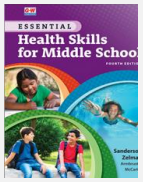
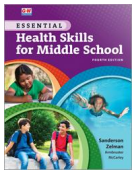
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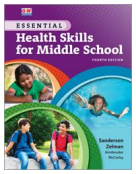
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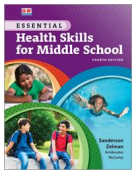
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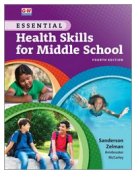
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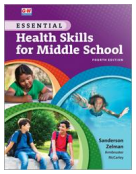
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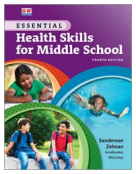
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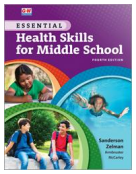
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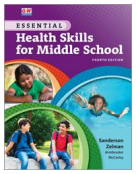
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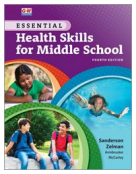
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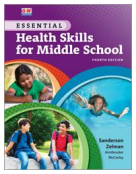
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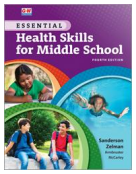
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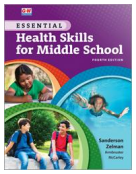
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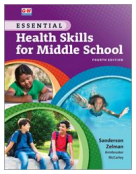
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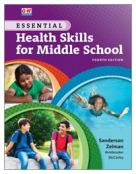
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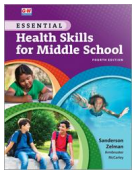
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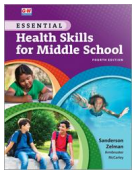
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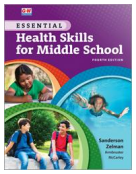
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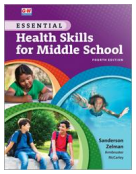
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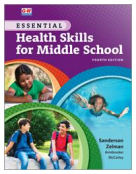
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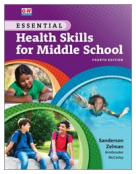
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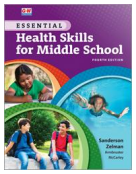
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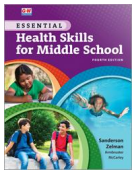
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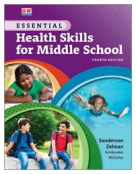
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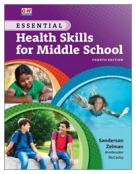
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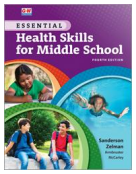
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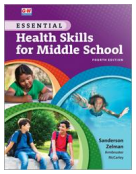
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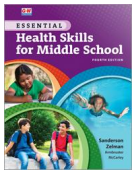
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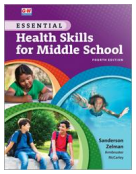
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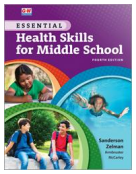
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7.MS.a	Explain the importance of assuming responsibility for personal health behaviors.	**Instruction:** 54-90, 99-105, 119-121, 136-150, 165-174, 177-183



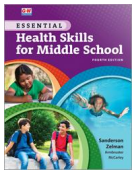
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7.MS.b	Demonstrate healthy practices and behaviors that will maintain or improve the health of self and others.	**Instruction:** 23-24, 149, 168-172 24 Figure 1.3.2 Setting SMART Goals, 171 Figure 3.4.5 Record Your Progress
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7.MS.c	Demonstrate behaviors that avoid or reduce health risks to self and others.	**Instruction:** 54-90, 99-105, 119-121, 136-150, 165-174, 177-183 54-65 Caring for Your Skin, Hair, and Nails, 60 Figure 2.1.5 Sun Safety Tips, 62 Tips for Choosing Care Products 67-76 Keeping Your Mouth, Eyes, and Ears Healthy, 68 Figure 2.2.1 How Can You Protect Your Oral Health, 69 Figure 2.2.2 Caring for the Mouth and Teeth, 73 Figure 2.2.7 Tips to Reduce Eyestrain, 74 Figure 2.2.8 Contact Lens Care Tips, 75 figure 2.2.10 Protecting and Keeping Ears Healthy 78-90 Getting Enough Sleep, 79 Figure 2.3.1 Why Is Sleep Important, 81 Figure 2.3.2 Sleep Needs Throughout the Life Span 99 Figure 2.4.6 How Infectious Diseases Spread, 100 Figure 2.4.7 When Should You Wash Your Hands, 101 How to Wash Your Hands, 102 Figure 2.4.8 Respiratory Etiquette, 104 Figure 2.4.9 Food Sanitations Practices, 105 Figure 2.4.10 Common Vaccines for Adolescents 119 Figure 2.5.12 Preventing Noninfectious Diseases, 120 Figure 2.5.14 Preventing Common Types of Cancer 136 Figure 3.2.1 Guidelines for Forming a Healthy Eating Pattern, 137 Figure 3.2.2 MyPlate Food Guidance, 143 Figure 3.2.8 Making Healthier Food Choices, 146 Figure 3.2.9 Recommended Daily Calorie Intake, 149 Figure 3.2.12 Eat Mindfully 172 Figure 3.4.6 Warm-Ups 178 Figure 3.5.2 Fitness Equipment, 183 Figure 3.5.6 The R.I.C.E. Treatment



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Standard 8:	**Advocacy**	
8.MS.a	State a health- enhancing position on a topic and support it with accurate information.	**Instruction:** 31-33, 253, 381 253 Figure 4.7.5 Advocate for Mental Health **Application:** 17 Building Your Skills - The Power of Social Media to Inspire, 32 Building Your Skills - Your School Environment, 256 Develop Your Skills #2, 381 Building Your Skills - Advocating for the Environment
8.MS.b	Demonstrate how to influence and support others to make positive health choices.	**Instruction:** 31-33, 253, 381 253 Figure 4.7.5 Advocate for Mental Health **Application:** 17 Building Your Skills - The Power of Social Media to Inspire, 32 Building Your Skills - Your School Environment, 256 Develop Your Skills #2, 381 Building Your Skills - Advocating for the Environment
8.MS.c	Work cooperatively to advocate for healthy individuals, families, and schools.	**Instruction:** 31-33, 253, 381 253 Figure 4.7.5 Advocate for Mental Health **Application:** 17 Building Your Skills - The Power of Social Media to Inspire, 32 Building Your Skills - Your School Environment, 256 Develop Your Skills #2, 381 Building Your Skills - Advocating for the Environment



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8.MS.d	Identify ways that health messages and communication techniques can be altered for different audiences.	**Instruction:** 31-33, 253, 381 253 Figure 4.7.5 Advocate for Mental Health **Application:** 17 Building Your Skills - The Power of Social Media to Inspire, 32 Building Your Skills - Your School Environment, 256 Develop Your Skills #2, 381 Building Your Skills - Advocating for the Environment