

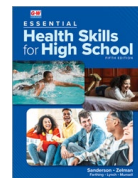


## Goodheart-Willcox

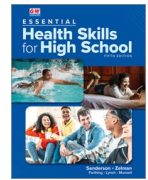
**Correlation of Essential Health Skills for High School ©2025  
for Human Development Relationships,  
And/or Human Development, Relationships, And Sexual Health  
Course: Health and Wellness - Grades 9 – 12  
To: Indiana Academic Standards**



Indiana Academic Standards 2023	Correlating Textbook Pages
<b>Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.</b>	
<b>1. Healthy Behaviors</b>	
<p>HS.1.1 Predict how behaviors can impact personal health.</p>	<p><i>Individual Factors Affecting Health and Wellness</i></p> <p><b>Instruction:</b>            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><b>Application:</b>            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><b>Instruction:</b>            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><b>Application:</b>            413 Warm Up Activity - Learning About Diseases            422 Local and Global Health - Promoting Health with Self Care            423 Critical Thinking Skills #2</p>



Indiana Academic Standards 2023	Correlating Textbook Pages
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<b>2. Dimensions of Health</b>	
<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><b>Instruction:</b>            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><b>Application:</b>            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><b>Instruction:</b>            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><b>Application:</b>            78 Warm-Up Activity - Mental and Emotional Health Wheel</p>



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<b>3. Personal Health</b>	
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<b>4. Preventing Injury</b>	
<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><b>Instruction:</b>            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><b>Application:</b>            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><b>Instruction:</b>            43,329-336,            329 Reducing Full Hazards in the Home</p> <p><b>Application:</b>            336 (Health and Wellness skills, 1-3)</p> <p><i>Understanding/Preventing Communicable Disease</i></p> <p><b>Instruction:</b>            418-419 Immunity: The Body’s Defense Against Infection            422-423 Diagnosis and Treatment of Noncommunicable Diseases</p>



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	<p><b>Application:</b>            422(Local and Global Health)</p> <p><i>Preventing and Treating Communicable Disease</i></p> <p><b>Instruction:</b>            432-436            434 Case Study-Blocking Germs Every Day            436 Skills for Health and Wellness: Help Prevent the Spread of Diseases            436 Figure 7.5.3 Common Vaccines</p> <p><b>Application:</b>            434 Case Study-Blocking Germs Every Day – Practice Your Skills: Set Goals            436 Skills for Health and Wellness: Help Prevent the Spread of Diseases-Practice Your Skills: Advocate for Health</p>
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<b>7. Practicing Healthy Behaviors</b>	
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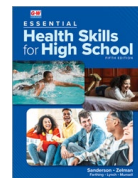


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	<p>422 Local and Global Health - Promoting Health with Self Care</p> <p>423 Critical Thinking Skills #2 Health and Wellness Skills #1</p> <p><i>Preventing and Treating Communicable Diseases</i></p> <p><b>Instruction:</b> 432 Preventing and Treating 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><b>Application:</b> 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><b>Instruction:</b>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><b>Application:</b> 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><b>Instruction:</b> 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><b>Application:</b> 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>





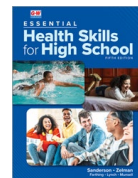
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	<p><b>Instruction:</b>            457-463            458 Figure 7.8.1 Health Complications of Diabetes Mellitus            460 Types of Seizures            463 Figure 7.8.3 Asthma</p> <p><b>Application:</b>            457 Warm Up Activity            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><b>8. Unhealthy Behavior Outcomes</b></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><b>Instruction:</b>            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</p> <p>22 Skills for Health and Wellness: What Factors Affect Your Health?</p> <p><b>Application:</b>            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><b>Instruction:</b>            43,329-336,            329 Reducing Full Hazards in the Home</p>



Indiana Academic Standards 2023	Correlating Textbook Pages
	<p><b>Application:</b> 336 (Health and Wellness skills, 1-3)</p> <p><i>Understanding/Preventing Communicable Disease</i></p> <p><b>Instruction:</b> 418-419 Immunity: The Body’s Defense Against Infection 422-423 Diagnosis and Treatment of Noncommunicable Diseases</p> <p><b>Application:</b> 422(Local and Global Health)</p> <p><i>Preventing and Treating Communicable Disease</i></p> <p><b>Instruction:</b> 432-436 434 Case Study-Blocking Germs Every Day 436 Skills for Health and Wellness: Help Prevent the Spread of Diseases 436 Figure 7.5.3 Common Vaccines</p> <p><b>Application:</b> 434 Case Study-Blocking Germs Every Day – Practice Your Skills: Set Goals 436 Skills for Health and Wellness: Help Prevent the Spread of Diseases-Practice Your Skills: Advocate for Health</p> <p><i>Understanding/Preventing Communicable Disease</i></p> <p><b>Instruction:</b> 418-419 Immunity: The Body’s Defense Against Infection 422-423 Diagnosis and Treatment of Noncommunicable Diseases</p> <p><b>Application:</b> 422(Local and Global Health)</p> <p><i>Preventing and Treating Communicable Disease</i></p> <p><b>Instruction:</b> 432-436 434 Case Study-Blocking Germs Every Day 436 Skills for Health and Wellness: Help Prevent the Spread of Diseases 436 Figure 7.5.3 Common Vaccines</p> <p><b>Application:</b></p>



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	<p>434 Case Study-Blocking Germs Every Day – Practice Your Skills: Set Goals</p> <p>436 Skills for Health and Wellness: Help Prevent the Spread of Diseases-Practice Your Skills: Advocate for Health</p> <p><i>Describe the effects of using alcohol, opioids, nicotine products, marijuana products, and other trending drugs or substances on school performance, job performance, job absenteeism, and job loss.</i></p> <p><b>Instruction:</b> 264, 294, 301</p> <p>294 Figure 5.4.11 Social Consequences for Teen Drinking</p> <p><b>Application:</b> 301 Health in the Media - Drugs and Your Digital Footprint</p> <p><i>See Supplemental Human Development and Relationships, and/or Human Development, Relationships, and Sexual Health</i></p> <p><i>Describe behaviors that impact reproductive health.</i></p> <p><i>Common STIs</i></p> <p><b>Instruction:</b> 112-123 Common STIs 113 What Are STIs 113 Figure 11.1.1 Risk Factors for STIs 114-118 Common Bacterial STIs 114 Figure 11.1.2 Untreated Chlamydia 116 Research in Action: Point -of -Care Testing and Diagnosis for STIs 117 Figure 11.1.3 Primary Syphilis 117 Figure 11.1.4 Secondary Syphilis 118-121 Common Viral STIs 118 Figure 11.1.5 Trichomoniasis 118 Figure 11.1.6 Genital Herpes 120 Case Study: A Vaccine for STI 121-123 Other Sexually Associated Infections 121 Figure 11.1.7 Examples of Other Sexually Associated Infections 123 Figure 11.1.8 Understanding UTIs</p> <p><b>Application:</b> 112 Reading and Notetaking Activity 112 Warm-Up Activity: Agree or Disagree 116 Research in Action: Point of Cre Testing and Diagnosis for STIs- Practice Your Skills: Communicate with Others</p>



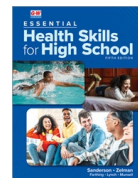
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<p><b>Standard 2: Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.</b></p>	
<p><b>1. Family Influence on Health</b></p>	
<p>HS.2.1 Analyze how the family influences the health or individuals across the lifespan.</p>	<p><b>Instruction:</b></p> <p>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</p> <p><b>Application:</b></p> <p>15 Comprehend Concepts #2            87 Comprehend Concepts #3</p>



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<b>2. School and Community Impact</b>	
HS.2.2 Evaluate how the school and community can impact personal health practice and behaviors.	<b>Instruction:</b> 17-18, 141, 246, 351 141 Figure 3.1.1 Stressors 246 Figure 4.5.8 Places to Get Physical Activity 351 Figure 6.3.1 Staying Safe At School  <b>Application:</b> 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
<b>3. Media Influence on Health Behaviors</b>	
HS.2.3 Evaluate the effect of media and social media on health behaviors.	<i>Evaluate the effect of media on personal and family health.</i>  <b>Instruction:</b> 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  <b>Application:</b> 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



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<b>4. Peer Influence on Health Behaviors</b>	
HS.2.4 Analyze how peers can influence healthy and unhealthy behaviors.	<b>Instruction:</b> 18-19, 71-74, 76, 314-318 72 Figure 1.10.1 Direct and Indirect Peer Pressure 315 Figure 5.6.3 Peer Pressure <b>Application:</b> 71 Warm Up Activity - Peer Pressure 73 Health in the Media - The Power of Virtual Peer Pressure 74 Case Study - Peer Pressure in Action 76 Comprehend Concepts #1 76 Critical Thinking Skills #1 76 Health and Wellness Skills #2
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	97 Comprehend Concepts #1 Critical Thinking Skills #1-2 107 Local and Global Health - The Thin Ideal is Not Universal 477 Local and Global Health - Parents and Children Around the World
6. Technology Influence on Health Behaviors	
HS.2.6 Evaluate the impact of technology on personal, family, and community health.	<b>Instruction:</b> 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 <b>Application:</b> 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



Indiana Academic Standards 2023	Correlating Textbook Pages
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HS.2.9 Analyze how some health risk behaviors can increase the likelihood of engaging in additional unhealthy behaviors.	<b>Instruction:</b> 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 <b>Application:</b> 314 Research in Action - Co-Occurring Disorders: Substance Use and Mental Health 326 Comprehend Concepts #1
<b>10. School/Public Health Policy Influence on Health Behaviors</b>	
HS.2.10 Analyze how public health policies and government regulations can influence health practices and behaviors.	<b>Instruction:</b> 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 <b>Application:</b> 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

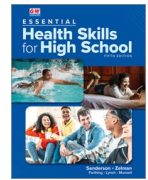




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	422 Local and Global Health - Promoting Health with Self Care
<b>Standard 3: Students will demonstrate the ability to access valid information, products and services to enhance health.</b>	
<b>1. Health Information and Services</b>	
<p>HS.3.1 Evaluate the validity of health information, products and services.</p>	<p><b>Instruction:</b>  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><b>Application:</b>  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  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>
<b>2. Accessing Health Information</b>	
<p>HS.3.2 Use resources from home, school, community, and reliable internet sources that provide valid health information for making personal health decisions.</p>	<p><b>Instruction:</b>  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><b>Application:</b>  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  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>



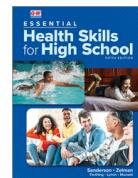
Indiana Academic Standards 2023	Correlating Textbook Pages
<b>3. Professional Health Services</b>	
<p>HS.3.3 Determine when professional health services may be required.</p>	<p><b>Instruction:</b>            31-38, 39-44            32 Figure 1.5.1 Health Literacy            34 Figure 1.5.2 Evaluating 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><b>Application:</b>            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            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>
<b>4. Locating Reliable Health Products/Services</b>	
<p>HS.3.4 Access valid and reliable health products and services that enhance health.</p>	<p><b>Instruction:</b>            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><b>Application:</b>            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</p>



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<b>Standard 4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.</b>	
<b>1. Verbal/Nonverbal Communication Skills</b>	
<p>HS.4.1 Apply effective verbal (assertiveness) and nonverbal communication skills in real-life health situations.</p>	<p><i>Utilize skills for communicating effectively with family, peers, and others to enhance health.</i></p> <p><b>Instruction:</b> 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</p> <p><b>Application:</b> 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 62 Critical Thinking Skills #1-2 62 Health and Wellness Skills #1-4</p> <p><i>Demonstrate refusal, negotiation, and collaboration skills to enhance health and avoid or reduce health risks.</i></p> <p><b>Instruction:</b> 65-69, 75 65 Figure 1.9.2 Negotiation 66 Figure 1.9.3 Identify the Cause of the Conflict 67 Figure 1.9.4 Examples of Compromises for Common Conflicts 75 Figure 1.10.2</p> <p><b>Application:</b> 68 Skills for Health and Wellness - Solve a Conflict with a Friend 70 Comprehend Concepts #2 76 Comprehend Concepts #2 76 Critical Thinking Skills #2 76 Health and Wellness Skills #2</p> <p><i>See Supplemental Human Development and Relationships, and/or Human Development, Relationships, and Sexual Health</i></p> <p><i>Sexual Harassment and Assault</i></p>



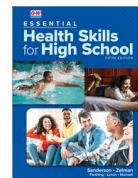
Indiana Academic Standards 2023	Correlating Textbook Pages
	<p><b>Instruction:</b>  80 -90 Sexual Harassment and Assault  80-82 What is Sexual Violence?  81 Figure 10.2.1 Change to Alcohol and Other Substances-Legal Consent  82 Figure 10.2.2 Myths &amp; Facts of Consent  83 -86 Sexual Harassment  83 Understanding Sexual Harassment  83 Verbal and Nonverbal Sexual Harassment  84 Effects of Sexual Harassment  84 Health in the Media: The Hazards of Rape Culture  85-86 Preventing and Responding to Sexual Harassment  85 Figure 10.2.4 Before You Say or Send a Message, ask...  85 Figure 10.2.5 Standing Up to Sexual Harassment  86-90 Sexual Assault  87 Effects of Sexual Assault  87-89 Preventing Sexual Assault  87 Figure 10.2.6 Consequences of Sexual Assault  88 Figure 10.2.7 Sexual Assault Prevention Programs  89 Avoid Risky Situations  89-90 Responding to Sexual Assault  89 Figure 10.2.8 Avoiding Dangerous Situations  90 Figure 10.2.9 Examples of How to Respond/Converse with Sexual Assault Survivors</p> <p><b>Application:</b>  80 Warm-Up Activity : Respecting Boundaries  84 Health in the Media: The Hazards of Rape Culture- Practice Your Skills: Advocate for Health  91 Critical Thinking Skills #1-3  91 Health and Wellness Skills #1-2</p> <p><i>Sexual Harassment and Assault</i></p> <p><b>Instruction:</b>  80-90 Sexual Harassment and Assault  80-82 What is Sexual Violence?  81 Figure 10.2.1 Alcohol and Other Substances  82 Figure 10.2.1 (2)Myths and Facts of Consent  83-86 Sexual Harassment  83 Understanding Sexual Harassment  83 Figure 10.2.3 Verbal And Nonverbal Sexual Harassment  84 Effects of Sexual Harassment  84 Health in the Media: The Hazards of Rape Culture  85-86 Preventing and Responding to Sexual Harassment</p>



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	85 Figure 10.2.4 Before You can say Send a Message, Ask... 85 Figure 10.2.5 Standing up to Sexual Harassment 86-90 Sexual Assault 87 Effects of Sexual Assault 87-89 Preventing Sexual Assault 87 Figure 10.2.6 Consequences of Sexual Assault 88 Figure 10.2.7 Sexual Assault Prevention Programs 89 Avoid Risky Situations 89-90 Responding to Sexual Assault 89 Figure 10.2.8 Avoiding Situations 90 Get Treatment 90 Support Survivors of Sexual Assault 90 Figure 10-2.9 Examples of How to Respond/converse with Sexual Assault Survivors <b>Application:</b> 80 Warm-up Activity : Respecting Boundaries 84 Health in the Media: The Hazards of Rape Culture - Practice your Skills. Advocate for Health 91 Critical Thinking , #1-3 91 Health and wellness Skills #1-2
<b>2. Listening Skills</b>	
HS.4.2 Employ active listening and response skills to enhance health.	<b>Instruction:</b> 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 <b>Application:</b> 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 62 Critical Thinking Skills #1-2 62 Health and Wellness Skills #1-4
<b>3. Expressing Needs, Wants, and Feelings</b>	
HS.4.3 Identify and apply healthy strategies to manage personal wellbeing.	<b>Instruction:</b> 2-14, 86 4 Figure 1.1.1 Well Being 8 Figure 1.1.3 Health Continuum 86 Figure 2.1.8 Assessing Mental and Emotional Health



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	<p><b>Application:</b>            3 Case Study - The Interactions of Your Health            9 Health and Wellness Skills #1-2            15 Critical Thinking Skills #1            Health and Wellness Skills #4</p>
<p><b>4. Communicating Care, Consideration, and Respect</b></p>	
<p>HS.4.4 Demonstrate ways to communicate care, consideration, and respect of self and others.</p>	<p><b>Instruction:</b>            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</p> <p><b>Application:</b>            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            62 Critical Thinking Skills #1-2            62 Health and Wellness Skills #1-4</p>
<p><b>5. Health Risk Refusal Skills</b></p>	
<p>HS.4.5 Demonstrate effective refusal skills in real-life health-related situations.</p>	<p><i>Demonstrate refusal, negotiation, and collaboration skills to enhance health and avoid or reduce health risks.</i></p> <p><b>Instruction:</b>            65-69, 75            65 Figure 1.9.2 Negotiation            66 Figure 1.9.3 Identify the Cause of the Conflict            67 Figure 1.9.4 Examples of Compromises for Common Conflicts            75 Figure 1.10.2 Examples of Refusal Skills</p> <p><b>Application:</b>            68 Skills for Health and Wellness - Solve a Conflict with a Friend            70 Comprehend Concepts #2            76 Comprehend Concepts #2            76 Critical Thinking Skills #2            76 Health and Wellness Skills #2</p> <p><i>See Supplemental Human Development and Relationships, and/or Human Development, Relationships, and Sexual Health</i></p> <p><i>Sexual Harassment and Assault</i></p>



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	<p><b>Instruction:</b>  80 -90 Sexual Harassment and Assault  80 -83 What is Consent  81 Figure 9.2.1 Which One Is Consent  82 Figure 9.2.2 Myths &amp; Facts of Consent  83 -86 Sexual Harassment  83 Understanding Sexual Harassment  83 Verbal and Nonverbal Sexual Harassment  84 Effects of Sexual Harassment  84 Health in the Media: The Hazards of Rape Culture  85 -86 Preventing and Responding to Sexual Harassment  85 Figure 9.2.4 Before You Say or Send a Message, ask...  85 Figure 9.2.5 Standing Up to Sexual Harassment  86 Sexual Assault  87 Effects of Sexual Assault  87-88 Preventing Sexual Assault  87 Figure 9.2.6 Consequences of Sexual Assault  88 Understand Consent  88 Figure 9.2.7 Sexual Assault Prevention Programs  89 Avoid Risky Situations  89-90 Responding to Sexual Assault  89 Figure 9.2.8 Avoiding Dangerous Situations  90 Figure 9.2.9 Examples of How to Respond/Converse with Sexual Assault Survivors</p> <p><b>Application:</b>  80 Warm-Up Activity : What Is Affirmative Consent  84 Health in the Media: The Hazards of Rape Culture- Practice Your Skills: Advocate for Health  91 Critical Thinking Skills #1-3  91 Health and Wellness Skills #1-3</p>
<b>6. Asking for Assistance</b>	
<p>HS.4.6 Demonstrate how to ask for and offer assistance to enhance the health of self and others.</p>	<p><b>Instruction:</b>  76, 86, 159  86 Figure 2.1.8 Seeking Help</p> <p><b>Application:</b>  160 Critical Thinking Skills #4</p>
<b>7. Managing Conflict</b>	
<p>HS.4.7 Implement and evaluate strategies to prevent and manage conflict.</p>	<p><b>Instruction:</b>  63-69  63 Figure 1.9.1  65 Figure 1.9.2 Negotiation  66 Figure 1.9.3 Identify the Cause  67 Figure 1.9.4 Examples of Compromises for Common Conflicts  69 Figure 1.9.5 Mediators</p> <p><b>Application:</b>  63 Warm Up Activity - Conflict Comic Strip</p>



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	65 Research in Action - The Magic Relationship Ratio 68 Skills for Health and Wellness - Solve a Conflict with a Friend 70 Comprehend Concepts #1-2 70 Critical Thinking Skills #1-3 70 Health and Wellness Skills #1-3
<b>8. Overcoming Communication Barriers</b>	
HS.4.8 Implement strategies for overcoming health-related communication barriers.	<p><i>Examine barriers that can hinder healthy decision-making.</i></p> <p><b>Instruction:</b>            25, 31-35            32 Figure 1.5.1 Health Literacy            34 Figure 1.5.2 Science and Pseudoscience</p> <p><b>Application:</b>            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</p> <p><i>Utilize skills for communicating effectively with family, peers, and others to enhance health.</i></p> <p><b>Instruction:</b>            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</p> <p><b>Application:</b>            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            62 Critical Thinking Skills #1-2            62 Health and Wellness Skills #1-4</p>
<b>9. Overcoming Communication Barriers</b>	
HS.4.9 Analyze how interpersonal communication impacts and is impacted by relationships.	<p><i>Examine barriers that can hinder healthy decision-making.</i></p> <p><b>Instruction:</b>            25, 31-35</p>





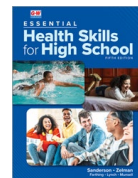
Indiana Academic Standards 2023	Correlating Textbook Pages
	<p>32 Figure 1.5.1 Health Literacy 34 Figure 1.5.2 Science and Pseudoscience</p> <p><b>Application:</b> 30 Health and Wellness Skills #1 33 Health in the Media - Analyzing Health Advertisements 36 Research in Action - Debunking Health Claims 38 Comprehend Concepts #3 38 Critical Thinking Skills #1-3 38 Health and Wellness Skills #1-2</p> <p><i>Utilize skills for communicating effectively with family, peers, and others to enhance health.</i></p> <p><b>Instruction:</b> 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</p> <p><b>Application:</b> 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 62 Critical Thinking Skills #1-2 62 Health and Wellness Skills #1-4</p>
<b>Standard 5: Students will demonstrate the ability to use decision-making skills to enhance health.</b>	
<b>1. Personal Health Decisions and Influences</b>	
<p>HS.5.1 Identify personal health decisions and analyze related internal and external influences.</p>	<p><b>Instruction:</b> 24-27 25 Figure 1.4.1 Using the Decision Making Process 26 Figure 1.4.2 Alternatives 27 Figure 1.4.3 Evaluate</p> <p><b>Application:</b> 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</p>



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<b>2. Evaluating Health Information</b>	
<p>HS.5.2 Gather, synthesize, and evaluate available information to enhance health.</p>	<p><b>Instruction:</b>            25, 31-35            32 Figure 1.5.1 Health Literacy            34 Figure 1.5.2 Science and Pseudoscience</p> <p><b>Application:</b>            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</p>
<b>3. Making Health-Related Decisions</b>	
<p>HS.5.3 Analyze health risk of decisions to self and others.</p>	<p><b>Instruction:</b>            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><b>Application:</b>            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>
<b>4. Health Decision Connections</b>	



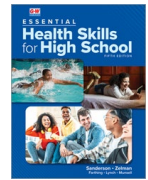
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<p>HS.5.4 Apply a decision making process to real-life health related situations.</p>	<p><b>Instruction:</b>            24-27            25 Figure 1.4.1 Using the Decision Making Process            26 Figure 1.4.2 Alternatives            27 Figure 1.4.3 Evaluate</p> <p><b>Application:</b>            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</p>
<b>5. Personal Health Responsibility</b>	
<p>HS.5.5 Describe how personal health decisions may affect subsequent decisions.</p>	<p><b>Instruction:</b>            25-26            25 Figure 1.4.1 Using the Decision Making Process            26 Figure 1.4.2 Alternatives</p> <p><b>Application:</b>            30 Health and Wellness Skills #3            38 Critical Thinking Skills #4</p>
<b>6. Personal Health Decisions</b>	
<p>HS.5.6 Assume responsibility for personal health decisions.</p>	<p><b>Instruction:</b>            25, 31-35            32 Figure 1.5.1 Health Literacy            34 Figure 1.5.2 Science and Pseudoscience</p> <p><b>Application:</b>            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</p>
<b>Standard 6: Students will demonstrate the ability to use goal-setting skills to enhance health.</b>	
<b>1. Setting Health Goals</b>	
<p>HS.6.1 Critically analyze and articulate the benefits of planning and setting personal health goals.</p>	<p><b>Instruction:</b>            28-29            29 Figure 1.4.5 Goals</p> <p><b>Application:</b>            30 Comprehend Concepts #2            Critical Thinking Skills #2            44 Skills for Health and Wellness - Creating a Health Management Plan</p>
<b>2. Achieving Health Goals</b>	



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<p>HS.6.2 Develop a personal health goal and a plan to achieve it.</p>	<p><i>Implement strategies and monitor progress in achieving a personal health goal.</i></p> <p><b>Instruction:</b> 28-29, 125 29 Figure 1.4.5 Goals</p> <p><b>Application:</b> 44 Skills for Health and Wellness - Creating a Health Management Plan 125 Case Study - Social Media Envy</p> <p><i>Design, monitor, and adjust a personal nutrition plan, considering cost, availability, access, nutritional value, balance, freshness, and culture.</i></p> <p><b>Instruction:</b> 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><b>Application:</b> 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</p>
<b>3. Barriers to Health Goals</b>	
<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><b>Instruction:</b> 28-29, 125 29 Figure 1.4.5 Goals</p> <p><b>Application:</b> 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><b>Instruction:</b></p>



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	<p>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><b>Instruction:</b>            222</p> <p><b>Application:</b>            229 Critical Thinking Skills #1</p> <p><i>Analyze various eating patterns and their impact on personal health.</i></p> <p><b>Instruction:</b>            199-206, 207-219            206 Comprehend Concepts #1            206 Health and Wellness Skills #3</p> <p><b>Application:</b>            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><b>Instruction:</b>            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><b>Application:</b>            206 Critical Thinking Skills #1            206 Health and Wellness Skills #1-3            207 Warm Up Activity - Portion Sizes</p>
<b>4. Health Goal Adaptability</b>	
<p>HS.6.4 Implement and analyze the plan and adjust it, as needed, to achieve the personal health goal.</p>	<p><i>Implement strategies and monitor progress in achieving a personal health goal.</i></p> <p><b>Instruction:</b>            28-29, 125            29 Figure 1.4.5 Goals</p>



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	<p><b>Application:</b>            44 Skills for Health and Wellness - Creating a Health Management Plan            125 Case Study - Social Media Envy</p> <p><i>Design, monitor, and adjust a personal nutrition plan, considering cost, availability, access, nutritional value, balance, freshness, and culture.</i></p> <p><b>Instruction:</b>            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><b>Application:</b>            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</p>
<b>5. Personal Choices and Health Goals</b>	
<p>HS.6.5 Identify personal support systems and explain their importance in achieving the personal health goal.</p>	<p><i>Analyze how a variety of factors impact personal and community health.</i></p> <p><b>Instruction:</b>            12, 18-19, 82-83, 105, 314-315, 421, 474-475            12 Figure 1.2.2 Genes            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</p> <p><b>Application:</b>            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</p>



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	<p><i>Analyze how the culture supports and challenges health beliefs, practices, and behaviors.</i></p> <p><b>Instruction:</b>  18-19, 56, 92-97, 107, 130, 314-315, 477  19 Figure 1.3.3 Cultural Practices That Affect Health and Wellness  92 Figure 2.2.3 Stages of Ethnic Identity  94 Figure 2.2.4 Factors Affecting Identity Formation  96 Figure 2.2.5 Questions to Help You Reflect on Your Qualities  130 Figure 2.6.7 Diversity</p> <p><b>Application:</b>  56 Local and Global Health - Culture Affects Communication  93 Local and Global Health Everyone Has a Cultural Identity  95 Case Study - Who You Are  97 Comprehend Concepts #1  97 Critical Thinking Skills #1-2  107 Local and Global Health - The Thin Ideal is Not Universal  477 Local and Global Health - Parents and Children Around the World</p> <p><i>Analyze how peers influence healthy and unhealthy behaviors.</i></p> <p><b>Instruction:</b>  18-19, 71-74, 76, 314-318  72 Figure 1.10.1 Direct and Indirect Peer Pressure  315 Figure 5.6.3 Peer Pressure</p> <p><b>Application:</b>  71 Warm Up Activity - Peer Pressure  73 Health in the Media - The Power of Virtual Peer Pressure  74 Case Study - Peer Pressure in Action  76 Comprehend Concepts #1  76 Critical Thinking Skills #1  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><b>Instruction:</b>  17-18, 141, 246, 351  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>



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	<p><b>Application:</b>  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><b>Instruction:</b>  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><b>Application:</b>  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  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</p>

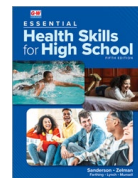




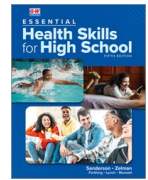
Indiana Academic Standards 2023	Correlating Textbook Pages
	<p>385 Health in the Media - The Hidden Costs of Cheap Goods</p> <p>408 Health in the Media - Using Technology to Improve Sleep</p> <p>427 Health in the Media - The Health Hazards of Misinformation</p> <p>459 Health in the Media - Social Media 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><b>Instruction:</b> 83-84, 190-191</p> <p>191 Figure 3.6.2 Suicide Contagion</p> <p><b>Application:</b> 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><b>Instruction:</b> 18-19, 112, 315-316</p> <p>315 Figure 5.6.3 Perceptions of Norms</p> <p><b>Application:</b> 18 Local and Global Health - Perceptions and Norms: The Impact on Health 23 Critical Thinking Skills #3 326 Critical Thinking Skills #1 <b>676</b> Health in the Media - Media Messages About Contraception</p> <p><i>Analyze the influence of personal values and beliefs on individual health practices and behaviors.</i></p> <p><b>Instruction:</b> 19, 84-85</p> <p>19 Figure 1.3.3 Cultural Practices That Affect Health and Wellness</p> <p>85 Figure 2.1.7 Meaning</p> <p><b>Application:</b> 23 Comprehend Concepts #2</p> <p><i>Analyze how some health risk behaviors can influence the likelihood of engaging in unhealthy behaviors.</i></p>



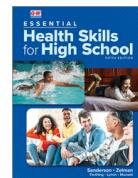
Indiana Academic Standards 2023	Correlating Textbook Pages
	<p><b>Instruction:</b>            293-294, 313-316            293 Figure 5.4.10 Violent Attacks            294 Figure 5.4.11 Social Consequences for Teen Drinking            313 Figure 5.6.2 The Complex Relationship Between Mental Health and Substance Misuse</p> <p><b>Application:</b>            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><b>Instruction:</b>            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><b>Application:</b>            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> <p><b>Instruction:</b>            28-29, 125            29 Figure 1.4.5 Goals</p> <p><b>Application:</b>            44 Skills for Health and Wellness - Creating a Health Management Plan            125 Case Study - Social Media Envoy</p>
<b>6. Health Goal Support Systems</b>	



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<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><b>Instruction:</b> 28-29, 125 29 Figure 1.4.5 Goals</p> <p><b>Application:</b> 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><b>Instruction:</b> 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><b>Instruction:</b> 222</p> <p><b>Application:</b> 229 Critical Thinking Skills #1</p> <p><i>Analyze various eating patterns and their impact on personal health.</i></p> <p><b>Instruction:</b> 199-206, 207-219 206 Comprehend Concepts #1 206 Health and Wellness Skills #3</p> <p><b>Application:</b> 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><b>Instruction:</b> 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</p>



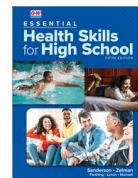
Indiana Academic Standards 2023	Correlating Textbook Pages
	221 Figure 4.3.1 Strategies for Eating Healthy in Social Situations <b>Application:</b> 206 Critical Thinking Skills #1 206 Health and Wellness Skills #1-3 207 Warm Up Activity - Portion Sizes
<b>7. Health Goal Progress</b>	
No standards defined.	
<b>Standard 7: Students demonstrate the ability to practice strategies and skills to enhance personal health and reduce health risks.</b>	
<b>1. Safety Knowledge Skills</b>	
HS.7.1 Conduct a personal assessment of health and safety knowledge and skills.	<p><i>Analyze the role of individual responsibility in enhancing health.</i></p> <p><b>Instruction:</b>            28-29, 324            29 Figure 1.4.5 Goals            324 Figure 5.6.11 Self Management Strategies</p> <p><b>Application:</b>            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><b>Instruction:</b>            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</p>



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	351 Staying Safe at Home 351 Staying Safe at School <b>Application:</b> 328 Warm-Up Activity -What Do Your Classmates Know? 336 Critical Thinking Skills #1-3 336 Health and Wellness Skills #1-3
<b>2. Health and Safety Strengths and Needs</b>	
HS.7.2 Analyze the results of the personal assessment to identify personal health and safety strengths and needs.	<p><i>Analyze the role of individual responsibility in enhancing health.</i></p> <p><b>Instruction:</b>            28-29, 324            29 Figure 1.4.5 Goals            324 Figure 5.6.11 Self Management Strategies</p> <p><b>Application:</b>            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><b>Instruction:</b>            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><b>Application:</b>            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
<b>3. Health and Safety Strengths and Needs</b>	
<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><b>Instruction:</b>  28-29, 324  29 Figure 1.4.5 Goals  324 Figure 5.6.11 Self Management Strategies</p> <p><b>Application:</b>  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><b>Instruction:</b>  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><b>Application:</b>  328 Warm-Up Activity -What Do Your Classmates Know?  336 Critical Thinking Skills #1-3  336 Health and Wellness Skills #1-3</p>
<b>Standard 8: Students will demonstrate the ability to advocate for personal, family and community health.</b>	
<b>1. Safety Concerns and Assessments</b>	
<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><b>Instruction:</b>  28-29, 324  29 Figure 1.4.5 Goals  324 Figure 5.6.11 Self Management Strategies</p>

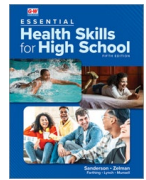


Indiana Academic Standards 2023	Correlating Textbook Pages
	<p><b>Application:</b>            44 Skills for Health and Wellness - Creating a Health Management Plan            237 Health Across the Life Span - Steps to a Healthier Life            243 Skills for Health and Wellness - Making a Physical 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><b>Instruction:</b>            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><b>Application:</b>            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>
<b>2. Standing for Health/Safety Issues</b>	
<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><b>Instruction:</b>            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</p>



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	<p>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><b>Application:</b>  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> <p><i>Work cooperatively as an advocate for improving personal, family, and community health.</i></p> <p><b>Instruction:</b>  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><b>Application:</b>  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>





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<b>3. Evidence for Health/Safety Issues</b>	
<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><b>Instruction:</b>  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><b>Application:</b>  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>



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	<p><i>Work cooperatively as an advocate for improving personal, family, and community health.</i></p> <p><b>Instruction:</b> 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><b>Application:</b> 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>
<b>4. Advocating for Health Issues</b>	
<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><b>Instruction:</b> 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><b>Application:</b> 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> <p><i>Demonstrate a variety of behaviors that avoid or reduce health risks to self and others.</i></p> <p><b>Instruction:</b> 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</p>



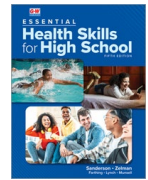
Indiana Academic Standards 2023	Correlating Textbook Pages
	17 Figure 1.3.2 Physical Activity Needs 19 Figure 1.3.4 Questions for Analyzing Media 21 Figure 1.3.5 Education 43 Figure 1.6.4 Preventative Healthcare 109 Figure 2.4.4 View Media Critically 111 Figure 2.4.5 Check Your Self-Talk 112 Figure 2.4.6 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 <b>Application:</b> 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
<b>5. Personal Belief for Health/Safety Issues</b>	
HS.8.5 Use communication techniques to educate the individual or group to support or act on the health safety issue.	<p><i>See Supplemental Human Development and Relationships, and/or Human Development, Relationships, and Sexual Health</i></p> <p><i>Evaluate societal influences on violence.</i></p> <p><i>Violence</i></p> <p><b>Instruction:</b>            68 -78 Bullying and Cyberbullying            68 -73 Bullying            69 Figure 10.1.1 Risk Factors for Violent Behavior            70 Types of Bullying            70 Figure 10.1.2 Types of Bullying            71 Research in Action - Do Violent Video Games Cause Violence            71 -72 Effects of Bullying            71 Figure 10.1.3 Emotional Signs of Bullying            72 Skills for Health and Wellness: Being an Upstander and Ally            73 Responding to Bullying and Harassment            73 Figure 10.1.4 Bystanders and Upstanders</p>



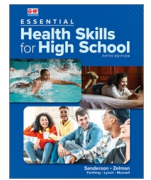
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	74 Cyberbullying 74 -75 Types of Cyberbullying 74 Figure 10.1.5 Examples of Cyberbullying 75 -76 Effects of Cyberbullying 75 Case Study: Rumors: A Harmless Story? 76 Responding to Cyberbullying 76 Figure 10.1.6 What Content Should You Report on Social Media 77 -78 Ways to Prevent Bullying and Cyberbullying 77 Build Your Self Esteem 77 Avoid Bullying Behavior 77 Figure 10.1.7 Developing Self-Confidence 78 Celebrate Differences 78 Have Positive Relationships 78 Be Safe Online 78 Communicate With Trusted Adults <b>Application:</b> 68 Warm Up Activity 71 Research in Action - Do Violent Video Games Cause Violence - Practice Your Skills 72 Skills for Health and Wellness: Being an Upstander and Ally-Practice Your Skills 75 Case Study: Rumors: A Harmless Story?-Practice Your Skills 79 Critical Thinking #1-3 79 Health and Wellness Skills #1-3
<b>6. Communicating Health/Safety Issues</b>	
HS.8.6 Identify and create messaging and marketing to a priority audience concerning the health and safety message.	<i>Evaluate the validity of health information, products, and services.</i> <b>Instruction:</b> 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 <b>Application:</b> 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 38 Critical Thinking Skills #2-4 38 Health and Wellness Skills #1-2



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	<p>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><b>Instruction:</b>            220-226            223 Figure 4.3.2 Nutrition Facts Label            224 Figure 4.3.3 Ingredients</p> <p><b>Application:</b>            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><b>Instruction:</b>            18-19</p> <p><b>Application:</b>            18 Local and Global Health - Perceptions and Norms: The Impact on Health            62 Health and Wellness Skills #4</p>
<b>7. Communicating Health/Safety Issues</b>	
<p>HS.8.7 Work collaboratively with individuals, agencies, and organizations to advocate for the health of self, families, and communities.</p>	<p><b>Instruction:</b>            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><b>Application:</b>            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>



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<b>8. Communicating Health/Safety Issues</b>	
<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><b>Instruction:</b> 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><b>Application:</b> 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>See Supplemental Human Development and Relationships, and/or Human Development, Relationships, and Sexual Health</i></p> <p><i>Evaluate societal influences on violence.</i></p> <p><i>Violence</i></p> <p><b>Instruction:</b> 68 -78 Bullying and Cyberbullying 68 -73 Bullying 69 Figure 10.1.1 Risk Factors for Violent Behavior 70 Types of Bullying 70 Figure 10.1.2 Types of Bullying 71 Research in Action - Do Violent Video Games Cause Violence 71 -72 Effects of Bullying 71 Figure 10.1.3 Emotional Signs of Bullying 72 Skills for Health and Wellness: Being an Upstander and Ally 73 Responding to Bullying and Harassment 73 Figure 10.1.4 Bystanders and Upstanders 74 Cyberbullying 74 -75 Types of Cyberbullying 74 Figure 10.1.5 Examples of Cyberbullying 75 -76 Effects of Cyberbullying 75 Case Study: Rumors: A Harmless Story? 76 Responding to Cyberbullying</p>



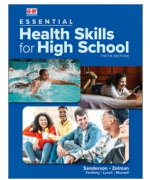
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