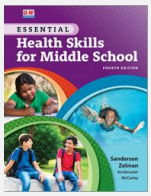
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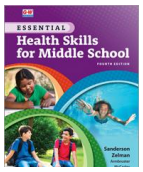


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See Supplemental Human Development and Relationships and/or Human Development, Relationships, and Sexual Health
to West Virginia Department of Education
Course: Middle School Health Education Grades 6

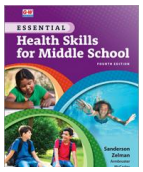


Wellness Education – Grade 6
All West Virginia teachers are responsible for classroom instruction that integrates content standards, learning skills, and technology. The goal of sixth grade health education is to address many important social, emotional and physical changes of young adolescents. Decision-making steps and application are integrated into all topics of discussion as students examine potential long- and short-term consequences of decisions and their impact on all aspects of health (e.g., physical, emotional, social, mental/intellectual, spiritual, environmental and occupational). Students critically examine concepts related to personal health; injury prevention, alcohol, tobacco, and other drugs; recognize the impact of positive health decisions on personal goal attainment. The goal of the physical education program of study at the sixth-grade level is to improve students' understanding of the connections between physical activity and lifelong wellness. Movement is critical to proper growth and development at this age; physical education assists students in developing a healthy body and self-image. Social and emotional development is enhanced as students begin to use motor skills in team building situations.

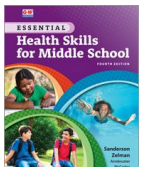
Standard		Correlating Text Pages
Cluster	**Health Promotion and Disease Prevention**	
WE.6.1	Investigate personal diet, create an understanding of serving size versus portion size, and analyze nutritional needs of adolescents.	**Instruction:** 136 Lesson 3.2-1 Guidelines for Forming a Healthy Eating Pattern 136 US Department of Agriculture (USDA) and Health and Human Services (HHS) 136 Figure 3.2.1 Key Concepts Promoted by the Dietary Guideline 137 Nutrient-dense foods 137 3.2-2 MyPlate Food Guidance System 137 Figure 3.2.2 Choose My Plate.gov 138 Fruits, Grain, Vegetables 139 Dairy, Protein Foods 139 Example of Protein Foods 139 Figure 3.2.4 Types of Vegetables 140 Recommended Amounts 140 3.2-3 Malnutrition 140 Fad diets 141 Eating Disorders 141 Undernutrition 141 Figure 3.2.6 MyPlate Daily Checklist- find your Healthy Easting Style 141 Overnutrition **Application:** 137 Reading check Point 3.2-1 140 Reading check Point 3.2-2 142 Reading check Point 3.2-3



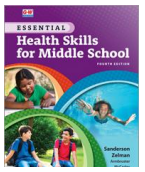
Standard		Correlating Text Pages
WE.6.2	List short-term and long-term effects of alcohol, drugs, and nicotine containing substances.	**Instruction:** 298 Figure 5.4.4 Effects of Alcohol on Brain Function 307 Health Effects of Drug Use 308 Figure 5.5.1 Effects of Drugs on Body Systems **Application**: 150 Case Study - Theo's Taste in Food 151 Critical Thinking #1, Develop Your Skills #1, #3 282 Reading and Notetaking Activity 290 Reading Checkpoint #1 295 Reading and Notetaking Activity 301 Reading Checkpoint #1, #3 306 Reading and Notetaking Activity
WE.6.3	List short-term and long-term effects of a sedentary lifestyle.	**Instruction:** 165 3.4-1 Getting Enough Physical Activity 165 Sedentary Behaviors 165 Examples of Sedentary Behaviors 165 US Department Of Health and Human Services guidelines that are recommended for ages 6-17. **Application:** 165 Reading Check Point #1, #2 175 Lesson 3.4 Reading Summary, Critical Thinking, and Develop Your Skills
WE.6.4	Examine healthy behaviors and practices beneficial to each body system and help lead to a healthy lifestyle.	**Instruction**: 2 Lesson 1.1 Health and Wellness 3 Lesson 1.1-1 Parts of Health and Wellness 3 Figure 1.1.1 People in a State of Well-Being… 4 Physical Health 4 Mental and Emotional Health 4 Social Health 5 How the Parts of health are Interrelated 5 Figure 1.1.3 Interrelatedness of Health 6 Skills for Practicing Wellness 7 Lesson 1.1-2 How Healthcare Promotes Personal Health 12 Lesson 1.2-1 Factors that Affect Health 15 Lesson 1.2-3 Environmental Factors 15 Physical Environment 16 Social and Economic Environment 18 Lesson 1.2-4 Lifestyle Factors 18 Food, Drink 18 Physical Activity



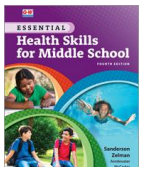
Standard		Correlating Text Pages
		18 Sleep at night 18 Riding in a car who test 18 Smoking, Drinking Alcohol, Doing Drugs 19 The Game of Life **Application**: 5 Reading checkpoint 1.1-1 13 Reading checkpoint 1.2-1 18 Reading checkpoint 1.2-3 18 Reading checkpoint 1.2-4
WE.6.5	Describe how family health history, hereditary factors, and personal lifestyle choices impact personal health.	**Instruction**: 12 Lesson 1.2-1 Factors That Affect Health 12 Risk Factors 12 Protective Factors 13 Lesson 1.2-2 Genetic Factors 13 Genes 13 Chromosomes 13 Figure 1.2-2 Genetic Structure of a Cell 14 Case Study: The Genetic Impact for Oliver, Kylie and Alejandro 15 Lesson 1.2-3 Environmental Factors 15 Physical Environment 15 Hazards- Weather, Pollution 15 Figure 1.2-3 Environmental Protective and Risk Factors 16 Social Environment 16 Self Confidence, Health Behaviors 16 Culture 16 Spiritual 16 Figure 1.2.4 Family and cultural practices that affect health and wellness 17 Economic Environment 17 Level of Education, Income, and access to resources and healthcare 18 Lesson 1.2-4 Lifestyle Factors 18 Positive and Negative Lifestyle choices 19 Feature: The Game of Life **Application:** 13 1.2-1 Reading checkpoint 15 1.2-2 Reading checkpoint 18 1.2-3 Reading checkpoint 18 1.2-4 Reading checkpoint 20 Lesson 1.2 Review, Reading Summary, Critical Thinking, Develop Your Skills



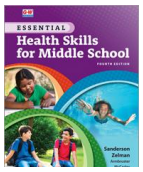
Standard		Correlating Text Pages
		262 Lesson 5.1-2 Genetic Factors 264 Figure 5.1.5 Family 266 Influences on Substance Use **Application**: 14 Case Study: The Genetic Impact for Oliver, Kylie and Alejandro 258 Reading and Notetaking Activity 267 Reading Checkpoint #1 268 Critical Thinking #1, Develop Your Skills #2
WE.6.6	Analyze the seven dimensions of wellness and how to maintain or improve them (e.g., physical, emotional, social, intellectual, spiritual, environmental, and occupational).	**Instruction**: 2 Lesson 1.1 Health and Wellness 3 Lesson 1.1-1 Parts of Health and Wellness 3 Figure 1.1.1 People in a State of Well-Being… 4 Physical Health 4 Mental and Emotional Health 4 Social Health 5 How the Parts of health are Interrelated 5 Figure 1.1.3 Interrelatedness of Health 6 Skills for Practicing Wellness 7 Lesson 1.1-2 How Healthcare Promotes Personal Health 12 Lesson 1.2-1 Factors that Affect Health 15 Lesson 1.2-3 Environmental Factors 15 Physical Environment 16 Social and Economic Environment 18 Lesson 1.2-4 Lifestyle Factors 18 Food, Drink 18 Physical Activity 18 Sleep at night 18 Riding in a car who test 18 Smoking, Drinking Alcohol, Doing Drugs 19 The Game of Life *See Supplemental Human Development and Relationships and/or Human Development, Relationships, and Sexual Health* 4 Lesson 8.1-2 Human Development 4 Physical Development 5 Intellectual Development 5 Emotional Development 5 Social Development



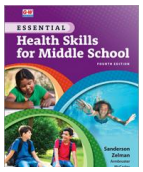
Standard		Correlating Text Pages
		Application: 5 Reading checkpoint 1.1-1 13 Reading checkpoint 1.2-1 18 Reading checkpoint 1.2-3 18 Reading checkpoint 1.2-4
WE.6.7	Recognize medical terminology, anatomical landmarks, and functions of the reproductive system.	*See Supplemental Human Development and Relationships and/or Human Development, Relationships, and Sexual Health* **Instruction:** 20 Lesson 8.3 Human Reproduction 21 9.3-1 The Human Reproductive system 21 The Male Reproductive 21 Figure 15 8.3.1 Male Reproductive Organs 22 The Female Reproductive System 22 Figure 15 8.3.2 Female Reproductive Organs 23 Ovulation 23 Figure 15 8.3.3 Ovulation, Menstrual Cycle 24 9.3-2 Human Sexual Reproduction 24 Fertilization , Zygote 24 Obstetrician/Gynecologist (OG/GYN) 25 Lesson 8.3-3 Prenatal Development and Pregnancy Application: 23 Reading Checkpoint 8.3-1 24 Reading Checkpoint 8.3-2 27 Reading Checkpoint 8.3-3 28 Lesson 8.3 Summary, Critical Thinking, Develop Your Skills
Cluster	**Culture, Media, and Technology**	
WE.6.8	Analyze how media messages influence choices on health behaviors (e.g., nicotine containing substances, drugs, alcohol, eating disorders, etc.).	**Instruction**: 27 Figure 1.3.5 Accessing and Evaluating Health Information and Services 28 Figure 1.3.6 Accessing Valid Information 29 Figure 1.3.7 Valid Information Online 30 Figure 1.3.8 Health and Safety Information 140 Fad Diets 148 Figure 3.2.11 Factors That Influence Food Preferences 149 Enlist Support 264 Figure 5.1.5 Family 265 Figure 5.1.8 Media Messages 266 Influences on Substance Use 289 The Myths and Facts of Vaping



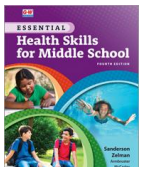
Standard		Correlating Text Pages
		322 Figure 5.6.3 Analyzing Advertisements 323 Figure 5.6.4 Ad Restrictions 350 Staying Safe on the Internet 351 Figure 6.2.4 Examples of Personal Information 352 Staying Safe on Social Media 353 Figure 6.2.5 Thinking Before You Post **Application**: 17 Building Your Skills - The Power of Social Media to Inspire 21 Reading and Notetaking Activity 31 Reading Checkpoint #1-2 58 Building Your Skills - Health in the Media 144 Building Your Skills - Making Healthy Food Choices 150 Case Study - Theo's Taste in Food 266 Reading Checkpoint #1-2 267 Building Your Skills - Making Healthy Decisions 268 Develop Your Skills #2 294 Develop Your Skills #2 305 Critical Thinking #2 317 Develop Your Skills #2 318 Reading and Notetaking Activity 294 Develop Your Skills #1 320 Building Your Skills - Addiction Prevention 346 Essential Question, Reading and Notetaking Activity 350 Case Study - Brianna's Social Media Challenge 353 Reading Checkpoint #1-3
WE.6.9	Analyze advertiser influences on consumer choices (e.g., brand names, fads).	**Instruction:** 27 Lesson 1.3-5 Accessing and Evaluation Health Information and Services 27 Figure 1.3.5 Analyze Advertisements 28 Accessing Valid Information 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 30 Evaluating Health- Claim Articles **Application:** 31 Lesson 1.3-5 Reading checkpoint
WE.6.10	Explain how families influence the health of adolescents (e.g., family time, meal preparation, religious practices, weight control).	**Instruction:** 404 Lesson 7.2 Family Relationships 405 Functions of Family Relationships



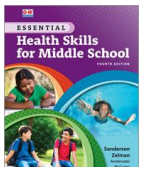
Standard		Correlating Text Pages
		405 Figure 7.2.1 Diverse Family Structures 406 Meet mental and Emotional Needs 406 Educate and Socialize Children 406 Traditions 407 Figure 7.2.3 Socialization 407 Lesson 7.2-2 Families and Community 407 Figure 7.2.4 Healthy Relationships 409 Lesson 7.2-3 Relationships with Parents or Guardians 409 Common Issues in Relationships with Parent or Guardians 409 Figure 7.2.5 Young People want more Freedom, Independence, and Responsibility 410 Maintaining Healthy Relationships with Parents or Guardians 410 Figure 7.2.6 Discussing Family Rules 412 Figure 7.2.7 Compromise 412 Lesson 7.2-5 Changes in Family Relationships 413 Strategies for Coping with Change **Application**: 404 Essential Question, Reading and Notetaking Activity 407 Reading Checkpoint 7.2-1 408 Reading Checkpoint 7.2-2 408 Case Study - Luca and His Uncle Julian 413 408 Reading Checkpoint 7.2-5 414 Critical Thinking #2, Develop Your Skills #3
WE.6.11	Explain the influence of personal values, beliefs, and culture on health practices and behaviors.	**Instruction:** 16 Social Environment 16 Culture- group's beliefs, values, customs, arts, and practice 16 Figure 1.2.4 Family and cultural practices that affect health and wellness 17 Economic Environment 17 Level of Education, Income, and access to resources and healthcare 18 Lesson 1.2-4 Lifestyle Factors 18 Positive and Negative Lifestyle choices 19 Feature: The Game of Life 22 Lesson 1.3-1 Making Health Decisions 22 Influences – Needs, Wants, Values and Beliefs, and Priorities **Application:** 18 Reading Check Point 1.2-4



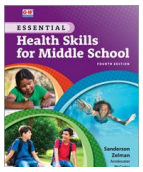
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		20 Lesson 1.2 Summary, Critical Thinking, and Develop Your Skills 22 Reading Check Point 1.3-1
WE.6.12	Explain how peers, school, and community can impact personal health practices and behaviors.	**Instruction:** 16 Social Environment 16 Peers, Family, Teacher and Coaches, and Community 16 Culture- group's beliefs, values, customs, arts, and practice 16 Figure 1.2.4 Family and cultural practices that affect health and wellness 17 Economic Environment 17 Level of Education, Income, and access to resources and healthcare 18 Lesson 1.2-4 Lifestyle Factors 18 Positive and Negative Lifestyle choices 19 Feature: The Game of Life 22 Lesson 1.3-1 Making Health Decisions 22 Influences – Needs, Wants, Values and Beliefs, and Priorities **Application:** 18 Reading Check Point 1.2-4 20 Lesson 1.2 Summary, Critical Thinking, and Develop Your Skills 22 Reading Check Point 1.3-1
WE.6.13	Explain how technology has advanced health promotion and disease prevention.	**Instruction**: 95 Figure 2.4.3 Methods of Transmission 96 Figure 2.4.4 Tonsillitis and Strep Throat 99 Figure 2.4.6 Preventing Infectious Diseases 100 Figure 2.4.7 Hand Washing 101 How to Wash Your Hands 102 Figure 2.4.8 Respiratory Etiquette 104 Figure 2.4.9 Food Sanitation Practices 105 Figure 2.4.10 Common Vaccines for Adolescents 108 Figure 2.5.1 Common Noninfectious Diseases 109 Figure 2.5.2 Risk Factors for Noninfectious Diseases 119 Figure 2.5.12 Preventing Noninfectious Diseases 119 Figure 2.5.13 Preventing Cancer 120 Figure 2.5.14 Preventing Common Types of Cancer *See Supplemental Human Development and Relationships and/or Human Development, Relationships, and Sexual Health*



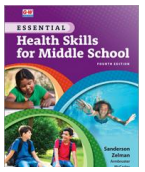
Standard		Correlating Text Pages
		103 Preventing STIs 104 using Condoms 104 Vaccines – HPV, Hepatitis A and B 106 Building Your Skills- Testing and Treatment 114 Lesson 10.3-3 Treatment for HIV AIDS 114 Antiretroviral Therapy (ART) 114 Lesson 10.3-4 HIV Prevention 115 Figure 16 10.3.6 PrEP and PEP - Prevention **Application**: 92 Essential Question, Reading and Notetaking Activity 103 Case Study - Brian Fights off Infections 105 Reading Checkpoint #1 107 Essential Question, Reading and Notetaking Activity 109 Reading Checkpoint #1 121 Building Your Skills - Family History 121 Reading Checkpoint #1-2 122 Critical Thinking #2, Develop Your Skills #1-3
W~~V~~E.6.14	Discuss the importance of respecting individual differences.	*See Supplemental Human Development and Relationships and/or Human Development, Relationships, and Sexual Health* **Instruction**: 4 Lesson 8.1-2 Human Development 5 Influences on Development 5 Differences in Development 5 Disability 5 Figure 15 8.1.3 Factors that Influence Development 6 Figure 15 8.1.4 Differences in Development 6 Respecting Differences **Application**: 2 Essential Question, Reading and Notetaking Activity 6 Reading Checkpoint 8.1-2
Cluster	**Health Information and Service**	
WE.6.15	Analyze the validity of health information, products, and services.	**Instruction**: 27 Lesson 1.3-5 Accessing and Evaluating Health Information and Services 27 Figure 1.3.5 Analyze Advertisements 28 Lesson 1.3.6 Accessing Valid Information 28 Figure 1.3.6 Medically Accurate Information… 29 Figure 1.3.7 Valid Information Online



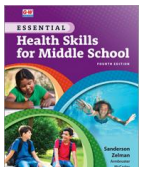
Standard		Correlating Text Pages
		30 Figure 1.3.8 Health and Safety Information 30 Evaluating Health-Claim Articles **Application**: 21 Reading and Notetaking Activity 31 Reading Checkpoint 1.3-5 34 Critical Thinking #2
WE.6.16	Identify sources of valid health information.	**Instruction**: 27 Lesson 1.3-5 Accessing and Evaluating Health Information and Services 27 Figure 1.3.5 Analyze Advertisements 28 Lesson 1.3.6 Accessing Valid Information 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 30 Evaluating Health-Claim Articles **Application**: 21 Reading and Notetaking Activity 31 Reading Checkpoint 1.3-5 34 Critical Thinking #2
WE.6.17	Describe situations that may require professional health services (e.g., drug addiction, suicide prevention, sudden illness, accidents).	**Instruction:** 193 Questions to Help Assess Mental and Emotional Health 227 Figure 4.4.6 Possible Symptoms of Major Depressive Disorder 227 Seasonal Affective Disorder 227 Bipolar Disorder 227 Behavioral Disorders 228 Schizophrenia Spectrum Disorder 231 Lesson 4.5-1 Recognize When You Need Help 231 Figure 4.5.1 Signs to Seek Professional Help 232 Lesson 4.5-2 Overcome Barriers 234 Lesson 4.5-3 Therapy 235 Mental health Medications 235 Inpatient Treatment 236 Figure 4.5.4 Having the Tough Conversations 249 Lesson 4.7-1 Recognize Risk and Protective Factors of Suicide 249 Figure 4.7.1 Risk Factors of Suicide 249 Individual Risks 250 Environmental Risk Factors 250 Family Environment 250 Bullying and community 251 Figure 4.7.2 Bullying and the Community 251 Figure 4.7.3 How Media Organizations Cover Suicide



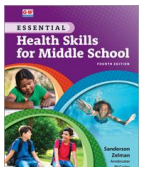
Standard		Correlating Text Pages
		253 Figure 4.7.4 Suicide Prevention Resources 253 Figure 4.7.5 Advocate for Mental Health 254 Figure 4.7.6 Healthy Relationships 302 Consequences of Alcohol Use 303 Motor Vehicle Accidents 304 Violence **Application**: 220 Essential Question, Reading and Notetaking Activity 229 Develop Your Skills #1-2 230 Essential Question, Reading and Notetaking Activity 232 Building Your Skills - Talking About Mental Health 232 Reading Checkpoint #1-2 233 Reading Checkpoint #1-2 237 Develop Your Skills #1-3 248 Essential Question, Reading and Notetaking Activity 252 Reading Checkpoint #1-2 254 Reading Checkpoint #1-2 256 Critical Thinking #1-2, Develop Your Skills #1-3
WE.6.18	Recognize the dangers of fentanyl, heroin, and other opioid use and abuse, the addictive characteristics of opioids, and safer alternatives to treat pain.	**Instruction:** 271 Types of Medicines 271 Figure 5.2.1 Forms of Medicine 271 Over the counter (OTC) 272 Prescription Medication 276 Lesson 5.2-4 Medication Misuse and Abuse 276 Medication Misuse 276 Medication Abuse 276 Figure 5.2.5 Examples of Responses to Refuse Medication Misuse 277 Health Effects of Medication Misuse and Abuse 277 Overdoes 277 Figure 5.2.6 Symptoms of Overdose 278 Facts About Medication Misuse and Abuse 279 Commonly Misused and Abused Medications 279 Opioids 279 Figure 5.2.7 Examples of Prescription Opioids **Application:** 280 Building Your Skills- Advocating for Opioid-Free Life 280 Reading Checkpoint 5.2-4 **Additional Information:** https://www.hhs.gov/opioids/treatment/overdose-response/index.html



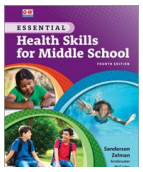
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Cluster	**Communication**	
WE.6.19	Demonstrate effective verbal and non-verbal communication skills (e.g., refusal skills, body language, restating).	**Instruction:** 22 Lesson 1.3-1 Making Healthy Decision 23 Figure 1.3.1 The Decision Making Process 23 Lesson 1.3-2 Setting Achieving Goals 24 Figure 1.3.2 Setting SMART Goals 25 Lesson 1.3-3 Using Refusal Skills 25 Figure 1.3.3 Tips for Resisting Pressure 391 Figure 7.1.3 Examples of Interpersonal Skills 392 Lesson 7.1-3 What is Communication? 392 Verbal Communication 393 Figure 7.1.4 The Communication Process 393 Nonverbal Communication 394 Figure 7.1.5 Nonverbal Communication 394 Communication Styles 395 Figure 7.1.6 Passive, Aggressive, or Assertive 396 Building Your Skills- Be Assertive 397 7.1-4 Ways to Communicate Effectively 397 Use Active Listening 397 Figure 7.1.7 Key Steps to Active Listening 398 Clearly Express Your Needs and Preferences 398 Use I-Statements 398 Watch Your Nonverbal Communication 398 Figure 7.1.8 Turning You Statements into I Statements 399 Use Online Communication Wisely 399 Lesson 7.1-5 Conflict Resolution Skills 400 Negotiation 401 Figure 7.1.10 Negotiation Process 402 Mediation **Application**: 388 Essential Question, Reading and Notetaking Activity 390 Reading Checkpoint 7.1-1 392 Reading Checkpoint 7.1-2 396 Building Your Skills - Be Assertive 397 Reading Checkpoint 7.1-3 399 Reading Checkpoint 7.1-4 403 Lesson 7.1 Summary, Critical Thinking, Develop Your Skills #1
WE.6.20	Describe a variety of positive coping mechanisms and conflict resolution skills to deal with difficult situations.	**Instruction:** 399 Lesson 7.1-5 Conflict Resolution Skills 400 Negotiation 400 Figure 7.1.9 Common Sources of conflict 401 Figure 7.1.10 Negotiation Process 401 Figure 7.1.11 Thinking about what you say 402 Mediation



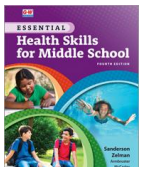
Standard		Correlating Text Pages
		Application: 397 Reading Checkpoint 7.1-3 402 Reading Checkpoint 7.1-5 403 Lesson 7.1 Summary, Critical Thinking, Develop Your Skills #1
WE.6.21	Use positive communication skills to build and maintain healthy relationships.	**Instruction:** 388 Lesson 7.1 What is a Healthy Relationship? 389 Lesson 7.1-1 The Importance of Relationships 389 Figure 7.1.1 Types of Relationships 390 Healthy Versus Unhealthy Relationships 391 Figure 7.1.2 The Emotional Impact of a Relationship 391 Figure 7.1.3 Examples of Interpersonal Skills 392 Lesson 7.1-3 What is Communication? 392 Verbal Communication 393 Figure 7.1.4 The Communication Process 393 Nonverbal Communication 394 Figure 7.1.5 Nonverbal Communication 394 Communication Styles 395 Figure 7.1.6 Passive, Aggressive, or Assertive 396 Building Your Skills- Be Assertive 397 7.1-4 Ways to Communicate Effectively 397 Use Active Listening 397 Figure 7.1.7 Key Steps to Active Listening 398 Clearly Express Your Needs and Preferences 398 Use I-Statements 398 Watch Your Nonverbal Communication 398 Figure 7.1.8 Turning You Statements into I Statements 399 Use Online Communication Wisely 399 Lesson 7.1-5 Conflict Resolution Skills 400 Negotiation 401 Figure 7.1.10 Negotiation Process 402 Mediation **Application**: 388 Essential Question, Reading and Notetaking Activity 390 Reading Checkpoint 7.1-1 392 Reading Checkpoint 7.1-2 396 Building Your Skills - Be Assertive 397 Reading Checkpoint 7.1-3 399 Reading Checkpoint 7.1-4 403 Lesson 7.1 Summary, Critical Thinking, Develop Your Skills #1



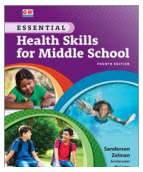
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WE.6.22	Explain refusal and negotiation skills to avoid or reduce risks of dangerous situations.	**Instruction:** 22 Lesson 1.3-1 Making Healthy Decision 23 Figure 1.3.1 The Decision Making Process 23 Lesson 1.3-2 Setting Achieving Goals 24 Figure 1.3.2 Setting SMART Goals 25 Lesson 1.3-3 Using Refusal Skills 25 Figure 1.3.3 Tips for Resisting Pressure 394 Communication Styles 395 Figure 7.1.6 Passive, Aggressive, or Assertive 396 Building Your Skills- Be Assertive 397 7.1-4 Ways to Communicate Effectively 397 Use Active Listening 397 Figure 7.1.7 Key Steps to Active Listening 398 Clearly Express Your Needs and Preferences 398 Use I-Statements 398 Watch Your Nonverbal Communication 399 Lesson 7.1-5 Conflict Resolution Skills 400 Negotiation 400 Figure 7.1.9 Common Sources of conflict 401 Figure 7.1.10 Negotiation Process 401 Figure 7.1.11 Thinking about what you say 402 Mediation **Application**: 397 Reading Checkpoint 7.1-3 402 Reading Checkpoint 7.1-5 403 Lesson 7.1 Summary, Critical Thinking, Develop Your Skills #1
Cluster	**Decision Making**	
WE.6.23	List the steps of the decision-making process to solve problems.	**Instruction**: 22 Lesson 1.3-1 Making Healthy Decision 23 Figure 1.3.1 The Decision Making Process 23 Lesson 1.3-2 Setting Achieving Goals 24 Figure 1.3.2 Setting SMART Goals`` **Application**: 21 Essential Skills, Reading and Notetaking Activity 22 Reading Checkpoint 1.3-1 24 Reading Checkpoint 1.3-2 34 Lesson 1.3 Summary, Critical thinking, Develop Your Skills 267 Building Your Skills - Making Healthy Decisions 268 Develop Your Skills #2
WE.6.24	Select healthy options that benefit health-related issues or problems.	**Instruction**: 22 Lesson 1.3-1 Making Healthy Decision 23 Figure 1.3.1 The Decision Making Process 23 Lesson 1.3-2 Setting Achieving Goals



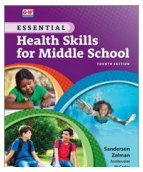
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WE.6.26	Select decision-making skills that protect against communicable and non-communicable diseases.	**Instruction:** 22 Lesson 1.3-1 Making Healthy Decision 23 Figure 1.3.1 The Decision Making Process



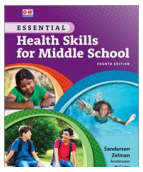
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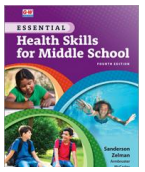
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Cluster	**Goal Setting**	
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WE.6.30	Describe how personal health goals and practices can change (e.g., maturity, peer influences, environment).	**Instruction**: 24 Figure 1.3.2 Setting and Achieving SMART Goals 145 The Healthy Eating Journey - Reward Yourself! 149 Set and Reward Realistic Goals 168 Setting and Reaching Your Goals 171 Support Your Goals - Reward Yourself **Application**: 21 Reading and Notetaking Activity



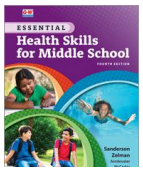
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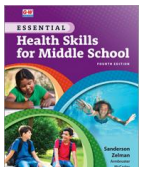
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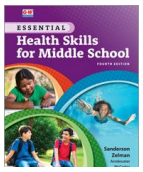
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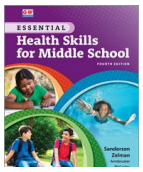
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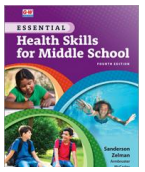
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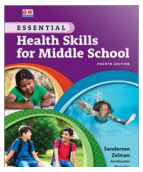
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		https://www.hhs.gov/opioids/treatment/overdose-response/index.html
WE.6.38	Identify causes, signs and symptoms, prevention and treatment strategies for eating disorders and self-harm.	**Instruction:** 140 Malnutrition 141 Undernutrition 142 Figure 3.2.7 Disordered Eating, Eating Disorders 143 Figure 3.2.8 Making Healthier Food Choices 145 The Healthy Eating Journey 146 Figure 3.2.9 Recommended Daily Calorie Intake 147 Figure 3.2.10 Nutrition Facts 148 Figure 3.2.11 Factors That Influence Food Preferences 149 Figure 3.2.12 Eating Mindfully 209 Figure 4.3.1 Sources of Stress 210 Figure 4.3.2 Eustress 227 Figure 4.4.6 Possible Symptoms of Major Depressive Disorder 231 Figure 4.5.1 Signs to Seek Professional Help 234 Figure 4.5.3 Therapy 236 Figure 4.5.4 Having the Tough Conversations 249 Figure 4.7.1 Risk Factors of Suicide 251 Figure 4.7.2 Bullying and the Community 251 Figure 4.7.3 How Media Organizations Cover Suicide 253 Figure 4.7.4 Suicide Prevention Resources 253 Figure 4.7.5 Advocate for Mental Health 254 Figure 4.7.6 Healthy Relationships **Application**: 142 Reading Checkpoint #1-2 144 Building Your Skills - Making Healthy Food Choices 150 Ca se Study - Theo's Taste in Food 150 Reading Checkpoint #1-2 151 Critical Thinking #2-3, Develop Your Skills #1-3
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WE.6.42	Analyze results of national or state Youth Risk Behavior Survey (YRBS) information.	This report uses Youth Risk Behavior Survey (YRBS) data to describe data and trends on youth behaviors and experiences related to diet, physical activity, and sleep. https://www.cdc.gov/yrbs/index.html