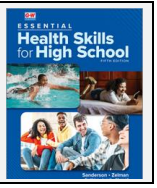
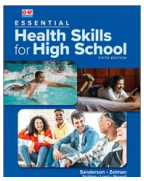
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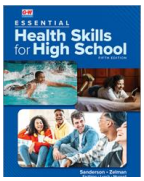
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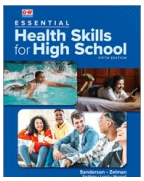
Standards	Correlating Text Pages
Unit 1: Personal and Consumer Health	
Competencies and Suggested Objectives	
1. Describe ways to achieve and maintain a healthy lifestyle.	
a. Define health and wellness, and list characteristics of a healthy person.	*Dimensions of Health and Wellness* **Instruction:** 2-8 Dimensions of Health and Wellness 3 Case Study: The Interactions of Your Health 4 Figure 1.1.1 People in a state of well-being 5 Figure 1.1.2 Mental and Emotional Health Relationship 7 Research in Action: Teen Mental Health During COVID 19 Pandemic 8 Figure 1.1.3 Health Continuum **Application:** 2 Warm-Up Activity 3 Practice Your Skills: Communicate with Others 7 Practice Your Skills 15 Critical Thinking # 1-3 15 Health and Wellness Skills # 1-5 *Mental and Emotional Health and Well-Being* **Instruction:** 78-87 Mental and Emotional Health and Well- Being 79 Figure 2.1.1 Common Traits of People with Positive Mental and Emotional Health, 80 Figure 2.1.2 Mental Health Continuum 81 Figure 2.1.3 Ways to Increase Happiness 82 Figure 2.1.4 Stressful Events, 83 Figure 2.1.5 Maslow's Hierarchy of Human Needs 84 Research in Action: Technology and Your Mental and Emotional Health 85 Figure 2.1.6 Cognitive Distortions, 85 Figure 2.1.7 Meaning, 86 Figure 2.1.8 Seeking Help **Application:** 78 Warm-Up Activity - Mental and Emotional Health Wheel 87 Comprehend Concepts #1-4, Critical Thinking Skills #2-4, Health and Wellness Skills #1-4



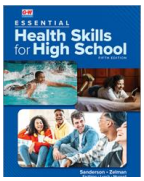
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	Social Health **Instruction:** 465-472 Social Health 467 Figure 8.1.1 Relationships, 469 Figure 8.1.3 Support, 470 Figure 8.1.4 Safety, 472 Figure 8.1.5 Unhealthy Relationship Signs **Application:** 466 Warm Up Activity - The Interview, 471 Health in the Media - Media Relationships: Healthy or Unhealthy, 473 Comprehend Concepts #1-3 473 Critical Thinking Skills #1-3 473 Health and Wellness Skills #1-3 *Intellectual Development & Emotional and Social Development* *See Supplemental Human Development and Relationships, and/or Human Development, Relationships, and Sexual Health* **Instruction:** 40-43 Intellectual Development & Emotional and Social Development 42 Case Study: Feeling Comfortable with Who I Am 43 Figure 9.5.3 Skills for Handling Health and Wellness Issues **Application:** 42 Case Study: Feeling Comfortable with Who I Am-Practice Your Skills: Communicate with Others 44 Health and Wellness Skills # 1-3
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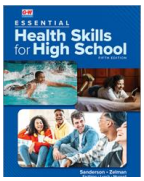
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	Analyze impact of decisions related to bicycle, pedestrian, traffic, water, and recreation safety. **Instruction:** 328-335 Safety-Preventing Accidents and Injuries 329 Fall Prevention 329 Figure 6.1.1 Reducing Fall Hazards in the Home 330 Poisoning Prevention 330 Figure 6.1.2 Poisonous Substances Around the Home 331-333 Road Safety 331-332 Pedestrian Safety 332-333 Motor Vehicle Safety 332 Figure 6.1.4 Safety on a School Bus 333 Figure 6.1.5 Texting While Driving 334 Weapons Safety 334-335 Workplace Safety 335 Figure 6.1.6 Ergonomic Arrangement for Workplace Safety 335 Water Safety 351 Staying Safe at Home 351 Staying Safe at School **Application:** 328 Warm-Up Activity -What Do Your Classmates Know? 336 Critical Thinking Skills #1-3 336 Health and Wellness Skills #1-3 *Summarize the symptoms and prevention of skin cancer.* **Instruction:** 452-453, 455 452 Figure 7.7.1 Signs and Symptoms of Cancer 453 Figure 7.7.2 Skin Cancer 455 Figure 7.7.3 Reducing Your Risk for Cancer **Application:** 450 Warm Up Activity - Cancer: Your Decisions 456 Comprehend Concepts #2-3 456Health and Wellness Skills #2-3 *Personal Hygiene* **Instruction:** 393-395 Skin 393 Figure 7.1.1 Layers of Skin 393 Basic skin Care 393-394 Managing Common Skin Conditions 394-395 Acne 394 Figure 7.1.2 Pimples 395 Eczema 395 Tattoos and Piercings 395 Figure 71.3 Eczema



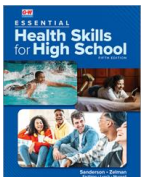
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2. Demonstrate the ability to use goal-setting and decision-making skills to enhance health. DOK 3	
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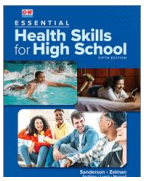
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	38 Critical Thinking Skills #4 *Demonstrate refusal, negotiation, and collaboration skills to enhance health and avoid or reduce health risks.* **Instruction:** 65-69, 75 65 Figure 1.9.2 Negotiation 66 Figure 1.9.3 Identify the Cause of the Conflict 67 Figure 1.9.4 Examples of Compromises for Common Conflicts 75 Figure 1.10.2 **Application:** 68 Skills for Health and Wellness - Solve a Conflict with a Friend 70 Comprehend Concepts #2 76 Comprehend Concepts #2 76 Critical Thinking Skills #2 76 Health and Wellness Skills #2 Sexual Harassment and Assault *See Supplemental Human Development and Relationships, and/or Human Development, Relationships, and Sexual Health* **Instruction:** 80-90 Sexual Harassment and Assault 80-83 What is Consent 81 Figure 10.2.1 Which One Is Consent? 82 Figure 10.2.2 Myths & Facts of Consent 83-86 Sexual Harassment 83 Understanding Sexual Harassment 83 Verbal and Nonverbal Sexual Harassment 84 Effects of Sexual Harassment 84 Health in the Media: The Hazards of Rape Culture 85-86 Preventing and Responding to Sexual Harassment 85 Figure 10.2.4 Before You Say or Send a Message, ask… 85 Figure 10.2.5 Standing Up to Sexual Harassment 86 Sexual Assault 87 Effects of Sexual Assault 87-88 Preventing Sexual Assault 87 Figure 10.2.6 Consequences of Sexual Assault 88 Understand Consent 88 Figure 10.2.7 Sexual Assault Prevention Programs 89 Avoid Risky Situations 89-90 Responding to Sexual Assault 89 Figure 10.2.8 Avoiding Dangerous Situations



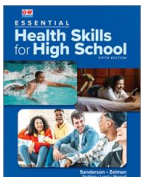
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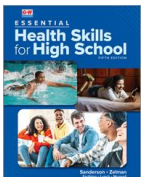
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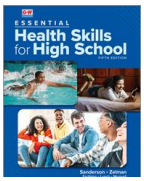
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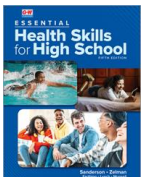
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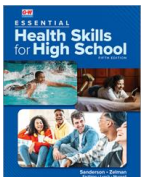
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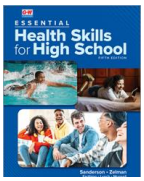
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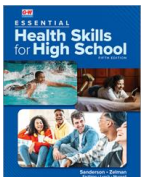
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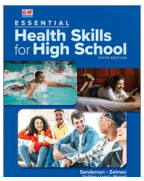
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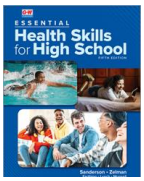
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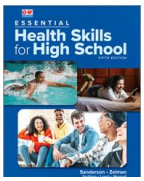
Standards	Correlating Text Pages
	359 Skills for Health and Wellness - Promoting an Online Environment of Respect 364 Case Study - Navigating Life Online 367 Critical Thinking Skills #1, #3 *See Supplemental Human Development and Relationships, and/or Human Development, Relationships, and Sexual Health* **Application:** 79 Health and Wellness Skills #1
b. Analyze the influences of different cultural beliefs on health behaviors.	**Instruction**: 18-19, 56, 92-97, 107, 130, 314-315, 477 19 Figure 1.3.3 Cultural Practices That Affect Health and Wellness 92 Figure 2.2.3 Stages of Ethnic Identity 94 Figure 2.2.4 Factors Affecting Identity Formation 96 Figure 2.2.5 Questions to Help You Reflect on Your Qualities 130 Figure 2.6.7 Diversity **Application**: Local and Global Health - Culture Affects Communication 93 Local and Global Health - Everyone Has a Cultural Identity 95 Case Study - Who You Are 97 Comprehend Concepts #1 Critical Thinking Skills #1-2 107 Local and Global Health - The Thin Ideal is Not Universal 477 Local and Global Health - Parents and Children Around the World *Analyze how a variety of factors impact personal and community health*. **Instruction**: 12, 18-19, 82-83, 105, 314-315, 421, 474-475 12 Figure 1.2.2 Genes 19 Figure 1.3.3 Cultural Practices That Affect Health and Wellness 82 Figure 2.1.4 Stressful Events 83 Figure 2.1.5 Maslow's Hierarchy of Human Needs 421 Figure 7.3.8 An Example of Genetic Factors and Noncommunicable Diseases 475 Figure 8.2.1 Diverse Family Structures **Application**: 15 Comprehend Concepts #2 22 Skills for Health and Wellness - What Factors Affect Your Health



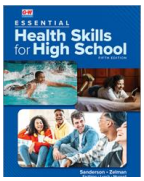
Standards	Correlating Text Pages
	23 Comprehend Concepts #2 474 Warm Up Activity - Family Village 477 Local and Global Health - Parents and Children Around the World 483 Critical Thinking Skills #1
Unit 2: Mental Health	
Competencies and Suggested Scenarios	
1. Demonstrate the ability to practice health-enhancing behaviors that contribute to positive mental health.	
a. Explain how an individual's mental and physical health habits affect what he or she thinks about himself or herself.	**Instruction:** 121-130, 135-137, 153-159 122 Figure 2.6.1 The Impact of Mindset 124 Figure 2.6.2 Positive Mindset Figure 2.6.3 What You Can Control 126 Figure 2.6.4 Strategies for Practicing Mindfulness 127 Figure 2.6.5 Questions to Modify Your Outlook 129 Figure 2.6.6 Strategies for Increasing Self Respect 130 Figure 2.6.7 Increasing Respect for Diversity 135 Figure 2.7.3 Characteristics of People with Resilience 136 Figure 2.7.4 Examples of Seeing Change as an Opportunity 136 Figure 2.7.5 Practicing Self Compassion 155 Figure 3.2.3 Using Positive Self Talk, **Application:** 121 Warm Up Activity - Your Mindset 128 Skills for Health and Wellness - Shifting to Positive Self Talk 137 Research in Action - Resilience's Lasting Power 138 Comprehend Concepts #3-4 138 Critical Thinking Skills #3-4 138 Health and Wellness Skills #2-4
b. Identify nonthreatening ways of being assertive.	**Instruction:** 199-206, 207-219 206 Comprehend Concepts #1 206 Health and Wellness Skills #3 **Application:** 206 Comprehend Concepts #1 206 Health and Wellness Skills #3 211 Skills for Health and Wellness - Weight and Nutrition
c. Identify common defense mechanisms.	**Instruction:** 63-69 63 Figure 1.9.1 65 Figure 1.9.2 Negotiation 66 Figure 1.9.3 Identify the Cause 67 Figure 1.9.4 Examples of Compromises for Common Conflicts



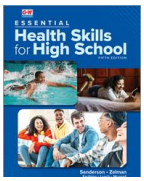
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	69 Figure 1.9.5 Mediators **Application:** 63 Warm Up Activity - Conflict Comic Strip 65 Research in Action - The Magic Relationship Ratio 68 Skills for Health and Wellness - Solve a Conflict with a Friend 70 Comprehend Concepts #1-2 70 Critical Thinking Skills #1-3 70 Health and Wellness Skills #1-3
2. Describe how stress influences mental and physical health.	
a. Identify the harmful physiological and psychological effects of stress.	**Instruction:** 79-81 79 Figure 2.1.1 Common Traits of People with Positive Mental and Emotional Health 80 Figure 2.1.2 Mental Health Continuum 81 Figure 2.1.3 Ways to Increase Happiness **Application:** 78 Warm Up Activity - Mental and Emotional Wheel 87 Comprehend Concepts #1-2 87 Health and Wellness Skills #4
b. Identify personal stressors in everyday life.	**Instruction:** 141 Figure 3.1.1 Stressors 152 Questions to Help Identify Stressors **Application:** 140 Warm Up Activity - Perception Deception 142 Local and Global Health - Are Some Countries More Stressful Than Others 143 Health in the Media - Can Social Media Cause Stress 150 Comprehend Concepts #1-2 Critical Thinking Skills #3 153 Case Study - Stressful Situations 160 Critical Thinking Skills #1
c. Develop a list of stress management strategies and differentiate between healthy and unhealthy ones	**Instruction:** 152-159 154 Figure 3.2.2 Time Management 155 Figure 3.2.3 Using Positive Self Talk 156 Figure 3.2.4 Distraction and Humor 157 Figure 3.2.5 Deep Breathing 157 Figure 3.2.6 Progressive Muscle Relaxation 159 Figure 3.2.7 Using Mindfulness to Reduce Stress **Application:** 153 Case Study - Stressful Situations 158 Skills for Health and Wellness - Trying Relaxation Techniques 160 Comprehend Concepts #1-4 160 Critical Thinking Skills #2-3



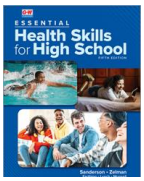
Standards	Correlating Text Pages
	160 Health and Wellness Skills #1-5
3. Describe how stress influences mental and physical health.	
a. Identify different mental health disorders and recognize signs of each.	**Instruction:** 2-8 Dimensions of Health and Wellness 3 Case Study: The Interactions of Your Health 4 Figure 1.1.1 People in a state of well-being 5 Figure 1.1.2 Mental and Emotional Health Relationship 7 Research in Action: Teen Mental Health During COVID 19 Pandemic 7 Figure 1.1.3 Health Continuum 79-86 79 Figure 2.1.1 Common Traits of People with Positive Mental and Emotional Health 80 Figure 2.1.2 Mental Health Continuum 81 Figure 2.1.3 Ways to Increase Happiness 82 Figure 2.1.4 Stressful Events 83 Figure 2.1.5 Maslow's Hierarchy of Human Needs 85 Figure 2.1.6 Cognitive Distortions 85 Figure 2.1.7 Meaning 86 Figure 2.1.8 Seeking Help **Application:** 2 Warm-Up Activity 2 Practice Your Skills: Communicate with Others 7 Practice Your Skills 15 Critical Thinking # 1-3 15 Health and Wellness Skills # 1-5 78 Warm-Up Activity - Mental and Emotional Health Wheel 84 Research in Action - Technology and Your Mental and Emotional Health **Instruction:** 152-159 154 Figure 3.2.2 Time Management 155 Figure 3.2.3 Using Positive Self Talk 156 Figure 3.2.4 Distraction and Humor 157 Figure 3.2.5 Deep Breathing 157 Figure 3.2.6 Progressive Muscle Relaxation 159 Figure 3.2.7 Using Mindfulness to Reduce Stress **Application:** 153 Case Study - Stressful Situations 158 Skills for Health and Wellness - Trying Relaxation Techniques 160 Comprehend Concepts #1-4



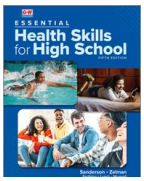
Standards	Correlating Text Pages
	160 Critical Thinking Skills #2-3 160 Health and Wellness Skills #1-5 **Instruction:** 165, 167-168 165 Figure 3.3.4 Obsessions and Compulsions 167 Figure 3.3.6 Common Personality Disorders **Application:** 169 Health and Wellness Skills #1
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4. Discuss the importance of suicide awareness, prevention, and coping strategies.	
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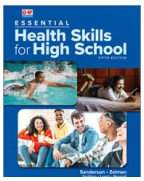
Standards	Correlating Text Pages
	86 Comprehend Concepts #4 86 Critical Thinking Skills #4 196 Comprehend Concepts #2 196 Critical Thinking Skills #2
b. Discuss various effective and ineffective intervention strategies.	**Instruction:** 86, 188-193 86 Figure 2.1.8 Seeking Help 189 Figure 3.6.1 Impact of Mental Health on Suicide Attempts 192 Figure 3.6.3 Managing Warning Signs Online Application: 86 Comprehend Concepts #4 86 Critical Thinking Skills #4 196 Comprehend Concepts #2 196 Critical Thinking Skills #2 **Instruction:** 152-159 154 Figure 3.2.2 Time Management 155 Figure 3.2.3 Using Positive Self Talk 156 Figure 3.2.4 Distraction and Humor 157 Figure 3.2.5 Deep Breathing 157 Figure 3.2.6 Progressive Muscle Relaxation 159 Figure 3.2.7 Using Mindfulness to Reduce Stress **Application:** 153 Case Study - Stressful Situations 158 Skills for Health and Wellness - Trying Relaxation Techniques 160 Comprehend Concepts #1-4 160 Critical Thinking Skills #2-3 160 Health and Wellness Skills #1-5 **Instruction:** 168-169, 290-296, 261, 281 168 Figure 3.3.7 Stages of Substance Use 293 Figure 5.4.9 Cirrhosis 293 Figure 5.4.10 Risky Behaviors 294 Figure 5.4.11 Social Consequences **Application:** 169 Critical Thinking Skills #2 291 Case Study – The Impact of Alcohol
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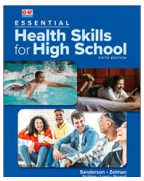
Standards	Correlating Text Pages
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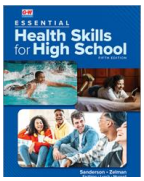
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	Understanding Romantic Relationships **Instruction:** 45-54 Understanding Romantic Relationships 45Characteristics of Healthy Romantic Relationships 46 Attraction, Closeness, and Commitment 46 Individuality 47 Figure 9.6.1 Is My Relationship Healthy or Unhealthy? 48 Balance 48 9.6.2 Balance 48 Love 48-48 Affection 49 Skills for Healthy Romantic Relationship 49 Learn About Your Partner and Yourself 49Figure 9.6.4 Getting to Know a Dating Partner 50 Health Across the Life Span: Building a Roadmap for Healthy Relationships 51 Cope with Nerves 51 Enjoy Common Interests 51 Enforce Your Boundaries 51 Figure 9.6.5 Enforcing Your Boundaries 52 Figure 9.6.6 Sexting 52 Ask for Help 52 Case Study: Dating Dilemmas 53 The End of a Dating Relationship 53-54 Figure 9.6.7 Coping With a Breakup **Application:** 45 Reading and Notetaking Activity 45 Warm Up Activity – Similarities and Differences: Analyze Influences 50 Health Across the Life Span: Building a Roadmap for Healthy Relationships-Practice Your Skills: Access Information 52 Case Study: Dating Dilemmas-Practice Your Skills: Set Goals 54 Comprehend Concepts #1-3 54 Critical Thinking Skills #1-3 54 Health and Wellness Skills #1-2
b. Identify strategies for choosing abstinence when faced with sexual pressures in unhealthy relationships.	*See Supplemental Human Development and Relationships, and/or Human Development, Relationships, and Sexual Health* **Instruction:** 81-84, 86 82 Figure 10.2.1 Consent Myths/Facts



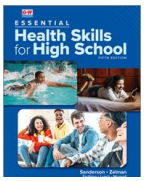
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	83 Figure 10.2.3 Sexual Harassment **Application:** 91 Comprehend Concepts #1, #3 91 Critical Thinking Skills #1
c. Discuss conflict-resolution styles and components of communication that can aid in resolving conflicts.	*See Supplemental Human Development and Relationships, and/or Human Development, Relationships, and Sexual Health* **Instruction:** 73, 76, 85-86, 89 72 Skills for Health and Wellness - Being an Upstander and Ally 73 Figure 10.1.4 Bystanders and Upstanders 75 Case Study - Rumors: A Harmless Story 85 Figure 10.2.5 Standing Up to Sexual Harassment 89 Figure 10.2.8 Avoiding Dangerous Situations **Application:** 79 Comprehend Concepts #2 79 Critical Thinking Skills #2-3 79 Health and Wellness Skills #3
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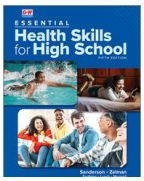
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e. Demonstrate the importance of advocating for healthy relationships.	**Instruction:** 466-472 467 Figure 8.1.1 Relationships 469 Figure 8.1.3 Support 470 Figure 8.1.4 Safety 472 Figure 8.1.5 Unhealthy Relationship Signs **Application:** 466 Warm Up Activity - The Interview 471 Health in the Media - Media Relationships: Healthy or Unhealthy 473 Comprehend Concepts #1-3 473 Critical Thinking Skills #1-3 473 Health and Wellness Skills #1-3 *See Supplemental Human Development and Relationships, and/or Human Development, Relationships, and Sexual Health* **Instruction:** 45-52 47 Figure 9.6.1 Is My Relationship Healthy or Unhealthy 48 Figure 9.6.2 Balance 49 Figure 9.6.3 Affection 49 Figure 9.6.4 Learn About Your Partner (and Yourself) 50 Health Across the Life Span - Building a Road Map for Healthy Relationships 51 Figure 9.6.5 Enforce Your Boundaries **Application:** 45 Warm Up Activity - Similarities and Differences 54 Comprehend Concepts #1-2 54 Critical Thinking Skills #1-2 54 Health and Wellness Skills #1-2
2. Describe why the family is the basic social unit of society.	
a. Identify the different types of family units and how they have changed over time.	**Instruction:** 12, 18-19, 82-83, 105, 314-315, 421, 474-475 12 Figure 1.2.2 Genes 19 Figure 1.3.3 Cultural Practices That Affect Health and Wellness 82 Figure 2.1.4 Stressful Events 82 Figure 2.1.4 Stressful Events 83 Figure 2.1.5 Maslow's Hierarchy of Human Needs



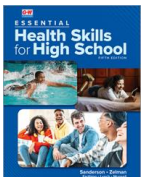
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	421 Figure 7.3.8 An Example of Genetic Factors and Noncommunicable Diseases 475 Figure 8.2.1 Diverse Family Structures **Application:** 15 Comprehend Concepts #2 22 Skills for Health and Wellness - What Factors Affect Your Health 23 Comprehend Concepts #2 87 Comprehend Concepts #3 474 Warm Up Activity - Family Village 477 Local and Global Health - Parents and Children Around the World 483 Critical Thinking Skills #1
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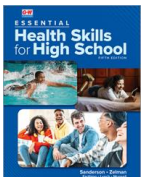
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	130 Figure 2.6.7 Diversity **Application:** 56 Local and Global Health - Culture Affects Communication 93 Local and Global Health Everyone Has a Cultural Identity 95 Case Study - Who You Are 97 Comprehend Concepts #1 97 Critical Thinking Skills #1-2 107 Local and Global Health - The Thin Ideal is Not Universal 477 Local and Global Health - Parents and Children Around the World *Analyze how peers influence healthy and unhealthy behaviors.* **Instruction:** 18-19, 71-74, 76, 314-318 72 Figure 1.10.1 Direct and Indirect Peer Pressure 315 Figure 5.6.3 Peer Pressure **Application:** 71 Warm Up Activity - Peer Pressure 73 Health in the Media - The Power of Virtual Peer Pressure 74 Case Study - Peer Pressure in Action 76 Comprehend Concepts #1 76 Critical Thinking Skills #1 76 Health and Wellness Skills #2 *Evaluate how the school and community can impact personal health practices and behaviors.* **Instruction:** 17-18, 141, 246, 351 141 Figure 3.1.1 Stressors 246 Figure 4.5.8 Places to Get Physical Activity 351 Figure 6.3.1 Staying Safe At School **Application:** 16 Warm Up Activity - You and the Environment 22 Skills for Health and Wellness - What Factors Affect Your Health 23 Critical Thinking Skills #2 23 Health and Wellness Skills #2 252 Health and Wellness Skills #1, #3 *Evaluate the effect of media on personal and family health.* **Instruction:** 83-84, 105-107, 109-112, 190-191, 275, 427, 471



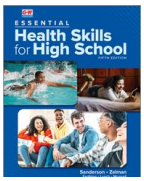
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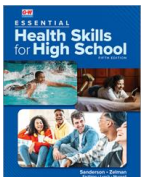
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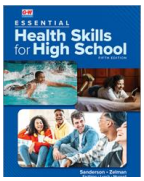
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	326 Comprehend Concepts #1 *Analyze how public health policies and government regulations can influence health promotion and disease prevention.* **Instruction:** 51-53, 226, 282, 294, 304-305, 312-321, 373, 376, 381-383 52 Figure 1.7.6 National Public Health Goals 52 Figure 1.7.6 Federal Health Organizations 321 Figure 5.6.7 Government Regulations on Substances 383 Figure 6.6.1 EPA Waste Management Hierarchy **Application:** 53 Comprehend Concepts #2-3 275 Health in the Media - Tobacco in the Media - Then and Now 311 Comprehend Concepts #2
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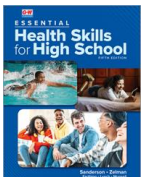
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	468 Trust 468-469 Mutual Respect 468 Figure 8.1.2 Handling Broken Trust in a Relationship 469 Care, Commitment and Support 469 Emotional Support 469 Figure 8.1.3 Support 470 Understanding 470 Safety 470 Figure 8.1.4 Understanding Consent -Consent is… **Application:** 466 Warm Up Activity - The Interview 471 Health in the Media - Media Relationships: Healthy or Unhealthy-Practice You Skills: Analyze Influences 473 Comprehend Concepts #1-3 473 Critical Thinking Skills #1-3 473 Health and Wellness Skills #1-3 *Healthy Sexual Decisions* 61 Strategies for Abstinence and Healthy Sexual Decisions 62 Discuss Your Decision 62-65 Figure 9.7.5 Communicating Sexual Boundaries 63 Overcome Challenges 64 Skills for Health and Wellness: Use the Decision-Making Process: Sexual Activity 65 Practice Refusal Skills 65 Talk with a Parent or Other Trusted Adult 65 Figure 9.7.6 Refusing Sexual Pressure **Application:** 64 Skills for Health and Wellness: Use the Decision-Making Process: Sexual Activity- Practice Your Skills: Make Decisions 66 Comprehend Concepts #1-3 66 Critical Thinking Skills #1-3 66 Health and Wellness Skills #1-3 *Skills for Healthy Romantic Relationship* **Instruction:** 49-53 Skills for Healthy Romantic Relationship 49 -51 Learn About Your Partner and Yourself 49 Figure 9.6.4 Getting to Know a Dating Partner 50 Health Across the Life Span: Building a Roadmap for Healthy Relationships 51 Cope with Nerves 51 Enjoy Common Interests 51-52 Enforce Your Boundaries



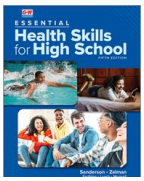
Standards	Correlating Text Pages
	Application: 64 Skills for Health and Wellness: Use the Decision-Making Process: Sexual Activity- Practice Your Skills: Make Decisions 66 Comprehend Concepts #1-3 66 Critical Thinking Skills #1-3 66 Health and Wellness Skills #1-3
d. Define the role of the family in the transmission of values, attitudes, behavior, personalities, and responsibilities of its members.	*Analyze how a variety of factors impact personal and community health*. **Instruction**: 12, 18-19, 82-83, 105, 314-315, 421, 474-475 12 Figure 1.2.2 Genes 19 Figure 1.3.3 Cultural Practices That Affect Health and Wellness 82 Figure 2.1.4 Stressful Events 83 Figure 2.1.5 Maslow's Hierarchy of Human Needs 421 Figure 7.3.8 An Example of Genetic Factors and Noncommunicable Diseases 475 Figure 8.2.1 Diverse Family Structures **Application**: 15 Comprehend Concepts #2 22 Skills for Health and Wellness - What Factors Affect Your Health 23 Comprehend Concepts #2 474 Warm Up Activity - Family Village 477 Local and Global Health - Parents and Children Around the World 483 Critical Thinking Skills #1
Unit 4: Human Growth and Development	
Competencies and Suggested Objectives	
1. Summarize how genetic traits are passed on from one generation to another.	
a. Define the role heredity plays in determining physical traits and distinguish between dominant and recessive genes.	**Instruction:** 11-12 Genetic Factors **Application:** 15 Comprehend Concepts #1 & #2
b. Identify various genetic and environmental birth defects.	**Instruction:** 12, 18-19, 82-83, 105, 314-315, 421, 474-475 12 Figure 1.2.2 Genes 82 Figure 2.1.4 Stressful Events 19 Figure 1.3.3 Cultural Practices That Affect Health and Wellness 82 Figure 2.1.4 Stressful Events 83 Figure 2.1.5 Maslow's Hierarchy of Human Needs 421 Figure 7.3.8 An Example of Genetic Factors and Noncommunicable Diseases



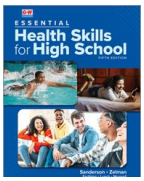
Standards	Correlating Text Pages
	475 Figure 8.2.1 Diverse Family Structures **Application:** 15 Comprehend Concepts #2 87 Comprehend Concepts #3 22 Skills for Health and Wellness - What Factors Affect Your Health 23 Comprehend Concepts #2 474 Warm Up Activity - Family Village 477 Local and Global Health - Parents and Children Around the World 483 Critical Thinking Skills #1
2. Examine health practices to be considered before, during, and after pregnancy.	
a. List reasons that parents decide to have children.	*See Supplemental Human Development and Relationships, and/or Human Development, Relationships, and Sexual Health* **Instruction:** 144-146 Parenting 144 Case Study: Parenting Challenges 145 Figure 11.4.2 Benefits of Legal Fatherhood 147-149 Understanding Teen Pregnancy and Parenthood 147 Figure 11.4.3 Risks and Protective Factors of Teen Pregnancy 148 Effects of Teen Pregnancy and Parenthood 148 Figure 11.4.4 Impacts of Teen Pregnancy and Parenthood 148 Health in the Media: Teen Pregnancy in the Media 149 Resources for Teen Parents 149 Figure 11.4.5 Resources for Teen Parents **Application:** 141 Reading and Notetaking Activity 141 Warm-Up Activity: Your Goals and Dreams 144 Case Study Parenting Challenges: Practice Your Skills-Make Decisions 149 Health in the Media: Teen Pregnancy in the Media 149 Practice Your Skills: Analyze Influencers 150 Comprehend Concepts #2-3 150 Critical Thinking Skills #2-3 150 Health and Wellness Skills #1, 3
b. Discuss various methods of family planning.	*See Supplemental Human Development and Relationships, and/or Human Development, Relationships, and Sexual Health*



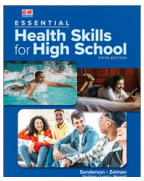
Standards	Correlating Text Pages
	165-189 164 Case Study - Is That Really True 166 Figure 12.2.2 Questions to Consider When Selecting Contraception 168 Comprehend Concepts #2-3 168 Critical Thinking Skills #1-3 168 Health and Wellness Skills #1-3 169 Warm Up Activity - Talk About Condoms 170 Figure 12.3.1 Barrier Methods 171 Skills for Health and Wellness - Answering Questions About Your Sexual Health 172 Figure 12.3.2 Using an External Condom 172 Figure 12.3.3 Using an Internal Condom 173 Figure 12.3.4 Diaphragm 174 Comprehend Concepts #1-2 174 Critical Thinking Skills #1-2 174 Health and Wellness Skills #1-2 175 Warm Up Activity - What are the Facts 176 Figure 12.4.1 Hormonal Methods 177 Figure 12.4.2 Oral Contraceptives 177 Figure 12.4.3 Pill Reminder 178 Local and Global Health - The Impact of the Pill 178 Figure 12.4.4 Birth Control Patch 179 Figure 12.4.5 Vaginal Ring 179 Figure 12.4.6 Birth Control Implant 180 Research in Action - Male Hormonal Contraceptives 180 Figure 12.4.7 Intrauterine Device (IUD) 182 Comprehend Concepts #1-3 182 Critical Thinking Skills #1-3 182 Health and Wellness Skills #1-2 183 Warm Up Activity - Thoughts and Decisions 184 Figure 12.5.1 Natural Methods and Sterilization 185 Figure 12.5.2 Cervical Mucus During the Menstrual Cycle 186 Health in the Media - Media Messages About Contraception 187 Figure 12.5.3 Withdrawal 187 Figure 12.5.4 Choosing Sterilization 188 Figure 12.5.5 Vasectomy 189 Figure 12.5.6 Tubal Ligation 189 Comprehend Concepts #1-2 189 Critical Thinking Skills #1-2 189 Health and Wellness Skills #1-2
c. Explain the process of human reproduction from conception to birth.	*See Supplemental Human Development and Relationships, and/or Human Development, Relationships, and Sexual Health*



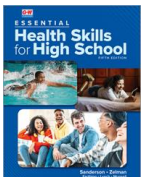
Standards	Correlating Text Pages
	2-17 3 Figure 9.1.1 Organs of the Male Reproductive System 5 Figure 9.1.2 Diseases and Disorders of the Male Reproductive System 7 Comprehend Concepts #1 Critical Thinking Skills #1 8 Warm Up Activity - Myth or Fact 9 Figure 9.2.1 Organs of the Female Reproductive System 10 Figure 9.2.2 Female External Organs 11 Figure 9.2.3 The Menstrual Cycle 12 Figure 9.2.4 Menstrual Disorders 13 Figure 9.2.5 Endometriosis 17 Comprehend Concepts #1 17 Critical Thinking Skills #1
d. Describe the stages of the birth process.	*See Supplemental Human Development and Relationships, and/or Human Development, Relationships, and Sexual Health* *Summarize fertilization, fetal development, and childbirth.* *Conception, Pregnancy and Birth* Instruction: 18-26 Conception, Pregnancy and Birth 19 Conception 20 Pregnancy 20 Figure 9.3.1 Fertilization 20-21 Stages of Prenatal Development 21 Figure 9.3.2 The Amniotic Sac 22 Pregnancy Changes 22 Figure 9.3.3 Trimesters of Pregnancy 23 Figure 9.3.4 Pregnancy Complications 23-24 Healthy Changes During Pregnancy 24 Local and Global Health: Improving Healthcare for People Who Are Pregnant 25-26 Childbirth 25 Figure 9.3.5 Stages of Childbirth 26 Figure 9.3.6 Understanding Apgar Scores Application: 18 Reading and Notetaking 18 Warm-Up Activity-Top 10 Lists 22 Local and Global Health: Improving Healthcare for People Who Are Pregnant- Practice Your Skills: Analyze Influencers 26 Comprehend Concepts #1-2 26 Critical Thinking Skills # 1-3 26 Health and Wellness Skills #1-3
3. Identify physical, mental, and emotional changes that occur from childhood through adolescence.	
a. Trace developmental stages of infancy, childhood, and adolescence.	*Human Development Relationships, and Sexual Health* **Instruction:**



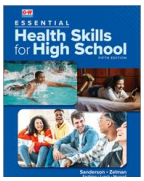
Standards	Correlating Text Pages
	27-36 Understanding Development 27-30 Human Development 28 Figure 9.4.1 Factors Affecting Development 29 Figure 9.4.2 Disabilities 30 Health in the Media: Disabilities in the Media 31-37 Stages of Human Development 31 Early Childhood 31 Figure 9.43 Infant Milestones 32 Figure 9.4.4 Development of Toddlers 32-33 Preschool Years 32 Figure 9.4.5 motor skills of Preschoolers 33-34 Middle Childhood, Adolescence, and Puberty 33 Figure 9-4-6 Development During Middle Childhood 34 Adulthood 34 Figure 9.47 Stages of Adulthood 35 Heat Across the Life Span. The Aging Process 36 Loss and Grief 36 Skills for Health and Wellness: Working Through Grief **Application:** 27 Reading and Note Taking Activity 27 Warm Up Activity 37 Review and Assessment 37 Comprehends Concepts # 1, 2,3 37 Critical Skills # 1-3 37 Health and Wellness Skills # 1-3
b. Name the physical, mental, and emotional changes that happen during adolescence and state how these changes affect identity and interpersonal relationships.	See Supplemental Human Development and Relationships, and/or Human Development, Relationships, and Sexual Health *Describe how sexuality and sexual expression change throughout the life span.* **Instruction:** 38-44 Adolescence and Puberty 38 Physical Development 39 Male Puberty 39-40 Female Puberty 39 Figure 9.5.1 Sex Hormones 40 Figure 9.5.2 Female Puberty Changes 41 Early Sexual Feelings 152-153 What is Sexuality **Application:** 38 Warm-Up Activity: Adolescent Changes 44 Comprehend Concepts #1-3 44 Health and Wellness Skills #1-2



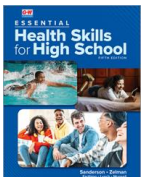
Standards	Correlating Text Pages
	See Supplemental Human Development and Relationships, and/or Human Development, Relationships, and Sexual Health **Instruction:** 40 Intellectual Development 41 Research in Action: The Adolescent Brain 42 Case Study: Feeling Comfortable with Who I Am 41 Emotional and Social Development 43 Handling Health and Wellness Issues 43 Figure 9.5.3 Skills for Handling Health and Wellness Issues **Application:** 38 Warm-Up Activity: Adolescent Changes 41 Research in Action: The Adolescent Brain-Practice Your Skills-Practicing Health-Enhancing Behaviors 42 Case Study: Feeling Comfortable with Who I Am-Practice Your Skills: Communicate with Others 44 Comprehend Concepts #1-3 44 Critical Thinking Skills # 1-3 44 Health and Wellness Skills #1-3
4. Examine the aging process from adulthood through death.	
a. Identify the tasks and characteristics of adulthood	**Instruction:** 34 Adulthood 34 Figure 9.47 Stages of Adulthood
b. Identify ways to cope with death and dying	**Instruction:** 36 Loss and Grief 36 Skills for Health and Wellness: Working Through Grief **Application** 37 Review and Assessment 37 Comprehends Concepts # 1, 2,3 37 Critical Skills # 1-3 37 Health and Wellness Skills # 1-3
Unit 5: Disease Prevention and Control	
Competencies and Suggested Objectives	
1. Recognize the causes, transfer, and control of common communicable diseases.	
a. Describe the function of the immune system.	**Instruction:** 413-423, 442-448, 450-455, 457-463 420 Figure 7.3.7 Obesity and Noncommunicable Diseases 421 Figure 4.3.8 Genetic Factors 442 Figure 7.6.2 Hypertension 443 Figure 7.6.3 Blood Pressure 443 Figure 7.6.4 Blood Pressure Ranges 445 Figure 7.6.7 Congestive Heart Failure 446 Figure 7.6.8 Arrhythmias 447 Figure 7.6.9 Be Physically Active 455 Figure 7.7.3 Reducing Your Risk for Cancer



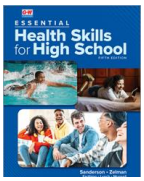
Standards	Correlating Text Pages
	463 Figure 7.8.3 Asthma **Application:** 413 Warm Up Activity - Learning About Diseases 422 Local and Global Health - Promoting Health with Self Care 423 Critical Thinking Skills #2 423 Health and Wellness Skills #1 449 Comprehend Concepts #3 423 Critical Thinking Skills #1-3 423 Health and Wellness Skills #1, #3 450 Warm Up Activity - Cancer: Your Decisions 452 Case Study - Understanding Risk 456 Comprehend Concepts #3 456 Health and Wellness Skills #2, #3 **Instruction:** 10-22 Individual Factors Affecting Health and Wellness 11 Figure 1.2.1 Cell Structure 12 Figure 1.2.2 The Role of Genes in Non- Communicable Diseases 13 Case Study: Stressed Sick and Now What? 13 Figure 1.2.3 Nutrition and Physical Activity 14 Figure 1.2.5 Teen Drivers Higher Risk for Injury 22 Skills for Health and Wellness: What Factors Affect Your Health? **Application:** 10 Warm-Up Activity 13 Case Study: Stressed Sick and Now What? - Practice Your Skills: Practicing Health- Enhancing Behaviors 15 Health and Wellness Skills, # 1-5 22 Skills for Health and Wellness: What Factors Affect Your Health? – Practice Your Skills: Analyze Influences *Communicable and Noncommunicable Disease* **Instruction:** 413-423 420 Figure 7.3.7 Obesity and Noncommunicable Diseases 421 Figure 4.3.8 Genetic Factors 422-423 Diagnosis and Treatment of Noncommunicable Diseases **Application:** 413 Warm Up Activity - Learning About Diseases 422 Local and Global Health - Promoting Health with Self Care 423 Critical Thinking Skills #2



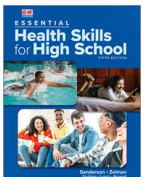
Standards	Correlating Text Pages
	Health and Wellness Skills #1 Preventing and Treating Communicable Diseases **Instruction:** 432 Preventing and Treating Communicable Diseases 433 Figure 7.5.1 Hand Washing 435 Figure 7.5.2 Use Respiratory Etiquette 436 Figure 7.5.3 Common Vaccines **Application:** 432 Warm Up Activity - What Do You Touch 434 Case Study - Blocking Germs Every Day 436 Skills for Health and Wellness - Help Prevent the Spread of Disease 439 Critical Thinking Skills #1 439 Health and Wellness Skills #1-3 *Preventing and Treating Types of Cardiovascular Diseases* **Instruction:** 442-448 442 Figure 7.6.2 Hypertension 43 Figure 7.6.3 Blood Pressure 443 Figure 7.6.4 Blood Pressure Ranges 445 Figure 7.6.7 Congestive Heart Failure 446 Figure 7.6.8 Arrhythmias 447 Figure 7.6.9 Be Physically Active **Application:** 449 Comprehend Concepts #3 449 Critical Thinking Skills #1-3 449 Health and Wellness Skills #1.#3 *Preventing and Treating Cancer* **Instruction:** 452-453 452 Figure 7.7.1 Signs and Symptoms of Cancer 453 Figure 7.7.2 Skin Cancer 455 Figure 7.7.3 Reducing Your Risk for Cancer **Application:** 450 Warm Up Activity - Cancer: Your Decisions 452 Case Study - Understanding Risk 456 Comprehend Concepts #3 456 Health and Wellness Skills #2, #3 *Other Noncommunicable Diseases-ex. Diabetes Asthma* **Instruction:** 457-463 458 Figure 7.8.1 Health Complications of Diabetes Mellitus



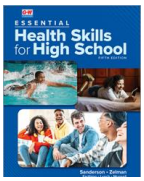
Standards	Correlating Text Pages
	460 Types of Seizures 463 Figure 7.8.3 Asthma **Application:** 457 Warm Up Activity 459 Health in the Media: Social Media and Disease-Practice Your Skills: Access Information 462 Case Study: Dealing with Illness-Practice Your Skills: Advocate for Health 464 Critical Thinking #1-3 464 Health and Wellness #1-3
b. Identify the pathogens that cause communicable disease and how they are transmitted.	**Instruction:** 413-423, 442-448, 450-455, 457-463 420 Figure 7.3.7 Obesity and Noncommunicable Diseases 421 Figure 4.3.8 Genetic Factors 442 Figure 7.6.2 Hypertension 443 Figure 7.6.3 Blood Pressure 443 Figure 7.6.4 Blood Pressure Ranges 445 Figure 7.6.7 Congestive Heart Failure 446 Figure 7.6.8 Arrhythmias 447 Figure 7.6.9 Be Physically Active 455 Figure 7.7.3 Reducing Your Risk for Cancer 463 Figure 7.8.3 Asthma **Application:** 413 Warm Up Activity - Learning About Diseases 422 Local and Global Health - Promoting Health with Self Care 423 Critical Thinking Skills #2 423 Health and Wellness Skills #1 449 Comprehend Concepts #3 423 Critical Thinking Skills #1-3 423 Health and Wellness Skills #1, #3 450 Warm Up Activity - Cancer: Your Decisions 452 Case Study - Understanding Risk 456 Comprehend Concepts #3 456 Health and Wellness Skills #2, #3 *See Supplemental Human Development and Relationships, and/or Human Development, Relationships, and Sexual Health* **Instruction:** 113-123, 125-129, 130-131, 133-136 124 Comprehend Concepts #5 124 Critical Thinking Skills #1 124 Health and Wellness Skills #3 125 Warm Up Activity - Staying HIV Free 128 Figure 11.2.3 HIV Transmission



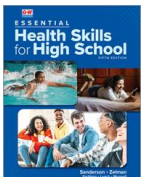
Standards	Correlating Text Pages
	130 Figure 11.2.5 HIV Prevention, **Application:** 132 Comprehend Concepts #4 132 Critical Thinking Skills #1, #3 132 Health and Wellness Skills #1, #3 133 Warm Up Activity - Staying STI Free 134 Figure Benefits of Sexual Abstinence 136 Figure Abstinence, External Condom, Internal Condom
c. Describe the symptoms, treatment, and prevention of communicable diseases.	**Instruction:** 12, 18-19, 82-83, 105, 314-315, 421, 474-475 12 Figure 1.2.2 Genes 19 Figure 1.3.3 Cultural Practices That Affect Health and Wellness 82 Figure 2.1.4 Stressful Events 82 Figure 2.1.4 Stressful Events 83 Figure 2.1.5 Maslow's Hierarchy of Human Needs 421 Figure 7.3.8 An Example of Genetic Factors and Noncommunicable Diseases 475 Figure 8.2.1 Diverse Family Structures **Application:** 15 Comprehend Concepts #2 22 Skills for Health and Wellness - What Factors Affect Your Health 23 Comprehend Concepts #2 474 Warm Up Activity - Family Village 477 Local and Global Health - Parents and Children Around the World 483 Critical Thinking Skills #1
2. State causes, signs, and control of noninfectious diseases.	
a. Name the different kinds of cardiovascular diseases and their risk factors.	**Instruction:** 413-423, 442-448, 450-455, 457-463 420 Figure 7.3.7 Obesity and Noncommunicable Diseases 421 Figure 4.3.8 Genetic Factors 442 Figure 7.6.2 Hypertension 443 Figure 7.6.3 Blood Pressure 443 Figure 7.6.4 Blood Pressure Ranges 445 Figure 7.6.7 Congestive Heart Failure 446 Figure 7.6.8 Arrhythmias 447 Figure 7.6.9 Be Physically Active 455 Figure 7.7.3 Reducing Your Risk for Cancer 463 Figure 7.8.3 Asthma **Application:** 413 Warm Up Activity - Learning About Diseases 422 Local and Global Health - Promoting Health with Self Care 423 Critical Thinking Skills #2 423 Health and Wellness Skills #1



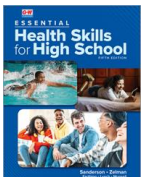
Standards	Correlating Text Pages
	449 Comprehend Concepts #3 423 Critical Thinking Skills #1-3 423 Health and Wellness Skills #1, #3 450 Warm Up Activity - Cancer: Your Decisions 452 Case Study - Understanding Risk 456 Comprehend Concepts #3 456 Health and Wellness Skills #2, #3
b. Describe the warning signs of cancer and the ways to reduce personal risk, including breast and/or testicular cancer.	**Instruction:** 432-436 433 Figure 7.5.1 Hand Washing 435 Figure 7.5.2 Use Respiratory Etiquette 436 Figure 7.5.3 Common Vaccines **Application:** 432 Warm Up Activity - What Do You Touch 434 Case Study - Blocking Germs Every Day 436 Skills for Health and Wellness - Help Prevent the Spread of Disease 439 Critical Thinking Skills #1 439 Health and Wellness Skills #1-3
c. Differentiate between acute and chronic diseases.	**Instruction:** 413-423, 442-448, 450-455, 457-463 420 Figure 7.3.7 Obesity and Noncommunicable Diseases 421 Figure 4.3.8 Genetic Factors 442 Figure 7.6.2 Hypertension 443 Figure 7.6.3 Blood Pressure 443 Figure 7.6.4 Blood Pressure Ranges 445 Figure 7.6.7 Congestive Heart Failure 446 Figure 7.6.8 Arrhythmias 447 Figure 7.6.9 Be Physically Active 455 Figure 7.7.3 Reducing Your Risk for Cancer 463 Figure 7.8.3 Asthma **Application:** 413 Warm Up Activity - Learning About Diseases 422 Local and Global Health - Promoting Health with Self Care 423 Critical Thinking Skills #2 423 Health and Wellness Skills #1 449 Comprehend Concepts #3 423 Critical Thinking Skills #1-3 423 Health and Wellness Skills #1, #3 450 Warm Up Activity - Cancer: Your Decisions 452 Case Study - Understanding Risk 456 Comprehend Concepts #3 456 Health and Wellness Skills #2, #3



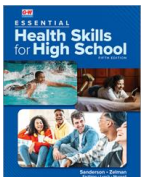
Standards	Correlating Text Pages
d. Explain the types, prevention, and treatments for diabetes, arthritis, and other chronic diseases, including those requiring long-term care	**Instruction:** 10-22 Individual Factors Affecting Health and Wellness 11 Figure 1.2.1 Cell Structure 12 Figure 1.2.2 The Role of Genes in Non- Communicable Diseases 13 Case Study: Stressed Sick and Now What? 13 Figure 1.2.3 Nutrition and Physical Activity 14 Figure 1.2.5 Teen Drivers Higher Risk for Injury 22 Skills for Health and Wellness: What Factors Affect Your Health? **Application:** 10 Warm-Up Activity 13 Case Study: Stressed Sick and Now What? - Practice Your Skills: Practicing Health- Enhancing Behaviors 15 Health and Wellness Skills, # 1-5 22 Skills for Health and Wellness: What Factors Affect Your Health? – Practice Your Skills: Analyze Influences *Communicable and Noncommunicable Disease* **Instruction:** 413-423 420 Figure 7.3.7 Obesity and Noncommunicable Diseases 421 Figure 4.3.8 Genetic Factors 422-423 Diagnosis and Treatment of Noncommunicable Diseases **Application:** 413 Warm Up Activity - Learning About Diseases 422 Local and Global Health - Promoting Health with Self Care 423 Critical Thinking Skills #2 *Health and Wellness Skills #1 Preventing and Treating Communicable Diseases* **Instruction:** 432 Preventing and Treating Communicable Diseases 433 Figure 7.5.1 Hand Washing 435 Figure 7.5.2 Use Respiratory Etiquette 436 Figure 7.5.3 Common Vaccines **Application:** 432 Warm Up Activity - What Do You Touch 434 Case Study - Blocking Germs Every Day 436 Skills for Health and Wellness - Help Prevent the Spread of Disease 439 Critical Thinking Skills #1



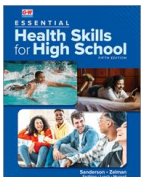
Standards	Correlating Text Pages
	439 Health and Wellness Skills #1-3 *Preventing and Treating Types of Cardiovascular Diseases* **Instruction:** 442-448 442 Figure 7.6.2 Hypertension 43 Figure 7.6.3 Blood Pressure 443 Figure 7.6.4 Blood Pressure Ranges 445 Figure 7.6.7 Congestive Heart Failure 446 Figure 7.6.8 Arrhythmias 447 Figure 7.6.9 Be Physically Active **Application:** 449 Comprehend Concepts #3 449 Critical Thinking Skills #1-3 449 Health and Wellness Skills #1.#3 *Preventing and Treating Cancer* **Instruction:** 452-453 452 Figure 7.7.1 Signs and Symptoms of Cancer 453 Figure 7.7.2 Skin Cancer 455 Figure 7.7.3 Reducing Your Risk for Cancer **Application:** 450 Warm Up Activity - Cancer: Your Decisions 452 Case Study - Understanding Risk 456 Comprehend Concepts #3 456 Health and Wellness Skills #2, #3 *Other Noncommunicable Diseases-ex. Diabetes Asthma* **Instruction:** 457-463 458 Figure 7.8.1 Health Complications of Diabetes Mellitus 460 Types of Seizures 463 Figure 7.8.3 Asthma **Application:** 457 Warm Up Activity 459 Health in the Media: Social Media and Disease-Practice Your Skills: Access Information 462 Case Study: Dealing with Illness-Practice Your Skills: Advocate for Health 464 Critical Thinking #1-3 464 Health and Wellness #1-3
3. Recognize the ways to prevent HIV infection and STIs.	



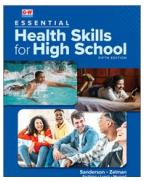
Standards	Correlating Text Pages
a. Describe the symptoms, mode of transmission, prevention, and treatment of curable sexually transmitted infections.	**Instruction:** 432-436 433 Figure 7.5.1 Hand Washing 435 Figure 7.5.2 Use Respiratory Etiquette 436 Figure 7.5.3 Common Vaccines **Application:** 432 Warm Up Activity - What Do You Touch 434 Case Study - Blocking Germs Every Day 436 Skills for Health and Wellness - Help Prevent the Spread of Disease 439 Critical Thinking Skills #1 439 Health and Wellness Skills #1-3 *See Supplemental Human Development and Relationships, and/or Human Development, Relationships, and Sexual Health* 128-129, 137 128 Figure 11.2.3 HIV Transmission 129 Figure 11.2.4 Anti Discrimination Laws 129 Local and Global Health - HIV/AIDS Stigma Testing, and Treatment 132 Health and Wellness Skills #2 139 Skills for Health and Wellness - Promoting Awareness About STIs 140 Critical Thinking Skills, #2
b. Describe the symptoms, mode of transmission, prevention, and treatment of incurable diseases, such as HIV and AIDS.	*See Supplemental Human Development and Relationships, and/or Human Development, Relationships, and Sexual Health* **Instruction:** 113-123, 125-129, 130-131, 133-136 124 Comprehend Concepts #5 124 Critical Thinking Skills #1 124 Health and Wellness Skills #3 125 Warm Up Activity - Staying HIV Free 128 Figure 11.2.3 HIV Transmission 130 Figure 11.2.5 HIV Prevention, **Application:** 132 Comprehend Concepts #4 132 Critical Thinking Skills #1, #3 132 Health and Wellness Skills #1, #3 133 Warm Up Activity - Staying STI Free 134 Figure Benefits of Sexual Abstinence 136 Figure Abstinence, External Condom, Internal Condom



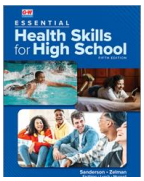
Standards	Correlating Text Pages
Unit 6: Nutrition and Fitness	
Competencies and Suggested Objectives	
1. Summarize how responsible food choices lead to nutritional health. DOK 3	
a. Explain the organization of the latest federal nutritional guidelines (e.g., MyPlate, FDA nutritional guidelines, etc.).	**Instruction:** 207-228 208 Figure 4.2.1 MyPlate Food Guidance 209 Figure 4.2.3 Vegetables 210 Figure 4.2.4 MyPlate Plan 212 Figure 4.2.5 A 100 Calorie Snack 214 Figure 4.2.6 Making Healthier Food Choices 221 Figure 4.3.1 Strategies for Eating Healthy in Social Situations **Application:** 206 Critical Thinking Skills #1 206 Health and Wellness Skills #1-3 207 Warm Up Activity - Portion Sizes
b. Identify six classes of nutrients and describe their functions in the human body.	**Instruction:** 199-206, 207-219 206 Comprehend Concepts #1 206 Health and Wellness Skills #3 **Application:** 206 Comprehend Concepts #1 206 Health and Wellness Skills #3 211 Skills for Health and Wellness - Weight and Nutrition **Instruction:** 207-228 208 Figure 4.2.1 MyPlate Food Guidance 209 Figure 4.2.3 Vegetables 210 Figure 4.2.4 MyPlate Plan 212 Figure 4.2.5 A 100 Calorie Snack 214 Figure 4.2.6 Making Healthier Food Choices 221 Figure 4.3.1 Strategies for Eating Healthy in Social Situations **Application:** 206 Critical Thinking Skills #1 206 Health and Wellness Skills #1-3 207 Warm Up Activity - Portion Sizes
c. Trace the path of food through the digestive system.	**Instruction:** 199-206, 207-219 206 Comprehend Concepts #1 206 Health and Wellness Skills #3 **Application:** 206 Comprehend Concepts #1 206 Health and Wellness Skills #3 211 Skills for Health and Wellness - Weight and Nutrition **Instruction:** 207-228 208 Figure 4.2.1 MyPlate Food Guidance



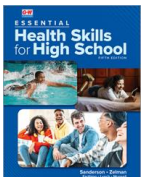
Standards	Correlating Text Pages
	209 Figure 4.2.3 Vegetables 210 Figure 4.2.4 MyPlate Plan 212 Figure 4.2.5 A 100 Calorie Snack 214 Figure 4.2.6 Making Healthier Food Choices 221 Figure 4.3.1 Strategies for Eating Healthy in Social Situations **Application:** 206 Critical Thinking Skills #1 206 Health and Wellness Skills #1-3 207 Warm Up Activity - Portion Sizes
d. Identify kinds of information provided on a food label.	**Instruction:** 220-226 223 Figure 4.3.2 Nutrition Facts Label 224 Figure 4.3.3 Ingredients **Application:** 220 Warm Up Activity - Nutrition Conversion 229 Comprehend Concepts #2 Critical Thinking Skills #2- 3 Health and Wellness Skills #2, #4
e. Create a daily meal plan for an individual and calculate the number of calories.	**Instruction:** 199-206, 207-219 206 Comprehend Concepts #1 206 Health and Wellness Skills #3 **Application:** 206 Comprehend Concepts #1 206 Health and Wellness Skills #3 211 Skills for Health and Wellness - Weight and Nutrition
f. Recognize nutrient deficiencies and diseases associated with poor nutrition.	*Distinguish between foods and beverages that provide key nutrients versus those that contain few essential nutrients* **Instruction:** 212-214 212 Figure 4.2.5 A 100 Calorie Snack 214 Figure 4.2.6 Making Healthier Food Choices **Application:** 219 Comprehend Concepts #2, #4 219 Critical Thinking Skills #1-2, #4 219 Health and Wellness Skills #1-2 *Describe the relationship between personal eating behaviors and overall personal health.* **Instruction:** 199-206, 207-219 206 Comprehend Concepts #1 206 Health and Wellness Skills #3



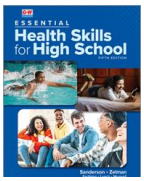
Standards	Correlating Text Pages
	Application: 206 Comprehend Concepts #1 206 Health and Wellness Skills #3 211 Skills for Health and Wellness - Weight and Nutrition
2. Discover the importance of physical fitness.	
a. Explain the physical and psychological benefits of exercise.	231-252 231 Benefits of Physical Activity 233 Research in Action 237 Health Across the Life 238 Health & Wellness Skills 1-3 240 Case Study 243 Skills for Heath & Wellness.
b. Develop a regular plan of exercise incorporating the various components of physical fitness and two types of exercise (e.g., anaerobic and aerobic).	231-252 231 Benefits of Physical Activity 233 Research in Action 239 Health Across the Life 240 Health & Wellness Skills 1-3 240 Case Study 243 Skills for Heath & Wellness.
c. Examine the skills needed to achieve lifetime fitness. Demonstrate and discuss methods of implementation.	**Instruction:** 13-14, 17-22, 43, 109-113, 221-222, 316-321 13 Figure 1.2.3 Physical Activity 14 Figure 1.2.4 Sleep Figure 1.2.5 Teen Drivers 17 Figure 1.3.2 Physical Activity Needs 19 Figure 1.3.4 Questions for Analyzing Media 21 Figure 1.3.5 Education 43 Figure 1.6.4 Preventative Healthcare 109 Figure 2.4.4 View Media Critically 111 Figure 2.4.5 Check Your Self-Talk 112 Figure 2.4.6 Advocate for Positive Body Image 221 Figure 4.3.1 Strategies for Eating Healthy in Social Situations 317 Figure 5.6.4 Analyzing Advertisements 318 Figure 5.6.5 Planning Ahead 319 Figure 5.6.6 Use Refusal Skills **Application:** 16 Warm Up Activity - You and the Environment 22 Skills for Health and Wellness - What Factors Affect Your Health 23 Comprehend Concepts #4 Critical Thinking Skills #1 Health and Wellness Skills #2 113 Comprehend Concepts #1 113 Health and Wellness Skills #2, #4 320 Skills for Health and Wellness - Refusing Substances 326 Comprehend Concepts #2
Unit 7: Substance Abuse Prevention	
Competencies and Suggested Objectives	
1. Examine the health hazards of tobacco.	



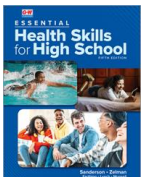
Standards	Correlating Text Pages
a. List major reasons why people either abstain from or use tobacco.	**Instruction:** 264-270, 312-316, 318 265 Figure 5.2.4 Types of Prescription Opioids 268 Figure 5.2.6 Poor Body Image 269 Figure 5.2.7 Types of PEDs 313 Figure 5.6.1 Genetic Makeup 313 Figure 5.6.2 Mental Health 315 Figure 5.6.3 Family Culture and Friends **Application:** 263 Case Study - Prescription Problems 267 Local and Global Health - Impact of the COVID-19 Pandemic on Substance Use 270 Health and Wellness Skills #1-2 273 Case Study - Just a Vape 275 Health in the Media - Tobacco in the Media Then and Now 281 Research in Action - Tobacco Use and Risky Behaviors 284 Critical Thinking Skills #1 297 Warm Up Activity - Media Versus Reality, 296 Health and Wellness Skills #1 314 Research in Action - Co-Occurring Disorders
b. Describe long-term effects of tobacco use and the dangers of smoking.	**Instruction:** 273-284, 288-296, 297-310 274 Figure 5.3.2 Respiratory System 276 Figure 5.3.3 Chemicals Found in Cigarette Smoke 277 Figure 5.3.4 Chronic Obstructive Pulmonary Disease 278 Figure 5.3.5 Myths and Facts About Vaping 279 Figure 5.3.6 Aerosol 282 Figure 5.3.8 Secondhand Smoke During Pregnancy and Childhood 289 Figure 5.4.5 Cerebral Cortex 290 Figure 5.4.6 As BAC Increases So Does Impairment 291 Figure 5.4.7 Path to Addiction 292 Figure 5.4.8 Signs of Alcohol Poisoning 293 Figure 5.4.9 Cirrhosis 293 Figure 5.4.10 Risky Behaviors 294 Figure 5.4.11 Social Consequences 298 Figure 5.5.1 Drugs and the Brain 300 Figure 5.5.2 Overdose 304 Figure 5.5.4 Myths and Facts About Marijuana **Application:** 271 Warm Up Activity - Tobacco Use and Death 273 Case Study - Just a Vape 281 Research in Action - Tobacco Use and Risky Behaviors 284 Comprehend Concepts #2



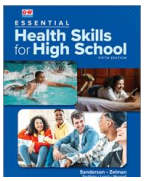
Standards	Correlating Text Pages
	284 Critical Thinking Skills#1-3 284 Health and Wellness Skills #1-2 291 Case Study - The Impact of Alcohol 295 Health Across the Lifespan - The Consequences of Drunk Driving Do Not Go Away 296 Comprehend Concepts #3 296 Critical Thinking Skills #2-3 296 Health and Wellness Skills #2-3 299 Research in Action - Your Brain on Drugs 301 Health in the Media - Drugs and Your Digital Footprint 311 Comprehend Concepts #1-2, 311 Critical Thinking Skills #1-2 311 Health and Wellness Skills #1-2
2. Summarize the health hazards of alcohol.	
a. Identify the short- and long-term effects of alcohol on the body.	**Instruction:** 264, 269, 281, 289-290, 292-294, 298, 303-304, 306-307 264 Figure 5.2.3 Medication Misuse Makes People More Likely To 269 Figure 5.2.7 Performance Enhancing Drugs 289 Figure 5.4.5 Immediate Effects of Alcohol 290 Figure 5.4.6 As BAC Increases, So Does Impairment 292 Figure 5.4.10 Risky Behaviors 304 Figure 5.5.4 Myths and Facts About Marijuana **Application:** 268 Skills for Health and Wellness - Reporting Substance Abuse 281 Research in Action - Tobacco Use and Risky Behaviors 287 Local and Global Health - Consequences of Alcohol Use 291 Case Study - The Impact of Alcohol 295 Health Across the Life Span - The Consequences of Drunk Driving Do Not Go Away 296 Critical Thinking Skills #2, Health and Wellness Skills #2-3 299 Research in Action - Your Brain on Drugs 301 Health in the Media - Drugs and Your Digital Footprint 311 Critical Thinking Skills #1
b. Explain the impact of alcohol on alcoholics, their families, and society.	**Instruction:** 264, 294, 301 294 Figure 5.4.11 Social Consequences for Teen Drinking **Application:** 301 Health in the Media - Drugs and Your Digital Footprint



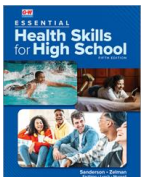
Standards	Correlating Text Pages
c. Discuss state and local laws regarding alcohol use.	**Instruction:** 293, 303-304 295 Health Across the Life Span - The Consequences of Drunk Driving Do Not Go Away 304 Figure 5.5.4 Myths and Facts About Marijuana **Application:** 287 Local and Global Health - Consequences of Alcohol Use 291 Case Study - The Impact of Alcohol 296 Health and Wellness Skills #3 311 Critical Thinking Skills #1 311 Health and Wellness Skills #2
3. Analyze the health hazards of illegal, over-the-counter, and prescription drugs. DOK 3	
a. Differentiate between legal and illegal use of drugs.	**Instruction:** 264-270, 312-316, 318 265 Figure 5.2.4 Types of Prescription Opioids 268 Figure 5.2.6 Poor Body Image 269 Figure 5.2.7 Types of PEDs 313 Figure 5.6.1 Genetic Makeup 313 Figure 5.6.2 Mental Health 315 Figure 5.6.3 Family Culture and Friends **Application:** 263 Case Study - Prescription Problems 267 Local and Global Health - Impact of the COVID-19 Pandemic on Substance Use 270 Health and Wellness Skills #1-2 273 Case Study - Just a Vape 275 Health in the Media - Tobacco in the Media: Then and Now 281 Research in Action - Tobacco Use and Risky Behaviors 284 Critical Thinking Skills #1 297 Warm Up Activity - Media Versus Reality, 296 Health and Wellness Skills #1 314 Research in Action - Co-Occurring Disorders
b. Describe the side effects of drugs and how drugs are commonly abused.	**Instruction:** 273-284, 288-296, 297-310 274 Figure 5.3.2 Respiratory System 276 Figure 5.3.3 Chemicals Found in Cigarette Smoke 277 Figure 5.3.4 Chronic Obstructive Pulmonary Disease 278 Figure 5.3.5 Myths and Facts About Vaping 279 Figure 5.3.6 Aerosol 282 Figure 5.3.8 Secondhand Smoke During Pregnancy and Childhood 289 Figure 5.4.5 Cerebral Cortex 290 Figure 5.4.6 As BAC Increases So Does Impairment 291 Figure 5.4.7 Path to Addiction



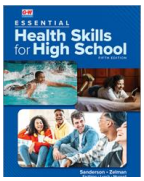
Standards	Correlating Text Pages
	292 Figure 5.4.8 Signs of Alcohol Poisoning 293 Figure 5.4.9 Cirrhosis 293 Figure 5.4.10 Risky Behaviors 294 Figure 5.4.11 Social Consequences 298 Figure 5.5.1 Drugs and the Brain 300 Figure 5.5.2 Overdose 304 Figure 5.5.4 Myths and Facts About Marijuana **Application:** 271 Warm Up Activity - Tobacco Use and Death 273 Case Study - Just a Vape 281 Research in Action - Tobacco Use and Risky Behaviors 284 Comprehend Concepts #2 284 Critical Thinking Skills#1-3 284 Health and Wellness Skills #1-2 291 Case Study - The Impact of Alcohol 295 Health Across the Lifespan - The Consequences of Drunk Driving Do Not Go Away 296 Comprehend Concepts #3 296 Critical Thinking Skills #2-3 296 Health and Wellness Skills #2-3 299 Research in Action - Your Brain on Drugs 301 Health in the Media - Drugs and Your Digital Footprint 311 Comprehend Concepts #1-2, 311 Critical Thinking Skills #1-2 311 Health and Wellness Skills #1-2
c. Illustrate how drug use, misuse, and abuse cause problems in society.	**Instruction:** 264, 294, 301 294 Figure 5.4.11 Social Consequences for Teen Drinking **Application:** 301 Health in the Media - Drugs and Your Digital Footprint
4. Illustrate the health hazards of inhalants.	
a. Discuss various types of inhalants and identify dangers associated with the use of inhalants.	**Instruction:** 273-284, 288-296, 297-310 274 Figure 5.3.2 Respiratory System 276 Figure 5.3.3 Chemicals Found in Cigarette Smoke 277 Figure 5.3.4 Chronic Obstructive Pulmonary Disease 278 Figure 5.3.5 Myths and Facts About Vaping 279 Figure 5.3.6 Aerosol 282 Figure 5.3.8 Secondhand Smoke During Pregnancy and Childhood 289 Figure 5.4.5 Cerebral Cortex 290 Figure 5.4.6 As BAC Increases So Does Impairment



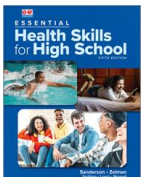
Standards	Correlating Text Pages
	291 Figure 5.4.7 Path to Addiction 292 Figure 5.4.8 Signs of Alcohol Poisoning 293 Figure 5.4.9 Cirrhosis 293 Figure 5.4.10 Risky Behaviors 294 Figure 5.4.11 Social Consequences 298 Figure 5.5.1 Drugs and the Brain 300 Figure 5.5.2 Overdose 304 Figure 5.5.4 Myths and Facts About Marijuana **Application:** 271 Warm Up Activity - Tobacco Use and Death 273 Case Study - Just a Vape 281 Research in Action - Tobacco Use and Risky Behaviors 284 Comprehend Concepts #2 284 Critical Thinking Skills#1-3 284 Health and Wellness Skills #1-2 291 Case Study - The Impact of Alcohol 295 Health Across the Lifespan - The Consequences of Drunk Driving Do Not Go Away 296 Comprehend Concepts #3 296 Critical Thinking Skills #2-3 296 Health and Wellness Skills #2-3 299 Research in Action - Your Brain on Drugs 301 Health in the Media - Drugs and Your Digital Footprint 311 Comprehend Concepts #1-2, 311 Critical Thinking Skills #1-2 311 Health and Wellness Skills #1-2
5. Explore current issues with illegal and legal drugs.	
a. Research and discuss vaping, bath salts, fentanyl, marijuana, and other current issues.	**Instruction:** 293, 303-304 295 Health Across the Life Span - The Consequences of Drunk Driving Do Not Go Away 304 Figure 5.5.4 Myths and Facts About Marijuana **Application:** 287 Local and Global Health - Consequences of Alcohol Use 291 Case Study - The Impact of Alcohol 296 Health and Wellness Skills #3 311 Critical Thinking Skills #1 311 Health and Wellness Skills #2 **Instruction:** 264, 294, 301 294 Figure 5.4.11 Social Consequences for Teen Drinking **Application:** 301 Health in the Media - Drugs and Your Digital Footprint



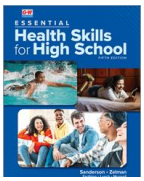
Standards	Correlating Text Pages
b. Research and discuss the opioid epidemic.	**Instruction:** 254-260, 261-262 255 Figure 5.1.1 Medication Delivery Methods 256 Figure 5.1.2 Types of Prescription Medications 257 Figure 5.1.3 Medication Tolerance and Withdrawal 259 Figure 5.1.4 Use Medications as Intended 262 Figure 5.2.1 Medication Abuse **Application:** 258 Case Study - The Reality of Medication Abuse 260 Comprehend Concepts #3 260 Critical Thinking Skills #1-3 260 Health and Wellness Skills #1-3 261 Warm Up Activity - Concerned About Addiction 263 Case Study - Prescription Problems 265-266 Opioids 266-267 Simulants 266 Figure 5.25 Opioid Overdose Treatment 268 Skills for Health and Wellness - Reporting Substance Use 270 Comprehend Concepts #1-2
c. Examine the current federal drug schedule and discuss the legal ramifications of various drug misuse and abuse	*Short- and Long-term Effects of Substance Abuse on Dimensions of Health Medication Misuses and Abuse* **Instruction:** 254-260, 261-262 255 Figure 5.1.1 Medication Delivery Methods 256 Figure 5.1.2 Types of Prescription Medications 257 Figure 5.1.3 Medication Tolerance and Withdrawal 259 Figure 5.1.4 Use Medications as Intended 261-270 Medication Misuses and Abuse 261 Effects of Medication Misuse and Abuse 262-263 Medication and the Brain 262 Figure 5.2.1 Medication Abuse 262 Figure 5.2.2 Medication and the Brain 263-264 Other Health Effects 264 Figure 5.2.3 Medication Misuse Endanger the Health of Teens 264 Mental, Social, and Legal Consequences **Application:** 267 Local and Global Health: Impact of the COVID-19 Pandemic on Substance Use- Practice Your Skills: Advocate for Health 258 Case Study - The Reality of Medication Abuse 260 Comprehend Concepts #3 260 Critical Thinking Skills #1-3 260 Health and Wellness Skills #1-3



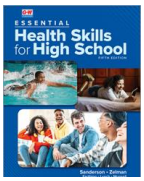
Standards	Correlating Text Pages
	261 Reading and Notetaking Activity 261 Warm-Up Activity: Concerned About Addition-Access Information 263 Case Study: Prescription Problems- Practice Your Skills: Set Goals 268 Skills for Health and Wellness: Reporting Substance Abuse-Practice Your Skills: Communicate with Others 270 Comprehend Concepts #1-2 270 Critical Thinking Skills #1-2 270 Health and Wellness Skills #1-2
6. Discuss refusal and intervention skills.	
a. Develop refusal skills for all forms of substance abuse.	**Instruction:** 24-27 25 Figure 1.4.1 Using the Decision Making Process 26 Figure 1.4.2 Alternatives 27 Figure 1.4.3 Evaluate **Application:** 24 Warm Up Activity - Get Motivated 27 Case Study - Good Information Enables a Good Decision 30 Comprehend Concepts #1 30 Health and Wellness Skills #1-3 **Instruction:** 65-69, 75 65 Figure 1.9.2 Negotiation 66 Figure 1.9.3 Identify the Cause of the Conflict 67 Figure 1.9.4 Examples of Compromises for Common Conflicts 75 Figure 1.10.2 Examples of Refusal Skills **Application:** 68 Skills for Health and Wellness - Solve a Conflict with a Friend 70 Comprehend Concepts #2 76 Comprehend Concepts #2 76 Critical Thinking Skills #2 76 Health and Wellness Skills #2
b. Demonstrate ways to intervene and help a drug-dependent friend.	**Instruction:** 321-325 322 Figure 5.6.8 Types of Rehabilitation Programs 323 Figure 5.6.9 Examples of Medicinal Treatment 324 Figure 5.6.10 Support Groups **Application:** 325 Skills for Health and Wellness – Helping Someone with a Substance Use Disorder
c. Describe how individuals can help reduce the misuse and abuse of drugs.	**Instruction:** 168-169, 254-260, 261-262, 281, 290-296 168 Figure 3.3.7 Stages of Substance Use



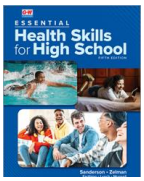
Standards	Correlating Text Pages
	255 Figure 5.1.1 Medication Delivery Methods 256 Figure 5.1.2 Types of Prescription Medications 257 Figure 5.1.3 Medication Tolerance and Withdrawal 259 Figure 5.1.4 Use Medications as Intended 262 Figure 5.2.1 Medication Abuse 293 Figure 5.4.9 Cirrhosis 293 Figure 5.4.10 Risky Behaviors 294 Figure 5.4.11 Social Consequences **Application:** 169 Critical Thinking Skills #2 258 Case Study - The Reality of Medication Abuse 260 Comprehend Concepts #3 260 Critical Thinking Skills #1-3 260 Health and Wellness Skills #1-3 261 Warm Up Activity - Concerned About Addiction 263 Case Study - Prescription Problems 268 Skills for Health and Wellness - Reporting Substance Use 270 Comprehend Concepts #1-2 291 Case Study - The Impact of Alcohol
d. Explain how alcohol and other drugs can increase the vulnerability to unwanted sexual advances.	*Short- and Long-term Effects of Substance Abuse on Dimensions of Health Medication Misuses and Abuse* **Instruction:** 254-260, 261-262 255 Figure 5.1.1 Medication Delivery Methods 256 Figure 5.1.2 Types of Prescription Medications 257 Figure 5.1.3 Medication Tolerance and Withdrawal 259 Figure 5.1.4 Use Medications as Intended 261-270 Medication Misuses and Abuse 261 Effects of Medication Misuse and Abuse 262-263 Medication and the Brain 262 Figure 5.2.1 Medication Abuse 262 Figure 5.2.2 Medication and the Brain 263-264 Other Health Effects 264 Figure 5.2.3 Medication Misuse Endanger the Health of Teens 264 Mental, Social, and Legal Consequences **Application:** 267 Local and Global Health: Impact of the COVID-19 Pandemic on Substance Use- Practice Your Skills: Advocate for Health 258 Case Study - The Reality of Medication Abuse 260 Comprehend Concepts #3 260 Critical Thinking Skills #1-3 260 Health and Wellness Skills #1-3



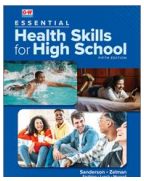
Standards	Correlating Text Pages
	261 Reading and Notetaking Activity 261 Warm-Up Activity: Concerned About Addition-Access Information 263 Case Study: Prescription Problems- Practice Your Skills: Set Goals 268 Skills for Health and Wellness: Reporting Substance Abuse-Practice Your Skills: Communicate with Others 270 Comprehend Concepts #1-2 270 Critical Thinking Skills #1-2 270 Health and Wellness Skills #1-2
Unit 8: Community and Environmental Health	
Competencies and Suggested Objectives	
1. Identify community health care agencies, health careers, and the importance of family medical records.	
a. Describe organizations and services that assist the community and individuals in health promotion.	**Instruction:** 31-38, 39-44 32 Figure 1.5.1 Health Literacy 34 Figure 1.5.2 Evaluating Health Information 37 Figure 1.5.4 Tips for Choosing Health Products 40 Figure 1.6.1 Medical Specialists 42 Figure 1.6.3 Minors Can Consent For 43 Figure 1.6.4 Preventative Healthcare 44 Figure 1.6.5 Emergency Healthcare **Application:** 31 Warm Up Activity - Can You Trust This Website 33 Health in the Media - Analyzing Health Advertisements 36 Research in Action - Debunking Health Claims 38 Comprehend Concepts #1-3 38 Critical Thinking Skills #2-4 Health and Wellness Skills #1-2 41 Case Study - Health Resources: What Are Available and How to Access Them 45 Comprehend Concepts #1-4 45 Health and Wellness Skills #3
b. List career opportunities in health.	**Instruction** 39-41 Understanding the Health Care Industry 40 Figure 1.6.1 Medical Specialist **Application** 45 Comprehend Concepts # 1, #4 45 Health and Wellness Skills # 3
c. Explain the importance of family medical records.	*Evaluate the validity of health information, products, and services.* **Instruction:** 31-38, 39-44 32 Figure 1.5.1 Health Literacy 34 Figure 1.5.2 Evaluating Health Information 37 Figure 1.5.4 Tips for Choosing Health Products



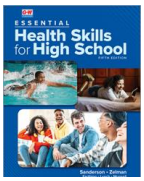
Standards	Correlating Text Pages
	40 Figure 1.6.1 Medical Specialists 42 Figure 1.6.3 Minors Can Consent For 43 Figure 1.6.4 Preventative Healthcare 44 Figure 1.6.5 Emergency Healthcare 91 Disabilities **Application:** 31 Warm Up Activity - Can You Trust This Website 33 Health in the Media - Analyzing Health Advertisements 36 Research in Action - Debunking Health Claims 38 Comprehend Concepts #1-3 38 Critical Thinking Skills #2-4 38 Health and Wellness Skills #1-2 41 Case Study - Health Resources: What Are Available and How to Access Them 45 Comprehend Concepts #1-4 45 Health and Wellness Skills #3
2. Explain how the environment affects people and how people affect the environment.	
a. Determine how pollution, natural disasters, overpopulation, and community violence affect our environmental health.	**Instruction:** 16-17, 48, 51, 381-390 17 Figure 1.3.1 Pollution 383 Figure 6.6.1 Environmental Protection Strategies 384 Figure 6.6.2 Buy Green Products 385 Figure 6.6.3 Conserving Energy at Home 389 Figure 6.6.5 Ways You Can Advocate for Your Environment **Application:** 16 Warm Up Activity - You and the Environment 381 Warm Up Activity - Deciding to Protect the Environment 382 Case Study - Environmental Impact 385 Health in the Media - The Cost of Cheap Goods 387 Skills for Health and Wellness - Donating Used Belongings 390 Critical Thinking Skills #2 390 Health and Wellness Skills #1, #3 *Examine the impact of human-induced environmental change on health and wellbeing.* **Instruction:** 16-17, 48, 51, 381-390 17 Figure 1.3.1 Pollution 353-355 Preparing for Emergencies 353-358 Fire Prevention and Safety 353 Figure 6.3.3 Fire Triangle 354 Figure 6.3.4 What to Include in an Escape Plan 355 Disaster Preparedness



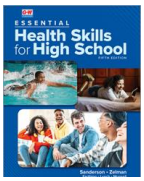
Standards	Correlating Text Pages
	355 Figure 6.3.5 Strategies to plan for a disaster prevention 383 Figure 6.6.1 Environmental Protection Strategies 384 Figure 6.6.2 Buy Green Products 385 Figure 6.6.3 Conserving Energy at Home 389 Figure 6.6.5 Ways You Can Advocate for Your Environment **Application:** 16 Warm Up Activity - You and the Environment 381 Warm Up Activity - Deciding to Protect the Environment 382 Case Study - Environmental Impact 385 Health in the Media - The Cost of Cheap Goods 387 Skills for Health and Wellness - Donating Used Belongings 390 Critical Thinking Skills #2 390 Health and Wellness Skills #1, #3
b. Name sources of air, water, noise, radiation, and ground pollution.	**Instruction:** 16-17, 48, 51, 381-390 17 Figure 1.3.1 Pollution 383 Figure 6.6.1 Environmental Protection Strategies 384 Figure 6.6.2 Buy Green Products 385 Figure 6.6.3 Conserving Energy at Home 389 Figure 6.6.5 Ways You Can Advocate for Your Environment **Application:** 16 Warm Up Activity - You and the Environment 381 Warm Up Activity - Deciding to Protect the Environment 382 Case Study - Environmental Impact 385 Health in the Media - The Cost of Cheap Goods 387 Skills for Health and Wellness -Donating Used Belongings 390 Critical Thinking Skills #2 390 Health and Wellness Skills #1, #3
c. Describe government agencies that protect the environment.	**Instruction:** 16-17, 48, 51, 381-390 17 Figure 1.3.1 Pollution 383 Figure 6.6.1 Environmental Protection Strategies 384 Figure 6.6.2 Buy Green Products 385 Figure 6.6.3 Conserving Energy at Home 389 Figure 6.6.5 Ways You Can Advocate for Your Environment **Application:** 16 Warm Up Activity - You and the Environment



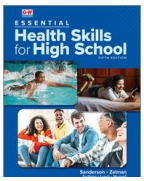
Standards	Correlating Text Pages
	381 Warm Up Activity - Deciding to Protect the Environment 382 Case Study - Environmental Impact 385 Health in the Media - The Cost of Cheap Goods 387 Skills for Health and Wellness -Donating Used Belongings 390 Critical Thinking Skills #2 390 Health and Wellness Skills #1, #3
d. Identify the importance of conserving natural resources and the green movement	**Instruction:** 16-17, 48, 51, 381-390 17 Figure 1.3.1 Pollution 383 Figure 6.6.1 Environmental Protection Strategies 384 Figure 6.6.2 Buy Green Products 385 Figure 6.6.3 Conserving Energy at Home 389 Figure 6.6.5 Ways You Can Advocate for Your Environment **Application:** 16 Warm Up Activity - You and the Environment 381 Warm Up Activity - Deciding to Protect the Environment 382 Case Study - Environmental Impact 385 Health in the Media - The Cost of Cheap Goods 387 Skills for Health and Wellness -Donating Used Belongings 390 Critical Thinking Skills #2 390 Health and Wellness Skills #1, #3
Unit 9: Safety and First Aid	
Competencies and Suggested Objectives	
1. Discuss promotion of safety and prevention of accidents.	
a. Describe behaviors that promote home safety.	*Preventing Accidents and Injuries* **Instruction:** 43,329-336, 329 Reducing Full Hazards in the Home **Application:** 336 (Health and Wellness skills, 1-3)
b. Describe ways to prepare for natural disasters in the community.	*Examine the impact of human-induced environmental change on health and wellbeing.* **Instruction:** 16-17, 48, 51, 381-390 17 Figure 1.3.1 Pollution 353-355 Preparing for Emergencies 353-358 Fire Prevention and Safety 353 Figure 6.3.3 Fire Triangle 354 Figure 6.3.4 What to Include in an Escape Plan 355 Disaster Preparedness



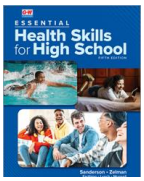
Standards	Correlating Text Pages
	355 Figure 6.3.5 Strategies to plan for a disaster prevention 383 Figure 6.6.1 Environmental Protection Strategies 384 Figure 6.6.2 Buy Green Products 385 Figure 6.6.3 Conserving Energy at Home 389 Figure 6.6.5 Ways You Can Advocate for Your Environment **Application:** 16 Warm Up Activity - You and the Environment 381 Warm Up Activity - Deciding to Protect the Environment 382 Case Study - Environmental Impact 385 Health in the Media - The Cost of Cheap Goods 387 Skills for Health and Wellness - Donating Used Belongings 390 Critical Thinking Skills #2 390 Health and Wellness Skills #1, #3
c. Identify basic safety rules that help prevent accidents at work and school.	*Analyze impact of decisions related to bicycle, pedestrian, traffic, water, and recreation safety.* **Instruction:** 328-335 Safety-Preventing Accidents and Injuries 329 Fall Prevention 329 Figure 6.1.1 Reducing Fall Hazards in the Home 330 Poisoning Prevention 330 Figure 6.1.2 Poisonous Substances Around the Home 331-333 Road Safety 331-332 Pedestrian Safety 332-333 Motor Vehicle Safety 332 Figure 6.1.4 Safety on a School Bus 333 Figure 6.1.5 Texting While Driving 334 Weapons Safety 334-335 Workplace Safety 335 Figure 6.1.6 Ergonomic Arrangement for Workplace Safety 335 Water Safety 351 Staying Safe at Home 351 Staying Safe at School **Application:** 328 Warm-Up Activity -What Do Your Classmates Know? 336 Critical Thinking Skills #1-3 336 Health and Wellness Skills #1-3 *Summarize the symptoms and prevention of skin cancer.* **Instruction:** 452-453, 455 452 Figure 7.7.1 Signs and Symptoms of Cancer



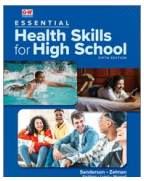
Standards	Correlating Text Pages
	453 Figure 7.7.2 Skin Cancer 455 Figure 7.7.3 Reducing Your Risk for Cancer **Application:** 450 Warm Up Activity - Cancer: Your Decisions 456 Comprehend Concepts #2-3 456Health and Wellness Skills #2-3 *Personal Hygiene* **Instruction:** 393-395 Skin 393 Figure 7.1.1 Layers of Skin 393 Basic skin Care 393-394 Managing Common Skin Conditions 394-395 Acne 394 Figure 7.1.2 Pimples 395 Eczema 395 Tattoos and Piercings 395 Figure 71.3 Eczema 397-399 Teeth 399-398 Carina for Your Teeth. 397 Common Conditions of the Mouth and Teeth 397 Figure 71.6 Parts of a Tooth 398-399 Preventing Mouth and Teeth Conditions 398 Figure 7.17 Mouth and Teeth Condition 399-400 Eyes 399 - 400 Caring for Your Eyes and Ears 399 - 400 Caring for Your Eyes 399 Figure 7.1.8. Parts of the Eye 400Research in Action: Noise Related Hearing Lost 400 Figure 7.19 Common Vision Condition 400-402 Hearing 401-402 Caring for Your Ears 401 Figure 7.1.10 **Application** 392 Reading and Note Taking Activity 392 Warm-Up Activity: Personal Hygiene Products - Access Information 400 Research in Action: Noise – Related Hearing Loss: Practice Your Skills- Practice Health - Enhancing Behaviors 402 Comprehend Concepts # 2, 3 402 Critical Thinking Skills plus/minus 1-3 403 Health and Wellness skills # 1-3
d. Recognize recreation-related injuries and how to prevent them.	**Instruction:** 13-17 Behavioral Factors 13 Figure 1.2.3Nutrition and Physical Activity



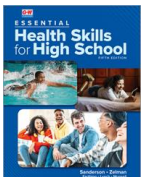
Standards	Correlating Text Pages
e. Explain ways to promote vehicle safety, including regular use of seat belts for all ages.	*Individual Factors Affecting Health and Wellness* **Instruction:** 10-22 Individual Factors Affecting Health and Wellness 10-11 Risk and Protective Factors 11 Genetic Factors 11 Figure 1.2.1 Cell Structure 12 Figure 1.2.2 The Role of Genes in Non- Communicable Diseases 13 Case Study: Stressed, Sick, and Now What? 13-14 Behavioral Factors 13 Figure 1.2.3 Nutrition and Physical Activity 14 Figure 1.2.5 Teen Drivers Higher Risk for Injury, 16-22 Environmental Factors Affecting Health and Wellness 22 Skills for Health and Wellness: What Factors Affect Your Health? **Application:** 10 Warm-Up Activity 13 Case Study: Stressed, Sick, and Now What? 13 Practice Your Skills: Practicing Health- Enhancing Behaviors 15 Health and Wellness Skills, # 1-5, 22 Skills for Health and Wellness: What Factors Affect Your Health? – Practice Your Skills: Analyze Influences *Preventing Accidents and Injuries* Instruction: 43,329-336, 329 Reducing Full Hazards in the Home **Application:** 336 (Health and Wellness skills, 1-3) *Understanding/Preventing Communicable Disease* **Instruction:** 418-419 Immunity: The Body's Defense Against Infection 422-423 Diagnosis and Treatment of Noncommunicable Diseases **Application:** 422(Local and Global Health) *Preventing and Treating Communicable Disease* **Instruction:** 432-436 434 Case Study-Blocking Germs Every Day 436 Skills for Health and Wellness: Help



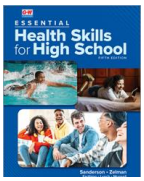
Standards	Correlating Text Pages
	Prevent the Spread of Diseases 436 Figure 7.5.3 Common Vaccines **Application:** 434 Case Study-Blocking Germs Every Day –Practice Your Skills: Set Goals 436 Skills for Health and Wellness: Help Prevent the Spread of Diseases-Practice Your Skills: Advocate for Health
f. Recognize dangerous situations, including rape, assault, misuse of social networking, and gang-related activities, and how to avoid them.	*Analyze impact of decisions related to bicycle, pedestrian, traffic, water, and recreation safety.* **Instruction:** 328-335 Safety-Preventing Accidents and Injuries 329 Fall Prevention 329 Figure 6.1.1 Reducing Fall Hazards in the Home 330 Poisoning Prevention 330 Figure 6.1.2 Poisonous Substances Around the Home 331-333 Road Safety 331-332 Pedestrian Safety 332-333 Motor Vehicle Safety 332 Figure 6.1.4 Safety on a School Bus 333 Figure 6.1.5 Texting While Driving 334 Weapons Safety 334-335 Workplace Safety 335 Figure 6.1.6 Ergonomic *Arrangement for Workplace Safety* 335 Water Safety 351 Staying Safe at Home 351 Staying Safe at School **Application:** 328 Warm-Up Activity -What Do Your Classmates Know? 336 Critical Thinking Skills #1-3 336 Health and Wellness Skills #1-3 **Instruction:** 293, 303-304 295 Health Across the Life Span - The Consequences of Drunk Driving Do Not Go Away 304 Figure 5.5.4 Myths and Facts About Marijuana **Application:** 287 Local and Global Health - Consequences of Alcohol Use 291 Case Study - The Impact of Alcohol 296 Health and Wellness Skills #3 311 Critical Thinking Skills #1 311 Health and Wellness Skills #2



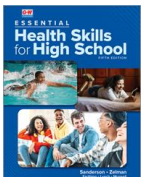
Standards	Correlating Text Pages
	Demonstrate refusal, negotiation, and collaboration skills to enhance health and avoid or reduce health risks. **Instruction:** 65-69, 75 65 Figure 1.9.2 Negotiation 66 Figure 1.9.3 Identify the Cause of the Conflict 67 Figure 1.9.4 Examples of Compromises for Common Conflicts 75 Figure 1.10.2 **Application:** 68 Skills for Health and Wellness - Solve a Conflict with a Friend 70 Comprehend Concepts #2 76 Comprehend Concepts #2 76 Critical Thinking Skills #2 76 Health and Wellness Skills #2 *Sexual Harassment and Assault* *See Supplemental Human Development and Relationships, and/or Human Development, Relationships, and Sexual Health* **Instruction:** 80-90 Sexual Harassment and Assault 80-83 What is Consent 81 Figure 10.2.1 Which One Is Consent? 82 Figure 10.2.2 Myths & Facts of Consent 83-86 Sexual Harassment 83 Understanding Sexual Harassment 83 Verbal and Nonverbal Sexual Harassment 84 Effects of Sexual Harassment 84 Health in the Media: The Hazards of Rape Culture 85-86 Preventing and Responding to Sexual Harassment 85 Figure 10.2.4 Before You Say or Send a Message, ask… 85 Figure 10.2.5 Standing Up to Sexual Harassment 86 Sexual Assault 87 Effects of Sexual Assault 87-88 Preventing Sexual Assault 87 Figure 10.2.6 Consequences of Sexual Assault 88 Understand Consent 88 Figure 10.2.7 Sexual Assault Prevention Programs 89 Avoid Risky Situations 89-90 Responding to Sexual Assault 89 Figure 10.2.8 Avoiding Dangerous Situations



Standards	Correlating Text Pages
	90 Figure 10.2.9 Examples of How to Respond/Converse with Sexual Assault Survivors **Application:** 80 Warm-Up Activity : What Is Affirmative Consent? 84 Health in the Media: The Hazards of Rape Culture-Practice Your Skills: Advocate for Health 91 Critical Thinking Skills #1-3 91 Health and Wellness Skills #1-3
2. Discuss and demonstrate procedures for emergency situations.	
a. Identify, assess, and learn to respond to emergency situations.	*Analyze impact of decisions related to bicycle, pedestrian, traffic, water, and recreation safety.* **Instruction:** 328-335 Safety-Preventing Accidents and Injuries 329 Fall Prevention 329 Figure 6.1.1 Reducing Fall Hazards in the Home 330 Poisoning Prevention 330 Figure 6.1.2 Poisonous Substances Around the Home 331-333 Road Safety 331-332 Pedestrian Safety 332-333 Motor Vehicle Safety 332 Figure 6.1.4 Safety on a School Bus 333 Figure 6.1.5 Texting While Driving 334 Weapons Safety 334-335 Workplace Safety 335 Figure 6.1.6 Ergonomic Arrangement for Workplace Safety 335 Water Safety 351 Staying Safe at Home 351 Staying Safe at School **Application:** 328 Warm-Up Activity -What Do Your Classmates Know? 336 Critical Thinking Skills #1-3 336 Health and Wellness Skills #1-3 *Apply basic first aid skills. Demonstrate CPR and AED procedures.* **Instruction:** 337-348 338 Figure 6.2.1 First Aid Kit Essentials 339 Figure 6.2.2 Calling 911 340 Figure 6.2.3 Treating Minor Injuries 342 Figure 6.2.5 EpiPen 342 Figure 6.2.6 Types of Burns 344 Figure 6.2.7 CPR



Standards	Correlating Text Pages
	344 Figure 6.2.8 Using an Automated External Defibrillator (AED) 346 Figure 6.2.10 Heat Related Illnesses 348 Figure 6.2.11 The Five and Five Method **Application:** 337 Warm Up Activity - Injury List 347 Local and Global Health - Extreme Weather and a Changing Climate 349 Comprehend Concepts #1-3 349 Critical Thinking #1-3 349 Health and Wellness Skills #1-2 *Practice hands-only cardiopulmonary resuscitation (CPR) and the use of automated external defibrillators (AED).* **Instruction**: 343-344 344 Figure 6.2.7 CPR 344 Figure 6.2.8 Using an Automated External Defibrillator (AED) **Application:** 349 Critical Thinking Skills #3 *Explain accepted procedures for basic first aid and emergency care.* **Instruction:** 337-348 338 Figure 6.2.1 First Aid Kit Essentials 339 Figure 6.2.2 Calling 911 340 Figure 6.2.3 Treating Minor Injuries 342 Figure 6.2.5 EpiPen 342 Figure 6.2.6 Types of Burns 344 Figure 6.2.7 CPR 344 Figure 6.2.8 Using an Automated External Defibrillator (AED) 346 Figure 6.2.10 Heat Related Illnesses 348 Figure 6.2.11 The Five and Five Method **Application:** 337 Warm Up Activity - Injury List 347 Local and Global Health - Extreme Weather and a Changing Climate 349 Comprehend Concepts #1-3 349 Critical Thinking #1-3 349 Health and Wellness Skills #1-2 353-355 Preparing for Emergencies 353-358 Fire Prevention and safety 353 Figure 6.3.3 Fire Triangle



Standards	Correlating Text Pages
	354 Figure 6.3.4 what to Include in an Escape Plan 355 Disaster Preparedness 355 Figure 6.3.5 Strategies to plan for a disaster prevention
b. Assemble contents of a basic first aid kit.	**Instruction:** 337-348 338 Figure 6.2.1 First Aid Kit Essentials 339 Figure 6.2.2 Calling 911 340 Figure 6.2.3 Treating Minor Injuries 342 Figure 6.2.5 EpiPen 342 Figure 6.2.6 Types of Burns 344 Figure 6.2.7 CPR 344 Figure 6.2.8 Using an Automated External Defibrillator (AED) 346 Figure 6.2.10 Heat Related Illnesses 348 Figure 6.2.11 The Five and Five Method **Application:** 337 Warm Up Activity - Injury List 347 Local and Global Health - Extreme Weather and a Changing Climate 349 Comprehend Concepts #1-3 349 Critical Thinking #1-3 349 Health and Wellness Skills #1-2
c. Practice first aid emergency procedures, including reporting accidents and providing first aid for wounds, choking, fractures, heart attacks, seizures, and poisonings.	**Instruction:** 343-344 344 Figure 6.2.7 CPR 344 Figure 6.2.8 Using an Automated External Defibrillator (AED) **Application:** 349 Critical Thinking Skills #3