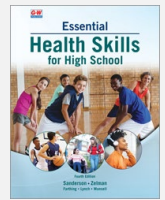
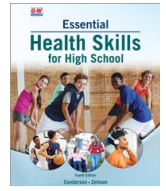


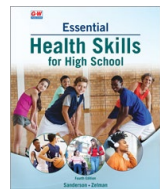
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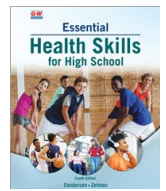
Standards		Correlating Text Pages
Standard 1: Comprehend Core Concepts		
Goal 1.1: Students will comprehend core concepts related to health promotion and disease prevention to enhance health including: Alcohol, Tobacco and Other Drugs; Nutrition and Physical Activity, Injury Prevention and Safety; Mental, Emotional, and Social Health; Prevention and Control of Disease; Consumer and Community Health; Growth, Development, and Family Life; and Environmental Health.		
9-12.H.1.1.1	Predict how behaviors can affect wellness.	5 (Setting the Scene), 6-8, 16-18, 18 (Think Critically), 30-31, 31 Health and Wellness Skills (19), 34-35, 37, 40 Think Critically (5), Real world Health Skills, 248-255, 261-264, 267-269, 328-334, 335 (Real World Health Skills), 370 Case Study, 513 Health and Wellness Skills (19), 609-611, 616, 641 Health and Wellness Skills (18), 752-757, 773-775, 777-781, 785, 787, 791-793
9-12.H.1.1.2	Describe the interrelationships of emotional, mental, physical, and social health.	7-10, 7 (Case Study), 12 Think Critically (8), 211-220, 330-331, 335 (Real World Health Skills), 772-773, 780-781, 782-786, 788-789
9-12.H.1.1.3	Analyze how environment and wellness are interrelated (e.g., second hand smoke/vapors from vaping).	19-27, 22 (Local and Global Health), 25 (Economic Environment), 25 (Figure 1.13 Education and Income), 26 (Skills for Health and Wellness), 27 Know and Understand (3, 5), Think Critically (6, 8), 107, 138 Critical Thinking Skills (3), 176-183, 211, 610-622, 649-650, 659-660, 768 Health and Wellness Skills (14), 773, 777-781, 782-787
9-12.H.1.1.4	Analyze how genetics and family history can affect personal health.	13-16, 15 (Figure 1.5 The Role of Genes), 18 Know and Understand (3), 106, 211, 335 Think Critically (6), 703, 730 Health and Wellness Skills (15), 750-752, 755, 773
9-12.H.1.1.5	Propose ways to reduce health problems.	35-38, 37 (Figure 2.2 Put away devices 30 min before Bed), 40 Think Critically (5), 67 (Hands-On Skills Activity), 221-223, 230-231, 295 (20), 349-355, 358 Critical Thinking Skills (11), 382-385, 413-414, 421 Health and Wellness Skills (20), 427-429, 456-459, 559 Health and Wellness Skills (19), 565-571, 607 Health and Wellness Skills (17-20), 661-667, 671 Health and Wellness Skills (16, 18-20), 683-688, 691-695, 731 Health and Wellness Skills (17, 19-21), 785, 787, 791-795



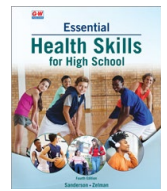
Standards		Correlating Text Pages
9-12.H.1.1.6	Analyze the relationship between access to health care and health status.	26-27, 29 Review and Recall (14) Reading and Writing Practice (17), 55 (Local and Global Health), 57-59, 228-229, 662-665, 754-755
9-12.H.1.1.7	Compare and contrast the benefits of and barriers to practicing a variety of healthy behaviors.	16-26, 27 Know and Understand (4), Think Critically (6), Real World), 39-40, 66 Critical Thinking Skills (3, 5), Health and Wellness Skills (14), 89-91, 96 Health and Wellness Skills (14), 228-229, 242 Critical Thinking Skills (9), 267-273, 277-279, 279 Think Critically (5), 380-382, 385-389, 411-414, 426-429, 454-458, 464 Health and Wellness Skills (14), 465 (19), 470-476, 482-484, 490-492, 495-499, 504-506, 509 (Real World Health Skills), 564-602, 607 (17), 631- 636, 640 Critical Thinking Skills (12), Health and Wellness Skills (15), 683-688, 692-693, 694-695, 695 Think Critically (8), 739-740, 745-749, 758-759, 764, 768 (14), 782-787, 791-795
9-12.H.1.1.8	Analyze the potential severity of health problems that result from engaging in unhealthy behaviors.	13-14, 16-18, 18 (Real World Health Skills), 30 (8), 31 Health and Wellness Skills (19), 184-191, 191 (1), 248-255, 267-269, 311-312, 366-374, 393 (Hands-On Skills Activity), 400-409, 421 Health and Wellness Skills (20), 431-445, 465 (Hands-On Skills Activity), 565-571, 573-582, 584-585, 606 Health and Wellness Skills (16), 607 Health and Wellness Skills (17), 616-628, 674-682, 682 (Real World Health Skills), 689-692, 695 Know and Understand (3), 702-705, 708-712, 716-717, 723-726, 738-740, 745-749, 764, 765 Know and Understand (4)
Standard 2: Analyzing Influences		
Goal 1.1: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behavior.		
9-12.H.2.1.1	Analyze how the family and culture influence health beliefs and behaviors.	13-16 18 Know and Understand (3), 21-22, 27 Think Critically (7), 31 Health and Wellness Skills (18), 106-107, 111 Know and Understand (5), 177-180, 271, 299-300, 306 Think Critically (7), 380-382, 389 Know and Understand (1), Think Critically (6), 392 Health and Wellness Skills (14), 412, 417 (6-7), 455-456, 464 Health and Wellness Skills (14), 516-517, 768 Health and Wellness Skills (14)
9-12.H.2.1.2	Analyze how peers influence health beliefs and behaviors (e.g., social norms).	22 (Local and Global Health), 88-91, 93 Know and Understand (1), 96 Critical Thinking Skills (10), 105-107, 177, 271-272, 299-300, 380, 382-383, 389 Know and Understand (1), 392 (14, 16), 412-414, 417 Think Critically (7), 456, 464 Health and Wellness Skills (14), 505-506, 512 Health and Wellness Skills (14), 516-524, 684-685, 785-786



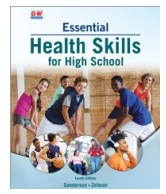
Standards		Correlating Text Pages
9-12.H.2.1.3	Evaluate how the school and community can affect personal health practice and behaviors.	20-21, 23, 27 Think Critically (8), 30 Critical Thinking Skills (10), 31 (Hands-On Skills Activity), 107, 111 Think Critically (8), 138 Critical Thinking Skills (3), 206 Critical Thinking Skills (2), 229 (Local and Global Health), 234-235, 271-273, 299-300, 306 Think Critically (7), 338, 346-347, 347 Think Critically (9), 380, 392 Critical Thinking Skills (7), 412-413, 417 Know and Understand (1), 456, 459-460, 464 Health and Wellness Skills (14), 516-517, 521, 524- 526
9-12.H.2.1.4	Analyze how the media and technology influence health beliefs and behaviors (e.g., social media, internet safety, and responsibility).	23-25, 24 (Health in the Media), 29 Review and Recall (13), 30 Critical Thinking Skills (11), Health and Wellness Skills (15), 107-108, 138 Health and Wellness Skills (14), 177-178, 178(Health in the Media), 235 (Health in the Media), 242 Health and Wellness Skills (15),271-273, 294 Health and Wellness Skills (14), 300-305, 306 Know and Understand (3), 324 Critical Thinking Skills (7, 8), 380, 382, 384, 387 (Health in the Media), 392 Health and Wellness Skills (14), 412-413, 420 Health and Wellness Skills (14), 456, 459-460, 464 Health and Wellness Skills (14), 475 (Health in the Media), 519 (Research in Action), 522-524, 558 Health and Wellness Skills (14), 569 (Health in the Media), 785-786
9-12.H.2.1.5	Analyze how some health risk behaviors can influence the likelihood of engaging in unhealthy behaviors (e.g., using drugs to fit in).	16-18, 29 Review and Recall (8), 31 Health and Wellness Skills (17), 374 (Research in Action), 380-382, 400-401, 405-409, 420 Critical Thinking Skills (3), 457, 464 Critical Thinking Skills (9)
9-12.H.2.1.6	Analyze how public health policies and government regulations can influence health promotion and disease prevention.	49, 58-59, 62-63, 257-260, 316-317, 320-321, 382-384, 389 Know and Understand (2), 413-415, 419 Review and Recall (12), 421 (Hands-On Skills Activity), 447, 463 Review and Recall (2), 544-545, 628 (Real World Health Skills), 629-631, 637 Know and Understand (1), 643(Health Management Plan), 660, 719 (Health in the Media), 775
Standard 3: Accessing Information		
Goal 1.1: Students will demonstrate the ability to access valid information, products, and services to enhance health.		
9-12.H.3.1.1	Evaluate the validity of health information, products, and services.	43 (Research in Action), 44-46, 49 Know and Understand (2, 4), Think Critically (7), Real World Health Skills), 138 Health and Wellness Skills (15), 324 Health and Wellness Skills (13), 352 (Health in the Media), 392 Health and Wellness Skills (15), 512 Health and Wellness Skills (15), 653 (Real World Health Skills)
9-12.H.3.1.2	Determine the accessibility of health information, products, and services.	45-46, 50-52, 55 (Local and Global Health), 67 Health and Wellness Skills (19), 223, 242 Health and Wellness Skills (16), 687-688, 748 (Skills for Health and Wellness)



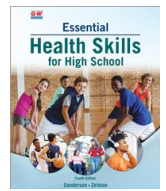
Standards		Correlating Text Pages
9-12.H.3.1.3	Access valid and reliable health information, products, and services.	45-46, 55-56, 67 Health and Wellness Skills (19), 111 (Real World Health Skills), 206 Health and Wellness Skills (17), 223, 231 (Real World Health Skills), 236-237, 242 Health and Wellness Skills (16), 313, 352 (Health in the Media), 559 (19), 687-688, 748 (Skills for Health and Wellness)
9-12.H.3.1.4	Use resources from home, school, and community that provide valid health information.	42-44, 220 (Real World Health Skills), 307 (Warm-Up Activity), 512 Health and Wellness Skills (15), 673 Thinking Critically (3), 684 (Skills for Health and Wellness)
9-12.H.3.1.5	Determine when professional health services may be required.	74-79, 198, 203, 222-223, 234-239, 237 (Skills for Health and Wellness), 309 (Skills for Health and Wellness), 385, 388-389, 414-417, 458, 461 (Skills for Health and Wellness), 471-474, 482-483, 491-493, 500-501, 508, 521, 523 (Skills for Health and Wellness), 524, 531, 535, 546, 558 Health and Wellness Skills (15)
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.		
9-12.H.4.1.1	Use skills for communicating effectively with family, peers, and others to enhance health.	73-79, 79 (Real World Health Skills), 207 Health and Wellness Skills (18), 294-295 Health and Wellness Skills (16), 479-486, 491-493, 499-501, 506-508, 512 Critical Thinking Skills (13), Health and Wellness Skills (16), 698 Health and Wellness Skills (16), 768 Health and Wellness Skills (16)
9-12.H.4.1.2	Demonstrate refusal, conflict resolution, and collaboration skills to enhance health and avoid or reduce health risks.	38, 82-85, 85 (Skills for Health and Wellness), 86 (Real World Health Skills), 91-93, 93 (Real World Health Skills), 96 Critical Thinking Skills (11), 272, 385, 388 (Skills for Health and Wellness), 389 Think Critically (7), 393 Health and Wellness Skills (19), 414, 420 Critical Thinking Skills (8), 458, 465 Health and Wellness Skills (17), 471-474, 479-481, 484-486, 490-493, 499-501, 506-508, 509 (Skills for Health and Wellness), 512 Health and Wellness Skills (16), 684-685, 720 (Real World Health Skills)
9-12.H.4.1.3	Demonstrate strategies to prevent, manage, or resolve interpersonal conflicts without harming self or others.	82-85, 85 (Skills for Health and Wellness), 86 (Real World Health Skills), 97 Health and Wellness Skills (16), 232 (Warm-Up Activity), 294-295 Health and Wellness Skills (16), 471-474, 479-481, 490-493, 499-502, 506-509
9-12.H.4.1.4	Demonstrate how to ask for and offer assistance to enhance the health of self and others (e.g., suicide prevention, relationship violence, and bullying).	74-79, 198, 203, 222-223, 234-239, 237 (Skills for Health and Wellness), 385, 388-389, 414-417, 458, 461 (Skills for Health and Wellness), 471-474, 482-483, 490-493, 499-501, 508, 521, 523 (Skills for Health and Wellness), 524, 531, 535, 546, 559 Health and Wellness Skills (16)
Standard 5: Decision Making		
Goal 1.1: Students will demonstrate the ability to use decision-making skills to enhance health.		
9-12.H.5.1.1	Examine barriers that can hinder healthy decision-making.	35-36, 66 Critical Thinking Skills (5), Health and Wellness Skills (14), 206 Critical Thinking Skills (7), 400-401, 409 Think



Standards		Correlating Text Pages
		Critically (6), 420 Critical Thinking Skills (3), 430-433,441-445, 453 Think Critically (9)
9-12.H.5.1.2	Determine the value of applying a thoughtful decision-making process in health-related situations (e.g., alcohol, tobacco and other drug use and consequences of a criminal record, recreational safety, safe driving behaviors, testing, social media and general online presence, food behavior, and physical activity).	35-38, 40 Think Critically (4), 65 Review and Recall (1), 66 Critical Thinking Skills (1), Health and Wellness Skills (14), 67 Health and Wellness Skills (17), 607 Health and Wellness Skills (17), 776 (Real World Health Skills), 785 (Research in Action), 798 Critical Thinking Skills (10)
9-12.H.5.1.3	Justify when individual or collaborative decision-making is appropriate.	38, 66 Critical Thinking Skills (2), 799 Health and Wellness Skills (18)
9-12.H.5.1.4	Generate alternatives to health-related issues or problems.	35-36, 37 (Figure 2.2 Put away devices 30 min before Bed), 139 Health and Wellness Skills (17), 295 Health and Wellness Skills (19), 331 (Research in Action), 363 (Setting the Scene), 421 Health and Wellness Skills (20), 465 Health and Wellness Skills (20), 507, 537(Warm-Up Activity), 559 Health and Wellness Skills (17), 640 Critical Thinking Skills (7), 699 Health and Wellness Skills (20)
9-12.H.5.1.5	Predict the potential short-term and long-term impact of each alternative on self, others, and the environment.	37, 295 Health and Wellness Skills (19), 331 (Research in Action), 363 (Setting the Scene), 465 Health and Wellness Skills (20), 509 (Real World Health Skills), 699 Health and Wellness Skills (17)
9-12.H.5.1.6	Defend the healthy choice when making decisions.	37, 91-93, 93 (Real World Health Skills), 385, 388 (Skills for Health and Wellness), 389 Think Critically (7), 393 Health and Wellness Skills (19), 414-416, 420 Critical Thinking Skills (8), 458, 465 Health and Wellness Skills (17), 491, 500, 506-508, 509 Think Critically (5), 513 Health and Wellness Skills (17), 699 Health and Wellness Skills (18), 733(Health Management Plan), 769 Health and Wellness Skills (19)
9-12.H.5.1.7	Evaluate the effectiveness of health-related decisions.	38, 40 Think Critically (6), 173 Health and Wellness Skills (20), 203 (Real World Health Skills), 295 Health and Wellness Skills (20), 684 (Skills for Health and Wellness)
Standard 6: Goal Setting		
Goal 1.1: Students will demonstrate the ability to use goal-setting skills to enhance health.		
9-12.H.6.1.1	Assess personal health practices and overall health status.	6-12, 11 (Figure 1.3 Health Continuum), 12 Know and Understand (2), 12 (Real World Health Skills), 39-40, 53 (Skills for Health and Wellness), 76 (Quiz), 124(Quiz), 135 (Real World Health Skills), 153 (Case Study), 243 Health and Wellness Skills (19), 289-290, 291 Think Critically (8), 346 (Skills for Health and Wellness), 464-465, 464 Health and Wellness Skills (16), 607 Health and Wellness Skills (18), 713 (Skills for Health and Wellness)



Standards		Correlating Text Pages
9-12.H.6.1.2	Develop a plan to attain a personal health goal that address strengths, needs, and risks.	39-40, 52 (Skills for Health and Wellness), 67 Health and Wellness Skills (18), 124 (Quiz), 135 (Real World Health Skills), 153 (Case Study), 183 (Real World Health Skills), 295 Health and Wellness Skills (18), 346 (Skills for Health and Wellness), 355 (Real World Health Skills), 536 (Real World Health Skills), 582 (Skills for Health and Wellness), 641 Health and Wellness Skills (19), 663 (Case Study), 713 (Skills for Health and Wellness)
9-12.H.6.1.3	Implement effective strategies and monitor progress in achieving a personal health goal (e.g., S.M.A.R.T. goal setting strategy).	35-40, 53 (Skills for Health and Wellness), 135 (Real World Health Skills), 207 Health and Wellness Skills (20), 304 (Research in Action), 346 (Skills for Health and Wellness), 438 (Case Study), 582 (Skills for Health and Wellness), 671 Health and Wellness Skills (18), 713 (Skills for Health and Wellness)
9-12.H.6.1.4	Formulate an effective long-term personal health plan.	34-40, 53 (Skills for Health and Wellness), 99 (Health Management Plan), 153 (Case Study), 245 (Health Management Plan), 304 (Research in Action), 346 (Skills for Health and Wellness), 361 (Health Management Plan), 467 (Health Management Plan), 561 (Health Management Plan), 713 (Skills for Health and Wellness), 733 (Health Management Plan)
Standard 7: Practice Healthy Behavior		
Goal 1.1: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.		
9-12.H.7.1.1	Analyze the role of individual responsibility in enhancing health.	34-40, 40 Think Critically (4), 53 (Skills for Health and Wellness), 168-169, 610-615, 787, 788-789
9-12.H.7.1.2	Demonstrate a variety of healthy practices and behaviors that will maintain or improve the health of self and others.	60-61, 63 (Real World Health Skills), 74-81, 79 (Real World Health Skills), 88-92, 93 (Real World Health Skills), 97 Health and Wellness Skills (16), 117-120, 125-127, 130-133, 139 Health and Wellness Skills (19), 146-148, 153-160, 162-169, 194-199, 200 (Skills for Health and Wellness), 221-223, 230-231, 231 Think Critically (9), 234-239, 237 (Skills for Health and Wellness), 261-264, 276-277, 278 (Skills for Health and Wellness), 287-291, 316-320, 337-347, 359 Health and Wellness Skills (18), 382-385, 388 (Skills for Health and Wellness), 393 Health and Wellness Skills (19), 413-414, 416 (Skills for Health and Wellness), 417, 426-429, 456-458, 461 (Skills for Health and Wellness), 465 Health and Wellness Skills (19), 471-474, 479-481, 490-493, 499-501, 506-508, 509 (Skills for Health and Wellness), 513 Health and Wellness Skills (19), 620, 622-624, 627-628, 631-636, 641 (18-19), 661-667, 671 Health and Wellness Skills (19), 712-713, 713 (Skills for Health and Wellness), 719-720, 731 Health and Wellness Skills (20), 739-740, 747-749



Standards		Correlating Text Pages
9-12.H.7.1.3	Explain the importance of personal hygiene, self-care (e.g., self- exams), food behavior, and physical activity.	16-18, 148, 248-260, 267-269, 328-331, 343-347, 739, 747, 748
9-12.H.7.1.4	Demonstrate a variety of healthy practices and behaviors that avoid or reduce health risks to self and others.	88-93, 93 Know and Understand (3), Real World Health Skills), 221-223, 230-231, 231 Think Critically (9), 234-239, 237 (Skills for Health and Wellness), 261-264, 276-279, 278 (Skills for Health and Wellness), 287-291, 337-345, 349-355, 355 Think Critically (8), 382-385, 388 (Skills for Health and Wellness), 393 Health and Wellness Skills (19), 413-414, 416 (Skills for Health and Wellness), 417, 421 Health and Wellness Skills (19), 426-429, 456-458, 461 (Skills for Health and Wellness), 465 Health and Wellness Skills (19), 471-474, 479-481, 490-493, 499-502, 506-508, 509 (Skills for Health and Wellness), 513 Health and Wellness Skills (19), 521, 523 (Skills for Health and Wellness), 524-526, 530-536, 543-546, 552-555, 555 Think Critically (8), 559 Health and Wellness Skills (19), 565-571, 571 (Real World Health Skills), 573-579, 579 Think Critically (5), 582-591, 591 Think Critically (7), 594-603, 607 Health and Wellness Skills (17, 19), 620, 622-624, 627-628, 631-636, 641 Health and Wellness Skills (18-19), 661-667, 665 (Skills for Health and Wellness), 671 Health and Wellness Skills (19), 684-688, 692-695, 699 Health and Wellness Skills (19), 712-713, 713 (Skills for Health and Wellness), 719-720, 731 Health and Wellness Skills (20), 758-759, 764, 769 Health and Wellness Skills (19)
9-12.H.7.1.5	Instruction provided on hands-only CPR training including proper utilization of an AED.	594–602, (Figure16.28) Using an Automated External Defibrillator(AED), 603 (Spotlight on Health and Wellness Careers), 606 Health and Wellness Skills (15)
Standard 8: Advocacy		
Goal 1.1: Students will demonstrate the ability to advocate for personal, family, and community health		
9-12.H.8.1.1	Use accurate information to formulate a health-enhancing message.	22 (Local and Global Health), 48-49, 73-79, 88-93, 120 (Real World Health Skills), 264, 325 Health and Wellness Skills (18), 383-385, 388 (Skills for Health and Wellness), 413-415, 456-458, 499-501, 506-508, 559 Health and Wellness Skills (19), 671 Health and Wellness Skills (20), 684 (Skills for Health and Wellness), 769 Health and Wellness Skills (20), 795 (Real World Health Skills)
9-12.H.8.1.2	Demonstrate how to influence and support others to make positive health choices.	48-49, 67 Health and Wellness Skills (20), 73-79, 90 (Case Study), 93 Know and Understand (4), 159 (Health in the Media), 173 Health and Wellness Skills (20), 229 (Local and Global Health), 264, 295 Health and Wellness Skills (20), 347 (Real World Health Skills), 378 (Real World Health Skills), 383, 385, 387-388, 408 (Health Across the Life Span), 413-417, 444 (Health in the Media), 456-459, 461, 479-481, 483-486, 490-493, 506-508, 586 (Case Study), 665 (Skills for Health and Wellness), 731 Health and Wellness Skills (21)



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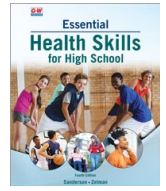
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Standards		Correlating Text Pages
9-12.H.8.1.3	Work cooperatively as an advocate for improving personal, family, and community health.	55 (Local and Global Health), 60-61, 105 (Research in Action), 139 Health and Wellness Skills (20), 173 Health and Wellness Skills (20), 229 (Local and Global Health), 435 (Local and Global Health), 465 Health and Wellness Skills (20), 488 (Research in Action), 535 (Health in the Media), 551 (Local and Global Health), 578 (Local and Global Health), 635 (Skills for Health and Wellness)
9-12.H.8.1.4	Adapt health messages and communication techniques to target a specific audience.	48-49, 71-79, 97 Health and Wellness Skills (19), 105 (Research in Action), 243 Health and Wellness Skills (21), 269 (Real World Health Skills), 273 (Health in the Media), 314 (Real World Health Skills), 359 Health and Wellness Skills (19), 387-389, 393 Health and Wellness Skills (20), 412-415, 421 Health and Wellness Skills (20), 456-459, 465 Health and Wellness Skills (20), 484-486, 490-493, 499-501, 506-509, 591 (Real World Health Skills), 626 (Case Study), 641 Health and Wellness Skills (20), 692 (Local and Global Health), 699 Health and Wellness Skills (20)