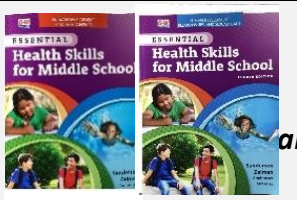
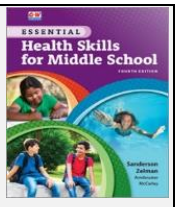
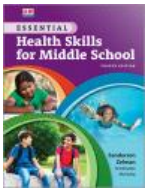
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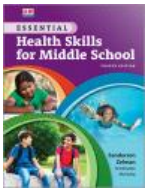
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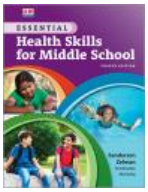
Standard		Correlating Textbook Pages
Grade Level Skill Focus	**Students demonstrate health literacy by accessing valid and reliable health information, products, and services to enhance health. (Skill 3)** **Students demonstrate effective interpersonal communication skills to enhance health. (Skill 4)**	
Standard 1: Wellness and Health Promotion (WHP)		
6.WHP.1	Describe the interrelationship of the five dimensions of health (physical, social, emotional, mental, and environmental).	**Instruction:** 3-9 3 Figure 1.1.1 People in a State of Well Being 4 Figure 1.1.2 Mental and Emotional Health 5 Figure 1.1.3 Interrelatedness of Health 6 Skills for Practicing Wellness **Application:** 2 Reading and Notetaking Activity 10 Critical Thinking #1-2 10 Develop Your Skills #1-2
6.WHP.2	Describe the difference between communicable and noncommunicable diseases, including cancer, diabetes, and asthma.	**Instruction:** 93-94 108-109 93 Figure 2.4.1 Pathogens 94 Figure 2.4.2 Common Illnesses Caused by Viruses 108 Figure 2.5.1 Common Noninfectious Diseases 109 Figure 2.5.2 Risk Factors for Noninfectious Diseases **Application:** 92 Reading and Notetaking Activity 106 Reading and Notetaking Activity
6.WHP.3	Demonstrate appropriate habits to protect vision, hearing, skin, and teeth.	**Instruction:** 55-61, 68-76 55 Figure 2.1.1 Deodorant Versus Antiperspirant 57 Figure 2.1.2 Acne 59 Figure 2.1.4 Types of Skin Cancer 60 Figure 2.1.5 Sun Safety Tips 61 Figure 2.1.6 Risks of Body Art 62 Tips for Choosing Care Products 68 Figure 2.2.1 How Can You Protect Your Oral Health 69 Figure 2.2.2 How to Brush Your Teeth/How to Floss 70 Figure 2.2.3 Tooth Decay 70 Figure 2.2.4 Plaque 71 Figure 2.2.5 Braces 71 Figure 2.2.6 Cold Sores 73 Figure 2.2.7 Tips to Reduce Eyestrain 74 Figure 2.2.8 Contact Lens Care Tips



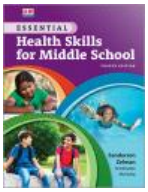
Standard		Correlating Textbook Pages
		74 Figure 2.2.9 Color Blindness 75 Figure 2.2.10 Protecting and Keeping Ears Healthy 76 Figure 2.2.11 Headphones and Earbuds **Application:** 54 Reading and Notetaking Activity 56 Case Study - Changes in Malcolm's Hygiene 58 Building Your Skills - Health in the Media 66 Develop Your Skills #1-3 72 Building Your Skills - Caring for Your Mouth, Eyes and Ears 77 Critical Thinking #2-3 77 Develop Your Skills #1-3
6.WHP.4	Distinguish between habits that enhance or hinder personal health.	**Instruction:** 2-9, 12-19, 22-30, 54-65, 67-76, 79-90, 99-105, 108-109, 119-121 6 Skills for Practicing Wellness 12 Figure 1.2.1 Factors That Affect Health 15 Figure 1.2.3 Environmental Protective and Risk Factors 16 Figure 1.2.4 Cultural Practices That Affect Health and Wellness 19 The Game of Life 23 Figure 1.3.1 The Decision Making Process 24 Figure 1.3.2 Setting SMART Goals 25 Figure 1.3.3 Tips for Resisting Pressure 26 Figure 1.3.4 Conflict Resolution Skills 27 Figure 1.3.5 Health Literacy 30 Figure 1.3.8 Health and Safety Information 57 Figure 2.1.2 Acne 60 Figure 2.1.5 Sun Safety Tips 62 Tips for Choosing Care Products 68 Figure 2.2.1 How Can You Protect Your Oral Health 69 Figure 2.2.2 How to Brush Your Teeth/How to Floss 73 Figure 2.2.7 Tips to Reduce Eyestrain 75 Figure 2.2.10 Protecting and Keeping Ears Healthy 81 Figure 2.3.2 Sleep Needs Throughout the Life Span 82 Figure 2.3.4 Blue Light 85 Ways to Get a Good Night's Sleep 100 Figure 2.4.7 When Should You Wash Your Hands 101 How to Wash Hands 102 Figure 2.4.8 Respiratory Etiquette 109 Figure 2.5.2 Risk Factors for Noninfectious Diseases 119 Figure 2.5.12 Did You Know 119 Figure 2.5.13 Preventing Cancer 120 Figure 2.5.14 Preventing Common Types of Cancer **Application:** 2 Reading and Notetaking Activity 7 Case Study - A Day in the Life of Taylor 10 Develop Your Skills #1-3 11 Reading and Notetaking Activity



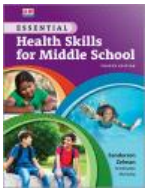
Standard		Correlating Textbook Pages
		17 Building Your Skills - The Power of Social Media to Inspire 21 Reading and Notetaking Activity 34 Critical Thinking #3 34 Develop Your Skills #1-3 54 Reading and Notetaking Activity 56 Case Study - Changes in Malcolm's Hygiene 58 Building Your Skills - Health in the Media 66 Develop Your Skills #1-3 67 Reading and Notetaking Activity 72 Building Your Skills - Caring for Your Mouth, Eyes and Ears 77 Critical Thinking #2 77 Develop Your Skills #2-3 78 Reading and Notetaking Activity 83 Case Study - Ava's Wake Up Routine 91 Critical Thinking #1-3 91 Develop Your Skills #1-2 103 Case Study - Brian Fights Off Infections 104 Figure 2.4.9 Food Sanitation Practices
6.WHP.5	Interpret numerical and graphical information to make an informed health decision.	**Instruction:** 21-23, 28-29, 267 23 Figure 1.3.1 The Decision-Making Process 28 Figure 1.3.6 Medically Accurate Information 29 Figure 1.3.7 Valid Information Online **Application:** 21 Reading and Notetaking Activity 34 Critical Thinking #3 267 Building Your Skills - Making Healthy Decisions *See Supplemental Human Development and Relationships, and/or Human Development, Relationships, and Sexual Health* **Instruction:** 17-18, 94 17 Figure 8.2.4 Using the Decision-Making Process 94 Figure 10.1.7 Responsible Sexual Decision Making **Application:** 18 Building Your Skills - Peer Pressure Throughout the Life Span 19 Develop Your Skills #3



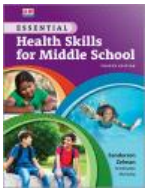
Standard		Correlating Textbook Pages
6.WHP.6	Demonstrate how to access valid and reliable health information online for building health habits.	**Instruction:** 27-30 27 Figure 1.3.5 Health Literacy 28 Figure 1.3.6 Medically Accurate Information 29 Figure 1.3.7 Accessing Valid Information 30 Figure 1.3.8 Health and Safety Information **Application:** 34 Critical Thinking #2
6.WHP.7	Define different forms of discrimination and understand how it influences the health of communities.	*See Supplemental Human Development and Relationships, and/or Human Development, Relationships, and Sexual Health* **Instruction:** 43-45, 48, 79, 82-83, 113, 125-128 43 Figure 9.1.1 Risk Factors for Violent Behavior 45 Figure 9.1.2 Forms of Bullying 45 Figure 9.1.3 Why Does Bullying Happen 48 Figure 9.1.5 Signs of Bullying or Cyberbullying 126 Figure 11.1.7 LGBTQ+ 128 Figure 11.1.8 Safe Zones **Application:** 86 Critical Thinking #1 96 Develop Your Skills #1-3 127 Building Your Skills - Promoting Acceptance, Tolerance, and Unity 129 Critical Thinking #1 129 Develop Your Skills #3
6.WHP.8	Identify actions that can help to create a healthier environment for individuals and communities.	**Instruction:** 31-33 31 Figure 1.3.9 Parts of Community, 33 Figure 1.3.10 Examples of Community Resources **Application:** Building Your Skills - Your School Environment, 34 Critical Thinking #1, #3, Develop Your Skills #1
Standard 2:	**Safety and First Aid (SFA)**	
6.SFA.1	Identify unsafe situations at home, at school, and in communities that can lead to injury.	**Instruction:** 333-344, 347-349, 354-357 333 Figure 6.1.1 Prevent Falls in the Home 335 Figure 6.1.2 Beware of Poisons 336 Figure 6.1.4 Weapon Safety 337 Figure 6.1.5 Understand the Fire Triangle 338 Figure 6.1.6 Fire Safety Inspection Checklist 338 Figure 6.1.7 What is an Escape Plan 339 Figure 6.1.8 When You Are on FIRE 341 Preparing for Natural Disasters



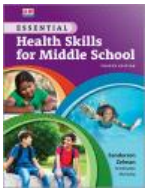
Standard		Correlating Textbook Pages
		344 Figure 6.1.11 Rules for Staying Home Alone 347 Figure 6.2.1 Potentially Dangerous Places in Your Community 349 Figure 6.2.3 Staying Safe in Public Places 354 Figure 6.2.6 You are a Pedestrian When 355 Figure 6.2.7 Pedestrian Safety 357 Figure 6.2.9 Water Related Activities **Application:** 332 Reading and Notetaking Activity 343 Building Your Skills - Planning for an Emergency 345 Develop Your Skills #1 346 Reading and Notetaking Activity
6.SFA.2	Explain first aid and response procedures to treat injuries and other emergencies.	**Instruction:** 359-369 360 Figure 6.3.1 First Aid 361 Figure 6.3.2 First Aid Kit 362 Figure 6.3.3 How to Communicate with 911 Dispatchers 363 Figure 6.3.4 First Aid for Bleeding Cuts and Scrapes 364 Figure 6.3.5 Treating Shock 364 Figure 6.3.6 EpiPens 365 Figure 6.3.7 First Aid for Electrical Shock 365 Figure 6.3.8 Burns 367 Figure 6.3.9 The Five and Five Method 368 Figure 6.3.10 Hands Only CPR 369 Figure 6.3.11 Using an Automated External Defibrillator (AED) **Application:** 359 Reading and Notetaking Activity 370 Critical Thinking #1-2 370 Develop Your Skills #1-3
6.SFA.3	Understand firearm safety rules for individuals, families, and communities.	**Instruction:** 335-336 336 Figure 6.1.3 No Weapons 336 Figure 6.1.4 What Should You Do If You See a Weapon **Application:** 332 Reading and Notetaking Activity 345 Critical Thinking #3
6.SFA.4	Distinguish when decisions around digital safety, managing privacy online, and protecting against identity theft can be made individually or with help from others.	**Instruction:** 350-353 351 Figure 6.2.4 Examples of Personal Information 352 Staying Safe on Social Media 353 Figure 6.2.5 Thinking Before You Post **Application:** 350 Case Study - Brianna's Social Media Challenge 358 Develop Your Skills #1-3



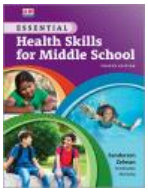
Standard		Correlating Textbook Pages
Standard 3:	**Substance Use, Misuse, and Abuse (SUB)**	
6.SUB.1	Explain differences between use, misuse, and abuse of substances.	**Instruction:** 274-276 296-297 275 Figure 5.2.3 Strategies for Using Medicine Safely 276 Figure 5.2.4 Medication Misuse and Abuse 278 Facts About Medication Misuse and Abuse **Application:** 267 Building Your Skills - Making Healthy Decisions 281 Develop Your Skills #1-2
6.SUB.2	Discuss short- and long-term mental, physical, and social health consequences of substance use and misuse, including vaping of nicotine and marijuana/cannabis.	**Instruction:** 277-279, 285-291, 298-304, 314-315 277 Figure 5.2.6 Overdose 278 Facts About Medication Misuse and Abuse 286 Figure 5.3.4 Effects of Nicotine on the Body 287 Figure 5.3.5 Chronic Obstructive Pulmonary Disease (COPD) Figure 5.3.6 Harmful Chemical Found in Vaping Devices 288 Figure 5.3.7 Popcorn Lung 288 Figure 5.3.8 Health Risks of Smokeless Tobacco 289 The Myths and Facts of Vaping 298 Figure 5.4.4 Effects of Alcohol on Brain Function 299 Figure 5.4.5 Alcohol Poisoning 300 Figure 5.4.6 Cirrhosis 302 Figure 5.4.7 Social and Academic Consequences of Drinking 303 Figure 5.4.8 Alcohol's Effects on the Central Nervous System 314 The Consequences of Drug Abuse 315 Figure 5.5.9 Long Term Health Effects of Heroin Use 315 Figure 5.5.10 Effects of Club Drugs **Application:** 281 Develop Your Skills #2-3 282 Reading and Notetaking Activity 294 Critical Thinking #1, 294 Develop Your Skills #1, #3
6.SUB.3	Identify at least three reasons why someone would decide not to use alcohol, marijuana/cannabis, tobacco, and other substances.	**Instruction:** 283, 285-293, 296, 298-304, 307-308, 310-316 286 Figure 5.3.4 Effects of Nicotine on the Body 287 Figure 5.3.5 Chronic Obstructive Pulmonary Disease (COPD) 287 Figure 5.3.6 Harmful Chemicals Found in Vaping Devices 288 Figure 5.3.7 Popcorn Lung 288 Figure 5.3.8 Health Risks of Smokeless Tobacco 289 The Myths and Facts About Vaping 293 Figure 5.3.11 The Three R's of Thirdhand Smoke and Aerosol 296 Figure 5.4.1 Alcohol Can Lead to Death



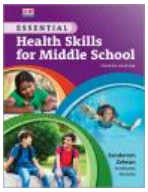
Standard		Correlating Textbook Pages
		298 Figure 5.4.4 Effects of Alcohol on Brain Function 299 Figure 5.4.5 Alcohol Poisoning 300 Figure 5.4.6 Chronic Diseases 302 Figure 5.4.7 Social and Consequences of Drinking 303 Figure 5.4.8 Alcohol's Effects on the Central Nervous System 308 Figure 5.5.1 Effects of Drugs on Body Systems 308 Figure 5.5.2 Link Between Depression and Drug Abuse 312 Figure 5.5.7 Meth Mouth 314 The Consequences of Drug Abuse 315 Figure 5.5.9 Long Term Negative Health Effects of Heroin Use 315 Figure 5.5.10 Effects of Club Drugs **Application:** 282 Reading and Notetaking Activity 294 Critical Thinking #1 294 Develop Your Skills #1, #3 295 Reading and Notetaking Activity 305 Develop Your Skills #3 306 Reading and Notetaking Activity 317 Critical Thinking #1 317 Develop Your Skills #1-3
6.SUB.4	Identify how "fake pills" and other substances could contain fentanyl and other unknown harmful and deadly chemicals.	**Instruction:** 313, 315 313 Figure 5.5.8 How Much Does it Take to Overdose
6.SUB.5	Discuss the relationship between using substances and other health risks, including unintentional injuries, violence, suicide, and sexual risk behaviors.	**Instruction:** 250, 303-304, 308, 311-312, 315 303 Figure 5.4.8 Alcohol Use and Risky Behaviors 304 Figure 5.4.9 Motor Vehicle Accidents 308 Figure 5.5.2 Link Between Depression and Drug Abuse 315 Figure 5.5.10 Effects of Club Drugs **Application:** 309 Case Study - Mateo's Risky Behavior
6.SUB.6	Analyze the influence of family, school, peers, culture, media, social media, personal values, and perceived norms on the use of alcohol, marijuana/cannabis, tobacco, and other drugs.	**Instruction:** 264-267, 319-322, 326, 328-329 264 Figure 5.1.5 Family 264 Figure 5.1.6 Peer Pressure 265 Figure 5.1.8 Media Messages 266 Influences on Substance Use 320 Figure 5.6.1 Build Healthy Relationships 326 Staying Substance Free 329 Figure 5.6.9 Enabling



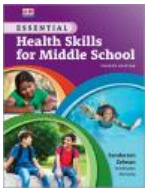
Standard		Correlating Textbook Pages
		Application: 263 Case Study - Kevin's Decision to Vape 267 Building Your Skills - Making Healthy Decisions 268 Critical Thinking #1 268 Develop Your Skills #1-2 318 Reading and Notetaking Activity 320 Building Your Skills - Addiction Prevention
6.SUB.7	Describe personal decision-making strategies around substance use.	**Instruction:** 21-23 23 Figure 1.3.1 The Decision Making Process **Application:** 21 Reading and Notetaking Skills 263 Kevin's Decision to Vape 267 Building Your Skills - Making Healthy Decisions 268 Critical Thinking #1 Develop Your Skills #1, #3 *See Supplemental Human Development and Relationships, and/or Human Development, Relationships, and Sexual Health* **Instruction:** 17-18 17 Figure 8.2.4 Using the Decision Making Process **Application:** 18 Building Your Skills - Peer Pressure Throughout the Life Span
6.SUB.8	Discuss communication skills to avoid alcohol, marijuana/cannabis, tobacco and drug use, especially in peer-pressure situations.	**Instruction:** 25, 264-265, 291, 309, 321-322 25 Figure 1.3.3 Tips for Resisting Pressure 264 Figure 5.1.6 Using Peer Pressure to Promote Healthy Behaviors 309 Figure 5.5.3 Preparing Refusal Skills 321 Figure 5.6.2 Strategies for Saying No to Substances **Application:** 21 Reading and Notetaking Activity 34 Develop Your Skills #3 291 Building Your Skills - Resisting Peer Pressure 294 Critical Thinking #2-3 294 Develop Your Skills #3 268 Develop Your Skills #1 330 Develop Your Skills #1
6.SUB.9	Analyze health-related messages in print and electronic materials to determine credibility of the health message related to substance use.	**Instruction:** 27-30, 322 27 Figure 1.3.5 Health Literacy 28 Figure 1.3.6 Medically Accurate Information 29 Figure 1.3.7 Valid Information Online 30 Figure 1.3.8 Health and Safety Information 322 Figure 5.6.3 Analyzing Advertisements



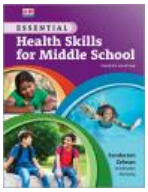
Standard		Correlating Textbook Pages
		Application: 21 Reading and Notetaking Activity 34 Critical Thinking #2
6.SUB.10	Locate and summarize Oregon laws on alcohol, marijuana/cannabis, tobacco, and other substances	**Instruction:** 290-291, 297, 302-303, 307-308, 311, 314 290 Figure 5.3.9 Legal Consequences Tobacco 314 The Consequences of Drug Abuse **Application:** 294 Develop Your Skills #1, #3 295 Reading and Notetaking Activity 305 Critical Thinking #1 317 Critical Thinking #2-3 330 Critical Thinking #1
Standard 4:	**Food, Nutrition, and Physical Activity (FNP)**	
6.FNP.1	Compare and contrast foods grown and produced in the United States and other countries.	**Instruction:** 138-141 138 Figure 3.2.3 Grains 139 Figure 3.2.4 Types of Vegetables 140 Figure 3.2.5 Seafood 141 Figure 3.2.6 The MyPlate Daily Checklist
6.FNP.2	Explain why it is important to respect different nutrition choices based on culture, needs, and preferences.	**Instruction:** 147 147 Figure 3.2.11 Factors That Influence Food Preference
6.FNP.3	Analyze how internal and external influences can affect decisions about eating and physical activity.	**Instruction:** 140-143, 147-149, 165-167 141 Figure 3.2.6 MyPlate Daily Checklist 148 Figure 3.2.11 Factors That Influence Food Preferences 166 Figure 3.4.1 Community Resources and Income 167 Figure 3.4.2 Technology **Application:** 150 Case Study - Theo's Taste in Food 154 Case Study - Walk in My Shoes: Jaquan's Story 164 Reading and Notetaking Activity 175 Critical Thinking #1-3 175 Develop Your Skills #1-2
6.FNP.4	Identify the six categories of nutrients and explain why each of them are important to the body.	**Instruction:** 125-133 125 Figure 3.1.1 Types of Nutrients 126 Figure 3.1.2 Carbohydrates 127 Figure 3.1.3 Fiber 128 Figure 3.1.4 Protein's Role in the Body 128 Figure 3.1.5 Types of Protein Sources 129 Figure 3.1.6 Types of Vegetarians 130 Figure 3.1.7 Fats in Your Diet 131 Figure 3.1.8 Types and Functions of Vitamins 132 Figure 3.1.9 Types and Functions of Minerals 133 Figure 3.1.10 Water



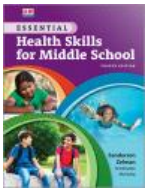
Standard		Correlating Textbook Pages
		Application: 124 Reading and Notetaking Activity 134 Critical Thinking #1-2 134 Develop Your Skills #1, #3
6.FNP.5	Discuss the physical and mental impacts of missing, skipping meals, or 'fad' dieting.	**Instruction:** 140-141, 148-149 149 Figure 3.2.12 Eating Mindfully **Application:** 150 Case Study - Theo's Taste in Food 151 Critical Thinking Skills #1 151 Develop Your Skills #1, #3
6.FNP.6	Identify intuitive eating practices that can increase a person's healthy relationship with food, and lower the risk for eating disorders and disordered eating.	**Instruction:** 140-142, 145, 148-149 141 Figure 3.2.6 MyPlate Daily Checklist 142 Figure 3.2.7 Disordered Eating and Eating Disorders 145 The Healthy Eating Journey 149 Figure 3.2.12 Eating Mindfully **Application:** 144 Building Your Skills - Making Healthy Food Choices 151 Develop Your Skills #2
6.FNP.7	Analyze benefits of regular physical activity to promote health.	**Instruction:** 153-155 154 Figure 3.3.1 Moderate Physical Activity Reduces Risk Factors For 155 Benefits of Physical Activity on Mental Health **Application:** 154 Case Study - Walk in My Shoes: Jaquan's Story 161 Building Your Skills - My Fitness Needs 163 Develop Your Skills #1
6.FNP.8	Describe safe food handling to prevent illness.	**Instruction:** 103-104 147-148 104 Figure 2.4.9 Food Sanitation Practices
Standard 5:	**Social, Emotional, and Mental Health (SEM)**	
6.SEM.1	*TSEL Practice 1B* Understand the stress response system (regulation and dysregulation) and what environments and experiences activate those responses.	**Instruction:** 209-212 209 Figure 4.3.1 Sources of Stress 210 Figure 4.3.2 Eustress 211 Figure 4.3.3 The Body's Response to Stress **Application:** 208 Reading and Notetaking Activity 212 Case Study - A Busy Week for Charlie 219 Critical Thinking #2 219 Develop Your Skills #1, #3



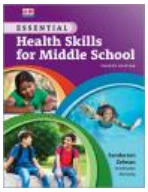
Standard		Correlating Textbook Pages
6.SEM.2	Demonstrate how to access credible mental health information and services in the community, including the Suicide & Crisis Lifeline 988.	**Instruction:** 231-236, 253 231 Figure 4.5.1 Signs to Seek Professional Help 234 Figure 4.5.3 What Does a Therapist Do 236 Figure 4.5.4 Having the Tough Conversation 253 Figure 4.7.4 Suicide Prevention Resources **Application:** 230 Reading and Notetaking Activity 232 Building Your Skills - Talking About Mental Health 237 Critical Thinking #1 237 Develop Your Skills #1-3 256 Critical Thinking #1-2 256 Develop Your Skills #2
6.SEM.3	Describe how sharing information about self and others online can impact social, emotional, and mental health.	**Instruction:** 17, 222-223, 239-240, 350-353, 399 223 Managing Social Media Anxiety 240 Figure 4.6.2 What is Weight Stigma 351 Figure 6.2.4 Examples of Personal Information 352 Staying Safe on Social Media 353 Figure 6.2.5 Thinking Before You Post **Application:** 17 Building Your Skills - The Power of Social Media to Inspire 358 Develop Your Skills #1-3
6.SEM.4	Describe how prejudice, discrimination, and bias can impact mental health, violence, and traumatic stress.	*See Supplemental Human Development and Relationships, and/or Human Development, Relationships, and Sexual Health* **Instruction:** 43-45, 48, 79, 83-85, 125-128 43 Figure 9.1.1 Risk Factors for Violent Behavior 45 Figure 9.1.3 Why Does Bullying Happen 48 Figure 9.1.5 Consequences of Bullying and Cyberbullying 126 Figure 11.1.7 LGBTQ+ **Application:** 86 Develop Your Skills #3 127 Building Your Skills - Promoting Acceptance, Tolerance, and Unity 129 Critical Thinking #2, 129 Develop Your Skills #3
6.SEM.5	Locate and summarize laws and policies to protect student mental health, including excused absences.	**Instruction:** 8, 185, 218, 231-236, 251-254 231 Figure 4.5.1 Signs to Seek Professional Help 234 Figure 4.5.3 What Does a Therapist Do 236 Figure 4.5.4 Having the Tough Conversations 251 Figure 4.7.3 How Media Organizations Cover Suicide 253 Figure 4.7.5 Suicide Prevention Resources



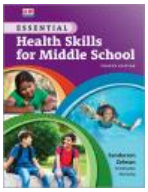
Standard		Correlating Textbook Pages
		Application: 230 Reading and Notetaking Activity 232 Building Your Skills - Talking About Mental Health 237 Develop Your Skills #3
Standard 6:	**Healthy Relationships and Violence/Abuse Prevention (HRVP))**	
6.HVRP.1	*TSEL Practice 3B* Apply social skills (i.e., empathy, compassion, etc.) to develop and maintain healthy relationships that collectively achieve mutual goals while affirming identities and perspectives.	**Instruction:** 204-206, 398-408, 410-412, 419-421 206 Figure 4.2.7 Empathy 398 Figure 7.1.8 Turning You Statements into I Statements 401 Figure 7.1.10 Negotiation Process 401 Figure 7.1.11 Listen 407 Figure 7.2.4 Skills to Build Healthy Relationships in the Community 410 Figure 7.2.6 Discussing Family Rules 412 Figure 7.2.7 Compromise 419 Figure 7.3.3 Be Physically Present with Friends **Application:** 404 Reading and Notetaking Activity 414 Critical Thinking #2 415 Reading and Notetaking Activity 427 Develop Your Skills #2 *See Supplemental Human Development and Relationships, and/or Human Development, Relationships, and Sexual Health* **Instruction:** 30-32 **Application:** 29 Reading and Notetaking Activity
6.HVRP.2	Discuss how family, media, social media, society, culture, and personal identities can influence attitudes, beliefs, and expectations about relationships and physical affection.	**Instruction:** 416-417 *See Supplemental Human Development and Relationships, and/or Human Development, Relationships, and Sexual Health* **Instruction:** 30-37, 135-136, 90 34 Figure 8.4.3 Expressing Affection 36 Figure 8.4.5 Reasons Young People Choose Abstinence 37 Figure 8.4.7 Words for Resisting Sexual Pressure 90 Figure 10.1.2 Risk Factors for Teen Pregnancy and Parenthood **Application:** 95 Building Your Skills - Making Decisions About Boundaries



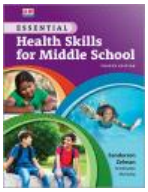
Standard		Correlating Textbook Pages
		96 Critical Thinking #2 142 Case Study - Aparna Chooses Abstinence
6.HVRP.3	Identify sources of support, such as parents or other trusted adults, to tell if being teased, harassed, or bullied based on gender, sexual orientation, race, and physical appearance.	*See Supplemental Human Development and Relationships, and/or Human Development, Relationships, and Sexual Health* **Instruction:** 50-51, 60, 63-64, 75-76, 126-128, 113 60 Figure 9.2.4 Stopping Sexual Harassment 64 Figure 9.2.8 Talking to Survivors of Sexual Assault 75 Figure 9.3.9 Abuse Hotlines 128 Figure 11.1.8 Safe Zones **Application:** 54 Critical Thinking #1 55 Reading and Notetaking Activity 65 Critical Thinking #2 65 Develop Your Skills #3 77 Develop Your Skills #1-3 127 Building Your Skills - Promoting Acceptance, Tolerance, and Unity 129 Develop Your Skills #3
6.HVRP.4	Describe personal feelings when boundaries, consent, and privacy needs are not respected.	*See Supplemental Human Development and Relationships, and/or Human Development, Relationships, and Sexual Health* **Instruction:** 56-62, 69-70 59 Figure 9.2.3 People Experiencing Sexual Harassment Can 62 Figure 9.2.6 Impacts of Sexual Assault on Health **Application:** 55 Reading and Notetaking Activity 65 Critical Thinking #1
6.HVRP.5	Practice communication skills to build healthy relationships and manage conflict.	**Instruction:** 26, 392-402 26 Figure 1.3.4 Conflict Resolution Skills 393 Figure 7.1.4 The Communication Process 394 Figure 7.1.5 Nonverbal Communication Cues Are Used in Person and Digitally 395 Figure 7.1.6 Passive, Aggressive, or Assertive 397 Figure 7.1.7 Key Steps to Active Listening 398 Figure 7.1.8 Turning You Statements into I Statements 400 Figure 7.1.9 Common Sources of Conflict 401 Figure 7.1.10 Negotiation Process 401 Figure 7.1.11 Listen 402 Figure 7.1.12 Mediation



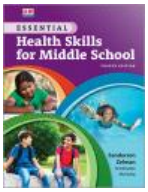
Standard		Correlating Textbook Pages
		Application: 396 Building Your Skills - Community Connections 403 Develop Your Skills #1-2
6.HVRP.6	Demonstrate ways to start a conversation when seeking help from a trusted adult about uncomfortable or dangerous situations including bullying, teasing, child sexual abuse, and trafficking.	*See Supplemental Human Development and Relationships, and/or Human Development, Relationships, and Sexual Health* **Instruction:** 50–51, 60, 76, 79-80, 82, 84-85 60 Figure 9.2.4 Stopping Sexual Harassment 75 Figure 9.3.9 Abuse Hotlines 80 Figure 9.4.2 Tell Someone 82 Figure 9.4.4 Signs of Human Trafficking 84 Figure 9.4.5 Suspicious Activity **Application:** 77 Critical Thinking #2 77 Develop Your Skills #1 86 Critical Thinking #2
6.HVRP.7	Demonstrate strategies to use technology and social media safely, legally, and respectfully.	**Instruction:** 17, 350-353, 399 351 Figure 6.2.4 Examples of Personal Information 352 Staying Safe on Social Media 353 Figure 6.2.5 Thinking Before You Post **Application:** 17 Building Your Skills - The Power of Social Media to Inspire 20 Develop Your Skills #3 350 Case Study - Brianna's Social Media Challenge 358 Develop Your Skills #1-3 *See Supplemental Human Development and Relationships, and/or Human Development, Relationships, and Sexual Health* **Instruction:** 33-34, 133-134 133 Figure 11.2.3 Impacts of Sexting 134 Building Your Skills - The Impact of Sexting
6.HVRP.8	Create an advocacy message that describes the role of upstanders in preventing or stopping bullying and cyberbullying.	**Instruction:** 253, 335-336, 348-349 253 Figure 4.7.5 Advocate for Mental Health 336 Figure 6.1.3 Weapons Safety 336 Figure 6.1.4 What Should You Do If You See a Weapon 348 Figure 6.2.2 Staying Safe at School **Application:** 345 Develop Your Skills #1



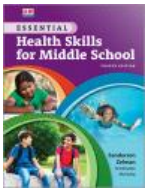
Standard		Correlating Textbook Pages
		See Supplemental Human Development and Relationships, and/or Human Development, Relationships, and Sexual Health **Instruction:** 50-51, 59-60, 63-64 51 Figure 9.1.6 Ways to Be an Upstander 60 Figure 9.2.4 Stopping Sexual Harassment **Application:** 42 Reading and Notetaking Activity 54 Critical Thinking #3 54 Develop Your Skills #2 65 Develop Your Skills #1-2
6.HVRP.9	Define child sexual abuse, sexual assault, sexual exploitation, and gender-based violence and analyze potential impacts on physical, social, emotional, and mental health.	*See Supplemental Human Development and Relationships, and/or Human Development, Relationships, and Sexual Health* **Instruction:** 45, 48, 61-62, 67-72, 81-82 45 Figure 9.1.3 Why Does Bullying Happen 48 Figure 9.1.5 Signs of Bullying or Cyberbullying 61 Figure 9.2.5 Examples of Sexual Assault 62 Figure 9.2.6 Impacts of Sexual Assault on Health 67 Figure 9.3.1 Examples of Abuse 68 Figure 9.3.2 Signs of Abuse 70 Figure 8.3.5 Facts About Child Sexual Abuse 72 Figure 9.3.7 Signs of Child Abuse and Neglect 82 Figure 9.4.4 Signs of Human Trafficking **Application:** 55 Reading and Notetaking Activity 65 Develop Your Skills #3 66 Reading and Notetaking Activity
6. HVRP.10	Recognize some of the ways in which norms and laws around gender and sexual orientation have changed over time.	*See Supplemental Human Development, Relationships, and Sexual Health* **Instruction:** 119-128 119 Figure 11.1.1 Parts of Sexuality 122 Figure 11.1.3 Gender Roles 122 Figure 11.1.4 Gender Identity 123 Breaking the Myth of Gendered Personality Traits 124 Figure 11.1.5 Gender Expression 125 Figure 11.1.6 Sexual Orientation 128 Figure 11.1.8 Safe Zones **Application:** 118 Reading and Notetaking Activity 127 Building Your Skills - Promoting Acceptance, Tolerance, and Unity



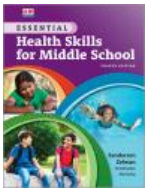
Standard		Correlating Textbook Pages
		129 Critical Thinking #1-2, Develop Your Skills #1-3
Standard 7: Growth and Development (GD)		
6.GD 1	Describe how to show respect for one's own physical appearance, the appearance of others, and how it impacts self-esteem.	**Instruction:** 239-246 239 Figure 4.6.1 Body Image 240 Figure 4.6.2 What is Weight Stigma 244 Figure 4.6.5 Warning Signs of Eating Disorders 245 Figure 4.6.6 Improving Your Body Image 246 Figure 4.6.7 Change Your Self Talk **Application:** 241 Case Study - Asher's Quest to Win 247 Critical Thinking #1 247 Develop Your Skills #1-3 *See Supplemental Human Development and Relationships, and/or Human Development, Relationships, and Sexual Health* **Instruction:** 10-13 13 Puberty: What to Expect **Application:** 11 Case Study - Akiko Feels Left Behind 19 Critical Thinking #1
6.GD.2	Identify the human sexual and reproductive systems, including external and internal anatomy and their functions, and recognize that there are variations in human bodies.	*See Supplemental Human Development and Relationships, and/or Human Development, Relationships, and Sexual Health* **Instruction:** 21-23 21 Figure 8.3.1 The Male Reproductive System 22 Figure 8.3.2 The Female Reproductive System 23 Figure 8.3.3 Uterus Ovaries **Application:** 20 Reading and Notetaking Activity 28 Critical Thinking #1-2
6.GD.3	Explain common human sexual development and the role of hormones (e.g., romantic and sexual feelings, masturbation, mood swings, and timing of pubertal onset).	*See Supplemental Human Development and Relationships, and/or Human Development, Relationships, and Sexual Health* **Instruction:** 131-134 131 Figure 11.2.1 Physical Changes 132 Figure 10.2.2 Myths and Facts About Masturbation **Application:** 130 Reading and Notetaking Activity 138 Develop Your Skills #3



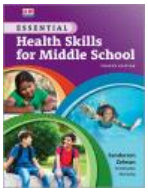
Standard		Correlating Textbook Pages
6.GD.4	Define menstruation and its range of symptoms, explain how it is a part of life that begins during puberty, and recognize that pads, tampons, and other products are important for body care.	*See Supplemental Human Development and Relationships, and/or Human Development, Relationships, and Sexual Health* **Instruction:** 14-15, 23-24 14 Figure 8.2.2 Tampons and Sanitary Pads 23 Figure 8.3.3 Menstrual Cycle
6.GD.5	Discuss how affirming healthcare is important for everyone, including people of all genders, people who are transgender, people who have other gender expansive identities, and people of all races and sexual orientations.	*See Supplemental Human Development and Relationships, and/or Human Development, Relationships, and Sexual Health* **Instruction:** 125-128 126 Figure 11.1.7 Questions About Sexuality 128 Figure 11.1.8 Safe Zones **Application:** 127 Building Your Skills - Promoting Acceptance, Tolerance, and Unity 129 Critical Thinking #1-2 129 Develop Your Skills #1-3
6.GD.6	Define sexual and romantic orientations including heterosexual, bisexual, lesbian, gay, queer, asexual, two-spirit, and pansexual.	*See Supplemental Human Development, Relationships, and Sexual Health* **Instruction:** 119, 121-126 119 Figure 11.1.1 Parts of Sexuality 123 Breaking the Myth of Gendered Personality Traits 124 Figure 11.1.5 Gender Expression 125 Figure 11.1.6 Sexual Orientation **Application:** 118 Reading and Notetaking Activity 125 Building Your Skills - Promoting Acceptance, Tolerance, and Unity 129 Develop Your Skills #1-2
6.GD.7	Recognize that there are many kinds of family structures and discuss ways in which families can change.	**Instruction:** 405-413 405 Figure 7.2.1 Diverse Family Structures 406 Figure 7.2.2 Physical Needs That the Family Meets 413 Figure 7.2.8 Strategies for Coping With Change **Application:** 404 Reading and Notetaking Activity 408 Case Study - Luca and His Uncle John 414 Critical Thinking #1



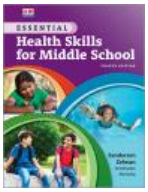
Standard		Correlating Textbook Pages
Standard 8: Sexual and Reproductive Health (SRH)		
6.SRH.1	Identify examples of how culture, religion, society, technology, and media influence understanding and expressions of sexuality.	*See Supplemental Human Development, Relationships, and Sexual Health* **Instruction:** 119-128 119 Figure 11.1.1 Parts of Sexuality 120 Figure 11.1.2 Chromosome Combinations 122 Figure 11.1.3 Gender Expectations 122 Figure 11.1.4 Gender Identity 123 Breaking the Myth of Gendered Personality Traits 124 Figure 11.1.5 Gender Expression 125 Figure 11.1.6 Sexual Orientation 126 Figure 11.1.7 Questions About Sexuality 128 Figure 11.1.8 Safe Zones **Application:** 118 Reading and Notetaking Activity 127 Building Your Skills - Promoting Acceptance, Tolerance, and Unity 129 Critical Thinking #1-2, Develop Your Skills #1-3
6.SRH.2	Define sexual intercourse.	*See Supplemental Human Development and Relationships, and/or Human Development, Relationships, and Sexual Health* **Instruction:** 24 **Application:** 28 Critical Thinking #2, Develop Your Skills #1
6.SRH.3	Identify factors that are important in deciding whether and when to engage in romantic and sexual behaviors.	*See Supplemental Human Development and Relationships, and/or Human Development, Relationships, and Sexual Health* **Instruction:** 33-37, 56-58, 94, 133-136 35 Figure 8.4.4 Enforcing Your Boundaries 36 Figure 8.4.5 Reasons Young People Choose Abstinence 56 Figure 89 2.1 What Is Sexual Violence 58 Figure 8.2.2 Myths and Facts of Sexual Violence 94 Figure 10.1.7 Using the Decision Making Process to Practice Abstinence 133 Figure 11.2.3 Impacts of Sexting **Application:** 40 Critical Thinking #1 40 Develop Your Skills #2 57 Building Your Skills - The Importance of Consent 65 Critical Thinking #1 65 Develop Your Skills #1-3 95 Building Your Skills - Making Decisions About Boundaries 96 Critical Thinking #1-2



Standard		Correlating Textbook Pages
		96 Develop Your Skills #1 130 Reading and Notetaking Activity 138 Critical Thinking #2
6.SRH.4	Identify the functions of the ovulation cycle, sperm development, and pregnancy.	*See Supplemental Human Development and Relationships, and/or Human Development, Relationships, and Sexual Health* **Instruction:** 21-26 21 Figure 8.3.1 Male Reproductive System 22 Figure 8.3.2 Female Reproductive System 23 Figure 8.3.3 Ovulation and Menstruation 24 Figure 8.3.4 Human Sexual Reproduction 26 Figure 8.3.5 Embryonic Stage **Application:** 20 Reading and Notetaking Activity 25 Case Study - Jake Learns About Reproduction 28 Critical Thinking #1-2 28 Develop Your Skills #1-2
6.SRH.5	Identify the benefits, risks, and effectiveness of various methods of contraception, including abstinence, the correct usage of barrier methods, and emergency contraception.	*See Supplemental Human Development and Relationships, and/or Human Development, Relationships, and Sexual Health* **Instruction:** 139-148 142 Figure 11.3.3 Benefits of Abstinence 143 Benefits of Abstinence from Sexual Activity 144 Figure 11.3.4 External Condom 145 Figure 11.3.5 Cervical Cap 145 Figure 11.636 Oral Contraceptives 145 Figure 11.3.7 Vaginal Ring 147 Figure 11.3.8 Intrauterine Device (IUD) 147 Figure 11.3.9 Emergency Contraception 149 Figure 11.3.10 Withdrawal **Application:** 139 Reading and Notetaking Activity 142 Case Study - Aparna Chooses Abstinence 150 Critical Thinking #1 150 Develop Your Skills #1-3
6.SRH.6	Identify the stages of pregnancy.	*See Supplemental Human Development and Relationships, and/or Human Development, Relationships, and Sexual Health* **Instruction:** 24-27 24 Figure 8.3.4 Zygote 26 Figure 8.3.5 Embryonic Stage 27 Figure 8.3.6 Postpartum



Standard		Correlating Textbook Pages
		Application: 20 Reading and Notetaking Activity 25 Case Study - Jake Learns About Reproduction 28 Develop Your Skills #1-3
6.SRH.7	Describe pregnancy options, including parenting, abortion, safe surrender, and adoption.	*See Supplemental Human Development and Relationships, and/or Human Development, Relationships, and Sexual Health* **Instruction:** 89, 91-93 89 Figure 10.1.1 Types of Adoptions 91 Figure 10.1.3 Impacts of Teen Pregnancy and Parenthood 92 Figure 10.1.5 Costs of Raising a Child 93 Figure 10.1.6 Resources for Teen Parents and Families **Application:** 88 Reading and Notetaking Activity 96 Critical Thinking #2 96 Develop Your Skills #1-3
6.SRH.8	Identify the transmission and prevention of various sexually transmitted infections (STIs) and HIV/AIDS, including abstinence, barrier methods, and the human papillomavirus (HPV) vaccine.	*See Supplemental Human Development and Relationships, and/or Human Development, Relationships, and Sexual Health* **Instruction:** 98-104, 111, 114-115, 135-136 101 Figure 10.2.4 Genital Herpes 103 Figure 10.2.6 Planning and Practicing Refusal Skills 111 Figure 10.3.2 HIV Transmission 115 Figure 10.3.5 HIV Prevention 115 Figure 10.3.6 PrEP and PEP 136 Figure 11.2.5 Strategies for Choosing Abstinence **Application:** 97 Reading and Notetaking Activity 102 Case Study - Aiden's Perfect Relationship 108 Develop Your Skills #1-3 116 Critical Thinking Skills #1-2 116 Develop Your Skills #2-3 138 Develop Your Skills #1-2
6.SRH.9	Demonstrate communicating with trusted adults and asking questions about comprehensive sexual and reproductive health.	*See Supplemental Human Development and Relationships, and/or Human Development, Relationships, and Sexual Health* **Instruction:** 90, 94, 107, 126-128, 132, 136 **Application:** 95 Building Your Skills - Making Decisions About Boundaries 106 Building Your Skills - Testing and Treatment



Standard		Correlating Textbook Pages
		108 Develop Your Skills #1, #3 127 Building Your Skills - Promoting Acceptance, Tolerance, and Unity 128 Figure 11.1.8 Safe Zones 138 Critical Thinking #1, #3
6.SRH.10	Identify the state and federal laws related to minors' access to sexual healthcare services, including pregnancy and sexually transmitted infection (STI) and HIV/AIDS prevention, testing, care, and treatment.	**Instruction:** 8-9 **Application:** 10 Critical Thinking #2 *See Supplemental Human Development and Relationships, and/or Human Development, Relationships, and Sexual Health* **Instruction:** 107, 112-113 113 Figure 10.3.4 Testing for HIV **Application:** 102 Case Study - Aiden's "Perfect" Relationship 106 Building Your Skills - Testing and Treatment 108 Critical Thinking #2 108 Develop Your Skills #1-3
6 SRH.11	Discuss the importance of sexual and reproductive health care that aligns with personal needs, desires, and cultural values	**Instruction:** 16, 18, 27-30 16 Figure 1.2.4 Cultural Practices That Affect Health and Wellness **Application:** 20 Critical Thinking #2 *See Supplemental Human Development and Relationships, and/or Human Development, Relationships, and Sexual Health* **Instruction:** 17-18, 105-107, 112-115, 89-90, 94-95, 141, 144-149 17 Figure 9.2.4 Health Issues in Young People 141 Figure 11.3.2 Finding Reliable Resources **Application:** 25 Case Study - Jake Learns About Reproduction 95 Building Your Skills - Making Decisions About Boundaries 106 Building Your Skills - Testing and Treatment 108 Critical Thinking #2 108 Develop Your Skills #1