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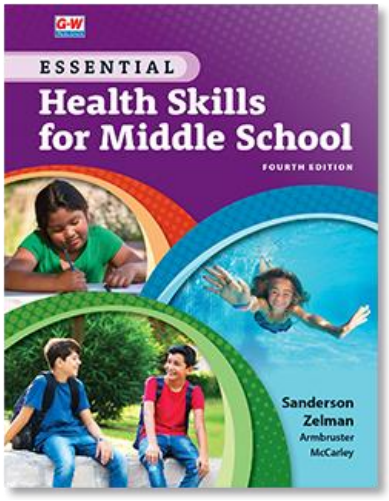
***Essential Health Skills for Middle School,* Sanderson, et al.**

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to

Utah Core State Standards for Health Education, Health I – Middle School

Goodheart-Willcox's 2025 *Essential Health Skills for Middle School* aligns well with the Utah Core State Health Education Standards for Health I. The textbook covers all the required strands and standards through its comprehensive modules and lessons. The skills-based approach, alignment with National Health Education Standards, and extensive supplemental resources like activities, videos, and assessments enable Essential Health Skills for Middle School to thoroughly meet the requirements of the Utah Health Education Core Standards.



Standards / Objectives / Indicators	G-W Content
Strand 1: HEALTH FOUNDATIONS AND PROTECTIVE FACTORS OF HEALTHY SELF (HF)	
Standard HI.HF.1: Create a health-related SMART goal and explain how using the SMART goal-setting process promotes health and improves self-confidence.	**Instruction:** 23-24, 149, 168-171 24 Figure 1.3.2 Setting SMART Goals 151 Develop Your Skills #1 171 Figure 3.4.5 Sample Tracking Report **Application:** 169 Building Your Skills - Be SMART, Stay Motivated 268 Develop Your Skills #3
Standard HI.HF.2: Research factors that contribute to decisions and apply effective decision-making strategies.	**Instruction:** 12-19, 22-23, 121, 234, 262-265, 405-414, 425-426 12 Figure 1.2.1 Health and Wellness Spectrum 13 Figure 1.2.2 Genetic Structure of a Cell

Standards / Objectives / Indicators	G-W Content
	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 264 Figure 5.1.6 Peer Pressure 266 Influences on Substance Abuse 405 Figure 7.2.2 Physical Needs That the Family Meets 407 Figure 7.2.3 Educate and Socialize Children 410 Figure 7.2.6 Discussing Family Rules 425 Figure 7.3.6 Positive Versus Negative Peer Pressure **Application:** 14 Case Study - The Genetic Impact for Oliver, Kylie and Alejandro 17 Building Your Skills - The Power of Social Media to Inspire 20 Critical Thinking Skills #1-2 20 Develop Your Skills #1, #3 121 Building Your Skills - Family History 267 Building Your Skills - Making Healthy Decisions 268 Critical Thinking #1 408 Case Study - Luca and His Uncle John 414 Critical Thinking #1, #2, 414 Develop Your Skills #3 427 Critical Thinking #3 427 Develop Your Skills #2
Standard HI.HF.3: Practice resiliency skills	**Instruction:** 214-214 **Application:** 219 Develop Your Skills #3
a. Practice strategies (for example, positive self-talk, service to others, developing	**Instruction:** 190-194, 245-246

Standards / Objectives / Indicators	G-W Content
talents and skills) to develop a positive self-image	192 Figure 4.1.6 Changing Negative Self Talk to Positive Self Talk 245 Figure 4.6.6 View Media Critically 246 Figure 4.6.7 Change Your Self Talk **Application:** 191 Building Your Skills - How You Can Build Your Self-Esteem 194 Case Study - Gia's Self Esteem 196 Develop Your Skills #3 247 Develop Your Skills #1, #3
b. Explain the importance of taking responsibility for one's actions and behaviors and discuss locus of control.	**Instruction:** 12-19, 22-33 12 Figure 1.2.1 Health and Wellness Spectrum 15 Figure 1.2.3 Environmental Protective and Risk Factors 16 Figure 1.2.4 Cultural Practices That Affect Health and Wellness **Application:** 17 Building Your Skills- The Power of Social Media to Inspire 20 Develop Your Skills #1 32 Building Your Skills- Your School Environment
c. Develop coping skills by learning from mistakes or perceived failures of self and others.	**Instruction:** 213-218 213 Figure 4.3.4 Coping Skills for Stress 214 Figure 4.3.5 Maintain a Positive Attitude 216 Figure 4.3.6 Time Management Strategies 217 Figure 4.3.7 Distraction Strategies 218 Figure 4.3.8 Tense and Relax Your Muscles 117 Figure 2.5.11 Healthy Strategies for Coping with Noninfectious Diseases 413 Figure 7.2.8 Strategies for Coping with Change

Standards / Objectives / Indicators	G-W Content
	Application: 208 Reading and Notetaking Activity 219 Critical Thinking #2-3 219 Develop Your Skills #1-2
Standard HI.HF.4: Demonstrate assertiveness and other effective ways to communicate personal boundaries and show respect for the boundaries of others.	*See Supplemental Human Development and Relationships, and/or Human Development, Relationships, and Sexual Health* **Instruction** 33-36 34 Figure 8.4.3 Affection 35 Figure 8.4.4 Enforcing Your Boundaries 36 Figure 8.4.5 Reasons Young People Choose Abstinence 36 Figure 8.4.6 Supporting Abstinence **Application:** 29 Reading and Notetaking Activity 40 Critical Thinking #1, #3 40 Develop Your Skills #1
Stand 2: MENTAL AND EMOTIONAL HEALTH (MEH)	
Standard HI.MEH.1: Explore a variety of stress management techniques and choices that will manage and reduce stress.	**Instruction**: 209-218 209 Figure 4.3.1 Sources of Stress 210 Figure 4.3.2 Eustress 211 Figure 4.3.3 Fight Flight or Freeze Response 213 Figure 4.3.4 Coping Skills for Stress 214 Figure 4.3.5 How Can You Maintain a Positive Attitude 216 Figure 4.3.6 Time Management Strategies 217 Figure 4.3.7 Distraction Strategies 218 Figure 4.3.8 Tense and Relax Your Muscles **Application**: 208 Reading and Notetaking Activity

Standards / Objectives / Indicators	G-W Content
	212 Case Study - A Busy Week for Charlie 219 Critical Thinking #1-3, Develop Your Skills #1-3
Standard HI.MEH.2: Identify the risk factors for development and the prevalence of mental health disorders, explain the importance of early intervention and treatment, and locate valid and reliable health services	**Instruction:** 221-222, 230-236, 243,-244, 249-253 221 Figure 4.4.1 Effects of Bullying on Mental Health 231 Figure 4.5.1 Signs to Seek Professional Help 234 Figure 4.5.3 What Does a Therapist Do? 249 Figure 4.7.1 Risk Factors for Suicide 251 Figure 4.7.2 Bullying and the Community **Application:** 232 Building Your Skills- Talking About Mental Health 237 Develop Your Skills #1-3 247 Critical thinking #3 248 Reading and Notetaking Activity 256 Develop Your Skills #1, #3
a. Distinguish types of mental health disorders (for example, depression, anxiety disorders, bipolar, schizophrenia, OCD, ADD/ADHD, phobias, PTSD) by identifying signs and symptoms.	**Instruction**: 222-227 222 Figure 4.4.2 Anxiety Disorders 223 Managing Social Media Anxiety 224 Figure 4.4.3 Different Types of Phobias 224 Figure 4.4.4 Symptoms of ADHD 225 Figure 4.4.5 Obsessions and Compulsions 227 Figure 4.4.6 Possible Symptoms of Major Depressive Disorder **Application:** 226 Case Study - Best Friends: Conor and Julia 229 Develop Your Skills #1
b. Demonstrate how to ask for and offer assistance to enhance the health of self and others in harmful situations.	**Instruction:** 218, 231, 235-236, 252-255 236 Figure 4.5.4 Having the Tough Conversations

Standards / Objectives / Indicators	G-W Content
	Application: 232 Building Your Skills-Talking about Mental Health 256 Develop Your Skills #1-2
Standard HI.MEH.3: Explore relevant facts about self-harming behaviors and suicide, including warning signs, and where to turn for help.	**Instruction:** 249-253 249 Figure 4.7.1 Risk Factors of Suicide 251 Figure 4.7.2 Environmental Risk Factors 253 Figure 4.7.4 Suicide Prevention Resources **Application:** 248 Reading and Notetaking Activity 256 Develop Your Skills #1-3
Strand 3: SAFETY AND DISEASE PREVENTION (SDP)	
Standard HI.SDP.1: Demonstrate proficiency in basic first-aid and Cardiopulmonary Resuscitation (CPR).	**Instruction:** 360-369 361 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 365 Figure 6.3.7 First Aid for Electrical Shock 365Figure 6.3.8 Burns 367 Figure 6.3.9 The Five and Five Method 368 Figure 6.3.10 Hands Only CPR **Application:** 370 Develop Your Skills #1-3
Standard HI.SDP.2: Demonstrate how to apply thoughtful decision-making in health-related situations (for example, substance use, vehicle safety, sun safety, recreational safety, firearm safety, physical activity, nutritional choices)	**Instruction:** 21-23, 267 23 Figure 1.3.1 The Decision-Making Process **Application:**

Standards / Objectives / Indicators	G-W Content
	21 Reading and Notetaking Activity 34 Critical Thinking #3 151 Develop Your Skills #3 184 Develop Your Skills #1 267 Building Your Skills - Making Healthy Decisions 309 Case Study - Mateo's Risky Behavior 317 Develop Your Skills #3 358 Develop Your Skills #1
Standard HI.SDP.3: Investigate the effects of media and technology on mental, emotional, physical, and social health (for example, dopamine levels, sleep).	**Instruction:** 16, 82, 222-223, 239-240, 243, 245, 350, 399 82 Figure 2.3.4 223 Managing Social Media Anxiety 240 Figure 4.6.2 What is Weight Stigma 245 Figure 4.6.6 View Media Critically **Application:** 17 Building Your Skills - The Power of Social Media to Inspire 229 Develop Your Skills #3 247 Critical Thinking #1 247 Develop Your Skills #2 350 Case Study - Brianna's Social Media Challenge
Standard HI.SDP.4: Identify how to maintain a healthy online relationship and the potential consequences of sharing private information using technology including photos and videos.	**Instruction**: 350-353, 415-417, 419-420, 351 Figure 6.2.4 Privacy 352 Staying Safe on Social Media 353 Figure 6.2.5 Thinking Before You Post 416 Figure 7.3.1 Types of Friendships 417 Figure 7.3.2 Online Friends 419 Figure 7.3.3 Be Physically Present with Friends **Application**: 358 Develop Your Skills #1-3

Standards / Objectives / Indicators	G-W Content
	415 Reading and Notetaking Activity 420 Building Your Skills - Making Friends Online
Standard HI.SDP.5: Explain the harmful effects of pornography and recognize that recovery is possible	*See Supplemental Human Development, Relationships, and Sexual Health* **Instruction:** 133-134 133 Figure 11.2.3 Impacts of Sexting **Application:** 134 Building Your Skills - The Impact of Sexting
Standard HI.SDP.6: Compare and contrast the signs, symptoms, prevention methods, and risk factors of infectious, acute, and chronic diseases.	**Instruction:** 95-105, 108-116, 119-121 100 Figure 2.4.7 When Should You Wash Your Hands? 102 Figure 2.4.8 Respiratory Etiquette 105 Figure 2.4.10 Common Vaccines for Adolescents 109 Figure 2.5.2 Risk Factors for Noninfectious Diseases 110 Figure 2.5.4 Signs of a Heart Attack 111 Figure 2.5.5 Common Types of Cancer 114 Figure 2.5.8 Signs of Diabetes 116 Figure 2.5.10 Types of Seizures 119 Figure 2.5.13 The C.A.U.T.I.O.N System 120 Figure 2.5.14 Preventing Common Types of Cancer **Application:** 92 Reading and Notetaking Activity 103 Case Study- Brian Fights off Infections 106 Critical Thinking #2 106 Develop Your Skills #1, 3 107 Reading and Notetaking Activity 121 Building Your Skills- Family History 122 Critical Thinking #1

Standards / Objectives / Indicators	G-W Content
	122 Develop Your Skills #1-3
Standard HI.SDP.7: Demonstrate how to access valid and reliable health information, products, and services.	**Instruction**: 27-30 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 **Application**: 21 Reading and Notetaking Activity 34 Critical Thinking #2
Strand 4: SUBSTANCE ABUSE PREVENTION (SAP)	
Standard HI.SAP.1: Practice methods to resist peer pressure with regards to alcohol, tobacco, nicotine, and other substances, including the misuse of prescription drugs.	**Instruction**: 297, 321-322 297 Figure 5.4.3 Strategies for Refusing Alcohol 309 Figure 5.5.3 Preparing Refusal Skills 321 Figure 5.6.2 Strategies for Saying No to Substances **Application**: 267 Building Your Skills - Making Healthy Decisions 291 Building Your Skills - Resisting Peer Pressure 294 Develop Your Skills #3 305 Develop Your Skills #1 330 Develop Your Skills #1
Standard HI.SAP.2: Analyze media and marketing tactics used to promote alcohol, tobacco, nicotine, and other drug products	**Instruction**: 265-267, 289, 322-324 265 Figure 5.1.8 Types of Ads to Which Young People Are Exposed 266 Influences on Substance Use 289 The Myths and Facts of Vaping 322 Figure 5.6.3 Analyzing Advertisements 323 Figure 5.6.4 Ad Restrictions

Standards / Objectives / Indicators	G-W Content
	Application: 267 Building Your Skills - Making Healthy Decisions 305 Critical Thinking #2 317 Develop Your Skills #2 320 Building Your Skills - Addiction Prevention 330 Critical Thinking #2
Standard HI.SAP.3: Examine the safe use and potential risks of prescription medications, over-the-counter (OTC) medications and herbal or dietary supplements.	**Instruction:** 269-279 275 Figure 5.2.3 Prescription Label OTC Label **Application:** 269 Reading and Notetaking Activity 270 Case Study- Veda's Headache 280 Building your Skills- Advocating for an Opioid-Free Life 281 Critical Thinking #1, #3 281 Develop Your Skills #2-3
Standard HI.SAP.4: Investigate potential short and long-term consequences (for example, physical, mental and emotional, social, legal, financial) of alcohol, tobacco, nicotine, and other substance use, including the misuse of prescription drugs.	**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) 287 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

Standards / Objectives / Indicators	G-W Content
	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
Standard HI.SAP.5: Explain how addiction is a disease and understand the need for professional intervention	**Instruction:** 261, 324-329 325 Figure 5.6.5 Types of Rehabilitation Programs 327 Figure 5.6.7 Support Groups **Application:** 318 Reading and Notetaking Activity 330 Critical Thinking #3
a. Identify and recognize the warning signs of addiction.	**Instruction:** 261 261 Figure 5.1.3 Triggers **Application:** 268 Develop Your Skills #3 320 Building Your Skills - Addiction Prevention
b. Identify community resources available to support individuals impacted by substance abuse and addiction.	**Instruction:** 324-329 325 Figure 5.6.5 Types of Rehabilitation Programs 327 Figure 5.6.7 Support Groups

Standards / Objectives / Indicators	G-W Content
	Application: 318 Reading and Notetaking Activity 330 Critical Thinking #3
c. Recognize that recovery from addiction is possible.	**Instruction:** 324-329 325 Figure 5.6.5 Types of Rehabilitation Programs 327 Figure 5.6.7 Support Groups **Application:** 318 Reading and Notetaking Activity 330 Critical Thinking #3
Strand 5: NUTRITION (N)	
Standard HI.N.1: Describe the function of the six basic nutrients and the impact on individual health.	**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 **Application:** 124 Reading and Notetaking Activity 134 Critical Thinking #1-2 Develop Your Skills #1, #3
Standard HI.N.2: Explain how nutrition and fitness contribute to long-term mental, physical, and social health and analyze situations where nutritional needs change throughout the lifespan	**Instruction:** 110, 114, 119-120, 142-143, 153-162 110 Figure 2.5.3 Atherosclerosis 119 Figure 2.5.12 Preventing Noninfectious Diseases

Standards / Objectives / Indicators	G-W Content
	154 Figure 3.3.1 Moderate Physical Activity Reduces Risk Factors For 155 Benefits of Physical Activity on Mental Health 156 Figure 3.3.2 Health Related Fitness 159 Types of Fitness **Application:** 122 Critical Thinking #2 122 Develop Your Skills #2 151 Critical Thinking #1 152 Reading and Notetaking Activity 154 Case Study - Walk in My Shoes: Jaquan's Story 163 Develop Your Skills #1-2
Standard HI.N.3: Explore advertising claims and potential health consequences for dietary supplements, popular fad diets, and weight-loss products.	**Instruction:** 27-30, 140-141, 279 **Application:** 34 Critical Thinking #2 281 Critical Thinking #3
Standard HI.N.4: Identify internal and external influences on body image	**Instruction:** 239-242, 245-246 239 Figure 4.6.1 Body Image 240 Figure 4.6.2 What is Weight Stigma 245 Figure 4.6.6 Improving Your Body Image **Application:** 241 Case Study - Asher's Quest to Win 247 Critical Thinking #1 247 Develop Your Skills #1-3
Standard HI.N.5: Describe the signs, symptoms, and consequences of eating disorders or disordered eating and recognize that people with these conditions may need medical care.	**Instruction**: 242-244 242 Figure 4.6.3 Examples of Disordered Eating 243 Figure 4.6.4 Types of Eating Disorders

Standards / Objectives / Indicators	G-W Content
	244 Figure 4.6.5 Warning Signs of Eating Disorders **Application**: 247 Critical Thinking #2-3
Strand 6: HUMAN DEVELOPMENT (HD)	
Standard HI.HD.1: Describe the physical, social, cognitive, and emotional changes of adolescence and recognize the individual differences in growth and development, physical appearance, self-identity, and attraction	*See Supplemental Human Development and Relationships, and/or Human Development, Relationships, and Sexual Health* **Instruction:** 3-6. 10-16, 121-122, 125 3 Figure 8.1.1 Stages of the Human Life Cycle 10 Figure 8.2.1 Primary and Secondary Sexual Characteristics 13 Puberty: What to Expect 15 Figure 8.2.3 Intellectual Development **Application:** 9 Reading and Notetaking Activity 11 Case Study - Akiko Feels Left Behind 19 Critical Thinking #1-2 19 Develop Your Skills #1
Standard HI.HD.2: Describe the anatomy, physiology, and ways to care for the reproductive system.	*See Supplemental Human Development and Relationships, and/or Human Development, Relationships, and Sexual Health* **Instruction:** 12-15, 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

Standards / Objectives / Indicators	G-W Content
Standard HI.HD.3: Define and describe the mental, emotional, physical, and social benefits of practicing sexual abstinence.	*See Supplemental Human Development and Relationships, and/or Human Development, Relationships, and Sexual Health* **Instruction**: 35, 133-134, 141--143 36 Figure 8.4.5 Reasons Young People Choose Abstinence 142 Figure 11.3.3 Benefits of Abstinence **Application:** 138 Develop Your Skills #1-2 142 Case Study- Aparna Chooses Abstinence 150 Develop Your Skills #2-3
Standard HI.HD.4: Understand the process of pregnancy, practices for a healthy pregnancy, and pregnancy prevention	*See Supplemental Human Development and Relationships, and/or Human Development, Relationships, and Sexual Health* **Instruction:** 24-27, 141-148 24 Figure 8.3.4 Zygote 26 Figure 8.3.5 Embryonic Stage 27 Figure 8.3.6 Seeking Help for Postpartum Depression 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 146 Figure 11.3.6 Oral Contraceptives 146 Figure 11.3.7 Vaginal Ring 147 Figure 11.3.8 Intrauterine Device (IUD) 147 Figure 11.3.9 Emergency Contraception 148 Figure 11.3.10 Withdrawal **Application:** 20 Reading and Notetaking Activity

Standards / Objectives / Indicators	G-W Content
	25 Case Study - Jake Learns About Reproduction 28 Develop Your Skills #1-3 139 Reading and Notetaking Activity 142 Case Study - Aparna Chooses Abstinence 150 Develop Your Skills #2-3
a. Describe fertilization, fetal development, and the birth process.	*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 Seeking Help for Postpartum Depression **Application:** 20 Reading and Notetaking Activity 25 Case Study - Jake Learns About Reproduction 28 Develop Your Skills #1-3
b. Compare and contrast the effectiveness of various contraceptive methods for pregnancy prevention.	*See Supplemental Human Development and Relationships, and/or Human Development, Relationships, and Sexual Health* **Instruction:** 141-148 142 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 146 Figure 11.3.6 Oral Contraceptives 146 Figure 11.3.7 Vaginal Ring 147 Figure 11.3.8 Intrauterine Device (IUD) 147 Figure 11.3.9 Emergency Contraception 148 Figure 11.3.10 Withdrawal

Standards / Objectives / Indicators	G-W Content
	Application: 139 Reading and Notetaking Activity 142 Case Study - Aparna Chooses Abstinence 150 Develop Your Skills #2-3
c. Identify adoption as an option for unintended pregnancy and discuss the Newborn Safe Haven Law.	*See Supplemental Human Development and Relationships, and/or Human Development, Relationships, and Sexual Health* **Instruction:** 89 89 Figure 10.1.1 Types of Adoptions **Application:** 96 Develop Your Skills #3
Standard HI.HD.5: Identify common reproductive conditions and diseases, including cancers.	*See Supplemental Human Development and Relationships, and/or Human Development, Relationships, and Sexual Health* **Instruction:** 99—102 105 Figure 10.2.7 Sexually Transmitted Infections Application: 28 Critical Thinking #2 102 Case Study- Aiden's "Perfect" Relationship
Standard HI.HD.6: Identify practices for prevention of common sexually transmitted diseases/infections (STD/STI).	*See Supplemental Human Development and Relationships, and/or Human Development, Relationships, and Sexual Health* **Instruction**: 103-104, 114-115 103 Figure 10.2.6 Planning and Practicing Refusal Skills 115 Figure 10.3.5 HIV Prevention 115 Figure 10.3.6 PrEP and PEP

Standards / Objectives / Indicators	G-W Content
	Application: 108 Develop Your Skills #1, #3 116 Critical Thinking #1-2
a. Define and discuss sexual abstinence as it relates to STD/STI prevention	*See Supplemental Human Development and Relationships, and/or Human Development, Relationships, and Sexual Health* **Instruction:** 36, 103 36 Figure 8.4.5 Reasons Young People Choose Abstinence 103 Figure 10.2.6 Planning and Practicing Refusal Skills 142 Figure 11.3.3 Benefits of Abstinence 143 Benefits of Abstinence from Sexual Activity **Application:** 102 Case Study- Aiden's "Perfect" Relationship 108 Develop Your Skills #3 142 Case Study- Aparna Chooses Abstinence
b. Compare and contrast the effectiveness of various risk-reducing behaviors, including condoms, as a method of preventing STD/STI.	*See Supplemental Human Development and Relationships, and/or Human Development, Relationships, and Sexual Health* **Instruction:** 103-115 103 Figure 10.2.6 Planning and Practicing Refusal Skills 111 Figure 10.3.2 HIV Transmission 113 Figure 10.3.5 HIV Prevention 115 Figure 10.3.6 PrEP and PEP **Application:** 102 Case Study - Aiden's "Perfect" Relationship 109 Reading and Notetaking Activity

Standards / Objectives / Indicators	G-W Content
Standard HI.HD.7: Identify accurate and credible sources of information about sexual health, development, relationships, harassment, and abuse and identify who and where to turn to for help (for example, parent, relative, clergy, health care provider, teacher, counselor).	**Instruction:** 27-30 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 **Application:** 34 Critical Thinking #2 *See Supplemental Human Development, Relationships, and Sexual Health* **Instruction:** 12, 17, 60, 64, 75-76, 141 60 Figure 9.2.4 Stopping Sexual Harassment 75 Figure 9.3.9 Abuse Hotlines 141 Figure 11.3.2 Finding Reliable Resources **Application:** 19 Develop Your Skills #1 65 Critical Thinking #2 65 Develop Your Skills #3 77 Develop Your Skills #2
Standard HI.HD.8: Recognize characteristics of healthy and unhealthy relationships	**Instruction:** 389-402, 410-412, 419-421 389 Figure 7.1.1 Types of Relationships 391 Figure 7.1.2 The Emotional Impact of a Relationship 391 Figure 7.1.3 Examples of Interpersonal Skills 393 Figure 7.1.4 The Communication Process 395 Figure 7.1.6 Communication Styles 397 Figure 7.1.7 Use Active Listening 398 Figure 7.1.8 Turning You Statements into I Statements 401 Figure 7.1.10 Negotiation Process 401 Figure 7.1.11 Listen 412 Figure 7.2.7 Compromise

Standards / Objectives / Indicators	G-W Content
	419 Figure 7.3.3 Be Physically Present with Friends **Application:** 388 Reading and Notetaking Activity 396 Building Your Skills - Be Assertive 403 Critical Thinking #1-2 403 Develop Your Skills #1-3 427 Critical Thinking #2 427 Develop Your Skills #1-3 *See Supplemental Human Development and Relationships, and/or Human Development, Relationships, and Sexual Health* **Instruction:** 30-32, 38-39 29 Reading and Notetaking Activity 31 Figure 8.4.2 Signs of an Unhealthy Dating Relationship 35 Figure 8.4.4 Enforcing Your Boundaries 37 Figure 8.4.7 Words for Resisting Sexual Pressure 39 Figure 8.4.8 Coping with the End of a Dating Relationship **Application:** 40 Critical Thinking #1, #3 40 Develop Your Skills #1-3
a. Recognize the difference between healthy and unhealthy relationships and practice skills necessary to build healthy relationships and end unhealthy relationships both online and in person.	**Instruction:** 389-402, 410-412, 419-421 389 Figure 7.1.1 Types of Relationships 391 Figure 7.1.2 The Emotional Impact of a Relationship 391 Figure 7.1.3 Examples of Interpersonal Skills 393 Figure 7.1.4 The Communication Process 395 Figure 7.1.6 Communication Styles

Standards / Objectives / Indicators	G-W Content
	397 Figure 7.1.7 Use Active Listening 398 Figure 7.1.8 Turning You Statements into I Statements 401 Figure 7.1.10 Negotiation Process 401 Figure 7.1.11 Listen 412 Figure 7.2.7 Compromise 419 Figure 7.3.3 Be Physically Present with Friends **Application:** 388 Reading and Notetaking Activity 396 Building Your Skills - Be Assertive 403 Critical Thinking #1-2 403 Develop Your Skills #1-3 427 Critical Thinking #2 427 Develop Your Skills #1-3 *See Supplemental Human Development and Relationships, and/or Human Development, Relationships, and Sexual Health* **Instruction:** 30-32, 38-39 29 Reading and Notetaking Activity 31 Figure 8.4.2 Signs of an Unhealthy Dating Relationship 35 Figure 8.4.4 Enforcing Your Boundaries 37 Figure 8.4.7 Words for Resisting Sexual Pressure 39 Figure 8.4.8 Coping with the End of a Dating Relationship **Application:** 40 Critical Thinking #1, #3 40 Develop Your Skills #1-3
b. Identify effective ways to communicate personal boundaries and show respect for the	*See Supplemental Human Development and Relationships, and/or Human Development, Relationships, and Sexual Health*

Standards / Objectives / Indicators	G-W Content
boundaries of others to foster healthy relationships.	**Instruction** 33-36 34 Figure 8.4.3 Affection 35 Figure 8.4.4 Enforcing Your Boundaries 36 Figure 8.4.5 Reasons Young People Choose Abstinence 36 Figure 8.4.6 Supporting Abstinence **Application:** 29 Reading and Notetaking Activity 40 Critical Thinking #1, #3 40 Develop Your Skills #1
c. Discuss and understand the importance of developing personal refusal skills, including how to refuse an unwanted sexual advance, and how and when to use those skills.	*See Supplemental Human Development and Relationships, and/or Human Development, Relationships, and Sexual Health* **Instruction:** 33-35, 37-38, 59, 103 35 Figure 8.4.4 Enforcing Your Boundaries 37 Figure 8.4.7 Words for Resisting Sexual Pressure 103 Figure 10.2.6 Planning and Practicing Refusal Skills **Application:** 40 Critical Thinking #1 65 Develop Your Skills #1-2
Standard HI.HD.9: Recognize harassment, abuse, discrimination, and relationship violence prevention and reporting strategies.	*See Supplemental Human Development and Relationships, and/or Human Development, Relationships, and Sexual Health* **Instruction:** 31, 59-60, 64, 74-76, 82 31 Figure 8.4.2 Signs of an Unhealthy Dating Relationship 60 Figure 9.2.4 Stopping Sexual Harassment

Standards / Objectives / Indicators	G-W Content
	75 Figure 9.3.9 Abuse Hotlines 82 Figure 9.4.4 Human Trafficking **Application:** 65 Develop Your Skills #3 77 Develop Your Skills #1-3
a. Investigate methods of reporting, seeking help, and stopping sexual harassment and sexual abuse.	*See Supplemental Human Development and Relationships, and/or Human Development, Relationships, and Sexual Health* **Instruction:** 59-60, 64, 74-76, 82 60 Figure 9.2.4 Stopping Sexual Harassment 75 Figure 9.3.9 Abuse Hotlines 82 Figure 9.4.4 Human Trafficking **Application:** 65 Develop Your Skills #3 77 Develop Your Skills #1-3
b. Explain why a person who has been raped or sexually assaulted is not at fault.	*See Supplemental Human Development and Relationships, and/or Human Development, Relationships, and Sexual Health* **Instruction:** 61-62, 64 64 Figure 9.2.8 Talking to Survivors of Sexual Assault **Application:** 65 Develop Your Skills #3
c. Examine how alcohol and other substances, friends, family, media, society, and culture influence decisions about engaging in sexual behaviors.	*See Supplemental Human Development and Relationships, and/or Human Development, Relationships, and Sexual Health* **Instruction:** 37, 56, 63, 90, 135 56 Figure 9.2.1

Standards / Objectives / Indicators	G-W Content
	Application: 138 Critical Thinking #2 150 Critical Thinking #3
d. Explain the potential legal and emotional impacts in a relationship when there are power differences such as age, status, or position.	*See Supplemental Human Development and Relationships, and/or Human Development, Relationships, and Sexual Health* **Instruction:** 30-31, 61-62 62 Figure 9.2.6 Impacts of Sexual Assault on Health **Application:** 40 Develop Your Skills #2 65 Critical Thinking #1