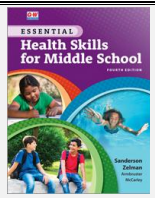
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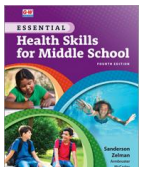
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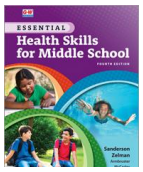
Wellness Education – Grade 8

All West Virginia teachers are responsible for classroom instruction that integrates content standards, learning skills, and technology. The goal of the eighth-grade health education program of study is to provide opportunities for students to practice decision making, communication skills, and goal setting in role-played or simulated situations that outline the importance of taking responsibility for individual actions. Students examine violence prevention and develop strategies to promote safety for themselves and others. Students learn to access, use, critically evaluate, and apply health information and services. The goal of the eighth-grade physical education program of study is to allow students to further explore individual interests in lifetime physical activities and gain the knowledge and skills for future participation. A strong emphasis on lifetime wellness, physical activity, and social skills supports the goal of becoming physically-active adults.

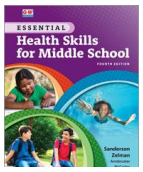
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Cluster	**Health Promotion and Disease Prevention**	
WE.8.1	Apply nutritional principles to healthy food choices (e.g., whole foods, menu preparation, nutrition labels).	**Instruction:** 136 Lesson 3.2-1 Guidelines for Forming a Healthy Eating Pattern 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



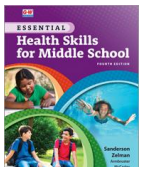
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WE.8.2	Analyze the effects of risky behaviors on body systems and wellness (e.g., substance abuse, processed and high sugar foods).	**Instruction**: 137 Figure 3.2.2 MyPlate Food Guidance System 138 Figure 3.2.3 Grains 139 Figure 3.2.4 Types of Vegetables 140 Figure 3.2.5 Seafood 141 Figure 3.2.6 MyPlate Daily Checklist 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 286 Figure 5.3.4 Effects of Nicotine on the Body 287 Figure 5.3.5 Health Effects of Cigarettes 287 Figure 5.3.6 Health Effects of Vaping Devices 288 Figure 5.3.8 Health Risks of Smokeless Tobacco 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:** 135 Essential Question, Reading and Notetaking Activity 137 Reading Checkpoint #1-2 140 Reading Checkpoint #1-2 144 Building Your Skills - Making Healthy Food Choices 150 Case Study - Theo's Taste in Food 150 Reading Checkpoint #1-2 151 Critical Thinking #2-3, Develop Your Skills #1-3 290 Reading Checkpoint #1-2 291 Reading Checkpoint #1-2 293 Reading Checkpoint #1-2 294 Critical Thinking #1-2, Develop Your Skills #1-3
WE.8.3	Label and explain the functions of the body systems (e.g., circulatory, skeletal, reproductive, digestive).	**Instruction**: 36 Lesson 1.4-1 Organization of the Body 36 Figure 1.4.1 Body Organization 37 Lesson 1.4-2 Supporting and Moving the Body 37 Integumentary system – Hair, Nails, and Skin 38 Skelton System 38 Figure 1.4.2 Skelton system diagram 39 Muscular System 39 Figure 1.4.3 Muscular system diagram 40 Lesson 1.4-3 Moving and Exchanging Substances 40 Circulatory System – heart, Blood Vessels, Blood 41 Figure 1.4.4 Circulatory system diagram



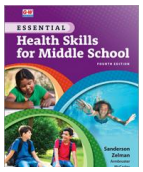
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		43 Respiratory System 43 Figure 1.4.5 Respiration 44 Lesson 1.4-4 Digesting and Removing Substances 44 Digestive System- Mouth and Teeth, Esophagus, Stomach and Small Intestine, Pancreas and liver, Large Intestine, Rectum and Anus 45 Figure 1.4.6 The Digestive process 46 Urinary System 46 Figure 1.4.7 Function of Urinary system 47 Lymphatic and Immune system 47 1.4-5 Controlling and Regulating the Body 48 Nervous System – Neurons, Brain, Spinal cord 48 Figure 1.4.8 Nervous system diagram 49 Sensory Organs- Ear, Eye 50 Endocrine system 51 Figure 1.4.10 Endocrine system diagram **Application:** 37 Reading checkpoint 1.4-1 40 Reading checkpoint 1.4-2 44 Reading checkpoint 1.4-3 47 Reading checkpoint 1.4-4 51 Reading checkpoint 1.4-5 52 Lesson 1.4 Summary, Critical Thinking and Develop Your Skills
WE.8.4	Determine the risk factors that lead to teen pregnancy, HIV/AIDS, HBV, and other STDs/STIs.	**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 *See Supplemental Human Development and Relationships and/or Human Development, Relationships, and Sexual Health* 36 Figure 13 8.4.5 Abstinence 36 Figure 13 8.4.6 Supporting Abstinence *See Supplemental Human Development, Relationships, and Sexual Health* 103 Figure 10.2.6 Practicing Abstinence 103 Preventing STIs 104 using Condoms 104 Vaccines – HPV, Hepatitis A and B



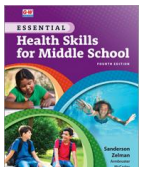
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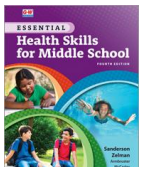
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WE.8.5	Recognize behaviors that protect and keep the male and female reproductive systems healthy.	*See Supplemental Human Development and Relationships and/or Human Development, Relationships, and Sexual Health* **Instruction:** 103 Figure 10.2.6 Practicing Abstinence 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 Figure10.3.6 PrEP and PEP - Prevention *See Supplemental Human Development, Relationships, and Sexual Health* 135 Abstinence 136 Figure 11.2.5 Strategies for Choosing Abstinence 142 Figure 11.3.3 Benefits of Abstinence 143 Benefits of Abstinence from Sexual Activity **Application:** 108 Develop Your Skills #3 90 Reading Checkpoint #2 95 Reading Checkpoint #1 96 Develop Your Skills #1 139 Reading and Notetaking Activity 142 Case Study - Aparna Chooses Abstinence 144 Reading Checkpoint #1 150 Develop Your Skills #3
Cluster	**Culture, Media, and Technology**	
WE.8.6	Identify cultural influences on health behaviors (e.g., nutrition, hygiene, relationships, medicine, drug use).	**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 Culture- group's beliefs, values, customs, arts,



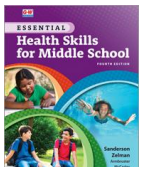
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		and practice 16 Self Confidence, Health Behaviors 16 Spiritual 16 Figure 1.2.4 Family and cultural practices that affect health and wellness 17 Economic Environment 17 Level of Education, Income, and access to resources and healthcare 18 Lesson 1.2-4 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 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.8.7	Discuss the use of technology and its positive and negative impact on health (e.g., video games, computers, cell phones, medical information and advancements).	**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



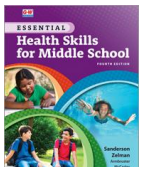
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		22 Lesson 1.3-1 Making Health Decisions 22 Influences – Needs, Wants, Values and Beliefs, and Priorities 166 3.4-2 Technology 166 Active Video Games 166 Cell Phone Fitness Apps 167 Figure 3.4.2 Types of Fitness Apps 167 Figure 3.4.3 Taking Your Pulse, Heart Monitors **Application:** 18 Reading Check Point 1.2-4 20 Lesson 1.2 Summary, Critical Thinking, and Develop Your Skills 22 Reading Check Point 1.3-1 167 Reading Check Point 3.4-2
WE.8.8	Describe how bullying can have a negative impact on quality of life.	**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* 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 Figure10.3.6 PrEP and PEP - Prevention **Application**: 92 Essential Question, Reading and Notetaking Activity 103 Case Study - Brian Fights off Infections



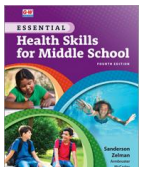
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		105 Reading Checkpoint #1 107 Essential Question, Reading and Notetaking Activity 109 Reading Checkpoint #1 121 Building Your Skills - Family History 121 Reading Checkpoint #1-2 122 Critical Thinking #2, Develop Your Skills #1-3
WE.8.9	Discuss the 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 8.1.3 Factors that Influence Development 6 Figure 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.8.10	Research how health information, products, and services are financed (e.g., government, consumers, trusts).	**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-MentalHealth.gov 30 Figure 1.3.8 Health and Safety Information 30 Evaluating Health-Claim Articles 31 Lesson 1.3-6 Communicating Health Information 31 Figure 1.3.9 Parts of a community 33 Figure 1.3.10 Examples of Community Resources **Application**: 21 Reading and Notetaking Activity 31 Reading Checkpoint 1.3-5 33 Reading Checkpoint 1.3-6 34 Critical Thinking #2
WE.8.11	Research products advertised to enhance health and analyze the accuracy of information provided (e.g., vitamins, supplements, dietary aids).	**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



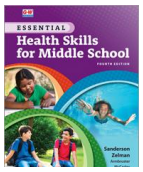
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		29 Figure 1.3.7 Valid Information Online 30 Figure 1.3.8 Health and Safety Information 30 Evaluating Health- Claim Articles **Application:** 31 Lesson 1.3-5 Reading checkpoint
WE.8.12	Evaluate the dangers of fentanyl, heroin, and other opioid use/abuse, the addictive characteristics of opioids, and safer alternatives to treat pain.	**Instruction:** 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
Cluster	**Communication**	
WE.8.13	Demonstrate ways to exhibit care, consideration, and respect for self and others.	**Instruction**: 4 **Lesson 8.1-2** Human Development 5 Influences on Development 5 Differences in Development 5 Disability 5 Figure 8.1.3 Factors that Influence Development 6 Figure 8.1.4 Differences in Development 6 Respecting Differences **Application**: 2 Essential Question, Reading and Notetaking Activity 6 Reading **Checkpoint 8.1**-2
WE.8.14	Develop a variety of positive coping mechanisms/conflict resolution skills (e.g.,	**Instruction:** 22 Lesson 1.3-1 Making Healthy Decision



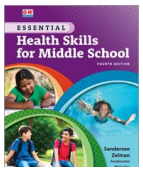
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	negotiation, peer-mediation, non-violent strategies).	23 Figure 1.3.1 The Decision Making Process 23 Lesson 1.3-2 Setting Achieving Goals 24 Figure 1.3.2 Setting SMART Goals 25 Lesson 1.3-3 Using Refusal Skills 25 Figure 1.3.3 Tips for Resisting Pressure 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.8.15	Compare and contrast various refusal and negotiation skills to avoid or reduce risky and harmful health behaviors (e.g., pregnancy, drunk driving, STDs/STIs, dating violence, harassment, alcohol, nicotine containing substances, and other drugs).	**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 286 Figure 5.3.4 Effects of Nicotine on the Body 287 Figure 5.3.5 Health Effects of Cigarettes 287 Figure 5.3.6 Health Effects of Vaping Devices



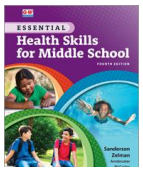
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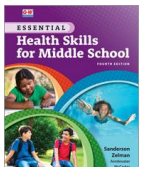
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WE.8.16	Practice communication skills necessary for healthy relationships (e.g., courtesy, manners, respect, conflict resolution).	**Instruction:** 391 Figure 7.1.3 Examples of Interpersonal Skills 392 Lesson 7.1-3 What is Communication? 392 Verbal 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



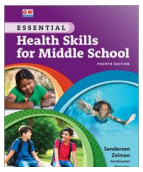
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Cluster	**Decision Making**	
WE.8.17	Develop healthy practices regarding health-related issues (e.g., nutrition, weight control, exercise, prescription drugs).	**Instruction**: 22 Lesson 1.3-1 Making Healthy Decision 23 Figure 1.3.1 The Decision Making 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 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 271 Types of Medicines 271 Figure 5.2.1 Forms of Medicine 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



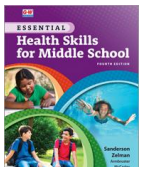
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		279 Opioids 279 Figure 5.2.7 Examples of Prescription Opioids **Application**: 21 Essential Skills, Reading and Notetaking Activity 22 Reading Checkpoint 1.3-1 24 Reading Checkpoint 1.3-2 34 Lesson 1.3 Summary, Critical thinking, Develop Your Skills 144 Building Your Skills - Making Healthy Food Choices 150 Case Study - Theo's Taste in Food 150 Reading Checkpoint #1-2 151 Critical Thinking #2-3, Develop Your Skills #1 280 Building Your Skills- Advocating for Opioid-Free Life 280 Reading Checkpoint 5.2-4
WE.8.18	Predict potential outcomes of health-related decisions (e.g., alcohol, nicotine containing substances, and other drug use, nutrition, seatbelts and positioning in various modes of transportation).	**Instruction**: 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 text 18 Smoking, Drinking Alcohol, Doing Drugs 19 The Game of Life 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 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 286 Figure 5.3.4 Effects of Nicotine on the Body 287 Figure 5.3.5 Health Effects of Cigarettes



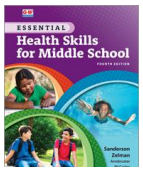
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		287 Figure 5.3.6 Health Effects of Vaping Devices 288 Figure 5.3.8 Health Risks of Smokeless Tobacco 298 Figure 5.4.4 Effects of Alcohol on Brain Function 307 Health Effects of Drug Use 308 Figure 5.5.1 Effects of Drugs on Body Systems **Application**: 13 Reading checkpoint 1.2-1 18 Reading checkpoint 1.2-3 18 Reading checkpoint 1.2-4 144 Building Your Skills - Making Healthy Food Choices 150 Case Study - Theo's Taste in Food 150 Reading Checkpoint #1-2 151 Critical Thinking #2-3, Develop Your Skills #1 280 Building Your Skills- Advocating for Opioid-Free Life 280 Reading Checkpoint 5.2-4
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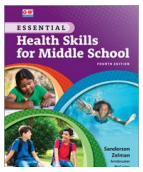
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WE.8.20	Distinguish between options that are healthy and unhealthy.	**Instruction**: 3 Figure 1.1.1 Parts of Health and Wellness 4 Figure 1.1.2 Mental and Emotional Health 5 Figure 1.1.3 Interrelatedness of Health 6 Skills for Practicing Wellness 8 Figure 1.1.4 Physician Specialists 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 19 The Game of Life 60 Figure 2.1.5 Sun Safety Tips 68 Figure 2.2.1 How Can You Protect Your Oral Health 69 Figure 2.2.2 Caring for the Mouth and Teeth 73 Figure 2.2.7 Tips to Reduce Eyestrain 75 Figure 2.2.10 Protecting and Keeping Ears Healthy 79 Figure 2.3.1 Why Is Sleep Important 81 Figure 2.3.2 Sleep Needs Throughout the Life Span 100 Figure 2.4.7 When Should you Wash Your Hands 102 Figure 2.4.8 Respiratory Etiquette 104 Figure 2.4.9 Food Sanitation Practices 137 Figure 3.2.2 MyPlate Food Guidance System 141 Figure 3.2.6 MyPlate Daily Checklist 167 Figure 3.4.3 Checking Your Fitness Level 178 Prevent Injuries 193 Questions to Help Assess Mental and Emotional Health 195 Assessing Your Mental and Emotional Health 231 Figure 4.5.1 Recognize When You Need Help 333 Figure 6.1.1 Fall Prevention 335 Figure 6.1.2 Poisoning Prevention 336 Figure 6.1.4 Weapons Safety 337 Figure 6.1.5 Fire Prevention and Safety 338 Figure 6.1.7 Escape Plan 339 Figure 6.1.8 When You Are on Fire 340 Figure 6.1.9 Emergency Preparedness 341 Preparing for Natural Disasters 344 Figure 6.1.11 Home Alone Safety



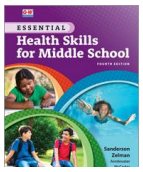
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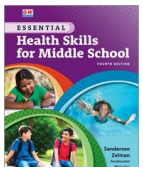
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WE.8.21	Apply the steps of the decision-making process to solve problems.	**Instruction**: 22 Lesson 1.3-1 Making Healthy Decision 23 Figure 1.3.1 The Decision Making Process 23 Lesson 1.3-2 Setting Achieving Goals 24 Figure 1.3.2 Setting SMART Goals 25 Lesson 1.3-3 Using Refusal Skills 25 Figure 1.3.3 Tips for Resisting Pressure 149 Set and Reward Realistic Goals



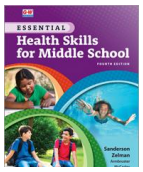
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		168 Setting and Reaching Your Goals **Application**: 21 Essential Skills, Reading and Notetaking Activity 22 Reading Checkpoint 1.3-1 24 Reading Checkpoint 1.3-2 34 Lesson 1.3 Summary, Critical thinking, Develop Your Skills
Cluster	**Goal Setting**	
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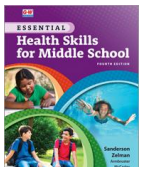
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WE.8.23	Discuss the importance of the goal setting process in designing strategies to quit unhealthy and risky behaviors.	**Instruction**: 22 Lesson 1.3-1 Making Healthy Decision 23 Figure 1.3.1 The Decision Making Process 24 Figure 1.3.2 Setting SMART Goals 149 Set and Reward Realistic Goals 168 Setting and Reaching Your Goals 296 Figure 5.4.1 Alcohol Can Lead to Death 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 304 Figure 5.4.9 Motor Vehicle Accidents 307 Health Effects of Drug Use 308 Figure 5.5.1 Effects of Drugs on Body Systems 308 Figure 5.5.2 Link Between Depression and Drug Abuse 310 Figure 5.5.4 Marijuana 311 Figure 5.5.5 Cocaine 312 Figure 5.5.6 Methamphetamine 312 Figure 5.5.7 Meth Mouth 313 Figure 5.5.8 Overdose 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 316 Figure 5.5.11 Inhalants **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 295 Essential Question, Reading and Notetaking Activity 301 Reading Checkpoint #1-3 301 Case Study - Kara's Babysitting Conundrum 303 Reading Checkpoint #1-2 304 Reading Checkpoint #1-2 305 Develop Your Skills #3 306 Essential Question, Reading and Notetaking



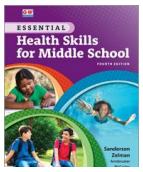
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		Activity 309 Case Study - Mateo's Risky Behavior 316 Reading Checkpoint #1
WE.8.24	Design a personal health goal and track progress toward its achievement (e.g., exercise, weight control, dental care).	**Instruction**: 22 Lesson 1.3-1 Making Healthy Decision 23 Figure 1.3.1 The Decision Making Process 24 Figure 1.3.2 Setting SMART Goals 149 Set and Reward Realistic Goals 168 Setting and Reaching Your Goals 68 Lesson 2.2-1 Mouth and Teeth 68 Caring for the Mouth and Teeth 68 Figure 2.2.1 How can You Protect your oral health? 69 Common Mouth and Teeth conditions 69 Figure 2.2.2 How to Brush and Floss 70 Tooth Decay, gum Disease 71 teeth Misalignment and Impacted Wisdom Teeth 71 Cold Sores, Bad Breath and Teeth Grinding 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 **Application**: 10 Develop Your Skills #1 21 Reading and Notetaking Activity 24 Reading Checkpoint #1-2 34 Develop Your Skills #2 52 Develop Your Skills #3 72 Building Your Skills - Caring for Your Mouth, Eyes, and Ears 86 Building Your Skills - Analyzing a Sleep Wake Schedule 122 Develop Your Skills #3 134 Develop Your Skills #3 144 Building Your Skills - Making Healthy Food Choices 151 Develop Your Skills #1 161 Building Your Skills - My Fitness Needs 164 Reading and Notetaking Activity 169 Building Your Skills - Be SMART, Stay Motivated 172 Reading Checkpoint #1



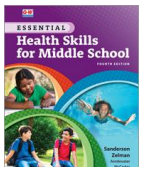
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WE.8.25	Determine how personal health goals and practices can vary as priorities change (e.g., family illness, death of close friend, personal tragedy, maturity).	**Instruction**: 22 Lesson 1.3-1 Making Healthy Decision 23 Figure 1.3.1 The Decision Making Process 24 Figure 1.3.2 Setting SMART Goals 149 Set and Reward Realistic Goals 168 Setting and Reaching Your Goals 296 Figure 5.4.1 Alcohol Can Lead to Death 6 **Lesson 8.1**-3 The End of Life 7 Figure 8.1.5 Elements of Grief **Application**: 10 Develop Your Skills #1 21 Reading and Notetaking Activity 24 Reading Checkpoint #1-2 34 Develop Your Skills #2 52 Develop Your Skills #3 72 Building Your Skills - Caring for Your Mouth, Eyes, and Ears 86 Building Your Skills - Analyzing a Sleep Wake Schedule 122 Develop Your Skills #3 134 Develop Your Skills #3 144 Building Your Skills - Making Healthy Food Choices 151 Develop Your Skills #1 161 Building Your Skills - My Fitness Needs 164 Reading and Notetaking Activity 169 Building Your Skills - Be SMART, Stay Motivated 172 Reading Checkpoint #1 229 Develop Your Skills #2 237 Develop Your Skills #3 268 Develop Your Skills #3 330 Develop Your Skills #3



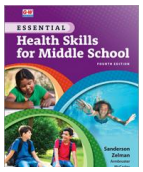
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Cluster	**Health Behaviors**	
WE.8.26	Distinguish between safe and risky or harmful behaviors in relationships.	**Instruction:** 319 Build Healthy Relationships 320 Figure 5.6.1 Build Healthy Relationships 321 Figure 5.6.2 Strategies for Saying No to Substances 322 Figure 5.6.3 Think Critically 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 **Application:** 390 Reading checkpoint 7.1-1 392 Reading checkpoint 7.1-2
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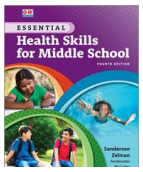
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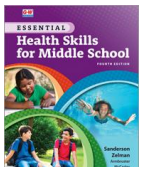
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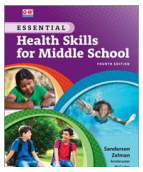
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WE.8.30	Create good health practices to improve personal and family health (e.g., hygiene, nutrition, food preparation, family time).	**Instruction:** 404 Lesson 7.2 Family Relationships 405 Functions of Family Relationships 405 Figure 7.2.1 Diverse 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



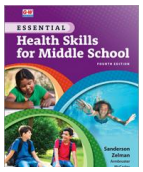
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WE.8.31	Demonstrate hands only CPR, AED, and first aid procedures.	**Instruction**: 360 Lesson 6.3-1 Preparing for First Aid 360 Figure 6.3.1 First Aid Classes 361 Figure 6.3.2 First Aid Kit 362 Figure 6.3.3 How to Communicate with 911 Dispatchers 362 6.3-2 Provide Treatment for Common Injuries 362 Cuts, Scrapes, and Puncture Wounds 363 Figure 6.3.4 First Aid for Bleeding Cuts and Scrapes 363 Severe Bleeding 363 Bites and Stings 364 Figure 6.3.5 Treating Shock 364 Electrical shock 364 Figure 6.3.6 EpiPens 365 Figure 6.3.7 First Aid for Electrical Shock 365 Burns 365 Figure 6.3.8 levels of Burns 366 Lesson 6.3-3 Respond to Medical Emergencies 366 Choking 366 Cardiopulmonary Resuscitation (CPR) 367 Figure 6.3.9 The Five and Five Method 368 Automated External Defibrillator (AED) 368 Figure 6.3.10 Hands Only CPR 369 Figure 6.3.11 Using an Automated External Defibrillator (AED) **Application**: 359 Essential Question, Reading and Notetaking Activity 362 Reading Checkpoint 6.3-1 366 Reading Checkpoint 6.3-2 369 Reading Checkpoint 6.3-3 370 Critical Thinking #1-2, Develop Your Skills #1-3
WE.8.32	Explain how to administer the use of lifesaving opioid reversal agents (e.g., Naloxone).	**Instruction:** 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



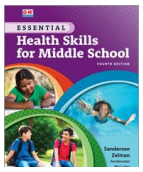
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		Application: 280 Building Your Skills- Advocating for Opioid-Free Life 280 Reading Checkpoint 5.2-4 **Additional Information:** https://www.hhs.gov/opioids/treatment/overdose-response/index.html
WE.8.33	Identify causes, signs and symptoms, prevention and treatment strategies for eating disorders, depression, 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 Case Study - Theo's Taste in Food 150 Reading Checkpoint #1-2 151 Critical Thinking #2-3, Develop Your Skills #1-3
Cluster	**Advocacy**	
WE.8.34	Work cooperatively to advocate for healthy individuals, families, communities, and schools (e.g., health organizations, local health fairs).	**Instruction:** 16 Social Environment 16 Peers, Family, Teacher and Coaches, and Community 16 Culture- group's beliefs, values, customs, arts, and practice



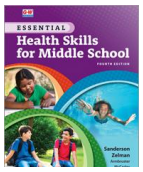
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		16 Figure 1.2.4 Family and cultural practices that affect health and wellness 17 Economic Environment 17 Level of Education, Income, and access to resources and healthcare 18 Lesson 1.2-4 Lifestyle Factors 18 Positive and Negative Lifestyle choices 19 Feature: The Game of Life 22 Lesson 1.3-1 Making Health Decisions 22 Influences – Needs, Wants, Values and Beliefs, and Priorities 31 Lesson 1.3-6 Communicating Health Information 31 Figure 1.3.9 Parts of a community 31 Organizations, Schools, Government 33 Figure 1.3.10 Examples of Community Resources **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 33 Reading Check Point 1.3-6
WE.8.35	Identify ways in which health messages and communication techniques can be altered for different audiences.	**Instruction**: 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 19 The Game of Life 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 261 Figure 5.1.3 Triggers That Can Lead to a Desire to Use a Harmful Substance 262 Factors Affecting Substance Use and Addiction 264 Figure 5.1.6 Using Peer Pressure to Promote Healthy Behaviors 264 Figure 5.1.5 Family 265 Figure 5.1.8 Media Messages



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		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 **Application**: 258 Essential Question, Reading and Notetaking Activity 263 Case Study - Kevin's Decision to Vape 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
WE.8.36	Explain how to encourage others to make positive health choices.	**Instruction**: 198 Figure 4.2.1 Understanding Your Emotions 199 Figure 4.2.2 Learn to Manage Your Emotions 200 Figure 4.2.4 Healthy, Positive Ways to Accept and Express Emotions 201 What to Do if You Feel 203 Figure 4.2.5 Turning You Statements into I Statements 203 Emotional Intelligence 204 Have Empathy 206 Figure 4.2.7 To Show Empathy 391 Figure 7.1.3 Examples of Interpersonal Skills 393 Figure 7.1.4 The Communication Process 394 Figure 7.1.5 Nonverbal Communication 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 401 Figure 7.1.10 Negotiation Process **Application**: 388 Essential Question, Reading and Notetaking Activity 392 Reading Checkpoint #1-2 396 Building Your Skills - Be Assertive 397 Reading Checkpoint #1-2 399 Reading Checkpoint #1-2 403 Develop Your Skills #1



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WE.8.37	Explain the need for legislation to protect and promote personal safety and health (e.g., traffic laws, health departments).	**Instruction**: 31 Figure 1.3.9 Communicating Health Information - Advocate 253 Figure 4.7.5 Advocate for Mental Health 385 Figure 6.4.14 Advocate for Your Environment **Application**: 21 Essential Question 32 Building Your Skills - Advocate for Health 33 Reading Checkpoint #1-2 34 Critical Thinking #1 175 Develop Your Skills #2 256 Develop Your Skills #2 381 Building Your Skills - Advocating for the Environment
WE.8.38	Recognize and promote environmental practices that will preserve natural resources for personal and community health.	**Instruction:** 337 Figure 6.1.5 Fire Prevention and Safety 338 Figure 6.1.7 Escape Plan 339 Figure 6.1.8 When You Are on Fire 340 Figure 6.1.9 Emergency Preparedness 354 Figure 6.2.6 Pedestrian Safety 356 Figure 6.2.8 Vehicle Safety 357 Figure 6.2.9 Staying Safe in the Water 378 Lesson 6.4 Protecting the Environmental Health 373 Lesson 6.4-1 Air Pollution 373 Lesson 6.4-2 Water Pollution 373 Figure 6.4.3 Dangers of Unsafe Drinking Water 374 Lesson 6.4-3 Chemicals 377 lesson 6.4-4 Noise Pollution 377 Lesson 6.4-5 Society's Actions to Protech the Environment 377 Clean Air Act 378 Safe Drinking Water Act 378 Resource Conservation and Recovery Act 378 Celebrate Earth Day 378 Lesson 6.4-6 Environmental Protection Strategies 379 Recycling and composting 379 Energy Recovery, Treatment, and Disposal 381 Feature: Building Your Skills- Advocating for the Environment 382 Lesson 6.4-7 Greener Living 382 Use Less Energy, Buy Green Products, Reduce Food Waste, Plant a Tree, Be Green at School, Be Green on the Road



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		384 Steps toward a Greener Planet **Application:** 339 Reading Checkpoint #1-2 342 Reading Checkpoint #1 343 Building Your Skills - Planning for an Emergency 345 Critical Thinking #1-3, Develop Your Skills #1-3 346 Essential Question, Reading and Notetaking Activity 348 Reading Checkpoint #1-2 349 Reading Checkpoint #1-2 350 Case Study - Brianna's Social Media Challenge 356 Reading Checkpoint #1-2 357 Reading Checkpoint #1-2 358 Critical Thinking #1-2 359 Essential Question, Reading and Notetaking Activity 371 Reading Checkpoint 6.4-1 375 Reading Checkpoint 6.4-2 376 Reading Checkpoint 6.4-3 377 Reading Checkpoint 6.4-4 378 Reading Checkpoint 6.4-5 382 Reading Checkpoint 6.4-6 385 Reading Checkpoint 6.4-7
WE.8.39	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