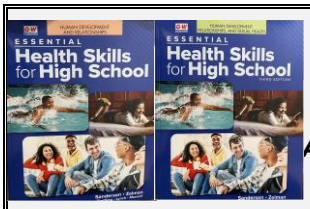
Goodheart-Willcox Publisher
18604 West Creek Drive • Tinley Park, IL 60477-6243
Web www.g-w.com
Orders 800.323.0440
Phone 708.687.5000
Fax 708.687.5068



Goodheart-Willcox Publisher
Correlation of Essential Health Skills for High School ©2025
for Human Development Relationships,
And/or Human Development, Relationships, And Sexual Health
Arizona Health Education Standards (Grades 9 – 12)



Standards	Examples	Correlating Textbook Pages
STRAND 1: Comprehension of Health Promotion and Disease Prevention Concepts		
Concept 1: Relationship Between Health Behaviors and Health		
PO 1. Predict how healthy behaviors can affect health status	*PO 1. Predict the benefits of eating healthy for disease prevention*	**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



Standards	Examples	Correlating Textbook Pages
		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 #1 439 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



Standards	Examples	Correlating Textbook Pages
		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
Concept 2: Multiple Dimensions of Health		
PO 1. Describe the interrelationships of emotional, intellectual, physical, and social health	*PO 1. Describe the body's response to stress and its effects on the body*	*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



Standards	Examples	Correlating Textbook Pages
		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 *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 *See Supplemental Human Development and Relationships, and/or Human Development, Relationships, and Sexual Health* *Intellectual Development & Emotional and Social Development* **Instruction:** 41-43 Intellectual Development & Emotional and Social Development 42 Case Study: Feeling Comfortable with Who I Am



Standards	Examples	Correlating Textbook Pages
		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 43 Health and Wellness Skills # 1-3
Concept 3: Personal Health		
PO 1. Analyze how environment and personal health are interrelated	*PO 1. Describe the relationship between environmental toxins and personal 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
PO 2. Evaluate the impact of food and nutrition, including nutrient deficiencies, on health	*PO 2. Evaluate factors that influence food intake and nutritional status including family, friends, culture, emotions, sensory stimuli, media, marketing, and food availability*	*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



Standards	Examples	Correlating Textbook Pages
		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
PO 3. Evaluate levels and types of physical activity and how these promote health and contribute to disease prevention	*PO 3. Explain the types of physical activity that have cardiovascular benefits*	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).
PO 4. Analyze how genetics and family history can impact personal health	*PO 4. Explain how genetics and family history may impact personal health*	**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 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
Concept 4: Prevention of Injuries and Health Problems		
PO 1. Propose ways to reduce or prevent injuries and health problems	*PO 1. Propose ways to keep safe when riding in an automobile*	*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



Standards	Examples	Correlating Textbook Pages
		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? -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



Standards	Examples	Correlating Textbook Pages
		436 Skills for Health and Wellness: Help 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
Concept 5: Use of Health Care		
PO 1. Analyze the relationship between access to health care and health status	*PO 1. Identify how poverty may impede access to health care and health status*	**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 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
Concept 6: Healthy vs. Unhealthy Behaviors		
PO 1. Compare and contrast the benefits of and barriers to practicing a variety of healthy behaviors	*PO 1. Discuss how economics, culture, demographics and genetics are a benefit or a barrier to practicing healthy behaviors*	*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



Standards	Examples	Correlating Textbook Pages
		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 *Analyze how the culture supports and challenges health beliefs, practices, and 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**: 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
PO 2. Analyze personal susceptibility to injury, illness, or death if engaging in unhealthy behaviors	*PO 2. Analyze the relationship between alcohol use and the death rate in auto accidents*	*Analyze impact of decisions related to bicycle, pedestrian, traffic, water, and recreation safety.* **Instruction**: 328-335 Safety-Preventing Accidents and Injuries 329 Fall Prevention



Standards	Examples	Correlating Textbook Pages
		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 *Recognize the dangers of riding with a driver who has been using alcohol, opioids, nicotine products marijuana products, performance-enhancing substances, and other trending drugs or substances.* **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
PO 3. Analyze the potential severity of injury or illness if engaging in unhealthy behaviors	*PO 3. Analyze the physical and social consequences of drug use and achieving life goals*	*Individual Factors Affecting Health and Wellness* **Instruction:**



Standards	Examples	Correlating Textbook Pages
		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? -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)



Standards	Examples	Correlating Textbook Pages
		Preventing and Treating Communicable Disease **Instruction:** 432-436 434 Case Study-Blocking Germs Every Day 436 Skills for Health and Wellness: Help 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 *Describe the effects of using alcohol, opioids, nicotine products, marijuana products, and other trending drugs or substances on school performance, job performance, job absenteeism, and job loss.* **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 *See Supplemental Human Development and Relationships, and/or Human Development, Relationships, and Sexual Health* *Describe behaviors that impact reproductive health.* *Common STIs* **Instruction:** 112-123 Common STIs 113 What Are STIs 113 Figure 11.1.1 Risk Factors for STIs 114-117 Common Bacterial STIs 114 Figure 11.1.2 Untreated Chlamydia 116 Research in Action: Point -of -Care Testing and Diagnosis for STIs 117 Figure 11.1.3 Primary Syphilis 117 Figure 11.1.4 Secondary Syphilis



Standards	Examples	Correlating Textbook Pages
		118-121 Common Viral STIs 118 Figure 11.1.5 Trichomoniasis 118 Figure 11.1.6 Genital Herpes 120 Case Study: A Vaccine for STI 121-123 Other Sexually Associated Infections 121 Figure 11.1.7 Examples of Other Sexually Associated Infections 123 Figure 11.1.8 Understanding UTIs **Application:** 112 Reading and Notetaking Activity 112 Warm-Up Activity: Agree or Disagree 116 Research in Action: Point of Cre Testing and Diagnosis for STIs-Practice Your Skills: Communicate with Others 120 Case Study: A Vaccine for STI-Practice Your Skills: Communicate with Others 124 Comprehend Concepts #1-3 124 Critical Thinking Skills #1-3 124 Health and Wellness Skills #1-3 *HIV/AIDS* **Instruction:** 125-131 HIV/AIDS 125-126 What are HIV and AIDS 126 Figure 11.2.1 HIV and AIDS Defined 127-128 Signs, Symptoms and Transmission of HIV and AIDS 127 Figure 11.2.2 HIV Damages the Immune System 128-130 Testing, Diagnosis, and Treatment 128 Figure 11.2.3 HIV Transmission 129 Figure 11.2.4 HIV Federal Government Laws of Protection 129 Local and Global Health: HIV/AIDS Stigma, Testing, and Treatment 130-131 HIV Prevention 130 Figure 11.2.5 Reducing the Risk of HIV Transmission **Application:** 125 Reading and Notetaking 125 Warm-Up Activity: Staying HIV Free 129 Local and Global Health: HIV/AIDS Stigma, Testing, and Treatment-Practice Your Skills: Advocate for Health 132 Comprehend Concepts # 1-4



Standards	Examples	Correlating Textbook Pages
		132 Critical Thinking Skills #1-3 132 Health and Wellness Skills #1-3



Standards	Examples	Correlating Textbook Pages
STRAND 2: Analysis of Factors Affecting Health Behaviors		
Concept 1: External Influences on Personal Health		
PO 1. Analyze how the family influences the health of individuals	*PO 1. Analyze how nutrient content and food preparation methods in the home affect the health of individuals*	*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 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 *Analyze how the culture supports and challenges health beliefs, practices, and 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:** 56 Local and Global Health - Culture Affects Communication 93 Local and Global Health Everyone Has a Cultural Identity 95 Case Study - Who You Are



Standards	Examples	Correlating Textbook Pages
		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



Standards	Examples	Correlating Textbook Pages
		105 Figure 2.4.2 Media and Society 109 Figure 2.4.4 View Media Critically 112 Figure 2.4.6 Government Advocacy for Positive Body Image 191 Figure 3.6.2 Suicide Contagion **Application:** 20 Health in the Media - How Has Technology Affected Health 33 Health in the Media - Analyzing Health Advertisements 73 Health in the Media - The Power of Virtual Peer Pressure 84 Research in Action - Technology and Your Mental and Emotional Health 101 Health in the Media - Fear of Missing Out (FOMO) 104 Warm Up Activity - Social Media Models 106 Case Study - How Do I Look 110 Health in the Media - Editing and Airbrushing Media Images 113 Critical Thinking Skills #2-3 113 Health and Wellness Skills #2 116 Health in the Media - The Rapid Spread of Negative Emotions 143 Health in the Media - Can Social Media Cause Stress 190 Health in the Media - Media Representations of Suicide 225 Health in the Media - Be Wary of Celebrity Endorsements 275 Heath in the Media - Tobacco in the Media: Then and Now 301 Health in the Media - Drugs and Your Digital Footprint 331 Health in the Media - Social Media Dares and Challenges 385 Health in the Media - The Hidden Costs of Cheap Goods 408 Health in the Media - Using Technology to Improve Sleep 427 Health in the Media - The Health Hazards of Misinformation 459 Health in the Media - Social Media and Disease 471 Health in the Media - Media Relationships - Healthy or Unhealthy



Standards	Examples	Correlating Textbook Pages
		Evaluate the impact of technology on personal, family and community health. **Instruction:** 83-84, 190-191 191 Figure 3.6.2 Suicide Contagion **Application:** 84 Research in Action - Technology and Your Mental and Emotional Health 190 Health in the Media - Media Representations of Suicide 125 Case Study - Social Media Envy *Analyze how the perceptions of norms influence healthy and unhealthy behaviors.* **Instruction:** 18-19, 112, 315-316 315 Figure 5.6.3 Perceptions of Norms **Application:** 18 Local and Global Health - Perceptions and Norms: The Impact on Health 23 Critical Thinking Skills #3 326 Critical Thinking Skills #1 *See Supplemental Human Development, Relationships, and Sexual Health* 186 Health in the Media - Media Messages About Contraception *Analyze the influence of personal values and beliefs on individual health practices and behaviors.* **Instruction:** 19, 84-85 19 Figure 1.3.3 Cultural Practices That Affect Health and Wellness 85 Figure 2.1.7 Meaning **Application:** 23 Comprehend Concepts #2 *Analyze how some health risk behaviors can influence the likelihood of engaging in unhealthy behaviors.*



Standards	Examples	Correlating Textbook Pages
		Instruction: 293-294, 313-316 293 Figure 5.4.10 Violent Attacks 294 Figure 5.4.11 Social Consequences for Teen Drinking 313 Figure 5.6.2 The Complex Relationship Between Mental Health and Substance Misuse **Application**: 314 Research in Action - Co-Occurring Disorders: Substance Use and Mental Health 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 #2 382 Case Study - Environmental Impact 422 Local and Global Health - Promoting Health with Self Care
PO 2. Analyze how the culture supports and challenges health beliefs, practices, and behaviors	*PO 2. Analyze how culture challenges and supports meal patterns, eating behaviors, and body image*	*Analyze how the culture supports and challenges health beliefs, practices, and 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



Standards	Examples	Correlating Textbook Pages
		96 Figure 2.2.5 Questions to Help You Reflect on Your Qualities 130 Figure 2.6.7 Diversity **Application:** 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 *Summarize the importance of a positive body image and its implications on mental and physical wellness.* **Instruction:** 104-105, 113. 170-177 105 Figure 2.4.1 Body Image 105 Figure 2.4.2 Advertisements 173 Figure 3.4.2 Types of Eating Disorders **Application:** 104 Warm Up Activity - Social Media Models 106 Case Study - How Do I Look 107 Local and Global Health - The Thin Ideal is Not Universal 113 Comprehend Concepts #1 113 Critical Thinking Skills #1, #4 170 Warm Up Activity - The Impact of Eating Disorders 174 Case Study - Struggling with How You Look 177 Health and Wellness Skills #2
PO 3. Evaluate how peers influence healthy and unhealthy behaviors	*PO 3. Evaluate how peers influence healthy and unhealthy behaviors related to meal patterns and eating behaviors*	*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



Standards	Examples	Correlating Textbook Pages
		74 Case Study - Peer Pressure in Action 76 Comprehend Concepts #1 76Critical Thinking Skills #1 76 Health and Wellness Skills #2 *Examine the harmful effects of using certain weight-loss measures.* **Instruction:** 215, 268-269 215 Figure 4.2.7 Characteristics of Fad Diets 268 Figure 5.2.6 Diet Pills *Investigate how food access impacts food choices and health outcomes.* Instruction: 222 **Application:** 229 Critical Thinking Skills #1 *Analyze various eating patterns and their impact on personal health.* **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 *Summarize how to make balanced food selections when dining out.* **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:**



Standards	Examples	Correlating Textbook Pages
		206 Critical Thinking Skills #1 206 Health and Wellness Skills #1-3 207 Warm Up Activity - Portion Sizes *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
PO 4. Evaluate how the school and community can impact personal health practice and behaviors	*PO 4. Evaluate how the school and community support individual meals patterns, nutritionally balanced meals, and healthy snacks*	*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 *Examine the harmful effects of using certain weight-loss measures.* **Instruction:** 215, 268-269 215 Figure 4.2.7 Characteristics of Fad Diets, 268 Figure 5.2.6 Diet Pills *Investigate how food access impacts food choices and health outcomes.*



Standards	Examples	Correlating Textbook Pages
		Instruction: 222 **Application:** 229 Critical Thinking Skills #1 *Analyze various eating patterns and their impact on personal health.* **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 *Summarize how to make balanced food selections when dining out.* **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 *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



Standards	Examples	Correlating Textbook Pages
		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
PO 5. Evaluate the effect of media on personal and family health	*PO 5. Evaluate how the media influences thoughts, feelings, and health behaviors related to smoking, alcohol use and sexual behaviors*	*Evaluate the effect of media on personal and family health.* 105 Figure 2.4.2 Media and Society 109 Figure 2.4.4 View Media Critically 112 Figure 2.4.6 Government Advocacy for Positive Body Image 191 Figure 3.6.2 Suicide Contagion **Application:** 20 Health in the Media - How Has Technology Affected Health 33 Health in the Media - Analyzing Health Advertisements 73 Health in the Media - The Power of Virtual Peer Pressure 84 Research in Action - Technology and Your Mental and Emotional Health 101 Health in the Media - Fear of Missing Out (FOMO) 104 Warm Up Activity - Social Media Models 106 Case Study - How Do I Look 110 Health in the Media - Editing and Airbrushing Media Images 113 Critical Thinking Skills #2-3 113 Health and Wellness Skills #2 116 Health in the Media - The Rapid Spread of Negative Emotions 143 Health in the Media - Can Social Media Cause Stress 190 Health in the Media - Media Representations of Suicide 225 Health in the Media - Be Wary of Celebrity Endorsements 275 Heath in the Media - Tobacco in the Media: Then and Now 301 Health in the Media - Drugs and Your Digital Footprint 331 Health in the Media - Social Media Dares and Challenges



Standards	Examples	Correlating Textbook Pages
		385 Health in the Media - The Hidden Costs of Cheap Goods 408 Health in the Media - Using Technology to Improve Sleep 427 Health in the Media - The Health Hazards of Misinformation 459 Health in the Media - Social Media and Disease 471 Health in the Media - Media Relationships - Healthy or Unhealthy *See Supplemental Human Development, Relationships, and Sexual Health* *Evaluate how culture, media, society, and other people influence our perceptions of gender roles, sexuality, relationships, and sexual orientation.* *Aspects of Sexuality* **Instruction:** 153-154 Biological Sex 153 Figure 12.1.1 Aspects of Your Sexuality 154-155 Gender 154 Figure 12.1.2 Negative Effects of Gender Stereotypes 155 Figure 12.1.3 Femininity and Masculinity 156 Case Study: The LGBT+ Community 157-158 Sexual Orientation 157 Figure 12.1.4 People may describe themselves as… 158-160 Support for LGBT+ Youth 158 Figure 12.1.5 Questions About Sexual Orientation 159 Research in Action: Children of Same-Sex Parents **Application:** 156 Case Study: The LGBT+ Community-Practice Your Skills: Communicate with Others 159 Research in Action: Children of Same-Sex-Parents-Practice Your Skills: Advocate for Health 161 Comprehend Concepts #1-2 161 Critical Thinking Skills #1-2 161 Health and Wellness Skills #1-3



Standards	Examples	Correlating Textbook Pages
		Factors Affecting Sexual Behavior 55-59 Factors Affecting Sexual Behavior 56 Figure 9.7.1 Effects of Sexual Abstinence 56 Cultural and Family Background 57 Figure 9.7.2 Different cultures and families have differing perspectives on … 57-58 Relationships 58-59 Media 58 Health in the Media: Portrayal of Sex in the Media 59 Goals and Values 59 Figure 9.7.3 Questions to Ask About Media **Application:** 58 Health in the Media: Portrayal of Sex in the Media-Practice Your Skills: Analyze Influences 66 Comprehend Concepts #1 66 Critical Thinking Skills #1-3 66 Health and Wellness Skills #1-3 *Compare and contrast the influence of family, peers, culture, media, technology, and other factors on harassment, intimidation, and bullying.* *Violence- Bullying and Cyberbullying* 68-78 Bullying and Cyberbullying 68-73 Bullying 69 Figure 10.1.1 Risk Factors for Violent Behavior 70 Types of Bullying 70 Figure 10.1.2 Types of Bullying 71 Research in Action - Do Violent Video Games Cause Violence 71-72 Effects of Bullying 71 Figure 10.1.3 Emotional Signs of Bullying 72 Skills for Health and Wellness: Being an Upstander and Ally 73 Responding to Bullying and Harassment 73 Figure 10.1.4 Bystanders and Upstanders 74 Cyberbullying 74-75 Types of Cyberbullying 74 Examples of Cyberbullying



Standards	Examples	Correlating Textbook Pages
		75-76 Effects of Cyberbullying 75 Case Study: Rumors: A Harmless Story? 76 Responding to Cyberbullying 76 Figure 10.1.6 What Content Should You Report on Social Media 77-78 Ways to Precent Bullying and Cyberbullying 77 Build Your Self Esteem 77 Avoid Bullying Behavior 77 Figure 10.1.7 Developing Self-Confidence 78 Celebrate Differences 78 Have Positive Relationships 78 Be Safe Online 78 Communicate with Trusted Adults **Application:** 68 Warm Up Activity 71 Research in Action - Do Violent Video Games Cause Violence- Practice Your Skills 72 Skills for Health and Wellness: Being an Upstander and Ally-Practice Your Skills 75 Case Study: Rumors: A Harmless Story?-Practice Your Skills 79 Critical Thinking #1-3 79 Health and Wellness Skills #1-3 *Sexual Harassment and Assault* **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



Standards	Examples	Correlating Textbook Pages
		86 Sexual Assault 87 Effects of Sexual Assault 87-89 Preventing Sexual Assault 87 Figure 10.2.6 Consequences of Sexual Assault 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 90 Figure 10.2.9 Examples of How to Respond/Converse with Sexual Assault Survivors **Application:** 80 Warm-Up Activity: Respecting Boundaries 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 *Evaluate the effect of media on personal and family health.* **Instruction:** 83-84, 105-107, 109-112, 190-191, 275, 427, 471 105 Figure 2.4.2 Media and Society 109 Figure 2.4.4 View Media Critically 112 Figure 2.4.6 Government Advocacy for Positive Body Image 191 Figure 3.6.2 Suicide Contagion **Application:** 20 Health in the Media - How Has Technology Affected Health 33 Health in the Media - Analyzing Health Advertisements 73 Health in the Media - The Power of Virtual Peer Pressure 84 Research in Action - Technology and Your Mental and Emotional Health 101 Health in the Media - Fear of Missing Out (FOMO) 104 Warm Up Activity - Social Media Models 106 Case Study - How Do I Look



Standards	Examples	Correlating Textbook Pages
		110 Health in the Media - Editing and Airbrushing Media Images 113 Critical Thinking Skills #2-3 113 Health and Wellness Skills #2 116 Health in the Media - The Rapid Spread of Negative Emotions 143 Health in the Media - Can Social Media Cause Stress 190 Health in the Media - Media Representations of Suicide 225 Health in the Media - Be Wary of Celebrity Endorsements 275 Heath in the Media - Tobacco in the Media: Then and Now 301 Health in the Media - Drugs and Your Digital Footprint 331 Health in the Media - Social Media Dares and Challenges 385 Health in the Media - The Hidden Costs of Cheap Goods 408 Health in the Media - Using Technology to Improve Sleep 427 Health in the Media - The Health Hazards of Misinformation 459 Health in the Media - Social Media and Disease 471 Health in the Media - Media Relationships - Healthy or Unhealthy
PO 6. Evaluate the impact of technology on personal, family, and community health	*PO 6. Evaluate the impact of technology on personal, family, and community health related to eating patterns*	*Evaluate the impact of technology on personal, family and community health* **Instruction:** 83-84, 190-191 191 Figure 3.6.2 Suicide Contagion **Application:** 84 Research in Action - Technology and Your Mental and Emotional Health 190 Health in the Media - Media Representations of Suicide 125 Case Study - Social Media Envy *Identify physical and psychological responses to stressors.* **Instruction:** 140-142, 151-152 141 Figure 3.1.1 Stressors 152 Questions to Help Identify Stressors



Standards	Examples	Correlating Textbook Pages
		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 #1-2 150 Critical Thinking Skills #3 153 Case Study - Stressful Situations 160 Critical Thinking Skills #1 *Compare how family, peers, culture, media, technology, and other factors influence safety and injury prevention practices and behaviors.* **Instruction:** 83-84, 357-366 358 Figure 6.4.1 Aspects of a Digital Footprint 360 Figure 6.4.2 Copyright Laws 361 Figure 6.4.3 Online Etiquette 362 Figure 6.4.4 Personal Information - What You Should Keep Private 363 Figure 6.4.5 Tips for Using Privacy Settings 363 Figure 6.4.6 Before You Post Online 365 Figure 6.4.7 Passwords 366 Figure 6.4.8 Navigating Websites Safely **Application:** 84 Research in Action - Technology and Your Mental and Emotional Health 125 Case Study - Social Media Envy 357 Warm Up Activity - My Online Presence 359 Skills for Health and Wellness - Promoting an Online Environment of Respect 364 Case Study - Navigating Life Online 367 Comprehend Concepts #1-3 367 Critical Thinking Skills #1-3 367 Health and Wellness Skills #1 *Evaluate the impact of technology on personal, family and community health.* **Instruction:**



Standards	Examples	Correlating Textbook Pages
		83-84, 190-191 191 Figure 3.6.2 Suicide Contagion **Application:** 84 Research in Action - Technology and Your Mental and Emotional Health 190 Health in the Media - Media Representations of Suicide 125 Case Study - Social Media Envy
Concept 2: Internal Influences on Personal Health		
PO 1. Analyze how the perceptions of norms influence healthy and unhealthy behaviors	*PO 1. Analyze how perception of body image influences healthy and unhealthy eating patterns*	*Analyze how the perceptions of norms influence healthy and unhealthy behaviors*. **Instruction:** 18-19, 112, 315-316 315 Figure 5.6.3 Perceptions of Norms **Application:** 18 Local and Global Health - Perceptions and Norms: The Impact on Health 23 Critical Thinking Skills #3 26 Critical Thinking Skills #1 *Explain why people with eating disorders need support services.* **Instruction:** 104-105, 113, 170-177 105 Figure 2.4.1 Body Image, Figure 2.4.2 Advertisements, 173 Figure 3.4.2 Types of Eating Disorders **Application:** 104 Warm Up Activity - Social Media Models 106 Case Study - How Do I Look 107 Local and Global Health - The Thin Ideal is Not Universal 113 Comprehend Concepts #1 113 Critical Thinking Skills #1, #4 170 Warm Up Activity - The Impact of Eating Disorders 174 Case Study - Struggling with How You Look 177 Health and Wellness Skills #2 *Examine the harmful effects of using certain weight-loss measures.*



Standards	Examples	Correlating Textbook Pages
		Instruction: 215, 268-269 215 Figure 4.2.7 Characteristics of Fad Diets, 268 Figure 5.2.6 Diet Pills *Investigate how food access impacts food choices and health outcomes.* **Instruction:** 222 **Application:** 229 Critical Thinking Skills #1 *Analyze various eating patterns and their impact on personal health.* **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 *Summarize how to make balanced food selections when dining out.* **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



Standards	Examples	Correlating Textbook Pages
PO 2. Analyze the influence of personal values and beliefs on individual health practices and behaviors	*PO 2. Analyze the influence of personal values and beliefs related to meal patterns, eating behaviors, and body image on individual health practices and behaviors*	**Instruction:** 19, 84-85 19 Figure 1.3.3 Cultural Practices That Affect Health and Wellness, 85 Figure 2.1.7 Meaning **Application:** 23 Comprehend Concepts #2 *Apply strategies to overcome barriers to achieving a personal goal to improve healthy eating behaviors* *Examine the harmful effects of using certain weight-loss measures.* **Instruction:** 215, 268-269 215 Figure 4.2.7 Characteristics of Fad Diets 268 Figure 5.2.6 Diet Pills *Investigate how food access impacts food choices and health outcomes.* Instruction: 222 **Application:** 229 Critical Thinking Skills #1 *Analyze various eating patterns and their impact on personal health.* **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 *Summarize how to make balanced food selections when dining out.* **Instruction:** 207-228 208 Figure 4.2.1 MyPlate Food Guidance



Standards	Examples	Correlating Textbook 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 *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
PO 3. Analyze how some health risk behaviors can influence the likelihood of engaging in unhealthy behaviors	*PO 3. Analyze how dieting and disordered eating can influence the likelihood of unhealthy behaviors*	*Analyze how some health risk behaviors can influence the likelihood of engaging in unhealthy behaviors* **Instruction:** 293-294, 313-316 293 Figure 5.4.10 Violent Attacks 294 Figure 5.4.11 Social Consequences for Teen Drinking 313 Figure 5.6.2 The Complex Relationship Between Mental Health and Substance Misuse **Application:** 314 Research in Action - Co-Occurring Disorders: Substance Use and Mental Health 326 Comprehend Concepts #1 *Identify supportive services for people with eating disorders*



Standards	Examples	Correlating Textbook Pages
		Instruction: 170-177 170-177 Disordered Eating and Eating Disorders 171 Disordered Eating 171 Figure 3.4.1 Eating Disorders Versus Disordered Eating 172 Eating Disorders 172 Skills for Health and Wellness: Helping a Friend with Disordered Eating 173 Risk Factors for Eating Disorders 173-175 Health Effects of Eating Disorders 173 Figure 3.4.2 Types of Eating Disorders 174 Case Study: Struggling with How You Look 175-177 Treating Eating Disorders and Disordered Eating 175 Figure 3.4.3 Health Effects of Eating Disorders 175 Figure 3.4.4 Warning Signs of Eating Disorders 176 Therapy 175 Figure 3.4.5 Family Therapy 177 Additional Treatment **Application:** 170 Warm- Up Activity: The Impact of Eating Disorders 172 Skills for Health and Wellness: Helping a Friend with Disordered Eating-Practice Your Skills: Communicate with Others 174 Case Study: Struggling with How You Look-Practice Your Skills: Advocate for Health 177 Critical Thinking: #3 177 Health and Wellness Skills: # 1-3
Concept 3: Influence of Public Policy on Health		
PO 1. Analyze how public health policies and government regulations can influence health promotion and disease prevention	*PO 1. Analyze how public health policies and government wellness regulations related to nutrition 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 Figure 1.7.6 Federal Health Organizations 321 Figure 5.6.7 Government Regulations on Substances



Standards	Examples	Correlating Textbook Pages
		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 #2 382 Case Study - Environmental Impact 422 Local and Global Health - Promoting Health with Self Care
STRAND 3: Access to Health Information, Products, and Services to Enhance Health		
Concept 1: Knowledge of Sources of Help		
PO 1. Evaluate the validity of health information, products, and services	*PO 1. Differentiate between valid and non-valid internet sources for health information*	**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 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
Concept 2: Accessing Help		
PO 1. Use resources from home, school, and community that provide valid health information	*PO 1. Explore health resources available through county health departments*	*Use resources from home, school, and community that provide valid health information.* **Instruction:** 31-38, 39-44 32 Figure 1.5.1 Health Literacy 34 Figure 1.5.2 Evaluating Health Information



Standards	Examples	Correlating Textbook Pages
		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 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 Health and Wellness Skills #3 *Identify local youth-friendly sexual health services.* *Accessing Health Services* **Instruction:** 39-43 Accessing Health Services 40 Figure 1.6.1 Medical Specialist 41 Case Study: Health Resources: What Are Available and How to Access Them 39-42 Understanding the Healthcare Industry 42 Figure 1.6.2 The Basics Of Insurance 42 Figure 1.6.3 Minors Can Consent for… 43 Figure 1.6.4 Questions to Ask Your Doctor 44 Skills for Health and Wellness: Creating a Health Management Plan 44 Figure 1.6.5 Conditions and Symptoms Requiring Emergency Healthcare 42-43 Knowing Your Rights 43 Getting Regular Checkups and Screenings



Standards	Examples	Correlating Textbook Pages
		43-44 Seeking Treatment for a Health Condition 44 Skills for Health and Wellness: Creating a Health Management Plan *See Supplemental Human Development and Relationships, and/or Human Development, Relationships, and Sexual Health* 135 Health in the Media: Conversations About Sexual Activity *See Supplemental Human Development, Relationships, and Sexual Health* 171 Skills for Health and Wellness: Answering Questions About Your Sexual Health **Application:** 39 Reading and Notetaking Activity 39 Warm-Up Activity: Annual Physical Exam: Communicate with Others 41 Case Study: Health Resources: What Are Available and How to Access Them-Practice Your Skills: Communicate with Others 44 Skills for Health and Wellness: Creating a Health Management Plan-Practice Your Skills: Set Goals 45 Comprehend Concepts #1-4 45 Critical Thinking Skills #1-4 45 Health and Wellness Skills #1-3 *See Supplemental Human Development and Relationships, and/or Human Development, Relationships, and Sexual Health* 135 Health in the Media: Conversations About Sexual Activity-Practice Your Skills: Communicate with others *See Supplemental Human Development, Relationships, and Sexual Health* 171 Skills for Health and Wellness: Answering Questions About Your Sexual Health-Practice Your Skills: Access Information
PO 2. Determine the accessibility of products and services that enhance	*PO 2. Analyze local gym and fitness centers based on costs*	**Instruction:** 31-38, 39-44



Standards	Examples	Correlating Textbook Pages
health	*and services available*	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 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
PO 3. Analyze a situation in which professional health services may be required	*PO 3. Recognize signs and symptoms of choking*	**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 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



Standards	Examples	Correlating Textbook Pages
		45 Health and Wellness Skills #3
PO 4. Access valid and reliable health products and services	*PO 4. Describe the impact of a teen suicide hotline on teenage emotional and physical health*	*Access valid and reliable health 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 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 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 *Explain how to help someone who is thinking about attempting suicide* **Instruction:** 86, 188-194 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 192-193 Recognize Warning Signs 192 Figure 3.6.3 Managing Warning Signs Online 193 Get Help 193 Figure 3.6.4 Suicide Prevention Resources



Standards	Examples	Correlating Textbook Pages
		194 Skills for Health and Wellness - Helping a Friend Who is Considering Suicide 194-195 Supporting Survivors 193 Figure 3.6.4 Stages of Grief **Application:** 87 Comprehend Concepts #4 87Critical Thinking Skills #4 196 Comprehend Concepts #2 196 Critical Thinking Skills #2
STRAND 4: Use of Interpersonal Communication Skills to Enhance Health		
Concept 1: Communication to Enhance Help		
PO 1. Utilize skills for communicating effectively with family, peers, and others to enhance health	*PO 1. Describe procedures to keep safe on the internet*	*Utilize skills for communicating effectively with family, peers, and others to enhance health.* **Instruction:** 54-62 55 Figure 1.8.1 The Communication Process 56 Figure 1.8.2 Nonverbal Elements 57 Figure 1.8.3 Use Active Listening 58 Figure 1.8.4 Factors Affecting Communication 59 Figure 1.8.5 Using I-Statements 61 Figure 1.8.6 The Tone or Meaning of Online Communication **Application:** 54 Warm Up Activity - Verbal and Nonverbal Communication 56 Local and Global Health - Culture Affects Communication 60 Case Study - Handling Poor Communication 62 Comprehend Concepts #1-2 62 Critical Thinking Skills #1-2 62Health and Wellness Skills #1-4 *See Supplemental Human Development and Relationships, and/or Human Development, Relationships, and Sexual Health* *Analyze strategies to prevent and respond to different types of harassment, intimidation, and bullying.* Violence- Bullying and Cyberbullying 68-78 Bullying and Cyberbullying 68-73 Bullying



Standards	Examples	Correlating Textbook Pages
		69 Figure 10.1.1 Risk Factors for Violent Behavior 70 Types of Bullying 70 Figure 10.1.2 Types of Bullying 71 Research in Action - Do Violent Video Games Cause Violence 71-72 Effects of Bullying 71 Figure 10.1.3 Emotional Signs of Bullying 72 Skills for Health and Wellness: Being an Upstander and Ally 73 Responding to Bullying and Harassment 73 Figure 10.1.4 Bystanders and Upstanders 74 Cyberbullying 74-75 Types of Cyberbullying 74 Examples of Cyberbullying 75-76 Effects of Cyberbullying 75 Case Study: Rumors: A Harmless Story? 76 Responding to Cyberbullying 76 Figure 10.1.6 What Content Should You Report on Social Media 77-78 Ways to Precent Bullying and Cyberbullying 77 Build Your Self Esteem 77 Avoid Bullying Behavior 77 Figure 10.1.7 Developing Self-Confidence 78 Celebrate Differences 78 Have Positive Relationships 78 Be Safe Online 78 Communicate with Trusted Adults **Application:** 68 Warm Up Activity 71 Research in Action - Do Violent Video Games Cause Violence- Practice Your Skills 72 Skills for Health and Wellness: Being an Upstander and Ally-Practice Your Skills 75 Case Study: Rumors: A Harmless Story?-Practice Your Skills 79 Critical Thinking #1-3 79 Health and Wellness Skills #1-3 *Sexual Harassment and Assault* **Instruction:**



Standards	Examples	Correlating Textbook Pages
		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 87-89 Preventing Sexual Assault 87 Figure 10.2.6 Consequences of Sexual Assault 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 90 Figure 10.2.9 Examples of How to Respond/Converse with Sexual Assault Survivors **Application:** 80 Warm-Up Activity: Respecting Boundaries 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 *Demonstrate effective communication skills to express emotions.* *Expressing Your Emotions* 114-120 115 Understanding Emotions 115-116 Managing Emotions



Standards	Examples	Correlating Textbook Pages
		115 Figure 2.5.1 Your Mental and Emotional Health 116 Health in the Media: The Rapid Spread of Negative Emotions 116-118 Identify What You Are Feeling 117 Figure 2.5.2 Emotional Vocabulary 118 Accept Your Feelings 118 Express Your Feelings 118 Figure 2.5.3 Healthy Positive Ways to Accept and Express Emotions 119 Emotional Intelligence (EI) 119 Figure 2.5.4 Skills for Developing Emotional Intelligence (EI) **Application:** 114 Warm-Up Activity: Tally Your Emotions 116 Health in the Media: The Rapid Spread of Negative Emotions-Practice Your Skills: Communicate with Others 120 Critical Thinking Skills #1-3 120 Health and Wellness Skills #1-3 *Analyze potential dangers of sharing personal information through electronic media.* **Instruction:** 83-84, 190-191 191 Figure 3.6.2 Suicide Contagion *See Supplemental Human Development and Relationships, and/or Human Development, Relationships, and Sexual Health* 78 Be Safe Online **Application:** 84 Research in Action - Technology and Your Mental and Emotional Health 190 Health in the Media - Media Representations of Suicide 125 Case Study - Social Media Envy *See Supplemental Human Development and Relationships, and/or Human Development, Relationships, and Sexual Health* 91 Health and Wellness Skills #1



PO 2. Demonstrate refusal, negotiation, and collaboration skills to enhance health and avoid or reduce health risks	*PO 2. Analyze ways to advocate for healthy decisions(to avoid or reduce health risks)*	*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 *See Supplemental Human Development and Relationships, and/or Human Development, Relationships, and Sexual Health* *Sexual Harassment and Assault* **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 87-89 Preventing Sexual Assault 87 Figure 10.2.6 Consequences of Sexual Assault



Standards	Examples	Correlating Textbook Pages
		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 90 Figure 10.2.9 Examples of How to Respond/Converse with Sexual Assault Survivors **Application:** 80 Warm-Up Activity: Respecting Boundaries 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
Concept 2: Self Protection and Dealing with Conflict		
PO 1. Evaluate strategies to prevent, manage, or resolve interpersonal conflicts without harming self or others	*PO 1. Evaluate stress management skills which can assist in resolving interpersonal conflicts*	*Examine barriers that can hinder healthy decision-making.* **Instruction:** 25, 31-35 32 Figure 1.5.1 Health Literacy 34 Figure 1.5.2 Science and Pseudoscience **Application:** 30 Health and Wellness Skills #1 33 Health in the Media - Analyzing Health Advertisements 36 Research in Action - Debunking Health Claims 38 Comprehend Concepts #3 38 Critical Thinking Skills #1-3 38 Health and Wellness Skills #1-2 *Utilize skills for communicating effectively with family, peers, and others to enhance health.* **Instruction:** 54-62 55 Figure 1.8.1 The Communication Process 56 Figure 1.8.2 Nonverbal Elements 57 Figure 1.8.3 Use Active Listening



Standards	Examples	Correlating Textbook Pages
		58 Figure 1.8.4 Factors Affecting Communication 59 Figure 1.8.5 Using I-Statements 61 Figure 1.8.6 The Tone or Meaning of Online Communication **Application:** 54 Warm Up Activity - Verbal and Nonverbal Communication 56 Local and Global Health - Culture Affects Communication 60 Case Study - Handling Poor Communication 62 Comprehend Concepts #1-2 62 Critical Thinking Skills #1-2 62 Health and Wellness Skills #1-4 *Demonstrate respect for others who have different views and beliefs.* **Instruction:** 63-64, 130, 132-134 64 Figure 1.9.1 Differences 130 Figure 2.6.7 Increasing Respect for Diversity 133 Figure 2.7.1 People with Empathy **Application:** 131 Critical Thinking Skills #3 *Analyze characteristics of a mentally and emotionally healthy person* **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



Standards	Examples	Correlating Textbook Pages
		Expressing Your Emotions 114-120 115 Understanding Emotions 115-116 Managing Emotions 115 Figure 2.5.1 Your Mental and Emotional Health 116 Health in the Media: The Rapid Spread of Negative Emotions 116-118 Identify What You Are Feeling 117 Figure 2.5.2 Emotional Vocabulary 118 Accept Your Feelings 118 Express Your Feelings 118 Figure 2.5.3 Healthy Positive Ways to Accept and Express Emotions 119 Emotional Intelligence (EI) 119 Figure 2.5.4 Skills for Developing Emotional Intelligence (EI) Application: 114 Warm-Up Activity: Tally Your Emotions 116 Health in the Media: The Rapid Spread of Negative Emotions-Practice Your Skills: Communicate with Others 120 Critical Thinking Skills #1-3 120 Health and Wellness Skills #1-3
Concept 3: Asking for Help		
PO 1. Evaluate effective ways to ask for and offer assistance to enhance the health of self and others	*PO 1. Evaluate ways to communicate about a threat to the school environment*	*Demonstrate how to ask for and offer assistance to enhance the health of self and others.* **Instruction:** 76, 86, 159 86 Figure 2.1.8 Seeking Help **Application:** 160 Critical Thinking Skills #4 *See Supplemental Human Development and Relationships, and/or Human Development, Relationships, and Sexual Health* *Violence- Bullying and Cyberbullying* 68-78 Bullying and Cyberbullying 68-73 Bullying



Standards	Examples	Correlating Textbook Pages
		69 Figure 10.1.1 Risk Factors for Violent Behavior 70 Types of Bullying 70 Figure 10.1.2 Types of Bullying 71 Research in Action - Do Violent Video Games Cause Violence 71-72 Effects of Bullying 71 Figure 10.1.3 Emotional Signs of Bullying 72 Skills for Health and Wellness: Being an Upstander and Ally 73 Responding to Bullying and Harassment 73 Figure 10.1.4 Bystanders and Upstanders 74 Cyberbullying 74-75 Types of Cyberbullying 74 Examples of Cyberbullying 75-76 Effects of Cyberbullying 75 Case Study: Rumors: A Harmless Story? 76 Responding to Cyberbullying 76 Figure 10.1.6 What Content Should You Report on Social Media 77-78 Ways to Precent Bullying and Cyberbullying 77 Build Your Self Esteem 77 Avoid Bullying Behavior 77 Figure 10.1.7 Developing Self-Confidence 78 Celebrate Differences 78 Have Positive Relationships 78 Be Safe Online 78 Communicate with Trusted Adults **Application:** 68 Warm Up Activity 71 Research in Action - Do Violent Video Games Cause Violence- Practice Your Skills 72 Skills for Health and Wellness: Being an Upstander and Ally-Practice Your Skills 75 Case Study: Rumors: A Harmless Story?-Practice Your Skills 79 Critical Thinking #1-3 79 Health and Wellness Skills #1-3 *Sexual Harassment and Assault*



		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 87-89 Preventing Sexual Assault 87 Figure 10.2.6 Consequences of Sexual Assault 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 90 Figure 10.2.9 Examples of How to Respond/Converse with Sexual Assault Survivors **Application:** 80 Warm-Up Activity: Respecting Boundaries 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 *Identify school and community resources that can help a person with emotional and mental and behavioral health concerns.* **Instruction:** 159,176, 179-181, 193, 258, 321, 323-324, 351-353 176 Figure 3.4.5 Therapy



Standards	Examples	Correlating Textbook Pages
		179 Figure 3.5.1 Professional Help 180 Figure 3.5.2 Finding Mental Health Resources 181 Figure 3.5.3 What Does a Therapist Do 324 Figure 5.6.9 Support Groups 351 Figure 6.3.1 Behaviors to Report 353 Figure 6.3.2 Staying Safe in Social Situations **Application:** 160 Critical Thinking Skills #4 160 Health and Wellness Skills #5 177 Critical Thinking Skills #3 177 Health and Wellness Skills #1 182 Case Study - Mental Health Medical Record Profiles 187 Comprehend Concepts #1 187 Critical Thinking Skills #2, #4 187 Health and Wellness Skills #2-3 261 Warm Up Activity - Concerned About Addiction
STRAND 5: Use of Decision-Making Skills to Enhance Health		
Concept 1: Influences on Health Decision Making		
PO 1. Examine barriers to healthy decision making	*PO 1. Examine barriers such as poor coping/stress management skills to healthy decision making*	*Examine barriers that can hinder healthy decision-making.* **Instruction:** 25, 31-35 32 Figure 1.5.1 Health Literacy 34 Figure 1.5.2 Science and Pseudoscience **Application:** 30 Health and Wellness Skills #1 33 Health in the Media - Analyzing Health Advertisements 36 Research in Action - Debunking Health Claims 38 Comprehend Concepts #3 38 Critical Thinking Skills #1-3 38 Health and Wellness Skills #1-2 *Utilize skills for communicating effectively with family, peers, and others to enhance health.* **Instruction:** 54-62



Standards	Examples	Correlating Textbook Pages
		55 Figure 1.8.1 The Communication Process 56 Figure 1.8.2 Nonverbal Elements 57 Figure 1.8.3 Use Active Listening 58 Figure 1.8.4 Factors Affecting Communication 59 Figure 1.8.5 Using I-Statements 61 Figure 1.8.6 The Tone or Meaning of Online Communication **Application:** 54 Warm Up Activity - Verbal and Nonverbal Communication 56 Local and Global Health - Culture Affects Communication 60 Case Study - Handling Poor Communication 62 Comprehend Concepts #1-2 62 Critical Thinking Skills #1-2 62 Health and Wellness Skills #1-4 *Develop a personal stress management plan.* **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



Standards	Examples	Correlating Textbook Pages
Concept 2: Application of Decision-Making Skills to Health		
PO 1. Determine the value of applying a thoughtful decision- making process in health-related situations	*PO 1. Evaluate the outcome of a thoughtful decision such as refusing gang involvement*	**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
PO 2. Justify when individual or collaborative decision making is appropriate	*PO 2. Explain the reasons why positive support is needed to help with situations such as suicide or sexual behavior*	*Predict the potential short and long-term impact of each alternative on self and others.* **Instruction:** 25-26 25 Figure 1.4.1 Using the Decision Making Process 26 Figure 1.4.2 Alternatives **Application:** 30 Health and Wellness Skills #3 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



Standards	Examples	Correlating Textbook Pages
		See Supplemental Human Development and Relationships, and/or Human Development, Relationships, and Sexual Health *Sexual Harassment and Assault* **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 87-89 Preventing Sexual Assault 87 Figure 10.2.6 Consequences of Sexual Assault 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 90 Figure 10.2.9 Examples of How to Respond/Converse with Sexual Assault Survivors **Application:** 80 Warm-Up Activity: Respecting Boundaries 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 *Evaluate the effectiveness of abstinence, condoms, and other contraceptives in preventing pregnancy and STDs/HIV.*



Standards	Examples	Correlating Textbook Pages
		Practicing Sexual Abstinence **Instruction:** 60-61 Importance and Benefits of Abstinence 60 Figure 9.7.4 Teens Showing Affection 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 #1-2 *Preventing STI's* **Instruction:** 134-135 Sexual Abstinence 134 Figure 11.3.1 Benefits of Sexual Abstinence 135 Health in the Media: Conversations About Sexual Activity 136 Condoms 136 Figure 11.3.2 Use External and Internal Condoms 137 Testing and Treatment for STIs 138 Figure 11.3.3 Treatment for STIs and Other Sexually Associated Infections 139 Skills for Health and Wellness: Promoting Awareness About STIs **Application:** 135 Health in the Media: Conversations About Sexual Activity-Practice Your Skills: Communicate with Others 139 Skills for Health and Wellness: Promoting Awareness About STIs-Practice Your Skills: Advocate for Health



Standards	Examples	Correlating Textbook Pages
		140 Comprehend Concepts #1-2 140 Critical Thinking Skills #1-2 140 Health and Wellness Skills #1-3 *Preventing Pregnancy* **Instruction:** 142-143 Preventing Pregnancy 142 Research in Action: Reducing Teen Pregnancies and STI's 143 Figure 11.4.1 Methods of Contraception **Application:** 141 Warm-Up Activity: Your Goals and Dreams 142 Research in Action: Reducing Teen Pregnancies and STI's-Practice Your Skills: Make Decisions 150 Comprehend Concepts #1 150 Critical Thinking Skills #1 150 Health and Wellness Skills #2 *What is Contraception?* **Instruction:** 162-166 What is Contraception? 162 -165 Myths and Facts About Pregnancy Prevention 163 Figure 12.2.1 Evaluating Information About Sexual Health 164 Case Study: Is That Really True 165- 166 Types of Contraception 166-167 Making Decisions About Contraception 166-167 Factors Affecting Contraception 166 Figure 12.2.2 Questions to Consider When Selecting Contraception 167 Abstinence: The Most Effective Method of Contraception **Application:** 162 Reading and Notetaking Activity 162 Warm-Up Activity: What Do You Know 164 Case Study: Is That Really True-Practice Your Skills: Access Information 168 Comprehend Concepts #1-3 168 Critical Thinking Skills #1-3 168 Health and Wellness Skills #1-3



Standards	Examples	Correlating Textbook Pages
		Barrier Methods **Instruction:** 169-173 Barrier Methods 169 What Are Barrier Methods? 169-170 Types of Barrier Methods 170 Figure 12.3.1 Barrier Methods 171 Skills for Health and Wellness: Answering Questions About Your Sexual Health 170-172 External Condom 172 Figure 12.3.2 Using an External Condom 172 Internal Condom 172 Figure 12.3.3 Using an Internal Condom 173 Contraceptive Sponge 173 Diaphragm 173 12.2.4 Diaphragm 173-174 Cervical Cap 174 Contraceptive Gels **Application:** 169 Reading and Notetaking Activity 169 Warm-Up Activity: Talk About Condoms-Analyze Influences 171 Skills for Health and Wellness: Answering Questions About Your Sexual Health-Practice Your Skills: Access Information 174 Comprehend Concepts #1-2 174 Critical Thinking Skills #1-2 174 Health and Wellness Skills #1-2 *Hormonal Methods* **Instruction:** 175-181 Hormonal Methods 175-176 What Are Hormonal Methods? 176-181 Types of Hormonal Methods 176 Figure 12.4.1 Hormonal Methods 177-178 Oral Contraceptives 177 Figure 12.4.2 Oral Contraceptives 177 Figure 12.4.3 Menstrual Cycle App-Pill Reminder 178 Local and Global Health: The Impact of the Pill-Practice Your Skills 178 Birth Control Patch 178 Figure 12.4.4 Birth Control Patch 179 Vaginal Ring 179 Figure 12.4.5 Vaginal Ring 179 Birth Control Shot



Standards	Examples	Correlating Textbook Pages
		179 Birth Control Implant 179 Figure 12.4.6 Birth Control Implant 180 Research in Action: Male Hormonal Contraceptives 180 Intrauterine Device (IUD) 180 Figure 12.4.7 Intrauterine Device (IUD) 181 Emergency Contraception **Application:** 175 Reading and Notetaking Activity 175 Warm-Up Activity: What Are the Facts-Access Information 178 Local and Global Health: The Impact of the Pill-Practice Your Skills: Access Information 180 Research in Action: Male Hormonal Contraceptives-Practice Your Skills: Comprehend Concepts 182 Comprehend Concepts #1-3 182 Critical Thinking Skills #1-3 182 Health and Wellness Skills #1-2 *Natural Methods and Sterilization* **Instruction:** 183-189 Natural Methods and Sterilization 183-187 Natural Methods 184 Figure 12.5.1 Natural Methods and Sterilization 184-185 Fertility Awareness Methods (FAM) 185 Figure 12.5.2 Menstrual Cycle 186-187 Withdrawal 186 Health in the Media: Media Messages About Contraception 187 Figure 12.5.3 Withdrawal Is Not An Effective Method of Pregnancy 187-188 Sterilization 187 Figure 12.5.4 Choosing Sterilization 187-188 Male Sterilization 188 Female Sterilization 188 Figure 12.5.5 Male Sterilization 189 Figure 12.5.6 Female Sterilization **Application:** 183 Reading and Notetaking Activity 183 Warm-Up Activity: Thoughts and Decisions: Communicate With Others



Standards	Examples	Correlating Textbook Pages
		186 Health in the Media: Media Messages About Contraception- Practice Your Skills: Advocate for Health 189 Comprehend Concepts #1-2 189 Critical Thinking Skills #1-2 189 Health and Wellness Skills #1-2 *Describe how self-harm or suicide impacts other people.* **Instruction:** 86, 188-194, 192-194 86 Figure 2.1.8 Seeking Help 188-189 What Factors Affect Risk for Suicide 189 Individual Factors 189 Figure 3.6.1 Impact of Mental Health on Suicide Attempts 190 Health in the Media: Media Representations of Suicide 190-191 Environmental Factors 191 Preventing Suicide 191 Care for Your Mental Health 191 Figure 3.6.2 Suicide Contagion 192 Promote a Positive, Respectful Environment 192-193 Recognize Warning Signs 192 Figure 3.6.3 Managing Warning Signs Online 193 Get Help 193 Figure 3.6.4 Suicide Prevention Resources 194 Skills for Health and Wellness - Helping a Friend Who is Considering Suicide 194-195 Supporting Survivors 193 Figure 3.6.4 Stages of Grief **Application:** 188 Warm-Up Activity- Myths and Facts About Suicide 194 Skills for Health and Wellness - Helping a Friend Who is Considering Suicide: Practice Your Skills – Communicate with Others 196 Critical Thinking Skills #2
PO 3. Analyze and propose alternatives to health-related issues or problems	*PO 3. Justify healthy nutritional choices as positive alternatives to a high fat diet*	**Instruction:** 24-27 25 Figure 1.4.1 Using the Decision Making Process



Standards	Examples	Correlating Textbook Pages
		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
PO 4. Predict the potential short-term and long-term impact of each alternative on self and others	*PO 4. Analyze the short and long term impact of smoking and unhealthy eating habits on self and others*	*Implement strategies and monitor progress in achieving a personal health goal.* **Instruction:** 28-29, 125 29 Figure 1.4.5 Goals **Application:** 44 Skills for Health and Wellness - Creating a Health Management Plan 125 Case Study - Social Media Envy *Design, monitor, and adjust a personal nutrition plan, considering cost, availability, access, nutritional value, balance, freshness, and culture.* **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 214 Figure 4.2.6 Making Healthier Food Choices 221 Figure 4.3.1 Strategies for Eating Healthy in Social Situations *Summarize short- and long-term effects of substance abuse on dimensions of health.*



Standards	Examples	Correlating Textbook Pages
		Short- and Long-term Effects of Substance Abuse on Dimensions of Health *Medication Misuses and Abuse* **Instruction:** 261-270 Medication Misuses and Abuse 261-261 Effects of Medication Misuse and Abuse 262-263 Medication and the Brain 262 Figure 5.2.1 Medication Misuse 262 Figure 5.2.2 Medication and the Brain 263-264 Other Health Effects 263 Case Study: Prescription Problems 264 Mental, Social, and Legal Consequences 264 Figure 5.2.3 Medication Misuse Endanger the Health of Teens **Application:** 261 Reading and Notetaking Activity 261 Warm-Up Activity: Concerned About Addition-Access Information 263 Case Study: Prescription Problems-Practice Your Skills: Set Goals 267 Local and Global Health: Impact of the COVID-19 Pandemic on Substance Use-Practice Your Skills: Advocate for Health 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 *Harmful short- and long- term physical, psychological, and social effects of using alcohol, nicotine products, marijuana products, performance- enhancing substances, opioids (including the lethal effects of fentanyl), and other trending drugs or substances.* **Instruction:** 273-284 274 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



Standards	Examples	Correlating Textbook Pages
		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 288-296 289 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 297-310 298 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 31 Health and Wellness Skills #1-2
PO 5. Defend the healthy choice when making decisions	*PO 5. Defend the reasons why choosing fruits and vegetables over high fat foods is the healthy choice*	**Instruction:** 28-29 29 Figure 1.4.5 Goals



Standards	Examples	Correlating Textbook Pages
		Application: 30 Comprehend Concepts #2 Critical Thinking Skills #2 44 Skills for Health and Wellness - Creating a Health Management Plan
PO 6. Evaluate the effectiveness of health-related decisions	*PO 6. Evaluate the effectiveness of making an informed decision regarding sexual activity or substance use*	*Examine the harmful effects of using certain weight-loss measures.* **Instruction:** 215, 268-269 215 Figure 4.2.7 Characteristics of Fad Diets 268 Figure 5.2.6 Diet Pills **Application:** 219 Health and Wellness Skills #1-3 *Investigate how food access impacts food choices and health outcomes.* **Instruction:** 222 **Application:** 229 Critical Thinking Skills #1 *Analyze various eating patterns and their impact on personal health.* **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 *Summarize how to make balanced food selections when dining out.*



		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 *Short- and Long-term Effects of Substance Abuse on Dimensions of Health* *Medication Misuses and Abuse* **Instruction:** 261-270 Medication Misuses and Abuse 261-261 Effects of Medication Misuse and Abuse 262-263 Medication and the Brain 262 Figure 5.2.1 Medication Misuse 262 Figure 5.2.2 Medication and the Brain 263-264 Other Health Effects 263 Case Study: Prescription Problems 264 Mental, Social, and Legal Consequences 264 Figure 5.2.3 Medication Misuse Endanger the Health of Teens **Application:** 261 Reading and Notetaking Activity 261 Warm-Up Activity: Concerned About Addition-Access Information 263 Case Study: Prescription Problems-Practice Your Skills: Set Goals 267 Local and Global Health: Impact of the COVID-19 Pandemic on Substance Use-Practice Your Skills: Advocate for Health 268 Skills for Health and Wellness: Reporting Substance Abuse-Practice Your Skills: Communicate with Others



Standards	Examples	Correlating Textbook Pages
		270 Comprehend Concepts #1-2 270 Critical Thinking Skills #1-2 270 Health and Wellness Skills #1-2 *Harmful short- and long- term physical, psychological, and social effects of using alcohol, nicotine products, marijuana products, performance- enhancing substances, opioids (including the lethal effects of fentanyl), and other trending drugs or substances.* **Instruction:** 273-284 274 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 288-296 289 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 297-310 298 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



Standards	Examples	Correlating Textbook Pages
		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 31 Health and Wellness Skills #1-2
STRAND 6: Use of Decision-Making Skills to Enhance Health		
Concept 1: Assessment of Health		
PO 1. Assess personal health practices and overall health status	*PO 1. Develop a daily food plan that supports long term health*	**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



Standards	Examples	Correlating Textbook Pages
		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 Health and Wellness Skills #2, #4 320 Skills for Health and Wellness - Refusing Substances 326 Comprehend Concepts #2
Concept 2: Health-Related Goal Setting		
PO 1. Develop a plan to attain a personal health goal that addresses strengths, needs, and risks	*PO 1. Develop a written personal health plan*	*Implement strategies and monitor progress in achieving a personal health goal.* **Instruction:** 28-29, 125 29 Figure 1.4.5 Goals **Application:** 44 Skills for Health and Wellness - Creating a Health Management Plan 125 Case Study - Social Media Envy *Design, monitor, and adjust a personal nutrition plan, considering cost, availability, access, nutritional value, balance, freshness, and culture.* **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



Standards	Examples	Correlating Textbook Pages
		207 Warm Up Activity - Portion Sizes 214 Figure 4.2.6 Making Healthier Food Choices 221 Figure 4.3.1 Strategies for Eating Healthy in Social Situations
PO 2. Implement strategies and monitor progress in achieving a personal health goal	*PO 2. Develop written exercise plan*	*Implement strategies and monitor progress in achieving a personal health goal.* **Instruction:** 28-29, 125 29 Figure 1.4.5 Goals **Application:** 44 Skills for Health and Wellness - Creating a Health Management Plan 125 Case Study - Social Media Envy *Design, monitor, and adjust a personal nutrition plan, considering cost, availability, access, nutritional value, balance, freshness, and culture.* **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 214 Figure 4.2.6 Making Healthier Food Choices 221 Figure 4.3.1 Strategies for Eating Healthy in Social Situations
PO 3. Formulate an effective long-term personal health plan	*PO 3. Develop a written long-term personal health plan with measurable objectives (30 minute sessions, heart rate, etc.)*	*Implement strategies and monitor progress in achieving a personal health goal.*



Standards	Examples	Correlating Textbook Pages
		Instruction: 28-29, 125 29 Figure 1.4.5 Goals **Application:** 44 Skills for Health and Wellness - Creating a Health Management Plan 125 Case Study - Social Media Envy *Design, monitor, and adjust a personal nutrition plan, considering cost, availability, access, nutritional value, balance, freshness, and culture.* **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 214 Figure 4.2.6 Making Healthier Food Choices 221 Figure 4.3.1 Strategies for Eating Healthy in Social Situations
STRAND 7: Ability to Practice Health-Enhancing Behaviors		
Concept 1: Personal Responsibility for Health		
PO 1. Analyze the role of individual responsibility in enhancing health	*PO 1. Analyze the benefits of a personal fitness plan*	*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



Standards	Examples	Correlating Textbook Pages
		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 *Analyze the role of individual responsibility in enhancing health.* **Instruction:** 28-29, 324 29 Figure 1.4.5 Goals 324 Figure 5.6.11 Self Management Strategies **Application:** 44 Skills for Health and Wellness - Creating a Health Management Plan 237 Health Across the Life Span - Steps to a Healthier Life 243 Skills for Health and Wellness - Making a Physical Activity and Fitness Plan 446 Skills for Health and Wellness - Promote Heart Health
Concept 2: Healthy Practices and Behaviors		
PO 1. Demonstrate a variety of healthy practices and behaviors that will maintain or improve the health of self and others	PO 1. Demonstrate behaviors that can prevent oral health problems	*Analyze impact of decisions related to bicycle, pedestrian, traffic, water, and recreation safety.* **Instruction:**



Standards	Examples	Correlating Textbook Pages
		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 *Analyze the role of individual responsibility in enhancing health.* **Instruction:** 28-29, 324 29 Figure 1.4.5 Goals 324 Figure 5.6.11 Self Management Strategies **Application:** 44 Skills for Health and Wellness - Creating a Health Management Plan 237 Health Across the Life Span - Steps to a Healthier Life 243 Skills for Health and Wellness - Making a Physical Activity and Fitness Plan 446 Skills for Health and Wellness - Promote Heart Health



Standards	Examples	Correlating Textbook Pages
PO 2. Demonstrate a variety of behaviors that avoid or reduce health risks to self and others	PO 2. Differentiate between safe and unsafe practices for tattoos or body piercing	**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 23 Critical Thinking Skills #1 23 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 *Tattoos and Body Piercing* **Instruction** 395 Tattoos and Piercings **Application:** 402 Critical Thinking Skills, #1
STRAND 8: Ability to Advocate for Health		
Concept 1: Personal Advocacy		
PO 1. Use accurate peer and societal norms to formulate a health-enhancing message	*PO 1. Apply peer and societal norms to describe healthy exercise habits*	*Evaluate the validity of health information, products, and services.* **Instruction:** 31-38, 39-44 32 Figure 1.5.1 Health Literacy



Standards	Examples	Correlating Textbook Pages
		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 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 *Demonstrate the ability to read and compare nutrition facts labels.* **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 #2 229 Critical Thinking Skills #2-3 229 Health and Wellness Skills #2, #4 *Utilize accurate peer and societal norms to formulate a health- enhancing message.* **Instruction:** 18-19 **Application:** 18 Local and Global Health - Perceptions and Norms: The Impact on Health



Standards	Examples	Correlating Textbook Pages
		62 Health and Wellness Skills #4
PO 2. Influence and support others to make positive health choices	*PO 2. Design positive health messages for the school community*	*See Supplemental Human Development and Relationships, and/or Human Development, Relationships, and Sexual Health* *Evaluate societal influences on violence.* Violence- Bullying and Cyberbullying 68-78 Bullying and Cyberbullying 68-73 Bullying 69 Figure 10.1.1 Risk Factors for Violent Behavior 70 Types of Bullying 70 Figure 10.1.2 Types of Bullying 71 Research in Action - Do Violent Video Games Cause Violence 71-72 Effects of Bullying 71 Figure 10.1.3 Emotional Signs of Bullying 72 Skills for Health and Wellness: Being an Upstander and Ally 73 Responding to Bullying and Harassment 73 Figure 10.1.4 Bystanders and Upstanders 74 Cyberbullying 74-75 Types of Cyberbullying 74 Examples of Cyberbullying 75-76 Effects of Cyberbullying 75 Case Study: Rumors: A Harmless Story? 76 Responding to Cyberbullying 76 Figure 10.1.6 What Content Should You Report on Social Media 77-78 Ways to Precent Bullying and Cyberbullying 77 Build Your Self Esteem 77 Avoid Bullying Behavior 77 Figure 10.1.7 Developing Self-Confidence 78 Celebrate Differences 78 Have Positive Relationships 78 Be Safe Online 78 Communicate with Trusted Adults **Application:** 68 Warm Up Activity 71 Research in Action - Do Violent Video Games Cause Violence- Practice Your Skills



Standards	Examples	Correlating Textbook Pages
		72 Skills for Health and Wellness: Being an Upstander and Ally-Practice Your Skills 75 Case Study: Rumors: A Harmless Story?-Practice Your Skills 79 Critical Thinking #1-3 79 Health and Wellness Skills #1-3 *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
Concept 2: Collective Advocacy		
PO 1. Work cooperatively as an advocate for improving personal, family, and community health	*PO 1. Utilize health information resources to advocate for increased physical education in schools*	**Instruction:** 37, 49-53, 112-113, 215, 389 50 Figure 1.7.4 Ways You Can Help 112 Figure 2.4.6 Government Advocacy for Positive Body Image 389 Figure 6.6.5 Ways You Can Advocate for Your Environment **Application:** 38 Comprehend Concepts #4 38 Critical Thinking Skills #4 49 Local and Global Health - Challenges to Accessing Healthcare 53 Critical Thinking Skills #2 53 Health and Wellness Skills #1-3 113 Health and Wellness Skills #4 219 Health and Wellness Skills #2
Concept 3: Tailoring Advocacy Message to Audience		
PO 1. Adapt health messages and communication techniques to a specific target audience	*PO 1. Design drug awareness campaign targeted to school-age children*	*Evaluate the validity of health information, products, and services.* **Instruction:**



Standards	Examples	Correlating Textbook Pages
		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 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 *Demonstrate the ability to read and compare nutrition facts labels.* **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 #2 229 Critical Thinking Skills #2-3 229 Health and Wellness Skills #2, #4 *Utilize accurate peer and societal norms to formulate a health- enhancing message.* **Instruction:** 18-19 **Application:** 18 Local and Global Health -



Standards	Examples	Correlating Textbook Pages
		Perceptions and Norms: The Impact on Health 62 Health and Wellness Skills #4 *Analyze how addiction and dependency impact individuals, families, and society.* **Instruction:** 264, 294, 301 294 Figure 5.4.11 Social Consequences for Teen Drinking 294 Health in the Media - Drugs and Your Digital Footprint **Application:** 301 Health in the Media: Drugs and Your Digital Footprints-Practice Your Skills: Advocate for Health *Community resources for substance use/abuse and how to help a person who is addicted* **Instruction:** 319-324 322 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