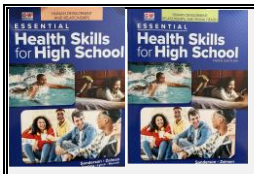
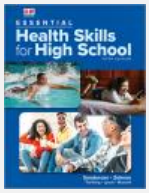
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Standards		Correlating Text Pages
Practice 1: Decision-making and Problem-solving. **Make health-promoting, informed, responsible decisions and solve problems in a variety of health-related situations.**		
Gender, Sexual Orientation, and Sexual Health [9.1.GS]		
1.	Demonstrate the ability to apply an effective decision-making process in situations related to sexual activity and sexual health.	*See Supplemental Human Development and Relationships, and/or Human Development, Relationships, and Sexual Health* **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 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.	Discuss reasons for why it is wrong to trick, threaten, or coerce another person into sexual activity.	*Characteristics of a Healthy Relationship* **Instruction:** 467 Honesty 467 Figure 8.1.1 Relationships, 468 Trust 468-469 Mutual Respect 468 Figure 8.1.2 Handling Broken Trust in a Relationship 469 Care, Commitment and Support 469 Emotional Support 469 Figure 8.1.3 Support 470 Understanding 470 Safety



	Standards	Correlating Text Pages
		470 Figure 8.1.4 Understanding Consent -Consent is… **Application:** 466 Warm Up Activity - The Interview 471 Health in the Media - Media Relationships: Healthy or Unhealthy-Practice You Skills: Analyze Influences 473 Comprehend Concepts #1-3 473 Critical Thinking Skills #1-3 473 Health and Wellness Skills #1-3 *See Supplemental Human Development and Relationships, and/or Human Development, Relationships, and Sexual Health* *Skills for Healthy Romantic Relationship* **Instruction:** 49-53 Skills for Healthy Romantic Relationship 49 -51 Learn About Your Partner and Yourself 49 Figure 9.4.4 Getting to Know a Dating Partner 50 Health Across the Life Span: Building a Roadmap for Healthy Relationships 51 Cope with Nerves 51 Enjoy Common Interests 51-52 Enforce Your Boundaries 51 Figure 9.4.5 Enforcing Your Boundaries 52 Figure 9.4.6 Sexting 52-53 Ask for Help 52 Case Study: Dating Dilemmas **Application:** 45 Reading and Notetaking Activity 45 Warm Up Activity – Similarities and Differences: Analyze Influences 50 Health Across the Life Span: Building a Roadmap for Healthy Relationships-Practice Your Skills: Access Information 52 Case Study: Dating Dilemmas-Practice Your Skills: Set Goals 54 Comprehend Concepts #1-3 54 Critical Thinking Skills #1-3 54 Health and Wellness Skills #1-2 *Healthy Sexual Decisions* 61 Strategies for Abstinence and Healthy Sexual Decisions 62 Discuss Your Decision 62 Figure 9.7.5 Communicating Sexual Boundaries



	Standards	Correlating Text Pages
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3.	Analyze factors that contribute to behaviors that increase the risk of pregnancy, HIV, and other STIs.	*See Supplemental Human Development and Relationships, and/or Human Development, Relationships, and Sexual Health* *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 Figure 9.7.5 Communicating Sexual Boundaries 63 Overcome Challenges 64 Skills for Health and Wellness: Use the Decision-Making Process: Sexual Activity 65 Practice Refusal Skills 65 Talk with a Parent or Other Trusted Adult 65 Figure 9.7.6 Refusing Sexual Pressure **Application:** 64 Skills for Health and Wellness: Use the Decision-Making Process: Sexual Activity-Practice Your Skills: Make Decisions 66 Comprehend Concepts #1-3 66 Critical Thinking Skills #1-3 66 Health and Wellness Skills #1-3 *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



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4.	Explain the importance of STI (including HIV) testing and counseling if sexually active on short- and long-term health, identify where to get tested, and why it is important to proactively discuss STI status with a sexual partner.	*See Supplemental Human Development and Relationships, and/or Human Development, Relationships, and Sexual Health* *Advocate for STD testing and treatment for sexually active youth.* *Preventing STI's* 134-135 Sexual Abstinence 134 Figure 11.3.1 Benefits of Sexual Abstinence 135 Health in the Media: Conversations About Sexual Activity 136-137 Condoms 136 Figure 11.3.2 Use External and Internal Condoms 137-139 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 140 Comprehend Concepts #1-2 140 Critical Thinking Skills #1-2 140 Health and Wellness Skills #1-3
5.	Evaluate readiness, options, and their respective consequences regarding sexual activity in consensual relationships including abstinence, postponing sexual intercourse, engaging in safe sex practices (e.g., using condoms and other barriers, using birth control).	*Understand importance of personal and social responsibility for sexual decisions* *Characteristics of a Healthy Relationship* **Instruction:** 467 Honesty 467 Figure 8.1.1 Relationships, 468 Trust 468-469 Mutual Respect



	Standards	Correlating Text Pages
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Healthy Relationships [9.1.HR]		
1.	Analyze the role of individual versus shared responsibility in building and maintaining healthy relationships.	*See Supplemental Human Development and Relationships, and/or Human Development, Relationships, and Sexual Health* *Understanding Romantic Relationships* **Instruction:** 45-54 Understanding Romantic Relationships



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2.	Describe the cycle of violence in relationships and discuss strategies for getting help and leaving an unhealthy, violent, or exploitative relationship.	*Compare and contrast characteristics of healthy and unhealthy romantic and sexual relationships.* **Instruction:** 466-472 467 Characteristics of a Healthy Relationship 467 Honesty 467 Figure 8.1.1 Relationships, 468 Trust 468-469 Mutual Respect



	Standards	Correlating Text Pages
		468 Figure 8.1.2 Handling Broken Trust in a Relationship 469 Care, Commitment and Support 469 Emotional Support 469 Figure 8.1.3 Support 470 Understanding 470 Safety 470 Figure 8.1.4 Understanding Consent - Consent is… 471 Interpersonal Skills 471 Health in the Media - Media Relationships: Healthy or Unhealthy 472 Signs of an Unhealthy Relationship 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-Practice You Skills: Analyze Influences 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* *Skills for Healthy Romantic Relationship* **Instruction:** 49-53 Skills for Healthy Romantic Relationship 49 -51 Learn About Your Partner and Yourself 49 Figure 9.6.4 Getting to Know a Dating Partner 50 Health Across the Life Span: Building a Roadmap for Healthy Relationships 51 Cope with Nerves 51 Enjoy Common Interests 51-52 Enforce Your Boundaries 51 Figure 9.6.5 Enforcing Your Boundaries 52 Figure 9.6.6 Sexting 52-53 Ask for Help 52 Case Study: Dating Dilemmas **Application:** 45 Reading and Notetaking Activity 45 Warm Up Activity – Similarities and Differences: Analyze Influences 50 Health Across the Life Span: Building a Roadmap for Healthy Relationships-Practice Your Skills: Access Information



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		52 Case Study: Dating Dilemmas-Practice Your Skills: Set Goals 54 Comprehend Concepts #1-3 54 Critical Thinking Skills #1-3 54 Health and Wellness Skills #1-2
3.	Discuss different forms of abuse in relationships including emotional abuse, sexual abuse, domestic violence and dating violence, sex trafficking and exploitation, and available supports and resources for getting help if in an abusive or exploitative relationship.	*See Supplemental Human Development, Relationships, and Sexual Health* *Identify ways to access accurate information and resources for survivors of sexual offenses.* *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 Understand Consent 88 Figure 10.2.7 Sexual Assault Prevention Programs 89 Avoid Risky Situations 89-90 Responding to Sexual Assault 89 Figure 10.2.8 Avoiding Dangerous Situations 90 Figure 10.2.9 Examples of How to Respond/Converse with Sexual Assault Survivors **Application:** 80 Warm-Up Activity: What Is Affirmative Consent 84 Health in the Media: The Hazards of Rape Culture-Practice Your Skills: Advocate for Health 91 Critical Thinking Skills #1-3 91 Health and Wellness Skills #1-3



	Standards	Correlating Text Pages
4.	Analyze the benefits and risks of various ways people express feelings within relationships (e.g., words, acts of kindness, hugging, holding hands, kissing, sexual behaviors, jealousy, manipulation) and describe the characteristics of effective expression of feelings and emotions within a health-promoting relationship.	*Analyze factors that can affect the ability to give or recognize consent to sexual activity.* *Characteristics of a Healthy Relationship* **Instruction:** 467 Honesty 467 Figure 8.1.1 Relationships, 468 Trust 468-469 Mutual Respect 468 Figure 8.1.2 Handling Broken Trust in a Relationship 469 Care, Commitment and Support 469 Emotional Support 469 Figure 8.1.3 Support 470 Understanding 470 Safety 470 Figure 8.1.4 Understanding Consent -Consent is… **Application:** 466 Warm Up Activity - The Interview 471 Health in the Media - Media Relationships: Healthy or Unhealthy-Practice You Skills: Analyze Influences 473 Comprehend Concepts #1-3 473 Critical Thinking Skills #1-3 473 Health and Wellness Skills #1-3 *See Supplemental Human Development and Relationships, and/or Human Development, Relationships, and Sexual Health* *Skills for Healthy Romantic Relationship* **Instruction:** 49-53 Skills for Healthy Romantic Relationship 49 -51 Learn About Your Partner and Yourself 49 Figure 8.4.4 Getting to Know a Dating Partner 50 Health Across the Life Span: Building a Roadmap for Healthy Relationships 51 Cope with Nerves 51 Enjoy Common Interests 51-52 Enforce Your Boundaries 51 Figure 8.4.5 Enforcing Your Boundaries 52 Figure 8.4.6 Sexting 52-53 Ask for Help 52 Case Study: Dating Dilemmas **Application:** 45 Reading and Notetaking Activity



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5.	Explain age of consent laws and why it is an individual's responsibility to obtain consent, verify that all sexual contact is consensual, recognize that consent must be asked for and verbally given, that it cannot be given if under the influence, and that it can be taken away at any point (i.e., someone can say yes and change their mind, or say yes to certain things but not others).	*Describe laws related to accessing sexual health care 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



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6.	Examine, compare, and contrast aspects of various personal relationships, including healthy family, peer, romantic (dating), and/or sexual relationships.	*Demonstrate effective ways to communicate with a partner about healthy sexual decisions and consent.* *Characteristics of a Healthy Relationship* **Instruction:** 467 Honesty 467 Figure 8.1.1 Relationships, 468 Trust 468-469 Mutual Respect 468 Figure 8.1.2 Handling Broken Trust in a Relationship 469 Care, Commitment and Support 469 Emotional Support



	Standards	Correlating Text Pages
		469 Figure 8.1.3 Support 470 Understanding 470 Safety 470 Figure 8.1.4 Understanding Consent -Consent is… **Application:** 466 Warm Up Activity - The Interview 471 Health in the Media - Media Relationships: Healthy or Unhealthy-Practice You Skills: Analyze Influences 473 Comprehend Concepts #1-3 473 Critical Thinking Skills #1-3 473 Health and Wellness Skills #1-3 *See Supplemental Human Development and Relationships, and/or Human Development, Relationships, and Sexual Health* *Skills for Healthy Romantic Relationship* **Instruction:** 49-53 Skills for Healthy Romantic Relationship 49 -51 Learn About Your Partner and Yourself 49 Figure 8.4.4 Getting to Know a Dating Partner 50 Health Across the Life Span: Building a Roadmap for Healthy Relationships 51 Cope with Nerves 51 Enjoy Common Interests 51-52 Enforce Your Boundaries 51 Figure 8.4.5 Enforcing Your Boundaries 52 Figure 8.4.6 Sexting 52-53 Ask for Help 52 Case Study: Dating Dilemmas **Application:** 45 Reading and Notetaking Activity 45 Warm Up Activity – Similarities and Differences: Analyze Influences 50 Health Across the Life Span: Building a Roadmap for Healthy Relationships-Practice Your Skills: Access Information 52 Case Study: Dating Dilemmas-Practice Your Skills: Set Goals 54 Comprehend Concepts #1-3 54 Critical Thinking Skills #1-3 54 Health and Wellness Skills #1-2 *Healthy Sexual Decisions* 61 Strategies for Abstinence and Healthy Sexual Decisions 62 Discuss Your Decision



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7.	Evaluate effective strategies for dealing with difficult relationships with family members, peers, and partners and demonstrate the ability to use these strategies to make health-promoting decisions regarding difficult relationships.	*Advocate for ways to manage or resolve interpersonal conflict.* **Instruction:** 63-69 63 Figure 1.9.1 65 Figure 1.9.2 Negotiation 66 Figure 1.9.3 Identify the Cause 67 Figure 1.9.4 Examples of Compromises for Common Conflicts 69 Figure 1.9.5 Mediators **Application:** 63 Warm Up Activity - Conflict Comic Strip 65 Research in Action - The Magic Relationship Ratio 68 Skills for Health and Wellness - Solve a Conflict with a Friend 70 Comprehend Concepts #1-2 70 Critical Thinking Skills #1-3 70 Health and Wellness Skills #1-3 *Demonstrate effective communication skills to express emotions.* *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



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8.	Examine the complexity of, and discuss considerations related to, the decision to leave an unhealthy relationship, developing a safety plan to recognize and get out of any future unsafe or unhealthy relationships, and determine situations when adult and/or professional support is needed.	*See Supplemental Human Development and Relationships, and/or Human Development, Relationships, and Sexual Health* *Examine laws and consequences related to sexual offenses, including when a minor is involved.* *Abuse and Neglect* 92-102 Abuse and Neglect 92 What is Abuse 93 Types of Abuse 93 Figure 10.3.1 Emotional Abuse 94 Pattern of Abuse 94 Figure 10.3.2 Power and Control 95 Intimate Partner Violence 95 Figure 10.3.3 Subtle Examples of Intimate Partner Violence 96-98 Child Neglect and Abuse 96 Figure 10.3.4 Types of Child Abuse 98-101 Preventing and Responding to Abuse 98 Figure 10.3.6 Factors Affecting Abuse 99 Figure 10.3.7 Signs of Abuse and Neglect 100 Figure 10.3.8 Abuse Hotlines **Application:** 92 Reading and Notetaking Activity 92 Warm-Up Activity: How Can You Help? 101 Comprehend Concepts #1-2 101 Critical Thinking Skills #1-2 101 Health and Wellness Skills #1-3



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9.	Demonstrate the ability to apply a thoughtful decision-making process to maintain or enhance relationship health including the decision to leave or seek help in an unhealthy relationship.	*Analyze factors that can affect the ability to give or recognize consent to sexual activity.* *Characteristics of a Healthy Relationship* **Instruction:** 467 Honesty 467 Figure 8.1.1 Relationships, 468 Trust 468-469 Mutual Respect 468 Figure 8.1.2 Handling Broken Trust in a Relationship 469 Care, Commitment and Support 469 Emotional Support 469 Figure 8.1.3 Support 470 Understanding 470 Safety 470 Figure 8.1.4 Understanding Consent -Consent is… **Application:** 466 Warm Up Activity - The Interview 471 Health in the Media - Media Relationships: Healthy or Unhealthy-Practice You Skills: Analyze Influences 473 Comprehend Concepts #1-3 473 Critical Thinking Skills #1-3 473 Health and Wellness Skills #1-3 *See Supplemental Human Development and Relationships, and/or Human Development, Relationships, and Sexual Health* *Skills for Healthy Romantic Relationship* **Instruction:** 49-53 Skills for Healthy Romantic Relationship 49 -51 Learn About Your Partner and Yourself 49 Figure 8.4.4 Getting to Know a Dating Partner 50 Health Across the Life Span: Building a Roadmap for Healthy Relationships 51 Cope with Nerves 51 Enjoy Common Interests 51-52 Enforce Your Boundaries 51 Figure 8.4.5 Enforcing Your Boundaries 52 Figure 8.4.6 Sexting 52-53 Ask for Help 52 Case Study: Dating Dilemmas **Application:** 45 Reading and Notetaking Activity 45 Warm Up Activity – Similarities and Differences: Analyze Influences



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Physical Activity and Fitness [9.1.PF]		
1.	Choose an appropriate level of challenge to experience success through participation in a self-selected physical activity.	*Physical Activity* **Instruction:** 230-238 Understanding Physical Activity and Fitness 231-234 What Are the Benefits of Physical Activity 231-232 Lower Risks of Chronic Conditions 231 Figure 4.4.1 Benefits of Physical Activity 232-233 Stronger Bones and Muscles 232 Figure 4.4.2 Physical Activity Reduces Risk of Cardiovascular Diseases 233 High Quality Sleep 233-234 Improved Mental, Emotional, and Social Health 233 Research in Action-Physical Activity and Mental and Emotional Health 234 Better Performance in School 234-236 What is Physical Fitness? 234-236 Health Related Fitness 234 Figure 4.4.3 Anaerobic Activity Versus Aerobic Activity 235 Cardiorespiratory Fitness 235 Endurance 235 Muscle Strength 235 Flexibility 235 Figure 4.4.4 Flexibility 236 Skill-Related Fitness



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		236-238 How Much Physical Activity Should You Get? 236 Figure 4.4.5 Recommendations for Physical Activity 237 Health Across the Life Span: Steps to a Healthier Life **Application:** 230 Reading and Notetaking Activity 230 Warm-Up Activity-Agree or Disagree 233 Research in Action-Physical Activity and Mental and Emotional Health: Practice Your Skills-Make Decisions 237 Health Across the Life Span: Steps to a Healthier Life-Practice Your Skills-Practice Health-Enhancing Behaviors 238 Comprehend Concepts #1-3 238 Critical Thinking Skills #1-3 238 Health and Wellness Skills #1-3 **Instruction:** 239-251 Getting Enough Physical Activity 239-246 Strategies for Getting Physical Activity 240-241 Choose Activities You Enjoy 240 Figure 4.5.1 Training Principles for Increasing Fitness 240 Case Study: Getting More Physical Activity 241-242 Bring Physical Activity into Your Daily Life 241 Figure 4.5.2 Incorporating Physical Activity Into Your Daily Life 242-244 Vary Frequency, Intensity, Time, and Type 242 Frequency 242-244 Intensity 242 Figure 4.5.3 Overcoming Obstacles to Physical Activity 243 Skills for Health and Wellness: Making a Physical Activity and Fitness Plan 244 Time 244 Figure 4.5.4 Calculating Maximum and Target Heart Rate 244 Figure 4.5.5 Taking a Pulse 244 Type 245 Do Muscle Strengthening Activities 245 Figure 4.5.6 Steps for Muscle Strengthening Activities 245 Stretch Your Muscles 245 Figure 4.5.7 Steps for Stretching 246 Use School and Community Programs 246-251 Staying Safe During Physical Activity 246 Be Respectful 246 Figure 4.5.8 Places to Get Physical Activity 247 Use Proper Equipment



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		247 Health in the Media: Choosing Fitness Products 248 Pace Yourself 248 Warm Up and Cool Down 248 Stay Hydrated 248 Figure 4.5.9 A Warm-ups should include two parts. 249-250 Use Caution in Extreme Condition 249 Heat and Humidity 249-250 Cold Weather 249 Figure 4.5.10 Strategies for Hot Weather 249 Figure 4.5.11 Strategies for Cold Weather 250 High Altitudes 250 Understand the Female Athlete Triad 250 Figure 4.5.12 The Female Athlete Triad 250-251 Prevent and Treat Injuries 251 Figure 4.5.13 The R.I.C.E. Treatment **Application:** 239 Reading and Notetaking Activity 239 Warm-Up Activity-Your Level of Physical Activity 240 Case Study: Getting More Physical Activity-Practice Your Skills: Communicate with Others 243 Skills for Health and Wellness: Making a Physical Activity and Fitness Plan-Practice Your Skills: Set Goals 247 Health in the Media: Choosing Fitness Products-Practice Your Skill: Access Information 252 Comprehend Concepts #1-2 252 Critical Thinking Skills #1-2 252 Health and Wellness Skills #1-3
2.	Modify group activities or behaviors to accommodate for individuals with lesser or greater skills or special needs.	*Physical Activity* **Instruction:** 230-238 Understanding Physical Activity and Fitness 231-234 What Are the Benefits of Physical Activity 231-232 Lower Risks of Chronic Conditions 231 Figure 4.4.1 Benefits of Physical Activity 232-233 Stronger Bones and Muscles 232 Figure 4.4.2 Physical Activity Reduces Risk of Cardiovascular Diseases 233 High Quality Sleep 233-234 Improved Mental, Emotional, and Social Health 233 Research in Action-Physical Activity and Mental and Emotional Health 234 Better Performance in School 234-236 What is Physical Fitness?



	Standards	Correlating Text Pages
		234-236 Health Related Fitness 234 Figure 4.4.3 Anaerobic Activity Versus Aerobic Activity 235 Cardiorespiratory Fitness 235 Endurance 235 Muscle Strength 235 Flexibility 235 Figure 4.4.4 Flexibility 236 Skill-Related Fitness 236-238 How Much Physical Activity Should You Get? 236 Figure 4.4.5 Recommendations for Physical Activity 237 Health Across the Life Span: Steps to a Healthier Life **Application:** 230 Reading and Notetaking Activity 230 Warm-Up Activity-Agree or Disagree 233 Research in Action-Physical Activity and Mental and Emotional Health: Practice Your Skills-Make Decisions 237 Health Across the Life Span: Steps to a Healthier Life-Practice Your Skills-Practice Health-Enhancing Behaviors 238 Comprehend Concepts #1-3 238 Critical Thinking Skills #1-3 238 Health and Wellness Skills #1-3 **Instruction:** 239-251 Getting Enough Physical Activity 239-246 Strategies for Getting Physical Activity 240-241 Choose Activities You Enjoy 240 Figure 4.5.1 Training Principles for Increasing Fitness 240 Case Study: Getting More Physical Activity 241-242 Bring Physical Activity into Your Daily Life 241 Figure 4.5.2 Incorporating Physical Activity Into Your Daily Life 242-244 Vary Frequency, Intensity, Time, and Type 242 Frequency 242-244 Intensity 242 Figure 4.5.3 Overcoming Obstacles to Physical Activity 243 Skills for Health and Wellness: Making a Physical Activity and Fitness Plan 244 Time 244 Figure 4.5.4 Calculating Maximum and Target Heart Rate 244 Figure 4.5.5 Taking a Pulse 244 Type 245 Do Muscle Strengthening Activities



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		245 Figure 4.5.6 Steps for Muscle Strengthening Activities 245 Stretch Your Muscles 245 Figure 4.5.7 Steps for Stretching 246 Use School and Community Programs 246-251 Staying Safe During Physical Activity 246 Be Respectful 246 Figure 4.5.8 Places to Get Physical Activity 247 Use Proper Equipment 247 Health in the Media: Choosing Fitness Products 248 Pace Yourself 248 Warm Up and Cool Down 248 Stay Hydrated 248 Figure 4.5.9 A Warm-ups should include two parts. 249-250 Use Caution in Extreme Condition 249 Heat and Humidity 249-250 Cold Weather 249 Figure 4.5.10 Strategies for Hot Weather 249 Figure 4.5.11 Strategies for Cold Weather 250 High Altitudes 250 Understand the Female Athlete Triad 250 Figure 4.5.12 The Female Athlete Triad 250-251 Prevent and Treat Injuries 251 Figure 4.5.13 The R.I.C.E. Treatment **Application:** 239 Reading and Notetaking Activity 239 Warm-Up Activity-Your Level of Physical Activity 240 Case Study: Getting More Physical Activity-Practice Your Skills: Communicate with Others 243 Skills for Health and Wellness: Making a Physical Activity and Fitness Plan-Practice Your Skills: Set Goals 247 Health in the Media: Choosing Fitness Products-Practice Your Skill: Access Information 252 Comprehend Concepts #1-2 252 Critical Thinking Skills #1-2 252 Health and Wellness Skills #1-3
3.	Solve problems and think critically in physical activity settings, both as an individual and in groups.	*Physical Activity* **Instruction:** 230-238 Understanding Physical Activity and Fitness 231-234 What Are the Benefits of Physical Activity 231-232 Lower Risks of Chronic Conditions 231 Figure 4.4.1 Benefits of Physical Activity 232-233 Stronger Bones and Muscles



	Standards	Correlating Text Pages
		232 Figure 4.4.2 Physical Activity Reduces Risk of Cardiovascular Diseases 233 High Quality Sleep 233-234 Improved Mental, Emotional, and Social Health 233 Research in Action-Physical Activity and Mental and Emotional Health 234 Better Performance in School 234-236 What is Physical Fitness? 234-236 Health Related Fitness 234 Figure 4.4.3 Anaerobic Activity Versus Aerobic Activity 235 Cardiorespiratory Fitness 235 Endurance 235 Muscle Strength 235 Flexibility 235 Figure 4.4.4 Flexibility 236 Skill-Related Fitness 236-238 How Much Physical Activity Should You Get? 236 Figure 4.4.5 Recommendations for Physical Activity 237 Health Across the Life Span: Steps to a Healthier Life **Application:** 230 Reading and Notetaking Activity 230 Warm-Up Activity-Agree or Disagree 233 Research in Action-Physical Activity and Mental and Emotional Health: Practice Your Skills-Make Decisions 237 Health Across the Life Span: Steps to a Healthier Life-Practice Your Skills-Practice Health-Enhancing Behaviors 238 Comprehend Concepts #1-3 238 Critical Thinking Skills #1-3 238 Health and Wellness Skills #1-3 **Instruction:** 239-251 Getting Enough Physical Activity 239-246 Strategies for Getting Physical Activity 240-241 Choose Activities You Enjoy 240 Figure 4.5.1 Training Principles for Increasing Fitness 240 Case Study: Getting More Physical Activity 241-242 Bring Physical Activity into Your Daily Life 241 Figure 4.5.2 Incorporating Physical Activity Into Your Daily Life 242-244 Vary Frequency, Intensity, Time, and Type 242 Frequency 242-244 Intensity



	Standards	Correlating Text Pages
		242 Figure 4.5.3 Overcoming Obstacles to Physical Activity 243 Skills for Health and Wellness: Making a Physical Activity and Fitness Plan 244 Time 244 Figure 4.5.4 Calculating Maximum and Target Heart Rate 244 Figure 4.5.5 Taking a Pulse 244 Type 245 Do Muscle Strengthening Activities 245 Figure 4.5.6 Steps for Muscle Strengthening Activities 245 Stretch Your Muscles 245 Figure 4.5.7 Steps for Stretching 246 Use School and Community Programs 246-251 Staying Safe During Physical Activity 246 Be Respectful 246 Figure 4.5.8 Places to Get Physical Activity 247 Use Proper Equipment 247 Health in the Media: Choosing Fitness Products 248 Pace Yourself 248 Warm Up and Cool Down 248 Stay Hydrated 248 Figure 4.5.9 A Warm-ups should include two parts. 249-250 Use Caution in Extreme Condition 249 Heat and Humidity 249-250 Cold Weather 249 Figure 4.5.10 Strategies for Hot Weather 249 Figure 4.5.11 Strategies for Cold Weather 250 High Altitudes 250 Understand the Female Athlete Triad 250 Figure 4.5.12 The Female Athlete Triad 250-251 Prevent and Treat Injuries 251 Figure 4.5.13 The R.I.C.E. Treatment **Application:** 239 Reading and Notetaking Activity 239 Warm-Up Activity-Your Level of Physical Activity 240 Case Study: Getting More Physical Activity-Practice Your Skills: Communicate with Others 243 Skills for Health and Wellness: Making a Physical Activity and Fitness Plan-Practice Your Skills: Set Goals 247 Health in the Media: Choosing Fitness Products-Practice Your Skill: Access Information 252 Comprehend Concepts #1-2 252 Critical Thinking Skills #1-2 252 Health and Wellness Skills #1-3



	Standards	Correlating Text Pages
Substance Use and Misuse [9.1.SU]		
1.	Reflect on personal beliefs, choices, and values compared to cultural, community, and societal norms around substance use and misuse.	*Analyze why individuals choose to use or not use substances.* *Medication Misuses and Abuse* 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
2.	Evaluate situations and influences (e.g., peers, media, social norms, corporate practices) that could lead to substance use and misuse.	*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 *Analyze how a variety of factors impact personal and community health.* **Instruction:** 12, 18-19, 82-83, 105, 314-315, 421, 474-475



	Standards	Correlating Text Pages
		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 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.*



	Standards	Correlating Text Pages
		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, 471 105 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



	Standards	Correlating Text Pages
		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 *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.*



	Standards	Correlating Text Pages
		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 #1 186 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.* **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



	Standards	Correlating Text Pages
		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
3.	Analyze the potential short- and long-term impacts (including addiction) of legal (e.g., prescription drugs prescribed to you, over-the-counter drugs, and [at a certain age] nicotine, electronic vapor products, alcohol, and marijuana) and illegal drugs (e.g., prescription drugs not prescribed to you, cocaine) on multiple dimensions of health (e.g., physical, mental, emotional, social, intellectual) and on other health risk behaviors (e.g., sexual activity, impaired driving).	*Summarize short- and long-term effects of substance abuse on dimensions of health.* **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,



	Standards	Correlating Text Pages
		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 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 *Summarize the 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.*



	Standards	Correlating Text Pages
		Instruction: 273-284, 288-296, 297-310 274 Figure 5.3.2 Respiratory System 276 Figure 5.3.3 Chemicals Found in Cigarette Smoke 277 Figure 5.3.4 Chronic Obstructive Pulmonary Disease 278 Figure 5.3.5 Myths and Facts About Vaping 279 Figure 5.3.6 Aerosol 282 Figure 5.3.8 Secondhand Smoke During Pregnancy and Childhood 289 Figure 5.4.5 Cerebral Cortex 290 Figure 5.4.6 As BAC Increases So Does Impairment 291 Figure 5.4.7 Path to Addiction 292 Figure 5.4.8 Signs of Alcohol Poisoning 293 Figure 5.4.9 Cirrhosis 293 Figure 5.4.10 Risky Behaviors 294 Figure 5.4.11 Social Consequences 298 Figure 5.5.1 Drugs and the Brain 300 Figure 5.5.2 Overdose 304 Figure 5.5.4 Myths and Facts About Marijuana **Application:** 271 Warm Up Activity – Tobacco Use and Death 273 Case Study – Just a Vape 281 Research in Action – Tobacco Use and Risky Behaviors 284 Comprehend Concepts #2 284 Critical Thinking Skills #1-3 284 Health and Wellness Skills #1-2 291 Case Study – The Impact of Alcohol 295 Health Across the Lifespan – The Consequences of Drunk Driving Do Not Go Away 296 Comprehend Concepts #3 296 Critical Thinking Skills #2-3 296 Health and Wellness Skills #2-3 299 Research in Action – Your Brain on Drugs 301 Health in the Media – Drugs and Your Digital Footprint 311 Comprehend Concepts #1-2 311 Critical Thinking Skills #1-2 311 Health and Wellness Skills #1-2
4.	Employ self-management skills to act on health-promoting decisions about legal drug use (e.g., prescription drugs prescribed to you, over-the-counter drugs, and [at a certain age] nicotine, electronic vapor products, alcohol, and marijuana).	*Information on Substance Use: Preventing and Treating Substance Use, Misuse, and Abuse* 312-325 Preventing and Treating Substance Use, Misuse, and Abuse



	Standards	Correlating Text Pages
		312 Factors Affecting Substance Use, Misuse, and Abuse 313-314 Individual Factors 313 Figure 5.6.1 Genetic Make-Up 313 Figure 5.6.2 The Complex Relationship Between Mental Health and Substance Misuse 314-316 Environment-Family, Culture, Friends, Media 314 Research in Action: Co-Occurring Disorders-Substance Use and Mental Health 315 Figure 5.6.3 Perceptions of norms influences teens' beliefs and behaviors related to substance misuse 316-320 Preventing Substance Misuse and Abuse 316 Think Critically 316-317 Take Care of Your Mental Health 317-318 Build Healthy Relationships 317 Figure 5.6.4 Analyzing Advertisements 318 Avoid Risky Situations and Peer Pressure 318 Figure 5.6.5 Planning Ahead to Avoid Risky Situations 319 Use Refusal Skills 319-321 Participate in Education and Prevention Programs 319 Figure 5.6.6 Ways to Say No 320 Skills for Health and Wellness: Refusing Substances 321 Figure 5.6.7 Government Regulations on Substances 321-324 Treating Substance Abuse and Misuse 321-322 Detoxification 322 Medications and Therapy 322 Figure 5.6.8 Types of Rehabilitation Programs 323 Figure 5.6.9 Examples of Medical Treatment 323 Support Groups 324 Self-Management Strategies 324 Figure 5.6.10 Support Groups-Ex: AA 324 Figure 5.6.11 Self-Management Strategies for Quitting 325 Skills for Health and Wellness: Helping Someone with a Substance Disorder **Application:** 312 Reading and Notetaking Activity 312 Warm-Up Activity: Reaching Out for Help-Communicate with Others 314 Research in Action: Co-Occurring Disorders-Substance Use and Mental Health: Practice Your Skills-Set Goals



	Standards	Correlating Text Pages
		320 Skills for Health and Wellness: Refusing Substances-Practice Your Skills: Communication with Others 325 Skills for Health and Wellness: Helping Someone with a Substance Disorder-Practice Your Skills: Communicate with Others 326 Comprehend Concepts #1-4 326 Critical Thinking Skills #1-4 326 Health and Wellness Skills #1-5
Practice 2: Self-management and Goal Setting. Set goals, engage in health-promoting behaviors, and avoid risky behaviors.		
Mental and Emotional Health [9.2.MH]		
1.	Apply strategies to appropriately respond using different levels of emotions in routine interactions.	*Dimensions of Health and Wellness* **Instruction:** 2-8 Dimensions of Health and Wellness 3 Case Study: The Interactions of Your Health 4 Figure 1.1.1 People in a state of well-being 5 Figure 1.1.2 Mental and Emotional Health Relationship 7 Research in Action: Teen Mental Health During COVID 19 Pandemic 8 Figure 1.1.3 Health Continuum **Application:** 2 Warm-Up Activity 3 Practice Your Skills: Communicate with Others 7 Practice Your Skills 15 Critical Thinking # 1-3 15 Health and Wellness Skills # 1-5 *Mental and Emotional Health and Well-Being* **Instruction:** 78-87 Mental and Emotional Health and Well-Being 79 Figure 2.1.1 Common Traits of People with Positive Mental and Emotional Health, 80 Figure 2.1.2 Mental Health Continuum, 81 Figure 2.1.3 Ways to Increase Happiness, 82 Figure 2.1.4 Stressful Events, 83 Figure 2.1.5 Maslow's Hierarchy of Human Needs 84 Research in Action: Technology and Your Mental and Emotional Health 85 Figure 2.1.6 Cognitive Distortions, 85 Figure 2.1.7 Meaning, 86 Figure 2.1.8 Seeking Help **Application:** 78 Warm-Up Activity – Mental and Emotional Health Wheel



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		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:** 40-42 Intellectual Development & Emotional and Social Development 42 Case Study: Feeling Comfortable with Who I Am 43 Figure 9.5.3 Skills for Handling Health and Wellness Issues **Application:** 42 Case Study: Feeling Comfortable with Who I Am- Practice Your Skills: Communicate with Others 44 Health and Wellness Skills # 1-3
2.	Apply coping and stress management techniques to manage a variety of stressors (i.e., school, personal life, relationships) and create a long-term plan for stress management.	*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



	Standards	Correlating Text Pages
		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 *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 *Identify physical and psychological responses to stressors.* **Instruction:** 140-142, 151-152 141 Figure 3.1.1 Stressors 152 Questions to Help Identify Stressors **Application:** 140 Warm Up Activity – Perception Deception 142 Local and Global Health – Are Some Countries More Stressful Than Others



	Standards	Correlating Text Pages
		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
3.	Apply strategies, including developing protective factors and personal assets, to support positive mental and emotional well-being.	*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
4.	Assess health practices and overall health status across multiple dimensions of wellness (e.g., physical, emotional, financial, cultural, sexual, intellectual, occupational, spiritual, environmental, social).	*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



	Standards	Correlating Text Pages
		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 *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



	Standards	Correlating Text Pages
		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, 471 105 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



	Standards	Correlating Text Pages
		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 *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.*



	Standards	Correlating Text Pages
		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.* **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



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



	Standards	Correlating Text Pages
		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:** 40-42 Intellectual Development & Emotional and Social Development 42 Case Study: Feeling Comfortable with Who I Am 43 Figure 9.5.3 Skills for Handling Health and Wellness Issues **Application:** 42 Case Study: Feeling Comfortable with Who I Am- Practice Your Skills: Communicate with Others 44 Health and Wellness Skills # 1-3
5.	Set a goal, create a plan, monitor progress, and celebrate success for plans that maximize efficiency and minimize stress.	*Predict potential short- and long-term outcomes of a personal health-related decision.* **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 *Implement strategies to achieve 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



	Standards	Correlating Text Pages
6.	Apply strategies for developing and applying a growth mindset including consistently applying strategies in challenging settings.	*Predict potential short- and long-term outcomes of a personal health-related decision.* **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 *Implement strategies to achieve 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
7.	Set personal short- and long-term mental and emotional health-related goals and create and execute a plan for monitoring progress.	*Implement strategies to achieve 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
Nutrition and Balanced Eating [9.2.NE]		
1.	Compare and contrast various dietary guidelines and practices from different sources, locations, and cultures (e.g., USDA Guidelines, Harvard Healthy Eating Plate, Mediterranean Diet, food guidelines from different countries and cultures).	*Demonstrate how to balance caloric intake with caloric expenditure to maintain, gain, or reduce weight in a healthy manner.* **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



	Standards	Correlating Text Pages
		206 Health and Wellness Skills #1-3 207 Warm Up Activity - Portion Sizes
2.	Analyze the physical, mental, social, economic, and academic benefits or consequences of various dietary habits or behaviors.	*Analyze and describe the relationship between nutritional choices, physical activity, and chronic diseases.* **Instruction:** 230-237, 239-251, 413-423, 442-448, 450-455, 457-463 231 What Are the Benefits of Physical Activity 231 Lower Risk of Chronic Conditions 231 Figure 4.4.1 Benefits of Physical Activity 420 Figure 7.3.7 Obesity and Noncommunicable Diseases 421 Figure 4.3.8 Genetic Factors 442 Figure 7.6.2 Hypertension 443 Figure 7.6.3 Blood Pressure 443 Figure 7.6.4 Blood Pressure Ranges 445 Figure 7.6.7 Congestive Heart Failure 446 Figure 7.6.8 Arrhythmias 447 Figure 7.6.9 Be Physically Active 455 Figure 7.7.3 Reducing Your Risk for Cancer 463 Figure 7.8.3 Asthma **Application:** 230 Warm Up Activity-Agree or Disagree 413 Warm Up Activity - Learning About Diseases 422 Local and Global Health - Promoting Health with Self Care 423 Critical Thinking Skills #2 423 Health and Wellness Skills #1 449 Comprehend Concepts #3 449 Critical Thinking Skills #1-3 449 Health and Wellness Skills #1, #3 450 Warm Up Activity - Cancer: Your Decisions 452 Case Study - Understanding Risk 456 Comprehend Concepts #3 456 Health and Wellness Skills #2, #3 *Demonstrate how to balance caloric intake with caloric expenditure to maintain, gain, or reduce weight in a healthy manner.* **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



	Standards	Correlating Text Pages
		Application: 206 Critical Thinking Skills #1 206 Health and Wellness Skills #1-3 207 Warm Up Activity - Portion Sizes
3.	Describe common safe food storage and preparation practices.	(Textbook Pages) **Instruction**: 228 Practicing Food Safety 228 Types of Foodborne Illness 22 Preventing Foodborne Illness 228 Figure 43.5 Preventing Foodborne Illness **Application:** 229 Comprehend Concepts #4
4.	Demonstrate how to comparison shop for foods, including comparing nutrient density, unit pricing, food packaging, and prices of foods in various forms.	*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
5.	Assess personal nutrition-related practices using dietary guidelines of their choice.	**Instruction:** 207-215 208 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 **Application:** 206 Critical Thinking Skills #1 206 Health and Wellness Skills #1-3 207 Warm Up Activity - Portion Sizes
6.	Compare and contrast various factors (e.g., culture, media, peers, portion sizes) that influence nutrition-related beliefs and behaviors and analyze the ways that these factors are impacting their own beliefs and behaviors.	*Examine the harmful effects of using certain weight-loss measures.* **Instruction:** 215, 268-269



	Standards	Correlating Text Pages
		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
7.	Develop short- and long-term nutrition goals that build on strengths and address areas for improvement.	*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



	Standards	Correlating Text Pages
		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
8.	Analyze barriers (e.g., finances, food availability and access, social norms, media) to succeeding with a personal nutrition-related goal and identify supports to help overcome those barriers.	*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



	Standards	Correlating Text Pages
		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 *Advocate for Healthy Eating Patterns* **Instruction:** 215 Advocate for Healthy Eating Patterns **Application:** 207 Warm Up Activity- Portion Sizes 220 Warm Up Activity - Nutrition Conversion 229 Comprehend Concepts #1, 4 229 Critical Thinking Skills #2-3 229 Health and Wellness Skills #1-4
9.	Implement a plan to achieve a nutrition-related goal, monitor progress, and adjust as needed.	**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
Physical Health and Hygiene [9.2.PH]		
1.	Develop a plan and implement strategies based on an identified need or want to attain a goal that improves physical health.	*Individual Factors Affecting Health and Wellness* **Instruction:** 10-22 Individual Factors Affecting Health and Wellness 10-11 Risk and Protective Factors 11 Genetic Factors 11 Figure 1.2.1 Cell Structure 12 Figure 1.2.2 The Role of Genes in Non-Communicable Diseases 13 Case Study: Stressed, Sick, and Now What? 13-14 Behavioral Factors 13 Figure 1.2.3 Nutrition and Physical Activity



	Standards	Correlating Text Pages
		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 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



	Standards	Correlating Text Pages
		Implement strategies to achieve 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
2.	Create a plan that develops agency related to individual ownership of one's health and health care (e.g., locating a health care provider, scheduling appointments, taking medication properly, seeking support for medical issues).	*Analyze and describe the relationship between nutritional choices, physical activity, and chronic diseases.* **Instruction:** 230-237, 239-251, 413-423, 442-448, 450-455, 457-463 231 What Are the Benefits of Physical Activity 231 Lower Risk of Chronic Conditions 231 Figure 4.4.1 Benefits of Physical Activity 420 Figure 7.3.7 Obesity and Noncommunicable Diseases 421 Figure 4.3.8 Genetic Factors 442 Figure 7.6.2 Hypertension 443 Figure 7.6.3 Blood Pressure 443 Figure 7.6.4 Blood Pressure Ranges 445 Figure 7.6.7 Congestive Heart Failure 446 Figure 7.6.8 Arrhythmias 447 Figure 7.6.9 Be Physically Active 455 Figure 7.7.3 Reducing Your Risk for Cancer 463 Figure 7.8.3 Asthma **Application:** 230 Warm Up Activity-Agree or Disagree 413 Warm Up Activity - Learning About Diseases 422 Local and Global Health - Promoting Health with Self Care 423 Critical Thinking Skills #2 423 Health and Wellness Skills #1 449 Comprehend Concepts #3 449 Critical Thinking Skills #1-3 449 Health and Wellness Skills #1, #3 450 Warm Up Activity - Cancer: Your Decisions 452 Case Study - Understanding Risk 456 Comprehend Concepts #3 456 Health and Wellness Skills #2, #3 *Evaluate resources for accessing valid and reliable information, products, and services for healthy eating.*



	Standards	Correlating Text Pages
		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 *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
3.	Describe external factors (such as social determinants of health) that can affect health and one's agency in addressing health.	*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



	Standards	Correlating Text Pages
		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 *Advocate for Healthy Eating Patterns* **Instruction:** 215 Advocate for Healthy Eating Patterns **Application:** 207 Warm Up Activity- Portion Sizes 220 Warm Up Activity - Nutrition Conversion 229 Comprehend Concepts #1, 4 229 Critical Thinking Skills #2-3 229 Health and Wellness Skills #1-4
Personal Safety [9.2.PS]		
1.	Explain human and sex trafficking and exploitation and identify recruitment tactics used to exploit vulnerabilities and recruit youth.	*See Supplemental Human Development and Relationships, and/or Human Development, Relationships, and Sexual Health* *Examine laws and consequences related to sexual offenses, including when a minor is involved.* *Abuse and Neglect* 92-102 Abuse and Neglect 92-93 What is Abuse 93 Types of Abuse 93 Figure 10.3.1 Emotional Abuse 94-95 Pattern of Abuse 94 Figure 10.3.2 Power and Control 95 Intimate Partner Violence 95 Figure 10.3.3 Subtle Examples of Intimate Partner Violence 96-97 Child Neglect and Abuse 96 Figure 10.3.4 Types of Child Abuse 98-101 Preventing and Responding to Abuse 98 Figure 10.3.6 Factors Affecting Abuse 99 Figure 10.3.7 Signs of Abuse and Neglect 100 Figure 10.3.8 Abuse Hotlines **Application:** 92 Reading and Notetaking Activity 92 Warm-Up Activity: How Can You Help? 101 Comprehend Concepts #1-2 101 Critical Thinking Skills #1-2 101 Health and Wellness Skills #1-3



	Standards	Correlating Text Pages
2.	Demonstrate strategies, including risk reduction strategies, that can help avoid or address situations related to sex trafficking and exploitation in physical and digital settings.	*See Supplemental Human Development and Relationships, and/or Human Development, Relationships, and Sexual Health* *Examine laws and consequences related to sexual offenses, including when a minor is involved.* *Abuse and Neglect* 92-102 Abuse and Neglect 92-93 What is Abuse 93 Types of Abuse 93 Figure 10.3.1 Emotional Abuse 94 Pattern of Abuse 94 Figure 10.3.2 Power and Control 95 Intimate Partner Violence 95 Figure 10.3.3 Subtle Examples of Intimate Partner Violence 96-97 Child Neglect and Abuse 96 Figure 10.3.4 Types of Child Abuse 98-101 Preventing and Responding to Abuse 98 Figure 10.3.6 Factors Affecting Abuse 99 Figure 10.3.7 Signs of Abuse and Neglect 100 Figure 10.3.8 Abuse Hotlines **Application:** 92 Reading and Notetaking Activity 92 Warm-Up Activity: How Can You Help? 101 Comprehend Concepts #1-2 101 Critical Thinking Skills #1-2 101 Health and Wellness Skills #1-3 Identify laws and concerns related to sending or posting sexually explicit pictures or messages. **Instruction:** *Sexting* 51-52 Enforce Your Boundaries 51 Figure 9.6.6 Sexting Can 83-86 Sexual Harassment 83 Figure 10.2.3 Verbal and Nonverbal Sexual Harassment
3.	Evaluate ways and demonstrate strategies to reduce risk and stay safe, follow laws, and act respectfully in physical and digital settings.	*See Supplemental Human Development and Relationships, and/or Human Development, Relationships, and Sexual Health* **Instruction:** *Sexting* 51-52 Enforce Your Boundaries 51 Figure 8.4.6 Sexting Can 83-86 Sexual Harassment 83 Figure 9.2.3 Verbal and Nonverbal Sexual Harassment



	Standards	Correlating Text Pages
4.	Evaluate personal responsibility in and the consequences related to pressuring someone for sexually explicit pictures, sending sexually explicit pictures or messages by email or cell phone, or posting sexually explicit pictures on social media sites (e.g., chat groups, email, texting, websites, phone and tablet applications).	*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
5.	Demonstrate strategies for asking for assistance or providing support for self and peers when faced with unsafe situations.	*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 *Examples of Refusal Skills* **Application:** 68 Skills for Health and Wellness - Solve a Conflict with a Friend 70 Comprehend Concepts #2 76 Comprehend Concepts #2 76 Critical Thinking Skills #2 76 Health and Wellness Skills #2 *See Supplemental Human Development and Relationships, and/or Human Development, Relationships, and Sexual Health*



	Standards	Correlating Text Pages
		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 : What Is Affirmative Consent 84 Health in the Media: The Hazards of Rape Culture-Practice Your Skills: Advocate for Health 91 Critical Thinking Skills #1-3 91 Health and Wellness Skills #1-3 *Advocate for violence prevention.* **Instruction:** 84 Health in the Media: The Hazards of Rape Culture 85-86 Preventing and Responding to Sexual Harassment 85 Figure 9.2.4 Before You Say or Send a Message, ask… 85 Figure 9.2.5 Standing Up to Sexual Harassment



	Standards	Correlating Text Pages
		Application: 80 Warm-Up Activity: What Is Affirmative Consent 84 Health in the Media: The Hazards of Rape Culture-Practice Your Skills: Advocate for Health 91 Critical Thinking Skills #1-3 91 Health and Wellness Skills #1-3
Physical Activity and Fitness [9.2.PF]		
1.	Discuss the benefits of a physically active lifestyle across multiple dimensions of health and across a person's lifespan.	*Physical Activity* **Instruction:** 230-238 Understanding Physical Activity and Fitness 231-234 What Are the Benefits of Physical Activity 231-232 Lower Risks of Chronic Conditions 231 Figure 4.4.1 Benefits of Physical Activity 232-233 Stronger Bones and Muscles 232 Figure 4.4.2 Physical Activity Reduces Risk of Cardiovascular Diseases 233 High Quality Sleep 233-234 Improved Mental, Emotional, and Social Health 233 Research in Action-Physical Activity and Mental and Emotional Health 234 Better Performance in School 234-236 What is Physical Fitness? 234-236 Health Related Fitness 234 Figure 4.4.3 Anaerobic Activity Versus Aerobic Activity 235 Cardiorespiratory Fitness 235 Endurance 235 Muscle Strength 235 Flexibility 235 Figure 4.4.4 Flexibility 236 Skill-Related Fitness 236-238 How Much Physical Activity Should You Get? 236 Figure 4.4.5 Recommendations for Physical Activity 237 Health Across the Life Span: Steps to a Healthier Life **Application:** 230 Reading and Notetaking Activity 230 Warm-Up Activity-Agree or Disagree 233 Research in Action-Physical Activity and Mental and Emotional Health: Practice Your Skills-Make Decisions 237 Health Across the Life Span: Steps to a Healthier Life-Practice Your Skills-Practice Health-Enhancing Behaviors



	Standards	Correlating Text Pages
		238 Comprehend Concepts #1-3 238 Critical Thinking Skills #1-3 238 Health and Wellness Skills #1-3 **Instruction:** 239-251 Getting Enough Physical Activity 239-246 Strategies for Getting Physical Activity 240-241 Choose Activities You Enjoy 240 Figure 4.5.1 Training Principles for Increasing Fitness 240 Case Study: Getting More Physical Activity 241-242 Bring Physical Activity into Your Daily Life 241 Figure 4.5.2 Incorporating Physical Activity Into Your Daily Life 242-244 Vary Frequency, Intensity, Time, and Type 242 Frequency 242-244 Intensity 242 Figure 4.5.3 Overcoming Obstacles to Physical Activity 243 Skills for Health and Wellness: Making a Physical Activity and Fitness Plan 244 Time 244 Figure 4.5.4 Calculating Maximum and Target Heart Rate 244 Figure 4.5.5 Taking a Pulse 244 Type 245 Do Muscle Strengthening Activities 245 Figure 4.5.6 Steps for Muscle Strengthening Activities 245 Stretch Your Muscles 245 Figure 4.5.7 Steps for Stretching 246 Use School and Community Programs 246-251 Staying Safe During Physical Activity 246 Be Respectful 246 Figure 4.5.8 Places to Get Physical Activity 247 Use Proper Equipment 247 Health in the Media: Choosing Fitness Products 248 Pace Yourself 248 Warm Up and Cool Down 248 Stay Hydrated 248 Figure 4.5.9 A Warm-ups should include two parts. 249-250 Use Caution in Extreme Condition 249 Heat and Humidity 249-250 Cold Weather 249 Figure 4.5.10 Strategies for Hot Weather 249 Figure 4.5.11 Strategies for Cold Weather 250 High Altitudes 250 Understand the Female Athlete Triad 250 Figure 4.5.12 The Female Athlete Triad



	Standards	Correlating Text Pages
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2.	Employ effective self-management skills to analyze and overcome personal barriers and appropriately modify physical activity patterns to maintain or enhance health.	*Physical Activity* **Instruction:** 230-238 Understanding Physical Activity and Fitness 231-234 What Are the Benefits of Physical Activity 231-232 Lower Risks of Chronic Conditions 231 Figure 4.4.1 Benefits of Physical Activity 232-233 Stronger Bones and Muscles 232 Figure 4.4.2 Physical Activity Reduces Risk of Cardiovascular Diseases 233 High Quality Sleep 233-234 Improved Mental, Emotional, and Social Health 233 Research in Action-Physical Activity and Mental and Emotional Health 234 Better Performance in School 234-236 What is Physical Fitness? 234-236 Health Related Fitness 234 Figure 4.4.3 Anaerobic Activity Versus Aerobic Activity 235 Cardiorespiratory Fitness 235 Endurance 235 Muscle Strength 235 Flexibility 235 Figure 4.4.4 Flexibility 236 Skill-Related Fitness 236-238 How Much Physical Activity Should You Get? 236 Figure 4.4.5 Recommendations for Physical Activity 237 Health Across the Life Span: Steps to a Healthier Life



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3.	Evaluate risks and safety factors that might affect physical activity choices and preferences throughout a person's lifespan.	*Physical Activity* **Instruction:** 230-238 Understanding Physical Activity and Fitness 231-234 What Are the Benefits of Physical Activity 231-232 Lower Risks of Chronic Conditions 231 Figure 4.4.1 Benefits of Physical Activity 232-233 Stronger Bones and Muscles 232 Figure 4.4.2 Physical Activity Reduces Risk of Cardiovascular Diseases 233 High Quality Sleep 233-234 Improved Mental, Emotional, and Social Health 233 Research in Action-Physical Activity and Mental and Emotional Health 234 Better Performance in School 234-236 What is Physical Fitness? 234-236 Health Related Fitness 234 Figure 4.4.3 Anaerobic Activity Versus Aerobic Activity 235 Cardiorespiratory Fitness 235 Endurance



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4.	Investigate relationships among different types of physical skills and activities, fitness, nutrition, and multiple dimensions of health.	*Physical Activity* **Instruction:** 230-238 Understanding Physical Activity and Fitness 231-234 What Are the Benefits of Physical Activity 231-232 Lower Risks of Chronic Conditions 231 Figure 4.4.1 Benefits of Physical Activity 232-233 Stronger Bones and Muscles 232 Figure 4.4.2 Physical Activity Reduces Risk of Cardiovascular Diseases 233 High Quality Sleep 233-234 Improved Mental, Emotional, and Social Health



	Standards	Correlating Text Pages
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		244 Figure 4.5.4 Calculating Maximum and Target Heart Rate 244 Figure 4.5.5 Taking a Pulse 244 Type 245 Do Muscle Strengthening Activities 245 Figure 4.5.6 Steps for Muscle Strengthening Activities 245 Stretch Your Muscles 245 Figure 4.5.7 Steps for Stretching 246 Use School and Community Programs 246-251 Staying Safe During Physical Activity 246 Be Respectful 246 Figure 4.5.8 Places to Get Physical Activity 247 Use Proper Equipment 247 Health in the Media: Choosing Fitness Products 248 Pace Yourself 248 Warm Up and Cool Down 248 Stay Hydrated 248 Figure 4.5.9 A Warm-ups should include two parts. 249-250 Use Caution in Extreme Condition 249 Heat and Humidity 249-250 Cold Weather 249 Figure 4.5.10 Strategies for Hot Weather 249 Figure 4.5.11 Strategies for Cold Weather 250 High Altitudes 250 Understand the Female Athlete Triad 250 Figure 4.5.12 The Female Athlete Triad 250-251 Prevent and Treat Injuries 251 Figure 4.5.13 The R.I.C.E. Treatment **Application:** 239 Reading and Notetaking Activity 239 Warm-Up Activity-Your Level of Physical Activity 240 Case Study: Getting More Physical Activity-Practice Your Skills: Communicate with Others 243 Skills for Health and Wellness: Making a Physical Activity and Fitness Plan-Practice Your Skills: Set Goals 247 Health in the Media: Choosing Fitness Products-Practice Your Skill: Access Information 252 Comprehend Concepts #1-2 252 Critical Thinking Skills #1-2 252 Health and Wellness Skills #1-3
5.	Apply various methods for monitoring and adjusting workout intensity in order to meet goals and heart-rate targets (e.g., calculating heart rate by taking their pulse or wearable monitors, determine intensity using rate of perceived exertion [RPE] scale).	*Physical Activity* **Instruction:** 230-238 Understanding Physical Activity and Fitness



	Standards	Correlating Text Pages
		231-234 What Are the Benefits of Physical Activity 231-232 Lower Risks of Chronic Conditions 231 Figure 4.4.1 Benefits of Physical Activity 232-233 Stronger Bones and Muscles 232 Figure 4.4.2 Physical Activity Reduces Risk of Cardiovascular Diseases 233 High Quality Sleep 233-234 Improved Mental, Emotional, and Social Health 233 Research in Action-Physical Activity and Mental and Emotional Health 234 Better Performance in School 234-236 What is Physical Fitness? 234-236 Health Related Fitness 234 Figure 4.4.3 Anaerobic Activity Versus Aerobic Activity 235 Cardiorespiratory Fitness 235 Endurance 235 Muscle Strength 235 Flexibility 235 Figure 4.4.4 Flexibility 236 Skill-Related Fitness 236-238 How Much Physical Activity Should You Get? 236 Figure 4.4.5 Recommendations for Physical Activity 237 Health Across the Life Span: Steps to a Healthier Life **Application:** 230 Reading and Notetaking Activity 230 Warm-Up Activity-Agree or Disagree 233 Research in Action-Physical Activity and Mental and Emotional Health: Practice Your Skills-Make Decisions 237 Health Across the Life Span: Steps to a Healthier Life-Practice Your Skills-Practice Health-Enhancing Behaviors 238 Comprehend Concepts #1-3 238 Critical Thinking Skills #1-3 238 Health and Wellness Skills #1-3 **Instruction:** 239-251 Getting Enough Physical Activity 239-246 Strategies for Getting Physical Activity 240-241 Choose Activities You Enjoy 240 Figure 4.5.1 Training Principles for Increasing Fitness 240 Case Study: Getting More Physical Activity 241-242 Bring Physical Activity into Your Daily Life 241 Figure 4.5.2 Incorporating Physical Activity Into Your Daily Life



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		247 Health in the Media: Choosing Fitness Products-Practice Your Skill: Access Information 252 Comprehend Concepts #1-2 252 Critical Thinking Skills #1-2 252 Health and Wellness Skills #1-3
6.	Determine a variety of physical activities that can be implemented independently or with minimal support for the purposes of personal enjoyment or challenge, or to maintain or improve fitness.	*Physical Activity* **Instruction:** 230-238 Understanding Physical Activity and Fitness 231-234 What Are the Benefits of Physical Activity 231-232 Lower Risks of Chronic Conditions 231 Figure 4.4.1 Benefits of Physical Activity 232-233 Stronger Bones and Muscles 232 Figure 4.4.2 Physical Activity Reduces Risk of Cardiovascular Diseases 233 High Quality Sleep 233-234 Improved Mental, Emotional, and Social Health 233 Research in Action-Physical Activity and Mental and Emotional Health 234 Better Performance in School 234-236 What is Physical Fitness? 234-236 Health Related Fitness 234 Figure 4.4.3 Anaerobic Activity Versus Aerobic Activity 235 Cardiorespiratory Fitness 235 Endurance 235 Muscle Strength 235 Flexibility 235 Figure 4.4.4 Flexibility 236 Skill-Related Fitness 236-238 How Much Physical Activity Should You Get? 236 Figure 4.4.5 Recommendations for Physical Activity 237 Health Across the Life Span: Steps to a Healthier Life **Application:** 230 Reading and Notetaking Activity 230 Warm-Up Activity-Agree or Disagree 233 Research in Action-Physical Activity and Mental and Emotional Health: Practice Your Skills-Make Decisions 237 Health Across the Life Span: Steps to a Healthier Life-Practice Your Skills-Practice Health-Enhancing Behaviors 238 Comprehend Concepts #1-3 238 Critical Thinking Skills #1-3 238 Health and Wellness Skills #1-3



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7.	Create a goal and plan for participating in physical activity to maintain or improve health and monitor progress.	*Physical Activity* **Instruction:** 230-238 Understanding Physical Activity and Fitness 231-234 What Are the Benefits of Physical Activity 231-232 Lower Risks of Chronic Conditions 231 Figure 4.4.1 Benefits of Physical Activity 232-233 Stronger Bones and Muscles 232 Figure 4.4.2 Physical Activity Reduces Risk of Cardiovascular Diseases 233 High Quality Sleep 233-234 Improved Mental, Emotional, and Social Health 233 Research in Action-Physical Activity and Mental and Emotional Health 234 Better Performance in School 234-236 What is Physical Fitness? 234-236 Health Related Fitness 234 Figure 4.4.3 Anaerobic Activity Versus Aerobic Activity 235 Cardiorespiratory Fitness 235 Endurance 235 Muscle Strength 235 Flexibility 235 Figure 4.4.4 Flexibility 236 Skill-Related Fitness 236-238 How Much Physical Activity Should You Get? 236 Figure 4.4.5 Recommendations for Physical Activity 237 Health Across the Life Span: Steps to a Healthier Life **Application:** 230 Reading and Notetaking Activity



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8.	Analyze and evaluate the performance of self and others for proper technique and efficiency in at least one lifetime athletic or physical activity (e.g., yoga, aquatics, biking, rock climbing, dancing, canoeing, weight training, golf, tennis).	*Physical Activity* **Instruction:** 230-238 Understanding Physical Activity and Fitness 231-234 What Are the Benefits of Physical Activity 231-232 Lower Risks of Chronic Conditions 231 Figure 4.4.1 Benefits of Physical Activity 232-233 Stronger Bones and Muscles 232 Figure 4.4.2 Physical Activity Reduces Risk of Cardiovascular Diseases 233 High Quality Sleep 233-234 Improved Mental, Emotional, and Social Health 233 Research in Action-Physical Activity and Mental and Emotional Health 234 Better Performance in School 234-236 What is Physical Fitness? 234-236 Health Related Fitness 234 Figure 4.4.3 Anaerobic Activity Versus Aerobic Activity 235 Cardiorespiratory Fitness 235 Endurance 235 Muscle Strength 235 Flexibility 235 Figure 4.4.4 Flexibility



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Practice 3: Social Awareness, Relationship, and Communication Skills. Enhance relationships, personal health, and the health of others through social awareness and effective communication.		
Healthy Relationships [9.3.HR]		
1.	Explain why it is harmful to disrespect others who have differing views and beliefs and demonstrate positive ways to express understanding of differing perspectives.	*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*



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		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 *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
2.	Use effective strategies (e.g., boundary setting, maintaining personal boundaries, respecting others' boundaries, I-statements, stating your needs, recognizing warning signs) to avoid negative relationships and improve or maintain positive relationships.	*Summarize strategies for coping with difficult emotions, including defense mechanisms.* *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:**



	Standards	Correlating Text Pages
		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 *Expressing Your Emotions* **Instruction***:* 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 *See Supplemental Human Development and Relationships, and/or Human Development, Relationships, and Sexual Health* *Differentiate between affection, love, commitment, and sexual attraction.*



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		Understanding Romantic Relationships **Instruction:** 45-54 Understanding Romantic Relationships 45-47 Characteristics of Healthy Romantic Relationships 46 Attraction, Closeness, and Commitment 46 Individuality 47 Figure 9.6.1 Is My Relationship Healthy or Unhealthy? 48 Balance 48 Figure 9.6.2 Balance 48 Love 48-49 Affection 49 Figure 9.6.3 Questions to Ask About Physical Intimacy and Consent 49 -53 Learn About Your Partner and Yourself 49-54 Skills for Healthy Romantic Relationship 49 Figure 9.6.4 Getting to Know a Dating Partner 50 Health Across the Life Span: Building a Roadmap for Healthy Relationships 51 Cope with Nerves 51 Enjoy Common Interests 51-53 Enforce Your Boundaries 51 Figure 9.6.5 Enforcing Your Boundaries 52 Figure 9.6.6 Sexting 52-53 Ask for Help 52 Case Study: Dating Dilemmas 53-54 The End of a Dating Relationship 53 Figure 9.6.7 Coping With a Breakup **Application:** 45 Reading and Notetaking Activity 45 Warm Up Activity – Similarities and Differences: Analyze Influences 50 Health Across the Life Span: Building a Roadmap for Healthy Relationships-Practice Your Skills: Access Information 52 Case Study: Dating Dilemmas-Practice Your Skills: Set Goals 54 Comprehend Concepts #1-3 54 Critical Thinking Skills #1-3 54 Health and Wellness Skills #1-2
3.	Summarize benefits (e.g., mutual respect, deeper connections, inclusion) of respecting individual differences in aspects of sexuality (e.g., sexual activity, sexual abstinence, sexual orientation) and gender (e.g., gender expression, gender identity), growth and development, and physical appearance.	*See Supplemental Human Development and Relationships, and/or 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.*



	Standards	Correlating Text Pages
		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 161 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 *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 *Sexual Abstinence*



	Standards	Correlating Text Pages
		134-135 Sexual Abstinence 134 Figure 11.3.1 Benefits of Sexual Abstinence 135 Health in the Media: Conversations About Sexual Activity **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 140 Comprehend Concepts #1-2 140 Critical Thinking Skills #1-2 140 Health and Wellness Skills #1-3 171 Skills for Health and Wellness: Answering Questions About Your Sexual Health
4.	Reflect on the role individual behaviors and external factors have in a conflict and discuss how individual behaviors and external factors may inform the ability to resolve conflict in the future.	*Advocate for ways to manage or resolve interpersonal conflict.* **Instruction:** 63-69 63 Figure 1.9.1 65 Figure 1.9.2 Negotiation 66 Figure 1.9.3 Identify the Cause 67 Figure 1.9.4 Examples of Compromises for Common Conflicts 69 Figure 1.9.5 Mediators **Application:** 63 Warm Up Activity - Conflict Comic Strip 65 Research in Action - The Magic Relationship Ratio 68 Skills for Health and Wellness - Solve a Conflict with a Friend 70 Comprehend Concepts #1-2 70 Critical Thinking Skills #1-3 70 Health and Wellness Skills #1-3 *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 69 Figure 10.1.1 Risk Factors for Violent Behavior



	Standards	Correlating Text Pages
		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 Prevent 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



	Standards	Correlating Text Pages
		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: What Is Affirmative Consent 84 Health in the Media: The Hazards of Rape Culture-Practice Your Skills: Advocate for Health 91 Critical Thinking Skills #1-3 91 Health and Wellness Skills #1-3
5.	Demonstrate effective ways to communicate with trusted adults about bullying, harassment, abuse, assault, discrimination, or exploitation.	*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 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



	Standards	Correlating Text Pages
		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 Prevent 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



	Standards	Correlating Text Pages
		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: What Is Affirmative Consent 84 Health in the Media: The Hazards of Rape Culture-Practice Your Skills: Advocate for Health 91 Critical Thinking Skills #1-3 91 Health and Wellness Skills #1-3 *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 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 *Describe laws related to accessing sexual health care 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



	Standards	Correlating Text Pages
		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 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, Relationships, and Sexual Health* 171 Skills for Health and Wellness: Answering Questions About Your Sexual Health 171 Practice Your Skills: Access Information
6.	Appropriately resolve interpersonal conflicts in a variety of settings (e.g., school, family, work, community, and personal relationships).	*Demonstrate strategies to prevent, manage, or resolve interpersonal conflicts without harming self or others.*



	Standards	Correlating Text Pages
		Instruction: 63-69 63 Figure 1.9.1 65 Figure 1.9.2 Negotiation 66 Figure 1.9.3 Identify the Cause 67 Figure 1.9.4 Examples of Compromises for Common Conflicts 69 Figure 1.9.5 Mediators **Application:** 63 Warm Up Activity - Conflict Comic Strip 65 Research in Action - The Magic Relationship Ratio 68 Skills for Health and Wellness - Solve a Conflict with a Friend 70 Comprehend Concepts #1-2 70 Critical Thinking Skills #1-3 70 Health and Wellness Skills #1-3 *Advocate for ways to manage or resolve interpersonal conflict.* **Instruction:** 63-69 63 Figure 1.9.1 65 Figure 1.9.2 Negotiation 66 Figure 1.9.3 Identify the Cause 67 Figure 1.9.4 Examples of Compromises for Common Conflicts 69 Figure 1.9.5 Mediators **Application:** 63 Warm Up Activity - Conflict Comic Strip 65 Research in Action - The Magic Relationship Ratio 68 Skills for Health and Wellness - Solve a Conflict with a Friend 70 Comprehend Concepts #1-2 70 Critical Thinking Skills #1-3 70 Health and Wellness Skills #1-3
7.	Demonstrate empathy (e.g., active listening, withholding judgement, compassion) toward others.	*Understand changes in self- esteem can occur as people mature.* **Instruction:** 121-130, 135-137, 153-159 122 Figure 2.6.1 The Impact of Mindset 124 Figure 2.6.2 Positive Mindset 124 Figure 2.6.3 What You Can Control 126 Figure 2.6.4 Strategies for Practicing Mindfulness 127 Figure 2.6.5 Questions to Modify Your Outlook



	Standards	Correlating Text Pages
		129 Figure 2.6.6 Strategies for Increasing Self Respect 130 Figure 2.6.7 Increasing Respect for Diversity 135 Figure 2.7.3 Characteristics of People with Resilience 136 Figure 2.7.4 Examples of Seeing Change as an Opportunity 136 Figure 2.7.5 Practicing Self Compassion 155 Figure 3.2.3 Using Positive Self Talk **Application:** 121 Warm Up Activity - Your Mindset 128 Skills for Health and Wellness - Shifting to Positive Self Talk 137 Research in Action - Resilience's Lasting Power 138 Comprehend Concepts #3-4 138 Critical Thinking Skills #3-4 138 Health and Wellness Skills #2-4
8.	Demonstrate communication skills that account for the perspective of others while allowing for active and effective social engagement.	*Demonstrate effective communication skills to express emotions.* *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
9.	Evaluate verbal, physical, and non-verbal social, cultural, and environmental cues to predict and respond to the emotions and communication style of others.	*Demonstrate effective communication skills to express emotions.* *Expressing Your Emotions*



	Standards	Correlating Text Pages
		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
10.	Use assertive communication techniques, including refusals, in a variety of settings and with a variety of audiences to meet personal needs and maintain or enhance overall health.	*Advocate for ways to manage or resolve interpersonal conflict.* **Instruction:** 63-69 63 Figure 1.9.1 65 Figure 1.9.2 Negotiation 66 Figure 1.9.3 Identify the Cause 67 Figure 1.9.4 Examples of Compromises for Common Conflicts 69 Figure 1.9.5 Mediators **Application:** 63 Warm Up Activity - Conflict Comic Strip 65 Research in Action - The Magic Relationship Ratio 68 Skills for Health and Wellness - Solve a Conflict with a Friend 70 Comprehend Concepts #1-2 70 Critical Thinking Skills #1-3 70 Health and Wellness Skills #1-3 *Summarize strategies for coping with difficult emotions, including defense mechanisms.* *Demonstrate respect for others who have different views and beliefs.*



	Standards	Correlating Text Pages
		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 *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



	Standards	Correlating Text Pages
11.	Summarize the importance of talking with parents, guardians, caregivers, and other trusted adults about issues related to relationships, growth and development, and sexual health.	*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 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



	Standards	Correlating Text Pages
		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 *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 *Describe how sexuality and sexual expression change throughout the life span.* **Instruction:** 38-41 Adolescence and Puberty 38 Physical Development 39 Male Puberty 39-40 Female Puberty 39 Figure 9.5.1 Sex Hormones 40 Figure 9.5.2 Female Puberty Changes 40 Early Sexual Feelings 43 Figure 9.5.3 The Human Sexual Response Cycle 152-153 What is Sexuality **Application:** 38 Warm-Up Activity: Adolescent Changes 44 Comprehend Concepts #1-3 44 Health and Wellness Skills #1-2
Mental and Emotional Health [9.3.MH]		
1.	Describe both positive (e.g., developmental assets, protective factors, resilience, supportive adult relationships) and negative factors (e.g., trauma, adversity, adverse childhood experiences) that can impact mental and emotional health and well-being.	*Compare and contrast emotional and mental and behavioral illness, mental well-being, and concurrent disorders.* *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



	Standards	Correlating Text Pages
		87 Health and Wellness Skills #4
2.	Discuss the benefits of trauma-informed approaches to relationships.	*See Supplemental Human Development and Relationships, and/or Human Development, Relationships, and Sexual Health* *Examine laws and consequences related to sexual offenses, including when a minor is involved.* *Abuse and Neglect* 93-102 Abuse and Neglect 92 What is Abuse 93 Types of Abuse 93 Figure 10.3.1 Emotional Abuse 94 Pattern of Abuse 94 Figure 10.3.2 Power and Control 95 Intimate Partner Violence 95 Figure 10.3.3 Subtle Examples of Intimate Partner Violence 96-97 Child Neglect and Abuse 96 Figure 10.3.4 Types of Child Abuse 98-101 Preventing and Responding to Abuse 98 Figure 10.3.6 Factors Affecting Abuse 99 Figure 10.3.7 Signs of Abuse and Neglect 100 Figure 10.3.8 Abuse Hotlines **Application:** 92 Reading and Notetaking Activity 92 Warm-Up Activity: How Can You Help? 101 Comprehend Concepts #1-2 101 Critical Thinking Skills #1-2 101 Health and Wellness Skills #1-3 *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 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



	Standards	Correlating Text Pages
		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 Prevent 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



	Standards	Correlating Text Pages
		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: What Is Affirmative Consent 84 Health in the Media: The Hazards of Rape Culture-Practice Your Skills: Advocate for Health 91 Critical Thinking Skills #1-3 91 Health and Wellness Skills #1-3
3.	Demonstrate strategies for expressing understanding towards those who hold different beliefs.	*Summarize strategies for coping with difficult emotions, including defense mechanisms.* *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 *Expressing Your Emotions* 114-120



	Standards	Correlating Text Pages
		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
4.	Evaluate how society and cultural norms, morals, and values affect personal interactions.	*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 *Analyze how the perceptions of norms influence healthy and unhealthy behaviors.*



	Standards	Correlating Text Pages
		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
5.	Evaluate the influence of peers, media, family, society, community, and culture on body image and the impact body image has on health.	*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
6.	Evaluate personal engagement in social situations at home, school, and in the community and create a plan for personal growth in social engagement and in resolving conflict.	*Advocate for ways to manage or resolve interpersonal conflict.* **Instruction:**



	Standards	Correlating Text Pages
		63-69 63 Figure 1.9.1 65 Figure 1.9.2 Negotiation 66 Figure 1.9.3 Identify the Cause 67 Figure 1.9.4 Examples of Compromises for Common Conflicts 69 Figure 1.9.5 Mediators **Application:** 63 Warm Up Activity - Conflict Comic Strip 65 Research in Action - The Magic Relationship Ratio 68 Skills for Health and Wellness - Solve a Conflict with a Friend 70 Comprehend Concepts #1-2 70 Critical Thinking Skills #1-3 70 Health and Wellness Skills #1-3
7.	Apply appropriate boundary setting strategies (e.g., acknowledge feelings, communicate the boundary, target alternative) within authentic contexts.	*See Supplemental Human Development and Relationships, and/or Human Development, Relationships, and Sexual Health* *Differentiate between affection, love, commitment, and sexual attraction.* *Understanding Romantic Relationships* **Instruction:** 45-54 Understanding Romantic Relationships 45-46 Characteristics of Healthy Romantic Relationships 46 Attraction, Closeness, and Commitment 46 Individuality 47 Figure 9.6.1 Is My Relationship Healthy or Unhealthy? 48 Balance 48 Figure 9.6.2 Balance 48 Love 48-49 Affection 49 Figure 9.6.3 Questions to Ask About Physical Intimacy and Consent 49-53 Skills for Healthy Romantic Relationship 49 -51 Learn About Your Partner and Yourself 49 Figure 9.6.4 Getting to Know a Dating Partner 50 Health Across the Life Span: Building a Roadmap for Healthy Relationships 51 Cope with Nerves 51 Enjoy Common Interests 51-52 Enforce Your Boundaries 51 Figure 9.6.5 Enforcing Your Boundaries 52 Figure 9.6.6 Sexting 52-53 Ask for Help 52 Case Study: Dating Dilemmas



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		53-54 The End of a Dating Relationship 53 Figure 9.6.7 Coping With a Breakup **Application:** 45 Reading and Notetaking Activity 45 Warm Up Activity – Similarities and Differences: Analyze Influences 50 Health Across the Life Span: Building a Roadmap for Healthy Relationships-Practice Your Skills: Access Information 52 Case Study: Dating Dilemmas-Practice Your Skills: Set Goals 54 Comprehend Concepts #1-3 54 Critical Thinking Skills #1-3 54 Health and Wellness Skills #1-2 *Demonstrate effective ways to communicate with a partner about healthy sexual decisions and consent.* *Characteristics of a Healthy Relationship* **Instruction:** 467 Honesty 467 Figure 8.1.1 Relationships, 468 Trust 468-469 Mutual Respect 468 Figure 8.1.2 Handling Broken Trust in a Relationship 469 Care, Commitment and Support 469 Emotional Support 469 Figure 8.1.3 Support 470 Understanding 470 Safety 470 Figure 8.1.4 Understanding Consent -Consent is… **Application:** 466 Warm Up Activity - The Interview 471 Health in the Media - Media Relationships: Healthy or Unhealthy-Practice You Skills: Analyze Influences 473 Comprehend Concepts #1-3 473 Critical Thinking Skills #1-3 473 Health and Wellness Skills #1-3
8.	Demonstrate a variety of culturally responsive strategies for collaborating with peers, adults, and others in the community.	*Advocate for ways to manage or resolve interpersonal conflict.* **Instruction:** 63-69 63 Figure 1.9.1



	Standards	Correlating Text Pages
		65 Figure 1.9.2 Negotiation 66 Figure 1.9.3 Identify the Cause 67 Figure 1.9.4 Examples of Compromises for Common Conflicts 69 Figure 1.9.5 Mediators **Application:** 63 Warm Up Activity - Conflict Comic Strip 65 Research in Action - The Magic Relationship Ratio 68 Skills for Health and Wellness - Solve a Conflict with a Friend 70 Comprehend Concepts #1-2 70 Critical Thinking Skills #1-3 70 Health and Wellness Skills #1-3 *Summarize strategies for coping with difficult emotions, including defense mechanisms.* *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 *Expressing Your Emotions* 114-120 115 Understanding Emotions 115-116 Managing Emotions



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		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
9.	Demonstrate strategies for implementing aspects of cultural humility, embracing differences, accepting others, and acknowledging others' perspectives.	*Understand changes in self- esteem can occur as people mature.* **Instruction:** 121-130, 135-137, 153-159 122 Figure 2.6.1 The Impact of Mindset 124 Figure 2.6.2 Positive Mindset 124 Figure 2.6.3 What You Can Control 126 Figure 2.6.4 Strategies for Practicing Mindfulness 127 Figure 2.6.5 Questions to Modify Your Outlook 129 Figure 2.6.6 Strategies for Increasing Self Respect 130 Figure 2.6.7 Increasing Respect for Diversity 135 Figure 2.7.3 Characteristics of People with Resilience 136 Figure 2.7.4 Examples of Seeing Change as an Opportunity Figure 2.7.5 Practicing Self Compassion 155 Figure 3.2.3 Using Positive Self Talk **Application:** 121 Warm Up Activity - Your Mindset 128 Skills for Health and Wellness - Shifting to Positive Self Talk 137 Research in Action - Resilience's Lasting Power 138 Comprehend Concepts #3-4 138 Critical Thinking Skills #3-4 138 Health and Wellness Skills #2-4



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		Demonstrate effective communication skills to express emotions. *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
10.	Demonstrate the ability to communicate about mental health in culturally responsive ways that reduce stigma.	*Compare and contrast emotional and mental and behavioral illness, mental well-being, and concurrent disorders.* *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 *Advocate for reducing stigma associated with emotional and mental and behavioral health*



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		Instruction: 106-107, 184-185 184 Figure 3.5.5 Stigma About Mental Illnesses **Application:** 113 Comprehend Concepts #2 185 Local and Global Health - Perceptions of Mental Illnesses 187 Comprehend Concepts #3 187 Critical Thinking Skills #3
Physical Activity and Fitness [9.3.PF]		
1.	Analyze sources of conflict within teams and groups and articulate strategies to address conflict and minimize the opportunity for conflict to arise.	*Physical Activity* **Instruction:** 230-238 Understanding Physical Activity and Fitness 231-234 What Are the Benefits of Physical Activity 231-232 Lower Risks of Chronic Conditions 231 Figure 4.4.1 Benefits of Physical Activity 232-233 Stronger Bones and Muscles 232 Figure 4.4.2 Physical Activity Reduces Risk of Cardiovascular Diseases 233 High Quality Sleep 233-234 Improved Mental, Emotional, and Social Health 233 Research in Action-Physical Activity and Mental and Emotional Health 234 Better Performance in School 234-236 What is Physical Fitness? 234-236 Health Related Fitness 234 Figure 4.4.3 Anaerobic Activity Versus Aerobic Activity 235 Cardiorespiratory Fitness 235 Endurance 235 Muscle Strength 235 Flexibility 235 Figure 4.4.4 Flexibility 236 Skill-Related Fitness 236-238 How Much Physical Activity Should You Get? 236 Figure 4.4.5 Recommendations for Physical Activity 237 Health Across the Life Span: Steps to a Healthier Life **Application:** 230 Reading and Notetaking Activity 230 Warm-Up Activity-Agree or Disagree 233 Research in Action-Physical Activity and Mental and Emotional Health: Practice Your Skills-Make Decisions



	Standards	Correlating Text Pages
		237 Health Across the Life Span: Steps to a Healthier Life-Practice Your Skills-Practice Health-Enhancing Behaviors 238 Comprehend Concepts #1-3 238 Critical Thinking Skills #1-3 238 Health and Wellness Skills #1-3 **Instruction:** 239-251 Getting Enough Physical Activity 239-246 Strategies for Getting Physical Activity 240-241 Choose Activities You Enjoy 240 Figure 4.5.1 Training Principles for Increasing Fitness 240 Case Study: Getting More Physical Activity 241-242 Bring Physical Activity into Your Daily Life 241 Figure 4.5.2 Incorporating Physical Activity Into Your Daily Life 242-244 Vary Frequency, Intensity, Time, and Type 242 Frequency 242-244 Intensity 242 Figure 4.5.3 Overcoming Obstacles to Physical Activity 243 Skills for Health and Wellness: Making a Physical Activity and Fitness Plan 244 Time 244 Figure 4.5.4 Calculating Maximum and Target Heart Rate 244 Figure 4.5.5 Taking a Pulse 244 Type 245 Do Muscle Strengthening Activities 245 Figure 4.5.6 Steps for Muscle Strengthening Activities 245 Stretch Your Muscles 245 Figure 4.5.7 Steps for Stretching 246 Use School and Community Programs 246-251 Staying Safe During Physical Activity 246 Be Respectful 246 Figure 4.5.8 Places to Get Physical Activity 247 Use Proper Equipment 247 Health in the Media: Choosing Fitness Products 248 Pace Yourself 248 Warm Up and Cool Down 248 Stay Hydrated 248 Figure 4.5.9 A Warm-ups should include two parts. 249-250 Use Caution in Extreme Condition 249 Heat and Humidity 249-250 Cold Weather 249 Figure 4.5.10 Strategies for Hot Weather 249 Figure 4.5.11 Strategies for Cold Weather



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		250 High Altitudes 250 Understand the Female Athlete Triad 250 Figure 4.5.12 The Female Athlete Triad 250-251 Prevent and Treat Injuries 251 Figure 4.5.13 The R.I.C.E. Treatment **Application:** 239 Reading and Notetaking Activity 239 Warm-Up Activity-Your Level of Physical Activity 240 Case Study: Getting More Physical Activity-Practice Your Skills: Communicate with Others 243 Skills for Health and Wellness: Making a Physical Activity and Fitness Plan-Practice Your Skills: Set Goals 247 Health in the Media: Choosing Fitness Products-Practice Your Skill: Access Information 252 Comprehend Concepts #1-2 252 Critical Thinking Skills #1-2 252 Health and Wellness Skills #1-3
2.	Assume a leadership role (e.g., task or group leader) in a sports or physical activity setting.	*Physical Activity* **Instruction:** 230-238 Understanding Physical Activity and Fitness 231-234 What Are the Benefits of Physical Activity 231-232 Lower Risks of Chronic Conditions 231 Figure 4.4.1 Benefits of Physical Activity 232-233 Stronger Bones and Muscles 232 Figure 4.4.2 Physical Activity Reduces Risk of Cardiovascular Diseases 233 High Quality Sleep 233-234 Improved Mental, Emotional, and Social Health 233 Research in Action-Physical Activity and Mental and Emotional Health 234 Better Performance in School 234-236 What is Physical Fitness? 234-236 Health Related Fitness 234 Figure 4.4.3 Anaerobic Activity Versus Aerobic Activity 235 Cardiorespiratory Fitness 235 Endurance 235 Muscle Strength 235 Flexibility 235 Figure 4.4.4 Flexibility 236 Skill-Related Fitness 236-238 How Much Physical Activity Should You Get?



	Standards	Correlating Text Pages
		236 Figure 4.4.5 Recommendations for Physical Activity 237 Health Across the Life Span: Steps to a Healthier Life **Application:** 230 Reading and Notetaking Activity 230 Warm-Up Activity-Agree or Disagree 233 Research in Action-Physical Activity and Mental and Emotional Health: Practice Your Skills-Make Decisions 237 Health Across the Life Span: Steps to a Healthier Life-Practice Your Skills-Practice Health-Enhancing Behaviors 238 Comprehend Concepts #1-3 238 Critical Thinking Skills #1-3 238 Health and Wellness Skills #1-3 **Instruction:** 239-251 Getting Enough Physical Activity 239-246 Strategies for Getting Physical Activity 240-241 Choose Activities You Enjoy 240 Figure 4.5.1 Training Principles for Increasing Fitness 240 Case Study: Getting More Physical Activity 241-242 Bring Physical Activity into Your Daily Life 241 Figure 4.5.2 Incorporating Physical Activity Into Your Daily Life 242-244 Vary Frequency, Intensity, Time, and Type 242 Frequency 242-244 Intensity 242 Figure 4.5.3 Overcoming Obstacles to Physical Activity 243 Skills for Health and Wellness: Making a Physical Activity and Fitness Plan 244 Time 244 Figure 4.5.4 Calculating Maximum and Target Heart Rate 244 Figure 4.5.5 Taking a Pulse 244 Type 245 Do Muscle Strengthening Activities 245 Figure 4.5.6 Steps for Muscle Strengthening Activities 245 Stretch Your Muscles 245 Figure 4.5.7 Steps for Stretching 246 Use School and Community Programs 246-251 Staying Safe During Physical Activity 246 Be Respectful 246 Figure 4.5.8 Places to Get Physical Activity 247 Use Proper Equipment 247 Health in the Media: Choosing Fitness Products



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3.	Respect others' ideas, cultural norms, and abilities during cooperative and collaborative movement or team projects.	*Physical Activity* **Instruction:** 230-238 Understanding Physical Activity and Fitness 231-234 What Are the Benefits of Physical Activity 231-232 Lower Risks of Chronic Conditions 231 Figure 4.4.1 Benefits of Physical Activity 232-233 Stronger Bones and Muscles 232 Figure 4.4.2 Physical Activity Reduces Risk of Cardiovascular Diseases 233 High Quality Sleep 233-234 Improved Mental, Emotional, and Social Health 233 Research in Action-Physical Activity and Mental and Emotional Health 234 Better Performance in School 234-236 What is Physical Fitness? 234-236 Health Related Fitness



	Standards	Correlating Text Pages
		234 Figure 4.4.3 Anaerobic Activity Versus Aerobic Activity 235 Cardiorespiratory Fitness 235 Endurance 235 Muscle Strength 235 Flexibility 235 Figure 4.4.4 Flexibility 236 Skill-Related Fitness 236-238 How Much Physical Activity Should You Get? 236 Figure 4.4.5 Recommendations for Physical Activity 237 Health Across the Life Span: Steps to a Healthier Life **Application:** 230 Reading and Notetaking Activity 230 Warm-Up Activity-Agree or Disagree 233 Research in Action-Physical Activity and Mental and Emotional Health: Practice Your Skills-Make Decisions 237 Health Across the Life Span: Steps to a Healthier Life-Practice Your Skills-Practice Health-Enhancing Behaviors 238 Comprehend Concepts #1-3 238 Critical Thinking Skills #1-3 238 Health and Wellness Skills #1-3 **Instruction:** 239-251 Getting Enough Physical Activity 239-246 Strategies for Getting Physical Activity 240-241 Choose Activities You Enjoy 240 Figure 4.5.1 Training Principles for Increasing Fitness 240 Case Study: Getting More Physical Activity 241-242 Bring Physical Activity into Your Daily Life 241 Figure 4.5.2 Incorporating Physical Activity Into Your Daily Life 242-244 Vary Frequency, Intensity, Time, and Type 242 Frequency 242-244 Intensity 242 Figure 4.5.3 Overcoming Obstacles to Physical Activity 243 Skills for Health and Wellness: Making a Physical Activity and Fitness Plan 244 Time 244 Figure 4.5.4 Calculating Maximum and Target Heart Rate 244 Figure 4.5.5 Taking a Pulse 244 Type 245 Do Muscle Strengthening Activities



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4.	Evaluate the opportunity for social interaction and social support in a variety of physical activities in and out of school.	*Physical Activity* **Instruction:** 230-238 Understanding Physical Activity and Fitness 231-234 What Are the Benefits of Physical Activity 231-232 Lower Risks of Chronic Conditions 231 Figure 4.4.1 Benefits of Physical Activity 232-233 Stronger Bones and Muscles



	Standards	Correlating Text Pages
		232 Figure 4.4.2 Physical Activity Reduces Risk of Cardiovascular Diseases 233 High Quality Sleep 233-234 Improved Mental, Emotional, and Social Health 233 Research in Action-Physical Activity and Mental and Emotional Health 234 Better Performance in School 234-236 What is Physical Fitness? 234-236 Health Related Fitness 234 Figure 4.4.3 Anaerobic Activity Versus Aerobic Activity 235 Cardiorespiratory Fitness 235 Endurance 235 Muscle Strength 235 Flexibility 235 Figure 4.4.4 Flexibility 236 Skill-Related Fitness 236-238 How Much Physical Activity Should You Get? 236 Figure 4.4.5 Recommendations for Physical Activity 237 Health Across the Life Span: Steps to a Healthier Life **Application:** 230 Reading and Notetaking Activity 230 Warm-Up Activity-Agree or Disagree 233 Research in Action-Physical Activity and Mental and Emotional Health: Practice Your Skills-Make Decisions 237 Health Across the Life Span: Steps to a Healthier Life-Practice Your Skills-Practice Health-Enhancing Behaviors 238 Comprehend Concepts #1-3 238 Critical Thinking Skills #1-3 238 Health and Wellness Skills #1-3 **Instruction:** 239-251 Getting Enough Physical Activity 239-246 Strategies for Getting Physical Activity 240-241 Choose Activities You Enjoy 240 Figure 4.5.1 Training Principles for Increasing Fitness 240 Case Study: Getting More Physical Activity 241-242 Bring Physical Activity into Your Daily Life 241 Figure 4.5.2 Incorporating Physical Activity Into Your Daily Life 242-244 Vary Frequency, Intensity, Time, and Type 242 Frequency 242-244 Intensity



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	Standards	Correlating Text Pages
5.	Contribute to the creation of inclusive physical activity environments by respecting and considering others' ideas, cultural backgrounds, and physical abilities while participating in group or collaborative activities.	*Physical Activity* **Instruction:** 230-238 Understanding Physical Activity and Fitness 231-234 What Are the Benefits of Physical Activity 231-232 Lower Risks of Chronic Conditions 231 Figure 4.4.1 Benefits of Physical Activity 232-233 Stronger Bones and Muscles 232 Figure 4.4.2 Physical Activity Reduces Risk of Cardiovascular Diseases 233 High Quality Sleep 233-234 Improved Mental, Emotional, and Social Health 233 Research in Action-Physical Activity and Mental and Emotional Health 234 Better Performance in School 234-236 What is Physical Fitness? 234-236 Health Related Fitness 234 Figure 4.4.3 Anaerobic Activity Versus Aerobic Activity 235 Cardiorespiratory Fitness 235 Endurance 235 Muscle Strength 235 Flexibility 235 Figure 4.4.4 Flexibility 236 Skill-Related Fitness 236-238 How Much Physical Activity Should You Get? 236 Figure 4.4.5 Recommendations for Physical Activity 237 Health Across the Life Span: Steps to a Healthier Life **Application:** 230 Reading and Notetaking Activity 230 Warm-Up Activity-Agree or Disagree 233 Research in Action-Physical Activity and Mental and Emotional Health: Practice Your Skills-Make Decisions 237 Health Across the Life Span: Steps to a Healthier Life-Practice Your Skills-Practice Health-Enhancing Behaviors 238 Comprehend Concepts #1-3 238 Critical Thinking Skills #1-3 238 Health and Wellness Skills #1-3 **Instruction:** 239-251 Getting Enough Physical Activity 239-246 Strategies for Getting Physical Activity 240-241 Choose Activities You Enjoy 240 Figure 4.5.1 Training Principles for Increasing Fitness



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		240 Case Study: Getting More Physical Activity 241-242 Bring Physical Activity into Your Daily Life 241 Figure 4.5.2 Incorporating Physical Activity Into Your Daily Life 242-244 Vary Frequency, Intensity, Time, and Type 242 Frequency 242-244 Intensity 242 Figure 4.5.3 Overcoming Obstacles to Physical Activity 243 Skills for Health and Wellness: Making a Physical Activity and Fitness Plan 244 Time 244 Figure 4.5.4 Calculating Maximum and Target Heart Rate 244 Figure 4.5.5 Taking a Pulse 244 Type 245 Do Muscle Strengthening Activities 245 Figure 4.5.6 Steps for Muscle Strengthening Activities 245 Stretch Your Muscles 245 Figure 4.5.7 Steps for Stretching 246 Use School and Community Programs 246-251 Staying Safe During Physical Activity 246 Be Respectful 246 Figure 4.5.8 Places to Get Physical Activity 247 Use Proper Equipment 247 Health in the Media: Choosing Fitness Products 248 Pace Yourself 248 Warm Up and Cool Down 248 Stay Hydrated 248 Figure 4.5.9 A Warm-ups should include two parts. 249-250 Use Caution in Extreme Condition 249 Heat and Humidity 249-250 Cold Weather 249 Figure 4.5.10 Strategies for Hot Weather 249 Figure 4.5.11 Strategies for Cold Weather 250 High Altitudes 250 Understand the Female Athlete Triad 250 Figure 4.5.12 The Female Athlete Triad 250-251 Prevent and Treat Injuries 251 Figure 4.5.13 The R.I.C.E. Treatment **Application:** 239 Reading and Notetaking Activity 239 Warm-Up Activity-Your Level of Physical Activity 240 Case Study: Getting More Physical Activity-Practice Your Skills: Communicate with Others



	Standards	Correlating Text Pages
		243 Skills for Health and Wellness: Making a Physical Activity and Fitness Plan-Practice Your Skills: Set Goals 247 Health in the Media: Choosing Fitness Products-Practice Your Skill: Access Information 252 Comprehend Concepts #1-2 252 Critical Thinking Skills #1-2 252 Health and Wellness Skills #1-3
Practice 4: Movement Skills. **Demonstrate competence in, and knowledge of, a variety of movement forms, motor skills, physical fitness components, and principles in order to engage in purposeful and health-promoting physical activity, including sports and games.**		
Physical Activity and Fitness [9.4.PF]		
1.	Demonstrate and refine activity-specific movement skills for at least one lifetime individual or team sport, athletic activity, or physical activity (including, but not limited to invasion, target, racket, net/wall, aquatics, dance, indoor/outdoor pursuits) or health-related fitness activity (e.g., yoga, spinning, swimming, fitness walking, resistance training) to promote enjoyment and encourage lifelong physical activity.	*Physical Activity* **Instruction:** 230-238 Understanding Physical Activity and Fitness 231-234 What Are the Benefits of Physical Activity 231-232 Lower Risks of Chronic Conditions 231 Figure 4.4.1 Benefits of Physical Activity 232-233 Stronger Bones and Muscles 232 Figure 4.4.2 Physical Activity Reduces Risk of Cardiovascular Diseases 233 High Quality Sleep 233-234 Improved Mental, Emotional, and Social Health 233 Research in Action-Physical Activity and Mental and Emotional Health 234 Better Performance in School 234-236 What is Physical Fitness? 234-236 Health Related Fitness 234 Figure 4.4.3 Anaerobic Activity Versus Aerobic Activity 235 Cardiorespiratory Fitness 235 Endurance 235 Muscle Strength 235 Flexibility 235 Figure 4.4.4 Flexibility 236 Skill-Related Fitness 236-238 How Much Physical Activity Should You Get? 236 Figure 4.4.5 Recommendations for Physical Activity 237 Health Across the Life Span: Steps to a Healthier Life **Application:** 230 Reading and Notetaking Activity 230 Warm-Up Activity-Agree or Disagree



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		249-250 Cold Weather 249 Figure 4.5.10 Strategies for Hot Weather 249 Figure 4.5.11 Strategies for Cold Weather 250 High Altitudes 250 Understand the Female Athlete Triad 250 Figure 4.5.12 The Female Athlete Triad 250-251 Prevent and Treat Injuries 251 Figure 4.5.13 The R.I.C.E. Treatment **Application:** 239 Reading and Notetaking Activity 239 Warm-Up Activity-Your Level of Physical Activity 240 Case Study: Getting More Physical Activity-Practice Your Skills: Communicate with Others 243 Skills for Health and Wellness: Making a Physical Activity and Fitness Plan-Practice Your Skills: Set Goals 247 Health in the Media: Choosing Fitness Products-Practice Your Skill: Access Information 252 Comprehend Concepts #1-2 252 Critical Thinking Skills #1-2 252 Health and Wellness Skills #1-3
2.	Perform a variety of dance forms (e.g., ballroom, modern, hip hop, contra/folk, Latin) used in cultural and social occasions (e.g., weddings, social events).	*Physical Activity* **Instruction:** 230-238 Understanding Physical Activity and Fitness 231-234 What Are the Benefits of Physical Activity 231-232 Lower Risks of Chronic Conditions 231 Figure 4.4.1 Benefits of Physical Activity 232-233 Stronger Bones and Muscles 232 Figure 4.4.2 Physical Activity Reduces Risk of Cardiovascular Diseases 233 High Quality Sleep 233-234 Improved Mental, Emotional, and Social Health 233 Research in Action-Physical Activity and Mental and Emotional Health 234 Better Performance in School 234-236 What is Physical Fitness? 234-236 Health Related Fitness 234 Figure 4.4.3 Anaerobic Activity Versus Aerobic Activity 235 Cardiorespiratory Fitness 235 Endurance 235 Muscle Strength 235 Flexibility 235 Figure 4.4.4 Flexibility 236 Skill-Related Fitness



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	Standards	Correlating Text Pages
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3.	Analyze performance and select appropriate modifications to movement concepts and biomechanical principles (e.g., force, motion, rotation) that improve performance of self or others in a selected skill and during game play.	*Physical Activity* **Instruction:** 230-238 Understanding Physical Activity and Fitness 231-234 What Are the Benefits of Physical Activity 231-232 Lower Risks of Chronic Conditions 231 Figure 4.4.1 Benefits of Physical Activity 232-233 Stronger Bones and Muscles 232 Figure 4.4.2 Physical Activity Reduces Risk of Cardiovascular Diseases 233 High Quality Sleep 233-234 Improved Mental, Emotional, and Social Health 233 Research in Action-Physical Activity and Mental and Emotional Health 234 Better Performance in School 234-236 What is Physical Fitness?



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4.	Design strategies and tactics to elicit a higher level of performance during a variety of sports, athletic, or physical activities.	*Physical Activity* **Instruction:** 230-238 Understanding Physical Activity and Fitness 231-234 What Are the Benefits of Physical Activity 231-232 Lower Risks of Chronic Conditions 231 Figure 4.4.1 Benefits of Physical Activity 232-233 Stronger Bones and Muscles



	Standards	Correlating Text Pages
		232 Figure 4.4.2 Physical Activity Reduces Risk of Cardiovascular Diseases 233 High Quality Sleep 233-234 Improved Mental, Emotional, and Social Health 233 Research in Action-Physical Activity and Mental and Emotional Health 234 Better Performance in School 234-236 What is Physical Fitness? 234-236 Health Related Fitness 234 Figure 4.4.3 Anaerobic Activity Versus Aerobic Activity 235 Cardiorespiratory Fitness 235 Endurance 235 Muscle Strength 235 Flexibility 235 Figure 4.4.4 Flexibility 236 Skill-Related Fitness 236-238 How Much Physical Activity Should You Get? 236 Figure 4.4.5 Recommendations for Physical Activity 237 Health Across the Life Span: Steps to a Healthier Life **Application:** 230 Reading and Notetaking Activity 230 Warm-Up Activity-Agree or Disagree 233 Research in Action-Physical Activity and Mental and Emotional Health: Practice Your Skills-Make Decisions 237 Health Across the Life Span: Steps to a Healthier Life-Practice Your Skills-Practice Health-Enhancing Behaviors 238 Comprehend Concepts #1-3 238 Critical Thinking Skills #1-3 238 Health and Wellness Skills #1-3 **Instruction:** 239-251 Getting Enough Physical Activity 239-246 Strategies for Getting Physical Activity 240-241 Choose Activities You Enjoy 240 Figure 4.5.1 Training Principles for Increasing Fitness 240 Case Study: Getting More Physical Activity 241-242 Bring Physical Activity into Your Daily Life 241 Figure 4.5.2 Incorporating Physical Activity Into Your Daily Life 242-244 Vary Frequency, Intensity, Time, and Type 242 Frequency 242-244 Intensity



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Standards		Correlating Text Pages
Practice 5: Self-awareness and Analyzing Influences. **Examine how emotions, thoughts, needs, values, beliefs, and other factors (both internal and external) influence behaviors and articulate how these influences impact health behavior and outcomes.**		
Gender, Sexual Orientation, and Sexual Health [9.5.GS]		
1.	Analyze a variety of internal and external influences (e.g., peers, media, family, society, community, culture) on a person's attitudes, beliefs, and expectations about sexual behavior and identity.	*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 161 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 *See Supplemental Human Development and Relationships, and/or Human Development, Relationships, and Sexual Health* *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



	Standards	Correlating Text Pages
		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
2.	Determine the role of personal views about gender, sexual identity, and sexual health on choices and behaviors.	*See Supplemental Human Development and Relationships, and/or Human Development, Relationships, and Sexual Health* *Explain the physical, social, mental, and emotional changes associated with being a young adult.* **Instruction:** 40 -43 Intellectual Development 41 Research in Action: The Adolescent Brain 42 Case Study: Feeling Comfortable with Who I Am 41-43 Emotional and Social Development 43 Handling Health and Wellness Issues 43 Figure 9.5.3 Skills for Handling Health and Wellness Issues **Application:** 41 Research in Action: The Adolescent Brain-Practice Your Skills-Practicing Health-Enhancing Behaviors 42 Case Study: Feeling Comfortable with Who I Am- Practice Your Skills: Communicate with Others **Application:** 38 Warm-Up Activity: Adolescent Changes 44 Comprehend Concepts #1-3 44 Critical Thinking Skills # 1-3 44 Health and Wellness Skills #1-3 *Understand that people can choose abstinence at different times in their lives.* *Factors Affecting Sexual Behavior* ***Instruction:*** 55-59 Factors Affecting Sexual Behavior 56 Figure 9.7.1 Effects of Sexual Abstinence



	Standards	Correlating Text Pages
		56 Cultural and Family Background **Application:** 58 Health in the Media: Portrayal of Sex in the Media - Practice Your Skills: Analyze Influences 64 Skills for Health and Wellness: Use the Decision-Making Process: Sexual Activity-Practice Your Skills: Make Decisions 66 Comprehend Concepts #1-3 66 Critical Thinking Skills #1-3 66 Health and Wellness Skills #1-3 *Sexual Abstinence* 134-136 Sexual Abstinence 134 Figure 11.3.1 Benefits of Sexual Abstinence 135 Health in the Media: Conversations About Sexual Activity **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 140 Comprehend Concepts #1-2 140 Critical Thinking Skills #1-2 140 Health and Wellness Skills #1-3 *See Supplemental Human Development, Relationships, and Sexual Health* 171 Skills for Health and Wellness: Answering Questions About Your Sexual Health *Use a decision-making model to make a sexual health-related decision.* **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 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



	Standards	Correlating Text Pages
		65 Figure 9.7.6 Refusing Sexual Pressure **Application:** 64 Skills for Health and Wellness: Use the Decision-Making Process: Sexual Activity- Practice Your Skills: Make Decisions 66 Comprehend Concepts #1-3 66 Critical Thinking Skills #1-3 66 Health and Wellness Skills #1-3
3.	Discuss the role of personal and collective beliefs and values in creating a culture free of bullying, sexual harassment, sexual abuse, sexual assault, incest, rape, domestic violence, and dating violence.	*See Supplemental Human Development and Relationships, and/or Human Development, Relationships, and Sexual Health* *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 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 Prevent 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	Correlating Text 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 *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: What Is Affirmative Consent 84 Health in the Media: The Hazards of Rape Culture-Practice Your Skills: Advocate for Health 91 Critical Thinking Skills #1-3 91 Health and Wellness Skills #1-3
Physical Health and Hygiene [9.5.PH		
1.	Analyze how perceptions of norms and social influences encourage or discourage health- promoting and risky behaviors.	*Analyze how a variety of factors impact personal and community health.*



	Standards	Correlating Text Pages
		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 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.*



	Standards	Correlating Text Pages
		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, 471 105 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



	Standards	Correlating Text Pages
		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 *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.*



	Standards	Correlating Text Pages
		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.* **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.*



	Standards	Correlating Text Pages
		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
2.	Analyze how health risk behaviors (e.g., lack of sleep, poor nutrition, texting and driving) and protective factors (e.g., school connectedness, meaningful relationships, access to health care, regular physical activity) can influence overall health and how environmental factors can impact those behaviors.	*Analyze prevention, lifestyle factors, and treatment of communicable and noncommunicable diseases.* *Individual Factors Affecting Health and Wellness* **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



	Standards	Correlating Text Pages
		422-423 Diagnosis and Treatment of Noncommunicable Diseases **Application:** 413 Warm Up Activity - Learning About Diseases 422 Local and Global Health - Promoting Health with Self Care 423 Critical Thinking Skills #2 Health and Wellness Skills #1 *Preventing and Treating Communicable Diseases* **Instruction:** 432 Preventing and Treating Communicable Diseases 433 Figure 7.5.1 Hand Washing 435 Figure 7.5.2 Use Respiratory Etiquette 436 Figure 7.5.3 Common Vaccines **Application:** 432 Warm Up Activity - What Do You Touch 434 Case Study - Blocking Germs Every Day 436 Skills for Health and Wellness - Help Prevent the Spread of Disease 439 Critical Thinking Skills #1 439 Health and Wellness Skills #1-3 *Preventing and Treating Types of Cardiovascular Diseases* **Instruction:**442-448 442 Figure 7.6.2 Hypertension 43 Figure 7.6.3 Blood Pressure 443 Figure 7.6.4 Blood Pressure Ranges 445 Figure 7.6.7 Congestive Heart Failure 446 Figure 7.6.8 Arrhythmias 447 Figure 7.6.9 Be Physically Active **Application:** 449 Comprehend Concepts #3 449 Critical Thinking Skills #1-3 449 Health and Wellness Skills #1.#3 *Preventing and Treating Cancer* **Instruction:** 452-453 452 Figure 7.7.1 Signs and Symptoms of Cancer 453 Figure 7.7.2 Skin Cancer 455 Figure 7.7.3 Reducing Your Risk for Cancer **Application:** 450 Warm Up Activity - Cancer: Your Decisions 452 Case Study - Understanding Risk 456 Comprehend Concepts #3 456 Health and Wellness Skills #2, #3



	Standards	Correlating Text Pages
		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
Physical Activity and Fitness [9.5.PF]		
1.	Analyze the role of technology and social media tools in supporting a healthy, active lifestyle.	*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 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



	Standards	Correlating Text Pages
		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
2.	Analyze the impact of a variety of factors (e.g., culture, life choices, economics, motivation and accessibility) on people's participation in physical activity.	*Physical Activity* **Instruction:** 230-238 Understanding Physical Activity and Fitness 231-234 What Are the Benefits of Physical Activity 231-232 Lower Risks of Chronic Conditions 231 Figure 4.4.1 Benefits of Physical Activity 232-233 Stronger Bones and Muscles 232 Figure 4.4.2 Physical Activity Reduces Risk of Cardiovascular Diseases 233 High Quality Sleep 233-234 Improved Mental, Emotional, and Social Health 233 Research in Action-Physical Activity and Mental and Emotional Health 234 Better Performance in School 234-236 What is Physical Fitness? 234-236 Health Related Fitness 234 Figure 4.4.3 Anaerobic Activity Versus Aerobic Activity 235 Cardiorespiratory Fitness 235 Endurance 235 Muscle Strength 235 Flexibility 235 Figure 4.4.4 Flexibility 236 Skill-Related Fitness



	Standards	Correlating Text Pages
		236-238 How Much Physical Activity Should You Get? 236 Figure 4.4.5 Recommendations for Physical Activity 237 Health Across the Life Span: Steps to a Healthier Life **Application:** 230 Reading and Notetaking Activity 230 Warm-Up Activity-Agree or Disagree 233 Research in Action-Physical Activity and Mental and Emotional Health: Practice Your Skills-Make Decisions 237 Health Across the Life Span: Steps to a Healthier Life-Practice Your Skills-Practice Health-Enhancing Behaviors 238 Comprehend Concepts #1-3 238 Critical Thinking Skills #1-3 238 Health and Wellness Skills #1-3 **Instruction:** 239-251 Getting Enough Physical Activity 239-246 Strategies for Getting Physical Activity 240-241 Choose Activities You Enjoy 240 Figure 4.5.1 Training Principles for Increasing Fitness 240 Case Study: Getting More Physical Activity 241-242 Bring Physical Activity into Your Daily Life 241 Figure 4.5.2 Incorporating Physical Activity Into Your Daily Life 242-244 Vary Frequency, Intensity, Time, and Type 242 Frequency 242-244 Intensity 242 Figure 4.5.3 Overcoming Obstacles to Physical Activity 243 Skills for Health and Wellness: Making a Physical Activity and Fitness Plan 244 Time 244 Figure 4.5.4 Calculating Maximum and Target Heart Rate 244 Figure 4.5.5 Taking a Pulse 244 Type 245 Do Muscle Strengthening Activities 245 Figure 4.5.6 Steps for Muscle Strengthening Activities 245 Stretch Your Muscles 245 Figure 4.5.7 Steps for Stretching 246 Use School and Community Programs 246-251 Staying Safe During Physical Activity 246 Be Respectful 246 Figure 4.5.8 Places to Get Physical Activity 247 Use Proper Equipment



	Standards	Correlating Text Pages
		247 Health in the Media: Choosing Fitness Products 248 Pace Yourself 248 Warm Up and Cool Down 248 Stay Hydrated 248 Figure 4.5.9 A Warm-ups should include two parts. 249-250 Use Caution in Extreme Condition 249 Heat and Humidity 249-250 Cold Weather 249 Figure 4.5.10 Strategies for Hot Weather 249 Figure 4.5.11 Strategies for Cold Weather 250 High Altitudes 250 Understand the Female Athlete Triad 250 Figure 4.5.12 The Female Athlete Triad 250-251 Prevent and Treat Injuries 251 Figure 4.5.13 The R.I.C.E. Treatment **Application:** 239 Reading and Notetaking Activity 239 Warm-Up Activity-Your Level of Physical Activity 240 Case Study: Getting More Physical Activity-Practice Your Skills: Communicate with Others 243 Skills for Health and Wellness: Making a Physical Activity and Fitness Plan-Practice Your Skills: Set Goals 247 Health in the Media: Choosing Fitness Products-Practice Your Skill: Access Information 252 Comprehend Concepts #1-2 252 Critical Thinking Skills #1-2 252 Health and Wellness Skills #1-3
3.	Recognize personal assets and demonstrate a growth mindset related to personal abilities to succeed, grow, and persist through physical activity challenges.	*Physical Activity* **Instruction:** 230-238 Understanding Physical Activity and Fitness 231-234 What Are the Benefits of Physical Activity 231-232 Lower Risks of Chronic Conditions 231 Figure 4.4.1 Benefits of Physical Activity 232-233 Stronger Bones and Muscles 232 Figure 4.4.2 Physical Activity Reduces Risk of Cardiovascular Diseases 233 High Quality Sleep 233-234 Improved Mental, Emotional, and Social Health 233 Research in Action-Physical Activity and Mental and Emotional Health 234 Better Performance in School 234-236 What is Physical Fitness?



	Standards	Correlating Text Pages
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Public, Community and Environmental Health [9.5.CE]		
1.	Explore the impact of social determinants of health (e.g., education, social environment, socioeconomic conditions, public safety) on individuals at different levels (e.g., interpersonal, intrapersonal, community, policy).	*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	Correlating Text 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
2.	Evaluate the influence of social context/environment, not solely personal choices, on an individual's health.	*Predict impact of consuming adequate or inadequate amounts of 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
3.	Identify contributing causes (e.g., public policy, industrial growth, racism, power, inequity/inequality) that can influence public, community, or environmental health and analyze alternative strategies to address these causes for improved health outcomes.	*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
4.	Analyze the behavioral (e.g., sedentary lifestyle, smoking, dietary habits) and environmental factors (e.g., policies, access and availability, built environment) that contribute to major chronic diseases (e.g., diabetes, heart disease, lung cancer).	*Analyze prevention, lifestyle factors, and treatment of communicable and noncommunicable diseases.* *Individual Factors Affecting Health and Wellness* **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



	Standards	Correlating Text Pages
		13 Case Study: Stressed Sick and Now What? 13 Figure 1.2.3 Nutrition and Physical Activity 14 Figure 1.2.5 Teen Drivers Higher Risk for Injury 22 Skills for Health and Wellness: What Factors Affect Your Health? **Application:** 10 Warm-Up Activity 13 Case Study: Stressed Sick and Now What? - Practice Your Skills: Practicing Health-Enhancing Behaviors 15 Health and Wellness Skills, # 1-5 22 Skills for Health and Wellness: What Factors Affect Your Health? – Practice Your Skills: Analyze Influences *Communicable and Noncommunicable Disease* **Instruction:** 413-423 420 Figure 7.3.7 Obesity and Noncommunicable Diseases 421 Figure 4.3.8 Genetic Factors 422-423 Diagnosis and Treatment of Noncommunicable Diseases **Application:** 413 Warm Up Activity - Learning About Diseases 422 Local and Global Health - Promoting Health with Self Care 423 Critical Thinking Skills #2 Health and Wellness Skills #1 *Preventing and Treating Communicable Diseases* **Instruction:** 432 Preventing and Treating Communicable Diseases 433 Figure 7.5.1 Hand Washing 435 Figure 7.5.2 Use Respiratory Etiquette 436 Figure 7.5.3 Common Vaccines **Application:** 432 Warm Up Activity - What Do You Touch 434 Case Study - Blocking Germs Every Day 436 Skills for Health and Wellness - Help Prevent the Spread of Disease 439 Critical Thinking Skills #1 439 Health and Wellness Skills #1-3 *Preventing and Treating Types of Cardiovascular Diseases* **Instruction:**442-448



	Standards	Correlating Text Pages
		442 Figure 7.6.2 Hypertension 43 Figure 7.6.3 Blood Pressure 443 Figure 7.6.4 Blood Pressure Ranges 445 Figure 7.6.7 Congestive Heart Failure 446 Figure 7.6.8 Arrhythmias 447 Figure 7.6.9 Be Physically Active **Application:** 449 Comprehend Concepts #3 449 Critical Thinking Skills #1-3 449 Health and Wellness Skills #1.#3 *Preventing and Treating Cancer* **Instruction:** 452-453 452 Figure 7.7.1 Signs and Symptoms of Cancer 453 Figure 7.7.2 Skin Cancer 455 Figure 7.7.3 Reducing Your Risk for Cancer **Application:** 450 Warm Up Activity - Cancer: Your Decisions 452 Case Study - Understanding Risk 456 Comprehend Concepts #3 456 Health and Wellness Skills #2, #3 *Other Noncommunicable Diseases-ex. Diabetes Asthma* **Instruction:** 457-463 458 Figure 7.8.1 Health Complications of Diabetes Mellitus 460 Types of Seizures 463 Figure 7.8.3 Asthma **Application:** 457 Warm Up Activity 459 Health in the Media: Social Media and Disease-Practice Your Skills: Access Information 462 Case Study: Dealing with Illness-Practice Your Skills: Advocate for Health 464 Critical Thinking #1-3 464 Health and Wellness #1-3
5.	Identify and evaluate global influences (e.g., pollution, climate change, warfare, global policies) on personal and community health.	*Physical Activity* **Instruction:** 230-238 Understanding Physical Activity and Fitness 231-234 What Are the Benefits of Physical Activity 231-232 Lower Risks of Chronic Conditions 231 Figure 4.4.1 Benefits of Physical Activity 232-233 Stronger Bones and Muscles



	Standards	Correlating Text Pages
		232 Figure 4.4.2 Physical Activity Reduces Risk of Cardiovascular Diseases 233 High Quality Sleep 233-234 Improved Mental, Emotional, and Social Health 233 Research in Action-Physical Activity and Mental and Emotional Health 234 Better Performance in School 234-236 What is Physical Fitness? 234-236 Health Related Fitness 234 Figure 4.4.3 Anaerobic Activity Versus Aerobic Activity 235 Cardiorespiratory Fitness 235 Endurance 235 Muscle Strength 235 Flexibility 235 Figure 4.4.4 Flexibility 236 Skill-Related Fitness 236-238 How Much Physical Activity Should You Get? 236 Figure 4.4.5 Recommendations for Physical Activity 237 Health Across the Life Span: Steps to a Healthier Life **Application:** 230 Reading and Notetaking Activity 230 Warm-Up Activity-Agree or Disagree 233 Research in Action-Physical Activity and Mental and Emotional Health: Practice Your Skills-Make Decisions 237 Health Across the Life Span: Steps to a Healthier Life-Practice Your Skills-Practice Health-Enhancing Behaviors 238 Comprehend Concepts #1-3 238 Critical Thinking Skills #1-3 238 Health and Wellness Skills #1-3 **Instruction:** 239-251 Getting Enough Physical Activity 239-246 Strategies for Getting Physical Activity 240-241 Choose Activities You Enjoy 240 Figure 4.5.1 Training Principles for Increasing Fitness 240 Case Study: Getting More Physical Activity 241-242 Bring Physical Activity into Your Daily Life 241 Figure 4.5.2 Incorporating Physical Activity Into Your Daily Life 242-244 Vary Frequency, Intensity, Time, and Type 242 Frequency 242-244 Intensity



	Standards	Correlating Text Pages
		242 Figure 4.5.3 Overcoming Obstacles to Physical Activity 243 Skills for Health and Wellness: Making a Physical Activity and Fitness Plan 244 Time 244 Figure 4.5.4 Calculating Maximum and Target Heart Rate 244 Figure 4.5.5 Taking a Pulse 244 Type 245 Do Muscle Strengthening Activities 245 Figure 4.5.6 Steps for Muscle Strengthening Activities 245 Stretch Your Muscles 245 Figure 4.5.7 Steps for Stretching 246 Use School and Community Programs 246-251 Staying Safe During Physical Activity 246 Be Respectful 246 Figure 4.5.8 Places to Get Physical Activity 247 Use Proper Equipment 247 Health in the Media: Choosing Fitness Products 248 Pace Yourself 248 Warm Up and Cool Down 248 Stay Hydrated 248 Figure 4.5.9 A Warm-ups should include two parts. 249-250 Use Caution in Extreme Condition 249 Heat and Humidity 249-250 Cold Weather 249 Figure 4.5.10 Strategies for Hot Weather 249 Figure 4.5.11 Strategies for Cold Weather 250 High Altitudes 250 Understand the Female Athlete Triad 250 Figure 4.5.12 The Female Athlete Triad 250-251 Prevent and Treat Injuries 251 Figure 4.5.13 The R.I.C.E. Treatment **Application:** 239 Reading and Notetaking Activity 239 Warm-Up Activity-Your Level of Physical Activity 240 Case Study: Getting More Physical Activity-Practice Your Skills: Communicate with Others 243 Skills for Health and Wellness: Making a Physical Activity and Fitness Plan-Practice Your Skills: Set Goals 247 Health in the Media: Choosing Fitness Products-Practice Your Skill: Access Information 252 Comprehend Concepts #1-2 252 Critical Thinking Skills #1-2 252 Health and Wellness Skills #1-3



	Standards	Correlating Text Pages
6.	Analyze the relationship between the health of various groups in a community and its impact on overall community health.	*Physical Activity* **Instruction:** 230-238 Understanding Physical Activity and Fitness 231-234 What Are the Benefits of Physical Activity 231-232 Lower Risks of Chronic Conditions 231 Figure 4.4.1 Benefits of Physical Activity 232-233 Stronger Bones and Muscles 232 Figure 4.4.2 Physical Activity Reduces Risk of Cardiovascular Diseases 233 High Quality Sleep 233-234 Improved Mental, Emotional, and Social Health 233 Research in Action-Physical Activity and Mental and Emotional Health 234 Better Performance in School 234-236 What is Physical Fitness? 234-236 Health Related Fitness 234 Figure 4.4.3 Anaerobic Activity Versus Aerobic Activity 235 Cardiorespiratory Fitness 235 Endurance 235 Muscle Strength 235 Flexibility 235 Figure 4.4.4 Flexibility 236 Skill-Related Fitness 236-238 How Much Physical Activity Should You Get? 236 Figure 4.4.5 Recommendations for Physical Activity 237 Health Across the Life Span: Steps to a Healthier Life **Application:** 230 Reading and Notetaking Activity 230 Warm-Up Activity-Agree or Disagree 233 Research in Action-Physical Activity and Mental and Emotional Health: Practice Your Skills-Make Decisions 237 Health Across the Life Span: Steps to a Healthier Life-Practice Your Skills-Practice Health-Enhancing Behaviors 238 Comprehend Concepts #1-3 238 Critical Thinking Skills #1-3 238 Health and Wellness Skills #1-3 **Instruction:** 239-251 Getting Enough Physical Activity 239-246 Strategies for Getting Physical Activity 240-241 Choose Activities You Enjoy 240 Figure 4.5.1 Training Principles for Increasing Fitness



	Standards	Correlating Text Pages
		240 Case Study: Getting More Physical Activity 241-242 Bring Physical Activity into Your Daily Life 241 Figure 4.5.2 Incorporating Physical Activity Into Your Daily Life 242-244 Vary Frequency, Intensity, Time, and Type 242 Frequency 242-244 Intensity 242 Figure 4.5.3 Overcoming Obstacles to Physical Activity 243 Skills for Health and Wellness: Making a Physical Activity and Fitness Plan 244 Time 244 Figure 4.5.4 Calculating Maximum and Target Heart Rate 244 Figure 4.5.5 Taking a Pulse 244 Type 245 Do Muscle Strengthening Activities 245 Figure 4.5.6 Steps for Muscle Strengthening Activities 245 Stretch Your Muscles 245 Figure 4.5.7 Steps for Stretching 246 Use School and Community Programs 246-251 Staying Safe During Physical Activity 246 Be Respectful 246 Figure 4.5.8 Places to Get Physical Activity 247 Use Proper Equipment 247 Health in the Media: Choosing Fitness Products 248 Pace Yourself 248 Warm Up and Cool Down 248 Stay Hydrated 248 Figure 4.5.9 A Warm-ups should include two parts. 249-250 Use Caution in Extreme Condition 249 Heat and Humidity 249-250 Cold Weather 249 Figure 4.5.10 Strategies for Hot Weather 249 Figure 4.5.11 Strategies for Cold Weather 250 High Altitudes 250 Understand the Female Athlete Triad 250 Figure 4.5.12 The Female Athlete Triad 250-251 Prevent and Treat Injuries 251 Figure 4.5.13 The R.I.C.E. Treatment **Application:** 239 Reading and Notetaking Activity 239 Warm-Up Activity-Your Level of Physical Activity 240 Case Study: Getting More Physical Activity-Practice Your Skills: Communicate with Others



	Standards	Correlating Text Pages
		243 Skills for Health and Wellness: Making a Physical Activity and Fitness Plan-Practice Your Skills: Set Goals 247 Health in the Media: Choosing Fitness Products-Practice Your Skill: Access Information 252 Comprehend Concepts #1-2 252 Critical Thinking Skills #1-2 252 Health and Wellness Skills #1-3
Practice 6: Information and Resource Seeking. **Access, evaluate, and use valid and reliable health information, products, services, and related resources.**		
Healthy Relationships [9.6.HR]		
1.	Demonstrate how to access valid information and resources to help maintain positive relationships and get help if in negative or unhealthy relationships.	*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 *Examples of Refusal Skills* **Application:** 68 Skills for Health and Wellness - Solve a Conflict with a Friend 70 Comprehend Concepts #2 76 Comprehend Concepts #2 76 Critical Thinking Skills #2 76 Health and Wellness Skills #2 *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



	Standards	Correlating Text Pages
		85-86 Preventing and Responding to Sexual Harassment 85 Figure 10.2.4 Before You Say or Send a Message, ask… 85 Figure 10.2.5 Standing Up to Sexual Harassment 86 Sexual Assault 87 Effects of Sexual Assault 87-88 Preventing Sexual Assault 87 Figure 10.2.6 Consequences of Sexual Assault 88 Understand Consent 88 Figure 10.2.7 Sexual Assault Prevention Programs 89 Avoid Risky Situations 89-90 Responding to Sexual Assault 89 Figure 10.2.8 Avoiding Dangerous Situations 90 Figure 10.2.9 Examples of How to Respond/Converse with Sexual Assault Survivors **Application:** 80 Warm-Up Activity : What Is Affirmative Consent 84 Health in the Media: The Hazards of Rape Culture-Practice Your Skills: Advocate for Health 91 Critical Thinking Skills #1-3 91 Health and Wellness Skills #1-3 *Describe laws related to accessing sexual health care 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 43-44 Seeking Treatment for a Health Condition



	Standards	Correlating Text Pages
		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 #1-3 171 Skills for Health and Wellness: Answering Questions About Your Sexual Health 171 Practice Your Skills: Access Information *See Supplemental Human Development and Relationships, and/or Human Development, Relationships, and Sexual Health* *Examine laws and consequences related to sexual offenses, including when a minor is involved.* *Abuse and Neglect* 92-102 Abuse and Neglect 92-93 What is Abuse 93 Types of Abuse 93 Figure 10.3.1 Emotional Abuse 94 Pattern of Abuse 94 Figure 10.3.2 Power and Control 95 Intimate Partner Violence 95 Figure 10.3.3 Subtle Examples of Intimate Partner Violence 96-97 Child Neglect and Abuse 96 Figure 10.3.4 Types of Child Abuse



	Standards	Correlating Text Pages
		98-101 Preventing and Responding to Abuse 98 Figure 10.3.6 Factors Affecting Abuse 99 Figure 10.3.7 Signs of Abuse and Neglect 100 Figure 10.3.8 Abuse Hotlines **Application:** 92 Reading and Notetaking Activity 92 Warm-Up Activity: How Can You Help? 101 Comprehend Concepts #1-2 101 Critical Thinking Skills #1-2 101 Health and Wellness Skills #1-3
2.	Demonstrate how to access valid information and resources to help or support someone else (e.g., who is being bullied or harassed or is a survivor of sexual abuse, incest, rape, sexual harassment, sexual assault, domestic violence, dating violence).	*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 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 Prevent 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



	Standards	Correlating Text Pages
		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: What Is Affirmative Consent 84 Health in the Media: The Hazards of Rape Culture-Practice Your Skills: Advocate for Health 91 Critical Thinking Skills #1-3 91 Health and Wellness Skills #1-3



	Standards	Correlating Text Pages
Mental and Emotional Health [9.6.MH]		
1.	Discuss a variety of supports available at home, school, and community for maintaining or enhancing mental and emotional health.	*Create a resource that outlines where and how students can access valid and reliable health information, products, and services.* **Instruction:** 31-38, 39-44 32 Figure 1.5.1 Health Literacy 34 Figure 1.5.2 Evaluating Health Information 37 Figure 1.5.4 Tips for Choosing Health Products 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
2.	Evaluate the validity of and use resources from home, school, and community that provide valid health information on enhancing mental and emotional well-being, including effective coping strategies for loss and grief.	*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 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



	Standards	Correlating Text Pages
		261 Warm Up Activity - Concerned About Addiction *Describe laws related to accessing sexual health care 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 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



	Standards	Correlating Text Pages
		See Supplemental Human Development, Relationships, and Sexual Health 171 Skills for Health and Wellness: Answering Questions About Your Sexual Health 171 Practice Your Skills: Access Information
3.	Use valid and reliable resources to find information on risk factors for, and signs and symptoms of, mental health issues and illness (including depression and suicide risk) and access appropriate support for self or others.	*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 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
Physical Activity and Fitness [9.6.PF]		
1.	Evaluate the validity of claims made by commercial products and programs intended to promote or improve fitness and a healthy, active lifestyle.	*Evaluate resources for accessing valid and reliable information, products, and services for healthy eating.* **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



	Standards	Correlating Text Pages
		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 *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 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



	Standards	Correlating Text Pages
		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
2.	Evaluate available resources, supports, and participation requirements of community- sponsored activities related to physical activity and fitness.	*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
3.	Develop a physical fitness and/or health plan using community resources (e.g., facilities, programs) to maintain or improve one's fitness goals.	*Analyze and describe the relationship between nutritional choices, physical activity, and chronic diseases.* **Instruction:** 230-237, 239-251, 413-423, 442-448, 450-455, 457-463 231 What Are the Benefits of Physical Activity 231 Lower Risk of Chronic Conditions 231 Figure 4.4.1 Benefits of Physical Activity 420 Figure 7.3.7 Obesity and Noncommunicable Diseases 421 Figure 4.3.8 Genetic Factors 442 Figure 7.6.2 Hypertension 443 Figure 7.6.3 Blood Pressure 443 Figure 7.6.4 Blood Pressure Ranges 445 Figure 7.6.7 Congestive Heart Failure 446 Figure 7.6.8 Arrhythmias



	Standards	Correlating Text Pages
		447 Figure 7.6.9 Be Physically Active 455 Figure 7.7.3 Reducing Your Risk for Cancer 463 Figure 7.8.3 Asthma **Application:** 230 Warm Up Activity-Agree or Disagree 413 Warm Up Activity - Learning About Diseases 422 Local and Global Health - Promoting Health with Self Care 423 Critical Thinking Skills #2 423 Health and Wellness Skills #1 449 Comprehend Concepts #3 449 Critical Thinking Skills #1-3 449 Health and Wellness Skills #1, #3 450 Warm Up Activity - Cancer: Your Decisions 452 Case Study - Understanding Risk 456 Comprehend Concepts #3 456 Health and Wellness Skills #2, #3
Substance Use and Misuse [9.6.SU]		
1.	Evaluate the validity of information, products and services that are intended to help a person make health-promoting choices when making decisions related to legal drug use (e.g., prescription drugs prescribed to you, over-the-counter drugs, and [at a certain age] nicotine, electronic vapor products, alcohol and marijuana).	classifications of substances. 264-265 Commonly Misused Medications 265 Figure 5.2.4 Types of Prescription Opioids 265 Depressants 265-266 Opioids 266-267 Simulants 266 Figure 5.2.5 Opioid Overdose Treatment 267 Local and Global Health: Impact of the COVID-19 Pandemic on Substance Use 267-268 Cold Medications 268-269 Diet Pills 268 Figure 5.2.6 Many People with Poor Body Image Abuse Diet Pills 268 Skills for Health and Wellness: Reporting Substance Abuse 269-270 Performance Enhancing Drugs (PEDs) 269 Figure 5.2.7 Types of PEDs **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-



	Standards	Correlating Text Pages
2.	Use valid and reliable information to analyze the relationship of using legal and illegal (regarding legal age of use and type) drugs to causes of death (including overdose) and disease (including addiction) in the United States.	*- and long-term effects of substance abuse on dimensions of health.* *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 278 Figure 5.3.5 Myths and Facts About Vaping 279 Figure 5.3.6 Aerosol



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		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 #1-2 311 Health and Wellness Skills #1-2
3.	Recognize the signs of substance misuse and addiction and demonstrate strategies for seeking help for self or others.	*Analyze why individuals choose to use or not use substances.* *Medication Misuses and Abuse* 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



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		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 *Summarize short- and long-term effects of substance abuse on dimensions of health.* *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	Correlating Text 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 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



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		296 Critical Thinking Skills #2-3 296 Health and Wellness Skills #2-3 299 Research in Action - Your Brain on Drugs 301 Health in the Media - Drugs and Your Digital Footprint 311 Comprehend Concepts #1-2 311 Critical Thinking Skills #1-2 311 Health and Wellness Skills #1-2
4.	Access valid and reliable resources to determine laws regarding the purchasing, distributing, and selling of drugs (e.g., dispensaries, on the street, store, legal vs. illegal, travel across state lines).	*See Supplemental Human Development and Relationships, and/or Human Development, Relationships, and Sexual Health* *Examine laws and consequences related to sexual offenses, including when a minor is involved.* *Abuse and Neglect* 92-102 Abuse and Neglect 92 What is Abuse 93 Types of Abuse 93 Figure 10.3.1 Emotional Abuse 94 Pattern of Abuse 94 Figure 10.3.2 Power and Control 95 Intimate Partner Violence 95 Figure 10.3.3 Subtle Examples of Intimate Partner Violence 96-98 Child Neglect and Abuse 96 Figure 10.3.4 Types of Child Abuse 98-101 Preventing and Responding to Abuse 98 Figure 10.3.6 Factors Affecting Abuse 99 Figure 10.3.7 Signs of Abuse and Neglect 100 Figure 10.3.8 Abuse Hotlines **Application:** 92 Reading and Notetaking Activity 92 Warm-Up Activity: How Can You Help? 101 Comprehend Concepts #1-2 101 Critical Thinking Skills #1-2 101 Health and Wellness Skills #1-3 *Differentiate classifications of substances.* 264-265 Commonly Misused Medications 265 Figure 5.2.4 Types of Prescription Opioids 265 Depressants 265-266 Opioids 266-267 Simulants 266 Figure 5.2.5 Opioid Overdose Treatment 267 Local and Global Health: Impact of the COVID-19 Pandemic on Substance Use



	Standards	Correlating Text Pages
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5.	Determine when professional services may be required related to legal (e.g., prescription drugs prescribed to you, over-the-counter drugs, and [at a certain age] nicotine, electronic vapor products, alcohol and marijuana) and illegal drugs (e.g., prescription drugs not prescribed to you, cocaine) and locate valid and reliable resources and services in the community that can help.	*Analyze validity of information on substance use.* *Information on Substance Use: Preventing and Treating Substance Use, Misuse, and Abuse* 312-325 Preventing and Treating Substance Use, Misuse, and Abuse 312 Factors Affecting Substance Use, Misuse, and Abuse 313-314 Individual Factors 313 Figure 5.6.1 Genetic Make-Up 313 Figure 5.6.2 The Complex Relationship Between Mental Health and Substance Misuse 314-316 Environment-Family, Culture, Friends, Media 314 Research in Action: Co-Occurring Disorders-Substance Use and Mental Health 315 Figure 5.6.3 Perceptions of norms influences teens' beliefs and behaviors related to substance misuse 316-320 Preventing Substance Misuse and Abuse 316 Think Critically 316-317 Take Care of Your Mental Health 317-318 Build Healthy Relationships 317 Figure 5.6.4 Analyzing Advertisements 318 Avoid Risky Situations and Peer Pressure



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		321-324 Treating Substance Abuse and Misuse 321-322 Detoxification 322 Medications and Therapy 322 Figure 5.6.8 Types of Rehabilitation Programs 323 Figure 5.6.9 Examples of Medical Treatment 323 Support Groups 324 Self-Management Strategies 324 Figure 5.6.10 Support Groups-Ex: AA 324 Figure 5.6.11 Self-Management Strategies for Quitting 325 Skills for Health and Wellness: Helping Someone with a Substance Disorder **Application:** 312 Reading and Notetaking Activity 312 Warm-Up Activity: Reaching Out for Help-Communicate with Others 314 Research in Action: Co-Occurring Disorders-Substance Use and Mental Health: Practice Your Skills-Set Goals 320 Skills for Health and Wellness: Refusing Substances-Practice Your Skills: Communication with Others 325 Skills for Health and Wellness: Helping Someone with a Substance Disorder-Practice Your Skills: Communicate with Others 326 Comprehend Concepts #1-4 326 Critical Thinking Skills #1-4 326 Health and Wellness Skills #1-5 *Compare and contrast school, local, state, and federal laws related to substance possession and use.* **Instruction:** 301 Mental, Social, and Legal Consequences 301 Health in the Media: Drugs and Your Digital Footprints **Application:** 301 Health in the Media: Drugs and Your Digital Footprints-Practice Your Skills: Advocate for Health **Instruction:** 319-321 Participate in Education and Prevention Programs 319 Figure 5.6.6 Ways to Say No 320 Skills for Health and Wellness: Refusing Substances 321 Figure 5.6.7 Government Regulations on Substances



	Standards	Correlating Text Pages
		Application: 320 Skills for Health and Wellness: Refusing Substances-Practice Your Skills: Communication with Others
Practice 7: Self-Advocacy and Health Promotion. **Promote personal, family, and community health and well-being.**		
Gender, Sexual Orientation, and Sexual Health [6.7.GS]		
1.	Discuss how to foster empathy, inclusiveness, and respect around issues related to sexuality (such as sexual activity, sexual abstinence, sexual orientation), gender expression, and gender identity.	*See Supplemental Human Development and Relationships, and/or Human Development, Relationships, and Sexual Health* *Explain the physical, social, mental, and emotional changes associated with being a young adult.* **Instruction:** 40 Intellectual Development 41 Research in Action: The Adolescent Brain 42 Case Study: Feeling Comfortable with Who I Am 41-42 Emotional and Social Development 43 Handling Health and Wellness Issues 43 Figure 9.53 Skills for Handling Health and Wellness Issues **Application:** 41 Research in Action: The Adolescent Brain-Practice Your Skills-Practicing Health-Enhancing Behaviors 42 Case Study: Feeling Comfortable with Who I Am- Practice Your Skills: Communicate with Others **Application:** 38 Warm-Up Activity: Adolescent Changes 44 Comprehend Concepts #1-3 44 Critical Thinking Skills # 1-3 44 Health and Wellness Skills #1-3 *Describe how sexuality and sexual expression change throughout the life span.* **Instruction:** 38-41 Adolescence and Puberty 38 Physical Development 39 Male Puberty 39-40 Female Puberty 39 Figure 9.5.1 Sex Hormones 40 Figure 9.5.2 Female Puberty Changes 40 Early Sexual Feelings



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		See Supplemental Human Development, Relationships, and Sexual Health 152-153 What is Sexuality *See Supplemental Human Development and Relationships, and/or Human Development, Relationships, and Sexual Health* **Application:** 38 Warm-Up Activity: Adolescent Changes 44 Comprehend Concepts #1-3 44 Health and Wellness Skills #1-2 *Understand that people can choose abstinence at different times in their lives.* *Factors Affecting Sexual Behavior* 55-57 Factors Affecting Sexual Behavior 56 Figure 9.7.1 Effects of Sexual Abstinence 56 Cultural and Family Background **Application:** 58 Health in the Media: Portrayal of Sex in the Media 58 Practice Your Skills: Analyze Influences 64 Skills for Health and Wellness: Use the Decision-Making Process: Sexual Activity-Practice Your Skills: Make Decisions 66 Comprehend Concepts #1-3 66 Critical Thinking Skills #1-3 66 Health and Wellness Skills #1-3 *Sexual Abstinence* 134-135 Sexual Abstinence 134 Figure 11.3.1 Benefits of Sexual Abstinence 135 Health in the Media: Conversations About Sexual Activity **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 140 Comprehend Concepts #1-2 140 Critical Thinking Skills #1-2 140 Health and Wellness Skills #1-3



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		See Supplemental Human Development, Relationships, and Sexual Health 171 Skills for Health and Wellness: Answering Questions About Your Sexual Health
2.	Identify and support school and community policies and programs that promote safety, dignity, and respect for all sexual orientations and people of all gender identities and gender expressions.	*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 161 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 *Factors Affecting Sexual Behavior* 55-57 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



	Standards	Correlating Text Pages
		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
Public, Community and Environmental Health [9.7.CE]		
1.	Identify cost-effective ways to minimize environmental pollutants (e.g., chemicals, trash, noise) in the home and in the community.	**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
2.	Analyze programs, policies, and strategies to reduce and eliminate health inequities and disparities.	**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



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		41 Case Study - Health Resources: What Are Available and How to Access Them 45 Comprehend Concepts #1-4 45 Health and Wellness Skills #3 **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 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
3.	Examine health outcome data and evaluate policies or initiatives that address a public health concern within the community.	*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 *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



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		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
4.	Participate in projects to help make positive change in a community (e.g., volunteering, service- learning, service project).	*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 *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