19), 137, 141-148, 152-158, 211-215, 239 (#19-20), 271 (#21), 288-302, 331 (#20), 342 (Hands-On Activity), 356-360, 441 (#21), 533-534, 542, 570
6-8.H.5.1.5	Predict the potential short-term and long-term impact of each alternative on self, others, and the environment.	20-21, 103-104, 116-122, 271 Develop Your Skills (#21), 279-286, 234 Building Your Skills, 353 (Hands-On Activity), 441 Develop Your Skills (#21), 469 Think Critically (#18), 570, 581 Develop Your Skills Develop Your Skills (#21)
6-8.H.5.1.6	Choose healthy alternatives over unhealthy alternatives when making a decision.	23-24, 211-215, 239 Think Critically (#19-20), 324 Building Your Skills, 342 (Hands-On Activity), 356-360, 365 Develop Your Skills (#19-20), 407-416, 441 Develop Your Skills (#20-21), 533-534, 570, 581 (#21)
6-8.H.5.1.7	Analyze the outcomes of a health-related decision.	19-24, 210, 331 Think Critically (#17), 403 Develop Your Skills (#23), 469 Develop Your Skills (#21), 570, 581 Develop Your Skills (#21)
Standard 6: Goal Setting		
Goal 1.1: Students will demonstrate the ability to use goal-setting skills to enhance health.		
6-8.H.6.1.1	Assess personal health practices.	35 Develop Your Skills (#20), 76 (Caring for your Skin), 92 Building Your Skills, 117 Building Your Skills, 131-138, 174, 181-182, 211 Building Your Skills, 226, 239 Think Critically (#18), 262, 271 Develop Your Skills (#20), 403 Develop Your Skills (#23), 415 Building Your Skills, 416 (Hands-On Activity), 469 Develop Your Skills (#21-22), 513 Develop Your Skills (#20), 545 Think Critically (#20)
6-8.H.6.1.2	Develop a goal to adopt, maintain, or improve a personal health practice.	24-25, 32 Think Critically (#5), 35 Develop Your Skills (#20), 70 (Hands-On Activity), 92 Building Your Skills, 117 Building Your Skills, 135, 211 Building Your Skills, 222, 239 Develop Your Skills (#22), 263-265, 271 Develop Your Skills (#20), 403 Develop Your Skills (#23), 469 Develop Your Skills (#21), 513 Develop Your Skills (#20), 545 Think Critically (#20)
6-8.H.6.1.3	Apply effective strategies and skills needed to attain a personal health goal (e.g., S.M.A.R.T. goal setting strategy).	24-25, 35 Develop Your Skills (#20), 117 Building Your Skills, 137, 211 (Building Your Skills), 222, 239 Develop Your Skills (#22), 263-265, 271 Develop Your Skills (#20), 297-300, 325-327, 403 Develop Your Skills (#23), 469 Develop Your Skills (#21), 513 Develop Your Skills (#20), 545 Think Critically (#20)



Standards		Correlating Text Pages
Standard 7: Practice Healthy Behavior		
Goal 1.1: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.		
6-8.H.7.1.1	Explain the importance of assuming responsibility for personal health behaviors.	19–21, 23–26, 141–144, 152–158, 161 Develop Your Skills (#22), 174, 178, 181–185, 211–216, 222–227, 256–260, 262–265, 328, 356–360, 403 Think Critically (#18), Develop Your Skills (#21), 461–466, 541–542, 603 Think Critically (#15)
6-8.H.7.1.2	Demonstrate healthy practices and behaviors that will maintain or improve the health of self and others.	19–21, 29–32, 35 Develop Your Skills (#19, #22), 45, 53, 61, 70 (Hands-On Activities), 73 Think Critically (#18) Develop Your Skills, (#23), 77–96, 116–122, 135 Building Your Skills, 140–148, 152–158, 161 Develop Your Skills (#20), 174–179, 181–186, 203 (Hands-On Activity), 211–216, 222–227, 243–247, 251, 256–260, 262–268, 271 Develop Your Skills (#18–20), 286 (Hands-On Activity), 296–302, 319 (Hands-On Activity), 325–328, 356–362, 365 Develop Your Skills (#19–20), 376 (Hands-On Activity), 391–400, 403 Develop Your Skills (#20), 407–438, 441 Develop Your Skills (#19–22), 461–466, 469 Develop Your Skills (#22), 478–487, 498–499, 508, 510, 520–521, 524–526, 533–535, 542, 559, 577
6-8.H.7.1.3	Demonstrate behaviors that avoid or reduce health risks to self and others.	15, 21 (Hands-On Activity), 23–32, 35 Develop Your Skills (#22), 77–96, 116–122, 161 Develop Your Skills (#19 and 22–23), 183–185, 203 (Hands-On Activity), 211–216, 222–227, 251, 256–260, 266, 268, 296–302, 319 (Hands-On Activity), 325–328, 337–339, 391–400, 403 Develop Your Skills (#20), 416–438, 441 Develop Your Skills (#19–22), 453–454, 461–466, 469 Develop Your Skills (#21–22), 501–504, 508, 510, 525–526, 533–535, 542, 569–570, 589–591, 599–600, 603 Develop Your Skills (#19)
6-8.H.7.1.4.	Explain the importance of personal hygiene, self-care, food behavior, and physical activity.	Personal Hygiene, 74-99; Food Behavior; 8-9, 19-21, 77, 88, 119,195-203, 205-208, 210-216, 559,Physical Activity; 13, 118, 122,221, 243-246, 247-252, 559
Standard 8: Advocacy		
Goal 1.1: Students will demonstrate the ability to advocate for personal, family, and community health		
6-8.H.8.1.1	State a health-enhancing position on a topic and support it with accurate information.	29-32, 99 Develop Your Skills (#21), 125 Develop Your Skills (#20 and 21), 161 Develop Your Skills (#20), 178-179, 185, 239 Think Critically (#19), Develop Your Skill (#21), 271 Develop Your Skills (#18 and 20), 286 (Hands-On Activity), 289, 296-298, 305 Develop Your Skills (#20- 22), 319 (Hands-On Activity), 325-328, 331 Develop Your Skills (#19- 20), 358-360, 365 Develop Your Skills (#19-21), 403 Develop Your Skills (#20), 461 Building Your Skills, 466, 513 Develop Your Skills (#19), 533, 538, 540, 545 Develop Your Skills (#24), 603 Develop Your Skills (#20 and 23)



Standards		Correlating Text Pages
6-8.H.8.1.2	Demonstrate how to influence and support others to make positive health choices.	26-30, 50 Building Your Skills, 99 Develop Your Skills (#22), 108 (Hands-On Activity), 161 Develop Your Skills (#19-21), 172 (Hands-On Activity), 189 Develop Your Skills (#20-21), 239 Think Critically (#2), 271 Develop Your Skills (#18-19 and 21), 286 (Hands-On Activity), 298 Building Your Skills, 305 Develop Your Skills (#19-22), 319 (Hands-On Activity), 353 (Hands-On Activity), 358 Building Your Skills, 365 Develop Your Skills (#21), 403 Develop Your Skills (#24), 441 Develop Your Skills (#22), 461 Building Your Skills, 513 Develop Your Skills (#19), 545 Develop Your Skills (#24), 603 Develop Your Skills (#19, #23)
6-8.H.8.1.3	Work cooperatively to advocate for the health of individuals, families, schools, and the community.	29-32, 99 Develop Your Skills (#21), 179 (Hands-On Activity), 185, 203 (Hands-On Activity), 239 Think Critically (#2), 286 (Hands-On Activity), 298 Building Your Skills, 319 (Hands-On Activity), 325-328, 331 Develop Your Skills (#20), 358 Building Your Skills, 365 Develop Your Skills (#21), 403 Develop Your Skills (#20-21 and 24), 469 Develop Your Skills (#20), 513 Develop Your Skills (#19), 538, 540, 545 Develop Your Skills (#24), 603 Develop Your Skills (#19)
6-8.H.8.1.4	Identify ways in which health messages and communication techniques can be altered for different audiences.	286 (Hands-On Activity), 299, 403 Develop Your Skills (#24), 441 Develop Your Skills (#23), 461 Building Your Skills, 513 Develop Your Skills (#19), 603 Develop Your Skills (#23)