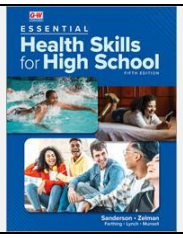
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Correlation of Essential Health Skills for High School© (2025) with Human Development and Relationships, and/or Human Development, Relationships, and Sexual Health for the State Of New Jersey, Comprehensive Health and Physical Education – Grades 9-12



Core Idea	Performance Expectations/Correlating Text Pages	
2.1 Personal and Mental Health by the End of Grade 12		
Personal Growth and Development		
The decisions one makes can influence an individual's growth and development in all dimensions of wellness.	2.1.12.PGD.1:	Develop a health care plan that includes practices and strategies designed to support an active lifestyle, attend to mental health, and foster a healthy, social and emotional life.
	Instruction: 7-8, 13-14, 16-22, 24-29, 31-38, 39-44 8 Figure 1.1.3 Health Continuum 13 Figure 1.2.3 Nutrition and Physical Activity 14 Figure 1.2.4 Blue Light 17 Figure 1.3.2 Physical Activity Needs Depend on Lifestyle 19 Figure 1.3.3 Cultural Practices That Affect Health and Wellness 19 Figure 1.3.4 Questions for Analyzing Media 25 Figure 1.4.1 Making Healthy Decisions 29 Figure 1.4.5 Goals 32 Figure 1.5.1 Locating Health Information 34 Figure 1.5.2 Evaluating Health Information 35 Figure 1.5.3 Lifelong Learning 43 Figure 1.6.4 Getting Regular Checkups and Screenings **Application:** 3 Case Study - The Interactions of Your Health 9 Health and Wellness Skills #2 10 Warm Up Activity 15 Health and Wellness Skills #5 16 Warm Up Activity 27 Case Study - Good Information Enables a Good Decision 33 Health in the Media - Analyzing Health Advertisements 36 Research in Action - Debunking Health Claims 39 Warm Up Activity 41 Case Study - Health Resources: What Are Available and How to Access Them 44 Skills for Health and Wellness - Creating a Health Management Plan	
	2.1.12.PGD.2:	Predict how healthy and unhealthy behaviors can affect brain development and impact physical, social and emotional stages of early adulthood
	Instruction: 7-8, 13-14, 16-22, 24-29, 31-38, 39-44	



Core Idea	Performance Expectations/Correlating Text Pages	
	8 Figure 1.1.3 Health Continuum 13 Figure 1.2.3 Nutrition and Physical Activity 14 Figure 1.2.4 Blue Light 17 Figure 1.3.2 Physical Activity Needs Depend on Lifestyle 19 Figure 1.3.3 Cultural Practices That Affect Health and Wellness 19 Figure 1.3.4 Questions for Analyzing Media 25 Figure 1.4.1 Making Healthy Decisions 29 Figure 1.4.5 Goals 32 Figure 1.5.1 Locating Health Information 34 Figure 1.5.2 Evaluating Health Information 35 Figure 1.5.3 Lifelong Learning 43 Figure 1.6.4 Getting Regular Checkups and Screenings **Application:** 3 Case Study - The Interactions of Your Health 9 Health and Wellness Skills #2 10 Warm Up Activity 15 Health and Wellness Skills #5 16 Warm Up Activity 27 Case Study - Good Information Enables a Good Decision 33 Health in the Media - Analyzing Health Advertisements 36 Research in Action - Debunking Health Claims 39 Warm Up Activity 41 Case Study - Health Resources: What Are Available and How to Access Them 44 Skills for Health and Wellness - Creating a Health Management Plan	
Pregnancy and Parenting		
There are a variety of strategies that individuals can use to prevent pregnancy and sexually transmitted infections.	2.1.12.PP.1:	Compare and contrast the advantages and disadvantages of contraceptive and disease prevention methods (e.g., abstinence, condoms, emergency contraception, dental dams).
	See Supplemental Human Development, Relationships, and Sexual Health **Instruction:** 130-131, 133-139, 142-143, 147, 162-167 169-174, 175-181, 183-189 130 Figure 11.2.5 HIV Prevention 134 Figure 11.3.1 Sexual Abstinence 136 Figure 11.3.2 Condoms 137 Figure 11.3.3 Abstinence and Condoms 143 Figure 11.4.1 Methods of Contraception 147 Figure 11.4.3 Risk and Protective Factors of Teen Pregnancy 163 Figure 12.2.1 Evaluating Information About Sexual Health 166 Figure 12.2.2 Questions to Consider When Selecting Contraception 170 Figure 12.3.1 Barrier Methods	



Core Idea	Performance Expectations/Correlating Text Pages
	172 Figure 12.3.2 Using an External Condom 172 Figure 12.3.3 Using an Internal Condom 173 Figure 12.3.4 Diaphragm 176 Figure 12.4.1 Hormonal Methods 177 Figure 12.4.2 Oral Contraceptives 178 Figure 12.4.4 Birth Control Patch 179 Figure 12.4.5 Vaginal Ring 179 Figure 12.4.6 Birth Control Implant 180 Figure 12.4.7 Intrauterine Device (IUD) 184 Figure 12.5.1 Natural Methods of Sterilization 185 Figure 12.5.2 Cervical Mucus During the Menstrual Cycle 187 Figure 12.5.3 Withdrawal 187 Figure 12.5.4 Choosing Sterilization 188 Figure 12.5.5 Tubal Ligation 189 Figure 12.5.6 Female Sterilization **Application:** 112 Reading and Notetaking Activity, Warm Up Activity 120 Case Study - A Vaccine for an STI 124 Health and Wellness Skills #2 125 Reading and Notetaking Activity, Warm Up Activity 132 Critical Thinking Skills #3, Health and Wellness Skills #3 133 Reading and Notetaking Activity, Warm Up Activity 135 Health in the Media - Conversations About Sexual Activity 139 Skills for Health and Wellness - Promoting Awareness About STIs 140 Comprehend Concepts #1, Critical Thinking Skills #1, Health and Wellness Skills #1-2 141 Reading and Notetaking Activity, Warm Up Activity 142 Research in Action - Reducing Teen Pregnancies and STIs 149 Health in the Media - Teen Pregnancy in the Media 150 Comprehend Concepts #1, Critical Thinking Skills #1, Health and Wellness Skills #2 162 Reading and Notetaking Activity, Warm Up Activity 164 Case Study - Is That Really True 168 Comprehend Concepts #2-3, Critical Thinking Skills #1-3, Health and Wellness Skills #1-3 169 Reading and Notetaking Activity, Warm Up Activity 171 Skills for Health and Wellness - Answering Questions About Your Sexual Health 174 Comprehend Concepts #1-2, Critical Thinking Skills #1-2, Health and Wellness Skills #1-2 175 Reading and Notetaking Activity, Warm Up Activity 178 Local and Global Health - The Impact of the Pill 180 Research in Action - Male Hormonal Contraceptives 182 Comprehend Concepts #1-3, Critical Thinking Skills #1-3, Health and Wellness Skills #1-2 183 Reading and Notetaking Activity, Warm Up Activity 186 Health in the Media - Media Messages About Contraception



Core Idea	Performance Expectations/Correlating Text Pages	
	189 Comprehend Concepts #1-2, Critical Thinking Skills #1-2, Health and Wellness Skills #1-2	
	2.1.12.PP.2:	Develop a plan to eliminate or reduce risk for unintended pregnancy and/or STIs (including HIV) and identify ways to overcome potential barriers to prevention.
	See Supplemental Human Development, Relationships, and Sexual Health **Instruction:** 130-131, 133-139, 142-143, 147, 162-167, 169-174, 175-181, 183-189 130 Figure 11.2.5 HIV Prevention 134 Figure 11.3.1 Sexual Abstinence 136 Figure 11.3.2 Condoms 137 Figure 11.3.3 Abstinence and Condoms 143 Figure 11.4.1 Methods of Contraception 147 Figure 11.4.3 Risk and Protective Factors of Teen Pregnancy 163 Figure 12.2.1 Evaluating Information About Sexual Health 166 Figure 12.2.2 Questions to Consider When Selecting Contraception 170 Figure 12.3.1 Barrier Methods 172 Figure 12.3.2 Using an External Condom 172 Figure 12.3.3 Using an Internal Condom 173 Figure 12.3.4 Diaphragm 176 Figure 12.4.1 Hormonal Methods 177 Figure 12.4.2 Oral Contraceptives 178 Figure 12.4.4 Birth Control Patch 179 Figure 12.4.5 Vaginal Ring 179 Figure 12.4.6 Birth Control Implant 180 Figure 12.4.7 Intrauterine Device (IUD) 184 Figure 12.5.1 Natural Methods of Sterilization 185 Figure 12.5.2 Cervical Mucus During the Menstrual Cycle 187 Figure 12.5.3 Withdrawal 187 Figure 12.5.4 Choosing Sterilization 188 Figure 12.5.5 Tubal Ligation 189 Figure 12.5.6 Female Sterilization **Application:** 112 Reading and Notetaking Activity, Warm Up Activity 120 Case Study - A Vaccine for an STI 124 Health and Wellness Skills #2 125 Reading and Notetaking Activity, Warm Up Activity 132 Critical Thinking Skills #3, Health and Wellness Skills #3 133 Reading and Notetaking Activity, Warm Up Activity 135 Health in the Media - Conversations About Sexual Activity 139 Skills for Health and Wellness - Promoting Awareness About STIs 140 Comprehend Concepts #1, Critical Thinking Skills #1, Health and Wellness Skills #1-2	



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<tr><td rowspan="3"></td><td>141 Reading and Notetaking Activity, Warm Up Activity
142 Research in Action - Reducing Teen Pregnancies and STIs
149 Health in the Media - Teen Pregnancy in the Media
150 Comprehend Concepts #1, Critical Thinking Skills #1, Health and Wellness Skills #2
162 Reading and Notetaking Activity, Warm Up Activity
164 Case Study - Is That Really True
168 Comprehend Concepts #2-3, Critical Thinking Skills #1-3, Health and Wellness Skills #1-3
169 Reading and Notetaking Activity, Warm Up Activity
171 Skills for Health and Wellness - Answering Questions About Your Sexual Health
174 Comprehend Concepts #1-2, Critical Thinking Skills #1-2, Health and Wellness Skills #1-2
175 Reading and Notetaking Activity, Warm Up Activity
178 Local and Global Health - The Impact of the Pill
180 Research in Action - Male Hormonal Contraceptives
182 Comprehend Concepts #1-3, Critical Thinking Skills #1-3, Health and Wellness Skills #1-2
183 Reading and Notetaking Activity, Warm Up Activity
186 Health in the Media - Media Messages About Contraception
189 Comprehend Concepts #1-2, Critical Thinking Skills #1-2, Health and Wellness Skills #1-2</td></tr>
<tr><td>2.1.12.PP.3:</td><td>Identify trusted adults, including family members, caregivers, school staff, and health care professionals to ask questions and discuss pregnancy and other health topics.</td></tr>
<tr><td colspan="2">See Supplemental Human Development, Relationships, and Sexual Health
Instruction:
143, 147-149, 163, 165, 167
147 Figure 11.4.3 Risk and Protective Factors of Teen Pregnancy
149 Figure 11.4.5 Resources for Teen Parents and Families
163 Figure 12.2.1 Evaluating Information About Sexual Health
Application:
150 Critical Thinking Skills #3, Health and Wellness Skills #3
164 Case Study - Is That Really True
168 Comprehend Concepts #1
171 Skills for Health and Wellness - Answering Questions About Your Sexual Health
174 Critical Thinking Skills #1
175 Reading and Notetaking Activity, Warm Up Activity</td></tr>
<tr><td rowspan="2">There are many decisions to be made related to pregnancy and childbirth that will have short- and long-term impacts.</td><td>2.1.12.PP.4:</td><td>List the major milestones of each trimester of fetal development utilizing medically accurate information</td></tr>
<tr><td colspan="2">See Supplemental Human Development and Relationships and/or Human Development, Relationships, and Sexual Health

Instruction:</td></tr>
</table>



<table>
<tr><th>Core Idea</th><th colspan="2">Performance Expectations/Correlating Text Pages</th></tr>
<tr><td rowspan="6"></td><td colspan="2">19-24
20 Figure 9.3.1 The Germinal Stage
21 Figure 9.3.2 The Embryonic Stage
22 Figure 9.3.3 Trimesters of Pregnancy
Application:
18 Reading and Notetaking Activity, Warm Up Activity
26 Critical Thinking Skills #3</td></tr>
<tr><td>2.1.12.PP.5:</td><td>Analyze factors that can impact the health of a baby (e.g., fetal alcohol syndrome, sudden infant death syndrome, low birth weight, premature birth, genetics).</td></tr>
<tr><td colspan="2">See Supplemental Human Development and Relationships and/or Human Development, Relationships, and Sexual Health

Instruction:
22-26, 27-32
23 Figure 9.3.4 Pregnancy Complications
26 Figure 9.3.6 Understanding Apgar Scores
28 Figure 9.4.1 Factors Affecting Development
29 Figure 9.4.2 Disabilities
31 Figure 9.4.3 Infant Milestones
Application:
18 Warm Up Activity
24 Local and Global Health - Improving Healthcare for People Who Are Pregnant
26 Comprehend Concepts #2, Critical Thinking Skills #2, Health and Wellness Skills #2
141 Reading and Notetaking Activity</td></tr>
<tr><td>2.1.12.PP.6:</td><td>Analyze personal and societal factors that can influence decisions about pregnancy options, including parenting, abortion, safe haven, and adoption.</td></tr>
<tr><td colspan="2">See Supplemental Human Development and Relationships and/or Human Development, Relationships, and Sexual Health

Instruction:
143-148
145 Figure 11.4.2 Benefits of Legal Fatherhood
147 Figure 11.4.3 Risk and Protective Factors of Teen Pregnancy
Application:
141 Warm Up Activity
142 Research in Action - Reducing Teen Pregnancies and STIs
149 Health in the Media - Teen Pregnancy in the Media</td></tr>
<tr><td>2.1.12.PP.7:</td><td>Analyze the emotional, social, physical, and financial effects of being a teen or young adult parent.</td></tr>
</table>



Core Idea	Performance Expectations/Correlating Text Pages	
	See Supplemental Human Development, Relationships, and Sexual Health **Instruction:** 143-149 148 Figure 11.4.4 Impacts of Teen Pregnancy and Parenthood **Application:** 141 Reading and Notetaking Activity, Warm Up Activity 144 Case Study - Parenting Challenges 149 Health in the Media - Teen Pregnancy in the Media 168 Health and Wellness Skills #2	
	2.1.12.PP.8:	Assess the skills needed to be an effective parent.
	See Supplemental Human Development and Relationships and/or Human Development, Relationships, and Sexual Health **Instruction:** 23-25, 31-33, 143-146 31 Figure 9.4.3 Infant Milestones 32 Figure 9.4.4 Development of Toddlers 32 Figure 9.4.5 Motor Skills of Preschoolers 33 Figure 9.4.6 Development During Middle Childhood 145 Figure 11.4.2 Benefits of Legal Fatherhood 149 Figure 11.4.5 Resources for Teen Parents **Application:** 18 Warm Up Activity 141 Reading and Notetaking Activity 144 Case Study - Parenting Challenges 150 Health and Wellness Skills #3	
	2.1.12.PP.9	Evaluate parenting strategies used at various stages of child development based on reliable sources of information.
	See Supplemental Human Development and Relationships and/or Human Development, Relationships, and Sexual Health **Instruction:** 23-25, 31-33, 143-149 31 Figure 9.4.3 Infant Milestones 32 Figure 9.4.4 Development of Toddlers 32 Figure 9.4.5 Motor Skills of Preschoolers 33 Figure 9.4.6 Development During Middle Childhood 145 Figure 11.4.2 Benefits of Legal Fatherhood 149 Figure 11.4.5 Resources for Teen Parents **Application:** 18 Warm Up Activity 141 Reading and Notetaking Activity 144 Case Study - Parenting Challenges 150 Health and Wellness Skills #3	



Core Idea	Performance Expectations/Correlating Text Pages	
Emotional Health		
Self-confidence, personal traits, stress, limitations, and strengths impact the mental and emotional development of an individual.	2.1.12.EH.1:	Recognize one's personal traits, strengths, and limitations and identify how to develop skills to support a healthy lifestyle.
	Instruction: 12-14, 79-81, 85-86, 98-103, 151-159, 233 13 Figure 1.2.3 Nutrition and Physical Activity 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 85 Figure 2.1.7 Meaning 86 Figure 2.1.8 Assessing Mental and Emotional Health and Well Being 99 Figure 2.3.1 Characteristics of People with Healthy and Low Self Esteem 100 Figure 2.3.2 Factors Affecting Self Esteem 102 Figure 2.3.3 Avoid Perfectionism 152 Figure 3.2.1 Questions to Help Identify Stressors 154 Figure 3.2.2 Manage Your Time 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 Be Mindful 159 Figure 3.2.7 Using Mindfulness to Reduce Stress **Application:** 13 Case Study - Stressed, Sick, and Now What 15 Health and Wellness Skills #5 78 Reading and Notetaking Activity, Warm Up Activity 84 Research in Action - Technology and Your Mental and Emotional Health 87 Comprehend Concepts #2, Health and Wellness Skills #4 98 Reading and Notetaking Activity, Warm Up Activity 153 Case Study - Stressful Situations 158 Skills for Health and Wellness - Trying Relaxation Techniques 160 Comprehend Concepts #1-2, Critical Thinking Skills #3 233 Research in Action - Physical Activity and Mental and Emotional Health	
	2.1.12.EH.2:	Analyze factors that influence the emotional and social impact of mental health illness on the family
	Instruction: 161-169 163 Figure 3.3.1 Physical Symptoms of Anxiety 164 Figure 3.3.2 Symptoms of Social Media Anxiety Disorder 164 Figure 3.3.3 Different Phobias	



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166 Figure 3.3.5 Changes to Thinking and Behavior with Major Depressive Disorder
167 Figure 3.3.6 Common Personality Disorders
Application:
161 Reading and Notetaking Activity, Warm Up Activity
162 Research in Action - Mental Illnesses: Biology and Psychology
169 Comprehend Concepts #1-2, Critical Thinking Skills #1-2, Health and Wellness Skills #1-4</td></tr>
<tr><td rowspan="4">Healthy individuals demonstrate the ability to prevent and resolve interpersonal conflicts in constructive ways.</td><td>2.1.12.EH.3:</td><td>Describe strategies to appropriately respond to stressors in a variety of situations (e.g., academics, relationships, shootings, death, car accidents, illness).</td></tr>
<tr><td colspan="2">Instruction:
151-159, 194-195
152 Figure 3.2.1 Questions to Help Identify Stressors
154 Figure 3.2.2 Manage Your Time
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 Be Mindful
159 Figure 3.2.7 Using Mindfulness to Reduce Stress
195 Figure 3.6.5 Stages of Grief
Application:
151 Warm Up Activity
153 Case Study - Stressful Situations
158 Skills for Health and Wellness - Trying Relaxation Techniques
160 Comprehend Concepts #1-4, Critical Thinking Skills #1-4, Health and Wellness Skills #1-4
196 Critical Thinking Skills #3

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Instruction:
36-37
37 Figure 9.4.8 Effects of Grief
Application:
36 Skills for Health and Wellness - Working Through Grief
37 Comprehend Concepts #3, Critical Thinking Skills #3, Health and Wellness Skills #3</td></tr>
<tr><td>2.1.12.EH.4:</td><td>Analyze and adapt mental and emotional health messages and communication techniques to peers and other specific target audience (e.g., dimensions of health).</td></tr>
<tr><td colspan="2">Instruction:
54-61
55 Figure 1.8.1 The Communication Process
56 Figure 1.8.2 Nonverbal Communication
57 Figure 1.8.3 Use Active Listening</td></tr>
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<tr><th>Core Idea</th><th colspan="2">Performance Expectations/Correlating Text Pages</th></tr>
<tr><td></td><td colspan="2">58 Figure 1.8.4 Factors Affecting Communication
59 Figure 1.8.5 Using I Statements
61 Figure 1.8.6 Communicate Carefully

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54 Reading and Notetaking Activity, Warm Up Activity
56 Local and Global Health - Culture Affects Communication
60 Case Study - Handling Poor Communication
62 Comprehend Concepts #1-2, Critical Thinking Skills #1-2, Health and Wellness Skills #1-4</td></tr>
<tr><td colspan="3">Social and Sexual Health</td></tr>
<tr><td rowspan="2">How individuals feel about themselves, their identity, and sexual orientation can be positively or negatively impacted by a wide variety of factors.</td><td>2.1.12.SSH.1:</td><td>Analyze the influences of peers, family, media, social norms and culture on the expression of gender, sexual orientation, and identity.</td></tr>
<tr><td colspan="2">Instruction:
89-97
89 Figure 2.2.1 Examples of Core Values
90 Figure 2.2.2 Personality Traits
91 Figure 2.2.3 Examples of Gender Identities
93 Figure 2.2.4 Stages of Ethnic Identity
94 Figure 2.2.5 Factors Affecting Identity Formation
96 Figure 2.2.6 Questions to Help You Reflect on Your Qualities
Application:
88 Reading and Notetaking Activity, Warm Up Activity
90 Case Study - Developing Your Own Identity
93 Local and Global Health - Everyone Has a Cultural Identity
95 Case Study - Who You Are
97 Comprehend Concepts #1-2, Critical Thinking Skills #1-2, Health and Wellness Skills #1

See Supplemental Human Development and Relationships and/or Human Development, Relationships, and Sexual Health

Instruction:
152-159
153 Figure 12.1.1 Aspects of Your Sexuality
154 Figure 12.1.2 Negative Effects of Gender Stereotypes
155 Figure 12.1.3 Gender Binary
157 Figure 12.1.4 Sexual Orientation
158 Figure 12.1.5 Questions About Sexual Orientation
Application:
152 Reading and Notetaking Activity, Warm Up Activity
156 Case Study - The LGBTQ+ Community
159 Research in Action - Children of Same Sex Parents
161 Comprehend Concepts #1-2, Critical Thinking Skills #1-2, Health and Wellness Skills #1-3</td></tr>
</table>



Core Idea	Performance Expectations/Correlating Text Pages	
	2.1.12.SSH.2:	Advocate for school and community policies and programs that promote dignity and respect for people of all genders, gender expressions, gender identities, and sexual orientations.
	See Supplemental Human Development and Relationships and/or Human Development, Relationships, and Sexual Health **Instruction:** 158-159 154 Figure 12.1.2 Negative Effects of Gender Stereotypes **Application:** 152 Warm Up Activity 156 Case Study - The LGBTQ+ Community 159 Research in Action - Children of Same-Sex Parents 161 Critical Thinking Skills #2, Health and Wellness Skills #2-3	
	2.1.12.SSH.3:	Analyze current social issues affecting perceptions of sexuality, culture, ethnicity, disability status and make recommendations to address those issues.
	See Supplemental Human Development, Relationships, and Sexual Health **Instruction:** 69-73, 78, 84, 29-30, 158-159, 56-59, 129 69 Figure 10.1.1 Risk Factors for Violent Behavior 70 Figure 10.1.2 Types of Bullying 73 Figure 10.1.4 Upstanders 154 Figure 12.1.2 Negative Effects of Gender Stereotypes 57 Figure 9.7.2 Different Cultures and Families Have Differing Perspectives On 59 Figure 9.7.3 Questions to Ask About Media **Application:** 72 Skills for Health and Wellness - Being an Upstander and Ally 79 Critical Thinking Skills #2-3, Health and Wellness Skills #2-3 84 Health in the Media - The Hazards of Rape Culture 30 Health in the Media - Disabilities in the Media 37 Critical Thinking Skills #1, Health and Wellness Skills #1 152 Warm Up Activity 156 Case Study - The LGBTQ+ Community 159 Research in Action - Children of Same-Sex Parents 161 Critical Thinking Skills #2, Health and Wellness Skills #2-3 58 Health in the Media - Portrayal of Sex in the Media 66 Comprehend Concepts #1, Health and Wellness Skills #1	
Healthy individuals establish and maintain healthy relationships by utilizing positive communication and social skills to interact effectively with others.	2.1.12.SSH.4:	Demonstrate strategies to prevent, manage, or resolve interpersonal conflicts without harming self or others (defining and understanding the laws of consent and dating violence).
	Instruction: 63-69 64 Figure 1.9.1 Different Interests	



Core Idea	Performance Expectations/Correlating Text Pages	
	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 69 Figure 1.9.5 Using Mediation **Application:** 63 Reading and Notetaking Activity, Warm Up Activity 65 Research in Action - The Magic Relationship Ratio 68 Skills for Health and Wellness - Solve a Conflict with a Friend 70 Comprehend Concepts #1-3, Critical Thinking Skills #1-3, Health and Wellness Skills #1-3	
	2.1.12.SSH.5:	Demonstrate ways to show respect for the boundaries of others as they relate to intimacy and sexual behavior.
	Instruction: 470, 482 470 Figure 8.1.4 Consent Is **Application:** 483 Critical Thinking Skills #2 *See Supplemental Human Development and Relationships and/or Human Development, Relationships, and Sexual Health* **Instruction:** 48-52, 61-63, 80-83, 85, 88 49 Figure 9.6.3 Questions to Ask About Physical Intimacy and Consent 51 Figure 9.6.5 Enforcing Your Boundaries 62 Figure 9.7.5 Communicating Sexual Boundaries 81 Figure 10.2.1 Which One is Consent 82 Figure 10.2.2 Consent Myths and Facts 85 Figure 10.2.4 Before You Say or Send a Message 88 Figure 1 10.2.7 Sexual Assault Prevention Programs **Application:** 50 Health Across the Life Span 54 Critical Thinking Skills #2 64 Skills for Health and Wellness - Use the Decision Making Process: Sexual Activity 80 Reading and Notetaking Activity, Warm Up Activity 84 Health in the Media - The Hazards of Rape Culture 91 Comprehend Concepts #1, #3	
	2.1.12.SSH.6:	Analyze the benefits of abstinence from sexual activity using reliable resources.
	See Supplemental Human Development and Relationships and/or Human Development, Relationships, and Sexual Health **Instruction:** 55-66, 130-131, 134-135, 142-143, 167	



Core Idea	Performance Expectations/Correlating Text Pages
	56 Figure 9.7.1 Effects of Sexual Abstinence 60 Figure 9.7.4 Affection 130 Figure 11.2.5 HIV Prevention 134 Figure 11.3.1 Benefits of Sexual Abstinence 143 Figure 11.4.1 Methods of Contraception **Application:** 55 Reading and Notetaking Activity, Warm Up Activity 66 Comprehend Concepts #2, Critical Thinking Skills #2-3, Health and Wellness Skills #2-3 133 Warm Up Activity 135 Health in the Media - Conversations About Sexual Activity 140 Comprehend Concepts #1, Health and Wellness Skills #2 142 Research in Action - Reducing Teen Pregnancies and STIs 150 Health and Wellness Skills #2
	2.1.12.SSH.7: Analyze factors that influence the choices, and effectiveness of safer sex methods and contraception, including risk-reduction and risk-elimination strategies.
	See Supplemental Human Development, Relationships, and Sexual Health **Instruction:** 142-143, 147, 149, 162-167, 169-174, 175-181, 183-189 143 Figure 11.4.1 Methods of Contraception 147 Figure 11.4.3 Risk and Protective Factors of Teen Pregnancy 163 Figure 12.2.1 Evaluating Information About Sexual Health 166 Figure 12.2.2 Questions to Consider When Selecting Contraception 170 Figure 12.3.1 Barrier Methods 176 Figure 12.4.1 Hormonal Methods 184 Figure 12.5.1 Natural Methods and Sterilization **Application:** 141 Reading and Notetaking Activity, Warm Up Activity 142 Research in Action - Reducing Teen Pregnancies and STIs 149 Health in the Media - Teen Pregnancy in the Media 150 Critical Thinking Skills #1, Health and Wellness Skills #2 162 Reading and Notetaking Activity, Warm Up Activity 164 Case Study - Is That Really True 168 Critical Thinking Skills #1-3, Health and Wellness Skills #1, #3 169 Warm Up Activity 171 Skills for Health and Wellness - Answering Questions About Your Sexual Health 174 Critical Thinking Skills #1-2, Health and Wellness Skills #1 175 Reading and Notetaking Activity, Warm Up Activity 182 Critical Thinking Skills #1-3 183 Warm Up Activity 186 Health in the Media - Media Messages About Contraception



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<tr><td rowspan="5">There are many factors that influence how we feel about ourselves and the decisions that we make.</td><td>2.1.12.SSH.8:</td><td>Describe the human sexual response cycle, including the role of hormones and pleasure.</td></tr>
<tr><td colspan="2">See Supplemental Human Development and Relationships and/or Human Development, Relationships, and Sexual Health

Instruction:
3-4, 9-12, 38-43
39 Figure 9.5.1 Sex Hormones
40 Figure 10.5.3 The Human Sexual Response Cycle
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7 Comprehend Concepts #1
38 Reading and Notetaking Activity, Warm Up Activity
41 Research in Action - The Adolescent Brain
44 Comprehend Concepts #1-4, Critical Thinking Skills #1-4, Health and Wellness Skills #1-3</td></tr>
<tr><td>2.1.12.SSH.9:</td><td>Analyze the personal and societal factors that could keep someone from leaving an unhealthy relationship.</td></tr>
<tr><td colspan="2">Instruction:
472
472 Figure 8.1.5 Unhealthy Relationship Signs
Application:
473 Comprehend Concepts #2-3, Critical Thinking Skills #2-3, Health and Wellness Skills #1, #3

See Supplemental Human Development and Relationships and/or Human Development, Relationships, and Sexual Health

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47, 52-53, 69, 71-72, 85-90, 93-95, 98-101
47 Figure 9.6.1 Is My Relationship Healthy or Unhealthy
69 Figure 10.1.1 Risk Factors for Violent Behavior
71 Figure 10.1.3 Emotional Signs of Bullying
88 Figure 10.2.7 Sexual Assault Prevention Programs
89 Figure 10.2.8 Avoiding Dangerous Situations
94 Figure 10.3.2 Power and Control Wheel
95 Figure 10.3.3 Subtle Examples of Intimate Partner Violence
98 Figure 10.3.6 Factors Affecting Abuse
100 Figure 10.3.8 Abuse Hotlines
Application:
50 Health Across the Life Span - Building a Road Map for Healthy Relationships
54 Comprehend Concepts #1, Health and Wellness Skills #2
84 Health in the Media - The Hazards of Rape Culture</td></tr>
</table>



Core Idea	Performance Expectations/Correlating Text Pages	
	91 Critical Thinking Skills #2-3 92 Warm Up Activity 101 Health and Wellness Skills #3	
There are state and federal laws which provide access to sexual health care services for minors and to protect minors from unhealthy sexual situations.	2.1.12.SSH.10:	Analyze the state and federal laws related to minors' ability to give and receive sexual consent and their association with sexually explicit media.
	See Supplemental Human Development and Relationships and/or Human Development, Relationships, and Sexual Health **Instruction:** 51-52, 80-88, 105-106 52 Figure 9.6.6 Sexting 81 Figure 10.2.1 Which One is Consent 82 Figure 10.2.2 Myths and Facts about Consent 85 Figure 10.2.4 Before You Send a Message 88 Figure 10.2.7 Sexual Assault Prevention Programs **Application:** 80 Warm Up Activity 84 Health in the Media - The Hazards of Rape Culture 91 Comprehend Concepts #1-2, Critical Thinking Skills #1-3 107 Local and Global Health - Human Trafficking: A Worldwide Issue	
Community Health Services and Support		
Healthy individuals demonstrate the ability to identify who, when where and/or how to seek help for oneself or others.	2.1.12.CHSS.1:	Analyze the opportunities available at home, in school, and in the community to support the mental health of oneself or an individual.
	Instruction: 175-177, 178-187 180 Figure 3.5.2 Finding Mental Health Resources 181 Figure 3.5.3 What Does a Therapist Do 183 Figure 3.5.4 Mental Health Medications 184 Figure 3.5.5 Stigma About Mental Illnesses 186 Figure 3.5.6 National Alliance on Mental Illness (NAMI) Strategies for Helping Someone with a Mental Illness **Application:** 172 Skills for Health and Wellness - Helping a Friend with Disordered Eating 177 Critical Thinking Skills #3, Health and Wellness Skills #1, #3 178 Reading and Notetaking Activity, Warm Up Activity 182 Case Study - Mental Health Medical Record Profiles 187 Comprehend Concepts #1-4, Critical Thinking Skills #1-4, Health and Wellness Skills #1-3	
	2.1.12.CHSS.2:	Develop an advocacy plan for a health issue and share this information with others who can benefit.



Core Idea	Performance Expectations/Correlating Text Pages
	Instruction: 37-38, 46-53, 112-113, 215, 389 38 Figure 1.5.5 The Wider Scope of Health Promotion 48 Figure 1.7.2 Evaluating Environmental Factors in Your Community 50 Figure 1.7.4 Ways You Can Help 52 Figure 1.7.5 National Public Health Goals 112 Figure 2.4.6 Advocate for Positive Body Image 389 Figure 6.6.5 Ways You Can Advocate For Your Environment **Application:** 38 Comprehend Concepts #4, Critical Thinking Skills #4, Health and Wellness Skills #1 46 Reading and Notetaking Activity 49 Local and Global Health - Challenges to Accessing Healthcare 53 Critical Thinking Skills #2, Health and Wellness Skills #1-3 62 Health and Wellness Skills #4 84 Research in Action - Technology and Your Mental and Emotional Health 95 Case Study - Who You Are 97 Health and Wellness Skills #1 101 Health in the Media - Fear of Missing Out (FOMO) 103 Health and Wellness Skills #4 110 Health in the Media - Editing and Airbrushing Media Images 113 Health and Wellness Skills #2, #4 185 Local and Global Health - Perceptions of Mental Illnesses 196 Health and Wellness Skills #3 219 Health and Wellness Skills #2 225 Health in the Media - Be Wary of Celebrity Endorsements 260 Health and Wellness Skills #3 267 Local and Global Health - Impact of the COVID 19 Pandemic on Substance Use 284 Health and Wellness Skills #2 295 Health Across the Life Span - The Consequences of Drunk Driving Do Not Go Away 301 Health in the Media - Drugs and Your Digital Footprint 326 Health and Wellness Skills #5 349 Health and Wellness Skills #2 350 Warm Up Activity 364 Case Study - Navigating Life Online 367 Health and Wellness Skills #2 370 Local and Global Health - Water and Sanitation 381 Warm Up Activity 382 Case Study - Environmental Impact 385 Health in the Media - The Hidden Costs of Cheap Goods 387 Skills for Health and Wellness - Donating Used Belongings 402 Health and Wellness Skills #3 412 Health and Wellness Skills #3 422 Local and Global Health - Promoting Health with Self Care



Core Idea	Performance Expectations/Correlating Text Pages	
	436 Skills for Health and Wellness - Help Prevent the Spread of Disease 449 Health and Wellness Skills #3 462 Case Study - Dealing with Illness 466 Warm Up Activity 473 Health and Wellness Skills #3 486 Research in Action - How Close Are Online Friendships *See Supplemental Human Development, Relationships, and Sexual Health* **Instruction:** 14 Local and Global Health - Cervical Cancer Screening 35 Health Across the Life Span - The Aging Process 84 Health in the Media - The Hazards of Rape Culture 107 Local and Global Health - Human Trafficking: A Worldwide Issue 129 Local and Global Health - HIV/AIDS Stigma, Testing, and Treatment 139 Skills for Health and Wellness - Promoting Awareness About STIs 159 Research in Action - Children of Same Sex Parents 186 Health in the Media - Media Messages About Contraception **Application:** 26 Health and Wellness Skills #2 44 Health and Wellness Skills #3 54 Health and Wellness Skills #2 101 Health and Wellness Skills #3 102 Warm Up Activity 124 Health and Wellness Skills #3 150 Health and Wellness Skills #3 161 Health and Wellness Skills #3 174 Health and Wellness Skills #2	
	2.1.12. CHSS.3:Explain the purpose of the Safe Haven Law and identify locations in your community	
	See Supplemental Human Development and Relationships and/or Human Development, Relationships, and Sexual Health **Instruction:** 146 **Application:** 150 Comprehend Concepts #2, Critical Thinking Skills #2, Health and Wellness Skills #1	
	2.1.12.CHSS.4:	Identify medically accurate sources of information and local services that provide contraceptive methods (including emergency contraception and condoms) and pregnancy



Core Idea	Performance Expectations/Correlating Text Pages	
		options (including parenting, abortion, safe haven, adoption, and prenatal care).
	See Supplemental Human Development, Relationships, and Sexual Health **Instruction:** 142-149, 162-167, 169-174, 175-181, 183-189 143 Figure 11.4.1 Methods of Contraception 149 Figure 11.4.5 Resources for Teen Parents 163 Figure 12.2.1 Evaluating Information About Sexual Health 166 Figure 12.2.2 Factors Affecting Contraception 170 Figure 12.3.1 Barrier Methods 176 Figure 12.4.1 Hormonal Methods 184 Figure 12.5.1 Natural Methods and Sterilization **Application:** 142 Research in Action - Reducing Teen Pregnancies and STIs 144 Case Study - Parenting Challenges 150 Comprehend Concepts #3, Critical Thinking Skills #2, Health and Wellness Skills #1, #3 162 Warm Up Activity 164 Case Study - Is That Really True 168 Comprehend Concepts #1, Critical Thinking Skills #1 169 Warm Up Activity 171 Skills for Health and Wellness - Answering Questions About Your Sexual Health 175 Warm Up Activity 178 Local and Global Health - The Impact of the Pill 182 Critical Thinking Skills #1	
Affordability and accessibility of health care impacts the prevention, early detection, and treatment of health conditions.	2.1.12.CHSS.5:	Analyze a variety of health products and services based on cost, availability, accessibility, benefits and accreditation in the home, school, and in the community (e.g., suicide prevention, breast/testicular self-examination, CPR/AED, life skills training, menstrual products).
	Instruction: 22, 31-38, 39-44 32 Figure 1.5.1 Finding Health Information Online 34 Figure 1.5.2 Evaluating Health Information 35 Figure 1.5.3 Lifelong Learning 37 Figure 1.5.4 Tips for Choosing Health Products 42 Figure 1.6.3 Minors Can Consent For **Application:** 22 Skills for Health and Wellness - What Factors Affect Your Health 31 Warm Up Activity 33 Health in the Media - Analyzing Health Advertisements	



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38 Comprehend Concepts #1-4, Critical Thinking Skills #1-4, Health and Wellness Skills #1-2
39 Reading and Notetaking Activity
41 Case Study - Health Resources: What Are Available and How to Access Them
45 Comprehend Concepts #1-4, Critical Thinking Skills #1-4, Health and Wellness Skills #1-3</td></tr>
<tr><td>2.1.12.CHSS.6:</td><td>Evaluate the validity of health information, resources, services, in school, home and in the community.</td></tr>
<tr><td colspan="2">Instruction:
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19 Figure 1.3.4 Questions for Analyzing Media
32 Figure 1.5.1 Reliable Sources Online
34 Figure 1.5.2 Evaluating Health Information
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43 Figure 1.6.4 Questions to Ask Your Doctor
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27 Case Study - Good Information Enables a Good Decision
31 Warm Up Activity
33 Health in the Media - Analyzing Health Advertisements
36 Research in Action - Debunking Health Claims
38 Comprehend Concepts #1-4, Critical Thinking Skills #1-3, Health and Wellness Skills #1-2
41 Case Study - Health Resources: What Are Available and How to Access Them
45 Health and Wellness Skills #1-3</td></tr>
<tr><td rowspan="2">Local, state, and global advocacy organizations provide accurate and reliable resources and strategies designed to address common health and social issues.</td><td>2.1.12.CHSS.7:</td><td>Describe how individuals and local, state, and global advocacy organizations can collaborate to address common local and global health and social issues (e.g., hunger, clean water, organ/tissue donation).</td></tr>
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53 Comprehend Concepts #1-3, Critical Thinking Skills #1-3, Health and Wellness Skills #1-3
368 Reading and Notetaking Activity, Warm Up Activity
370 Local and Global Health - Water and Sanitation
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390 Comprehend Concepts #1-2, Critical Thinking Skills #1-2, Health and Wellness Skills #1-4</td></tr>
<tr><td>2.1.12.CHSS.8:</td><td>Investigate how local, state, and global agencies are addressing health issues caused by climate change and share this information in an appropriate setting.</td></tr>
<tr><td colspan="2">Instruction:
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372 Figure 6.5.3 Climate Change Affects Health
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347 Local and Global Health - Extreme Weather and a Changing Climate
368 Warm Up Activity
380 Critical Thinking Skills #2
382 Case Study - Environmental Impact</td></tr>
<tr><td rowspan="2">Knowledge of and access to resources is beneficial in providing support to individuals and families dealing with difficult situations.</td><td>2.1.12.CHSS.9:</td><td>Develop an action plan to assist individuals who have feelings of sadness, anxiety, stress, trauma, or depression and share this information with individuals who will benefit.</td></tr>
<tr><td colspan="2">Instruction:
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2.2 Physical Wellness by the End of Grade 12	
Movement Skills and Concepts	
Advanced technique and concepts will elevate student's confidence, performance, skills, and participation in physical activity (e.g., games, sports, aerobics, fitness activities).	2.2.12.MSC.1: Explain and demonstrate ways to apply movement skills from one game, sport, aerobics, or recreational activity to another including striking skills (e.g., tennis, badminton, ping pong, racquetball, pickle ball). **Instruction:** 234-236 234 Figure 4.4.3 Anaerobic Activity Versus Aerobic Activity 235 Figure 4.4.4 Flexibility **Application:** 252 Critical Thinking Skills #2
Advanced technique and concepts will elevate student's confidence, performance, skills, and participation in physical activity (e.g., games, sports, aerobics, fitness activities).	2.2.12.MSC.2: Analyze application of force and motion (e.g., weight transfer, power, speed, agility, range of motion) and modify movement to impact performance. **Instruction:** 234-238, 240, 242-245 234 Figure 4.4.3 Anaerobic Activity Versus Aerobic Activity 235 Figure 4.4.4 Flexibility 240 Figure 4.5.1 Training Principles for Increasing Fitness



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Application:
230 Reading and Notetaking Activity
238 Comprehend Concepts #2
243 Skills for Health and Wellness - Making a Physical Activity and Fitness Plan
253 Critical Thinking Skills #2</td></tr>
<tr><td rowspan="2">The quality of feedback from others, self- assessment as well as effort and repetition influences movement skills, concepts, and performance.</td><td>2.2.12.MSC.3:</td><td>Design, lead and critique rhythmic and physical activity that includes variations in time, space, force, flow, and relationships (e.g., creative, cultural, social, aerobics dance, fitness).</td></tr>
<tr><td colspan="2">Instruction:
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235 Figure 4.4.4 Flexibility
240 Figure 4.5.1 Training Principles for Increasing Fitness
241 Figure 4.5.2 Even Small Doses
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238 Comprehend Concepts #2, Health and Wellness Skills #2-3
239 Warm Up Activity
240 Case Study - Getting More Physical Activity
243 Skills for Health and Wellness - Making a Physical Activity and Fitness Plan</td></tr>
<tr><td rowspan="2">Individual and team execution requires interaction, respect, effort, and positive attitude.</td><td>2.2.12.MSC.4:</td><td>Analyze etiquette, responsibilities, and preparation of players, officials, trainers, and other participants and recommend strategies to improve their performance, participation, and behavior.</td></tr>
<tr><td colspan="2">Instruction:
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248 Figure 4.5.9 Warm Up and Cool Down
249 Figure 4.5.10 Strategies for Hot Weather
249 Figure 4.5.11 Strategies for Cold Weather
250 Figure 4.5.12 The Female Athlete Triad
251 Figure 4.5.13 The R.I.C.E. Treatment
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252 Comprehend Concepts #2, Critical Thinking Skills #2</td></tr>
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Core Idea	Performance Expectations/Correlating Text Pages	
	2.2.12.MSC.5:	Develop rule changes to existing games, sports, and activities that enhance participation, safety, and enjoyment.
	Instruction: 239-251 240 Figure 4.5.1 Training Principles for Increasing Fitness 241 Figure 4.5.2 Bring Physical Activity into Your Daily Life 242 Figure 4.5.3 Overcoming Obstacles to Physical Activity 245 Figure 4.5.7 Steps for Stretching 248 Figure 4.5.9 Warm Up 249 Figure 4.5.10 Strategies for Hot Weather 249 Figure 4.5.11 Strategies for Cold Weather **Application:** 239 Warm Up Activity 240 Case Study - Getting More Physical Activity 252 Critical Thinking Skills #1-2, Health and Wellness Skills #1-3	
Physical Fitness		
Physical and emotional growth often relies on taking personal responsibility for developing and maintaining physical fitness levels that also provide opportunities for self- expression, enjoyment, and emotional satisfaction.	2.2.12.PF.1:	Compare the short- and long-term benefits of physical activity and the impact on wellness associated with physical, mental, emotional fitness through one's lifetime.
	Instruction: 231-238, 241 231 Figure 4.4.1 Benefits of Physical Activity 232 Figure 4.4.2 Reduces the Risk of Heart Disease 235 Figure 4.4.4 Flexibility 241 Figure 4.5.2 Even Small Doses **Application:** 230 Warm Up Activity 233 Research in Action - Physical Activity and Mental and Emotiona Health 238 Comprehend Concepts #1-2, Critical Thinking Skills #1	
	2.2.12.PF.2:	Respect and appreciate all levels of ability and encourage with care during all physical activities.
	Instruction: 241-242, 246-247 242 Figure 4.5.3 Overcoming Obstacles to Physical Activity **Application:** Critical Thinking Skills #1, Health and Wellness Skills #3	
	2.2.12.PF.3:	Design and implement a personal fitness plan, using evidence and evaluate how that reflects knowledge and application of fitness-training principles (FITT) and the components of skill related fitness.



Core Idea	Performance Expectations/Correlating Text Pages	
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	2.2.12.PF.4:	Determine the role of genetics, age, nutrition, sleep, the environment, and exercise type on body composition and personal health (e.g., anabolic steroids, human growth hormones, stimulants)
	Instruction: 10-14, 16-22, 82-85, 107, 161-162, 269, 313, 420-421, 451, 454-455, 458-463 11 Figure 1.2.1 Genetic Factors 12 Figure 1.2.2 The Role of Genes in Noncommunicable Diseases 13 Figure 1.2.3 Nutrition and Physical Activity 14 Figure 1.2.4 Sleep 14 Figure 1.2.5 Teen Drivers 17 Figure 1.3.2 Physical Activity Needs Depend on Lifestyle 22 Skills for Health and Wellness - What Factors Affect Your Health 82 Figure 2.1.4 Stressful Events 269 Figure 5.2.7 Types of Performance Enhancing Drugs (PEDs) 313 Figure 5.6.1 Genetic Makeup 420 Figure 7.2.7 Obesity and Noncommunicable Diseases 421 Figure 7.3.8 An Example of Genetic Factors and Noncommunicable Diseases	



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106 Case Study - How Do I Look
162 Research in Action - Mental Illnesses: Biology and Psychology
452 Case Study - Understanding Risk
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See Supplemental Human Development and Relationships and/or Human Development, Relationships, and Sexual Health

Instruction:
28 Figure 9.4.1 Factors Affecting Development
Application:
35 Health Across the Life Span - The Aging Process</td></tr>
<tr><td>2.2.12.PF.5:</td><td>Analyze fitness knowledge in strength, conditioning, agility, and the physiological responses of the energy systems effects on the mind and body before, during, and after physical fitness activities.</td></tr>
<tr><td colspan="2">Instruction:
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232 Figure 4.4.2 Stronger Bones and Muscles
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248 Figure 4.5.9 A Warm Up
Application:
230 Reading and Notetaking Activity, Warm Up Activity
233 Research in Action - Physical Activity and Mental and Emotional Health
238 Comprehend Concepts #1-3, Critical Thinking Skills #1-3, Health and Wellness Skills #1-3</td></tr>
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Core Idea	Performance Expectations/Correlating Text Pages	
Lifelong Fitness		
Healthy habits and behaviors are created by personal learning experiences, knowledge, beliefs, and goals towards living and maintaining a healthy lifestyle of fitness, self-expression, social interaction, and enjoying movement in a safe and healthy environment (e.g., golf, tennis, badminton, martial arts, bowling, .kayaking, ping-pong, cricket, hiking, biking, swimming).	2.2.12.LF.1:	Apply and share a movement and physical fitness vocabulary that is intrinsic to motivate oneself, to impact family, and others in a community.
	Instruction: 234-238, 239-248 234 Figure 4.4.3 Anaerobic Activity Versus Aerobic Activity 235 Figure 4.4.4 Flexibility 240 Figure 4.5.1 Training Principles for Increasing Fitness 241 Figure 4.5.2 Even Small Doses 242 Figure 4.5.3 Overcoming Obstacles 245 Figure 4.5.6 Steps for Muscle Strengthening Activities 245 Figure 4.5.7 Steps for Stretching 248 Figure 4.5.9 Warm Up **Application:** 233 Research in Action - Physical Activity and Mental and Emotional Health 237 Health Across the Life Span - Steps to a Healthier Life 238 Comprehend Concepts #2, Health and Wellness Skills #2-3 239 Warm Up Activity 240 Case Study - Getting More Physical Activity 243 Skills for Health and Wellness - Making a Physical Activity and Fitness Plan	
	2.2.12.LF.2:	Develop a sense of openness and willingness when participating in physical fitness activity to share and learn experiences from your own and other cultures.
	Instruction: 18-19, 239-251 19 Figure 1.3.3 Cultural Practices That Affect Health and Wellness 241 Figure 4.5.2 Even Small Doses 242 Figure 4.5.3 Overcoming Obstacles **Application:** 18 Local and Global Health - Perceptions and Norms: The Impact on Health 240 Case Study - Getting More Physical Activity 243 Skills for Health and Wellness - Making a Physical Activity and Fitness Plan 247 Health in the Media - Choosing Fitness Products 252 Critical Thinking Skills #1, Health and Wellness Skills #1	
	2.2.12.LF.3:	Examine building to a level of fitness to successfully participate in a range of different physical activities during a lifetime.
	Instruction: 239-251 241 Figure 4.5.2 Even Small Doses	



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240 Case Study - Getting More Physical Activity
243 Skills for Health and Wellness - Making a Physical Activity and Fitness Plan
247 Health in the Media - Choosing Fitness Products
252 Critical Thinking Skills #1, Health and Wellness Skills #1</td></tr>
<tr><td>2.2.12.LF.4:</td><td>Exhibit responsible social behavior by including and cooperating with classmates of all skill levels, assisting when needed, and collaborating respectfully to solve problems in groups, teams, and in pairs during physical activity.</td></tr>
<tr><td colspan="2">Instruction:
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57 Figure 1.8.3 Use Active Listening
59 Figure 1.8.5 Using I Statements
65 Figure 1.9.2 Resolving Conflicts
242 Figure 4.5.3 Overcoming Obstacles
Application:
60 Case Study - Handling Poor Communication</td></tr>
<tr><td>2.2.12.LF.5:</td><td>Describe the social benefits gained from participating in physical activity (e.g., meeting someone, making friends, team work, building trust, experiencing something new).</td></tr>
<tr><td colspan="2">Instruction:
231-234
231 Figure 4.4.1 Benefits of Physical Activity
Application:
230 Warm Up Activity
233 Research in Action - Physical Activity and Mental and Emotional Health
238 Comprehend Concepts #1, Critical Thinking Skills #1</td></tr>
<tr><td>Community resources can support a lifetime of wellness to self and family members.</td><td>2.2.12.LF.6:</td><td>Implement a financial plan for participation in physical activity in the community for self and family members.</td></tr>
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Core Idea	Performance Expectations/Correlating Text Pages	
	Instruction: 239-243, 246 241 Figure 4.5.2 Bring Physical Activity Into Your Daily Life 242 Figure 4.5.3 Overcoming Obstacles to Physical Activity 246 Figure 4.5.8 Places to Get Physical Activity **Application:** 237 Health Across the Life Span - Steps to a Healthier Life 238 Health and Wellness Skills #1-2 240 Case Study - Getting More Physical Activity 243 Skills for Health and Wellness - Making a Physical Activity and Fitness Plan 252 Critical Thinking Skills #1, Health and Wellness Skills #1	
	2.2.12.LF.7:	Analyze the current and future impact of globalization and technology on the influences of participation in sports, games, physical fitness activities, dance, gaming, outdoor adventure, viewing sports, and social and emotional connections.
	Instruction: 19-20, 83-84, 408 **Application:** 20 Health in the Media - How Has Technology Affected Health 23 Comprehend Concepts #3, Health and Wellness Skills #1 84 Research in Action - Technology and Your Mental and Emotional Health 87 Critical Thinking Skills #1 408 Health in the Media - Using Technology to Improve Sleep	
	2.2.12.LF.8:	Identify personal and community resources to explore career options related to physical activity and health.
	Instruction: 17, 39-44, 51-53, 246 17 Figure 1.3.2 Physical Activity Needs Depend on Lifestyle 40 Figure 1.6. Medical Specialists 52 Figure 1.7.6 Federal Health Organizations 246 Figure 4.5.8 Places to Get Physical Activity **Application:** 45 Comprehend Concepts #1, Health and Wellness Skills #1, #3 238 Health and Wellness Skills #3	
Nutrition		
The balance of food intake and exercise is a vitally important component of nutritional wellness, and is tempered by factors like age, culture, lifestyle, and family history.	2.2.12.N.1:	Compare and contrast the nutritional trends, eating habits, body image, and the impact of marketing foods on adolescents and young adults nationally and worldwide.
	Instruction: 35-37, 104-113, 197, 208-219, 225-226 37 Figure 1.5.4 Tips for Choosing Health Products	



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210 Figure 4.2.4 MyPlate Plan
212 Figure 4.2.5 A 100 Calorie Snack
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217 Figure 4.2.8 Pairing Complementary Proteins
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199 Local and Global Health - Undernutrition: A Global Problem
207 Warm Up Activity
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219 Critical Thinking Skills #1-4
222 Research in Action - How Do Emotions Affect Your Food Choices
225 Health in the Media - Be Wary of Celebrity Endorsements
229 Health and Wellness Skills #1</td></tr>
<tr><td>2.2.12.N.2:</td><td>Determine the relationship of nutrition and physical activity to weight loss, gain, and maintenance.</td></tr>
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236 Figure 4.4.5 How Much Physical Activity Should You Get
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230 Warm Up Activity
237 Health Across the Life Span - Steps to a Healthier Life
247 Health in the Media - Choosing Fitness Products</td></tr>
<tr><td>2.2.12.N.3:</td><td>Analyze the unique contributions of each nutrient class (e.g., fats, carbohydrates, protein, water, vitamins, minerals) to one's health and fitness.</td></tr>
</table>



Core Idea	Performance Expectations/Correlating Text Pages	
	Instruction: 199-206 200 Figure 4.1.1 Carbohydrates 201 Figure 4.1.2 Health Benefits of Dietary Fiber 202 Figure 4.1.3 Fats 203 Figure 4.1.4 Types and Functions of Vitamins 204 Figure 4.1.5 Types and Functions of Minerals 205 Figure 4.1.6 Water **Application:** 198 Reading and Notetaking Activity, Warm Up Activity 206 Comprehend Concepts #1-2, Critical Thinking Skills #1-2, Health and Wellness Skills #1-3	
	2.2.12.N.4:	Implement strategies and monitor progress in achieving a personal nutritional health plan.
	Instruction: 208-219, 208 Figure 4.2.1 MyPlate Food Guidance 208 Figure 4.2.2 Grains 209 Figure 4.2.3 Types of 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 215 Figure 4.2.7 Avoid Unhealthy Strategies 217 Figure 4.2.8 Pairing Complementary Proteins 221 Figure 4.3.1 Strategies for Eating Healthy in Social Situations 223 Figure 4.3.2 Nutrition Facts 224 Figure 4.3.3 Checking the Ingredient List 226 Figure 4.3.4 Make Ahead Healthy Snacks **Application:** 207 Reading and Notetaking Activity, Warm Up Activity 211 Skills for Health and Wellness - Weight and Nutrition 218 Case Study - Individual Dietary Needs 219 Comprehend Concepts #1, #4, Critical Thinking Skills #1-4, Health and Wellness Skills #1-2 220 Reading and Notetaking Activity, Warm Up Activity 222 Research in Action - How Do Emotions Affect Your Food Choices 225 Health in the Media - Beware of Celebrity Endorsements 227 Skills for Health and Wellness - Following a Recipe 229 Critical Thinking Skills #1, #3-4, Health and Wellness Skills #2-4	
	2.2.12.N.5:	Research present trends in plant based and organic food choices and industries that have shown an impact on lowering heart, cancer, diabetes, and other diseases.
	Instruction: 208-219, 225 208 Figure 4.2.2 Grains	



Core Idea	Performance Expectations/Correlating Text Pages	
	209 Figure 4.2.3 Types of Vegetables 214 Figure 4.2.6 Making Healthier Food Choices 217 Figure 4.2.8 Pairing Complementary Proteins **Application:** 207 Reading and Notetaking Activity 219 Health and Wellness Skills #1-2	
2.3 Safety by the End of Grade 8		
Personal Safety		
Consideration of the short- and long-term impact of decisions can assist individuals in determining whether a choice is likely to result in healthy or unhealthy consequences.	2.3.12.PS.1:	Apply a thoughtful decision-making process to evaluate situations and influences that could lead to healthy or unhealthy consequences (e.g., peers, media).
	Instruction: 24-28 25 Figure 1.4.1 Using the Decision Making Process 26 Figure 1.4.2 Alternatives 27 Figure 1.4.3 Factors to Consider When Evaluating a Decision 28 Figure 1.4.4 Best Practices for Collaborative Decision Making **Application:** 24 Reading and Notetaking Activity, Warm Up Activity 27 Case Study - Good Information Enables a Good Decision 30 Comprehend Concepts #1-2, Critical Thinking Skills #1-2, Health and Wellness Skills #1-3 33 Health in the Media - Analyzing Health Advertisements *See Supplemental Human Development and Relationships and/or Human Development, Relationships, and Sexual Health* **Instruction:** 57-59, 61-64 59 Figure 9.7.3 Questions to Ask About Media 62 Figure 9.7.5 Discuss Your Decision **Application:** 58 Health in the Media - Portrayal of Sex in the Media 64 Skills for Health and Wellness - Use the Decision Making Process: Sexual Activity 66 Critical Thinking Skills #3, Health and Wellness Skills #1-3	
	2.3.12.PS.2:	Analyze the short- and long-term consequences of sharing sexually explicit images (sexting) or messages with individuals or posting online.
	See Supplemental Human Development and Relationships and/or Human Development, Relationships, and Sexual Health **Instruction:** 51-52, 83, 85 52 Figure 9.6.6 Sexting 83 Understanding Sexual Harassment 85 Figure 10.2.4 Before You Say or Send a Message **Application:** 45 Reading and Notetaking Activity 80 Reading and Notetaking Activity	
	2.3.12.PS.3:	Summarize New Jersey motor vehicle laws and regulations, Safe Stops, and determine their impact on health and safety (e.g., organ/tissue



Core Idea	Performance Expectations/Correlating Text Pages	
		donation, traffic safety, avoid driving distractors, seatbelt use, the use of hand-held devices).
	Instruction: 331-333, 353 332 Figure 6.1.4 Safety on School Buses 333 Figure 6.1.5 Texting While Driving 353 Figure 6.3.2 Staying Safe in Social Situations **Application:** 328 Reading and Notetaking Activity, Warm Up Activity 336 Comprehend Concepts #2, Critical Thinking Skills #1-2, Health and Wellness Skills #1-3 352 Case Study - Staying Safe	
	2.3.12.PS.4:	Investigate the relationship between alcohol, drug use, and motor vehicle crashes and analyze the short- and long-term consequences of these actions.
	Instruction: 264, 281-282, 285-291, 293-296, 297-298, 303-304, 332-333 264 Figure 5.2.3 Medication Misuse Makes People More Likely To 289 Figure 5.4.5 Alcohol Effects on the Brain 290 Figure 5.4.6 As BAC Increases, So Does Impairment 304 Figure 5.5.4 Myths and Facts About Marijuana **Application:** 281 Research in Action - Tobacco Use and Risky Behaviors 285 Reading and Notetaking Activity, Warm Up Activity 287 Local and Global Health - Consequences of Alcohol Use 291 Case Study - The Impact of Alcohol 295 Health Across the Life Span - The Consequences of Drunk Driving Do Not Go Away 296 Health and Wellness Skills #2-3 299 Research in Action - Your Brain on Drugs 311 Health and Wellness Skills #2	
State and federal laws are designed to protect individuals from abuse and may help to break the cycle of abuse.	2.3.12.PS.5:	Identify the state and federal laws related to intimate partner and sexual violence (e.g., sexual harassment, sexual abuse, sexual assault, domestic violence).
	See Supplemental Human Development and Relationships and/or Human Development, Relationships, and Sexual Health **Instruction:** 80-90, 95 81 Figure 10.2.1 Which One Is Consent 82 Figure 10.2.2 Myths and Facts 83 Figure 10.2.3 Understanding Sexual Harassment 95 Figure 10.3.3 Intimate Partner Violence	



Core Idea	Performance Expectations/Correlating Text Pages	
	Application: 80 Reading and Notetaking Activity, Warm Up Activity 84 Health in the Media - The Hazards of Rape Culture 91 Comprehend Concepts #3, Critical Thinking Skills #1 101 Comprehend Concepts #2, Health and Wellness Skills #1	
	2.3.12.PS.6:	Describe the types of abuse (e.g., physical, emotional, psychological, financial, sexual) and the cycle of violence as it relates to sexual abuse, domestic violence, dating violence, and gender-based violence.
	See Supplemental Human Development and Relationships and/or Human Development, Relationships, and Sexual Health **Instruction:** 80-83, 86-87, 92-100 81 Figure 10.2.1 Which One is Consent 82 Figure 10.2.2 Myths and Facts 83 Figure 10.2.3 Verbal and Nonverbal Sexual Harassment 87 Figure 10.2.6 Consequences of Sexual Assault 93 Figure 10.3.1 Emotional Abuse 94 Figure 10.3.2 Power and Control 95 Figure 10.3.3 Subtle Examples of Intimate Partner Violence 96 Figure 10.3.4 Types of Child Neglect and Abuse 97 Figure 10.3.5 Sibling Abuse 98 Figure 10.3.6 Factors Affecting Abuse 99 Figure 10.3.7 Signs of Abuse and Neglect **Application:** 80 Reading and Notetaking Activity, Warm Up Activity 84 Health in the Media - The Hazards of Rape Culture 91 Comprehend Concepts #3, Critical Thinking Skills #1-3, Health and Wellness Skills #1-2 92 Reading and Notetaking Activity, Warm Up Activity 101 Comprehend Concepts #1, Critical Thinking Skills #1-2, Health and Wellness Skills #2-3	
	2.3.12.PS.7:	Analyze recruitment tactics that sex traffickers/exploiters use to exploit vulnerabilities and recruit youth.
	See Supplemental Human Development and Relationships and/or Human Development, Relationships, and Sexual Health **Instruction:** 105-108 105 Figure 10.4.3 Top Recruitment Tactics for Human Trafficking 108 Figure 10.4.4 A Person Who is Being Trafficked **Application:** 102 Reading and Notetaking Activity 107 Local and Global Health - Human Trafficking: A Worldwide Issue 110 Comprehend Concepts #2, Health and Wellness Skills #2	



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<tr><th>Core Idea</th><th colspan="2">Performance Expectations/Correlating Text Pages</th></tr>
<tr><td rowspan="4">Technology increases the capacity of individuals to communicate in multiple and diverse ways, which can complicate interpersonal relationships and self-esteem.</td><td>2.3.12.PS.8:</td><td>Develop strategies to communicate effectively, safely, and with empathy when using digital devices in a variety of situations (e.g., cyberbullying, sexting).</td></tr>
<tr><td colspan="2">Instruction:
358-366
358 Figure 6.4.1 Aspects of a Digital Footprint
360 Figure 6.4.2 Copyright Laws
361 Figure 6.4.3 Using Online Etiquette
362 Figure 6.4.4 Personal Information - What You Should Keep Private
363 Figure 6.4.5 Tips for Using Privacy Settings
363 Figure 6.4.6 Before You Post Online
365 Figure 6.4.7 Passwords
366 Figure 6.4.8 Navigating Websites Safely
Application:
357 Reading and Notetaking Activity, Warm Up Activity
359 Skills for Health and Wellness - Promoting an Online Environment of Respect
364 Case Study - Navigating Life Online
367 Comprehend Concepts #1-3, Critical Thinking Skills #1-3, Health and Wellness Skills #1-2

See Supplemental Human Development and Relationships and/or Human Development, Relationships, and Sexual Health

Instruction:
74-78
74 Figure 10.1.5 Types of Cyberbullying
76 Figure 10.1.6 What Content Should You Report on Social Media
77 Figure 10.1.7 Developing Self Confidence
Application:
71 Research in Action - Do Violent Video Games Cause Violence
75 Case Study - Rumors: A Harmless Story</td></tr>
<tr><td>2.3.12.PS.9:</td><td>Evaluate strategies to use social media safely, legally, and respectfully.</td></tr>
<tr><td colspan="2">Instruction:
358-366
358 Figure 6.4.1 Aspects of a Digital Footprint
360 Figure 6.4.2 Copyright Laws
361 Figure 6.4.3 Using Online Etiquette
362 Figure 6.4.4 Personal Information - What You Should Keep Private
363 Figure 6.4.5 Tips for Using Privacy Settings
363 Figure 6.4.6 Before You Post Online
365 Figure 6.4.7 Passwords</td></tr>
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Core Idea	Performance Expectations/Correlating Text Pages	
	366 Figure 6.4.8 Navigating Websites Safely **Application:** 357 Reading and Notetaking Activity, Warm Up Activity 359 Skills for Health and Wellness - Promoting an Online Environment of Respect 364 Case Study - Navigating Life Online 367 Comprehend Concepts #1-3, Critical Thinking Skills #1-3, Health and Wellness Skills #1-2 *See Supplemental Human Development and Relationships and/or Human Development, Relationships, and Sexual Health* **Instruction:** 74-78 74 Figure 10.1.5 Types of Cyberbullying 76 Figure 10.1.6 What Content Should You Report on Social Media 77 Figure 10.1.7 Developing Self Confidence **Application:** 71 Research in Action - Do Violent Video Games Cause Violence 75 Case Study - Rumors: A Harmless Story	
	2.3.12.PS.10:	Analyze the short- and long-term consequences of sharing sexually explicit images (sexting) or messages with individuals or posting online.
	See Supplemental Human Development and Relationships and/or Human Development, Relationships, and Sexual Health **Instruction:** 51-52, 83, 85 52 Figure 9.6.6 Sexting 83 Understanding Sexual Harassment 85 Figure 10.2.4 Before You Say or Send a Message **Application:** 45 Reading and Notetaking Activity 80 Reading and Notetaking Activity	
Health Conditions, Diseases and Medicines		
Health-enhancing behaviors can contribute to an individual reducing and avoiding health risks.	2.3.12.HCDM.1	Develop a health care plan to help prevent and treat diseases and health conditions one may encounter (e.g., breast/testicular exams, Pap smear, regular STIs testing, HPV vaccine).
	Instruction: 413-423, 424-431, 432-439, 442-448, 450-455, 457-463 417 Figure 7.3.3 Methods of Transmission 417 Figure 7.3.4 Objects That Can Spread Infections 420 Figure 7.3.7 Obesity and Noncommunicable Diseases 421 Figure 7.3.8 An Example of Genetic Factors and Noncommunicable Diseases 423 Figure 7.3.9 Promoting Health After a Diagnosis	



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<tr><th>Core Idea</th><th colspan="2">Performance Expectations/Correlating Text Pages</th></tr>
<tr><td></td><td colspan="2">428 Figure 7.4.3 Reducing Risk of MRSA for Athletes
433 Figure 7.5.1 Hand Washing
435 Figure 7.5.2 Use Respiratory Etiquette
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437 Figure 7.5.4 Fighting Antibiotic Resistance
447 Figure 7.6.9 Keep Your Heart Healthy and Active
455 Figure 7.7.3 Reducing Your Risk for Cancer
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413 Warm Up Activity
414 Local and Global Health - The Unequal Burden of Communicable Disease
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432 Warm Up Activity
434 Case Study - Blocking Germs Every Day
436 Skills for Health and Wellness - Help Prevent the Spread of Disease
438 Research in Action - Combating Antibiotic Resistance
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450 Warm Up Activity
452 Case Study - Understanding Risk
454 Research in Action - At Home Cancer Tests
456 Comprehend Concepts #3, Critical Thinking Skills #2, Health and Wellness Skills #2-3
459 Health in the Media - Social Media and Disease
462 Case Study - Dealing with Illness
464 Critical Thinking Skills #2, Health and Wellness Skills</td></tr>
<tr><td rowspan="2">Medicines treat or relieve diseases or pain and are prescribed by a physician or accessed over the counter.</td><td>2.3.12.HCDM.2:</td><td>Provide examples of how drugs and medication mimic or block the action of certain cells in the body, and how abusing drugs can affect the human body.</td></tr>
<tr><td colspan="2">Instruction:
254-260, 261-270, 437-438
256 Figure 5.1.2 Types of Prescription Medications
257 Figure 5.1.3 Medication Tolerance and Withdrawal
259 Figure 5.1.4 Use Medications as Intended
262 Figure 5.2.1 Medication Abuse
262 Figure 5.2.2 Medications and the Brain
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Core Idea	Performance Expectations/Correlating Text Pages	
	265 Figure 5.2.4 Types of Prescription Opioids 268 Figure 5.2.6 Diet Pills Abuse 269 Figure 5.2.7 Performance Enhancing Drugs 437 Figure 7.5.4 Fighting Antibiotic Resistance **Application:** 254 Reading and Notetaking Activity, Warm Up Activity 258 Case Study - The Reality of Medication Abuse 260 Comprehend Concepts #2-3, Critical Thinking Skills #2, Health and Wellness Skills #1-3 261 Warm Up Activity 263 Case Study - Prescription Problems 267 Local and Global Health - Impact of Covid 19 Pandemic on Substance Use 268 Skills for Health and Wellness - Reporting Substance Use 270 Comprehend Concepts #1-2, Critical Thinking Skills #2, Health and Wellness Skills #1-2 438 Research in Action - Combating Antibiotic Resistance	
	2.3.12.HCDM.3	Evaluate the benefits of biomedical approaches to prevent STIs (e.g., hepatitis B vaccine, HPV vaccine) and HIV (e.g., PrEP, PEP).
	Instruction: 431, 435-436 436 Figure 7.5.3 Common Vaccines **Application:** 431 Critical Thinking Skills #1-2 436 Skills for Health and Wellness - Help Prevent the Spread of Disease 439 Comprehend Concepts #1, Health and Wellness Skills #1 *See Supplemental Human Development and Relationships and/or Human Development, Relationships, and Sexual Health* **Instruction:** 130-131, 134 **Application:** 132 Critical Thinking Skills #3, Health and Wellness Skills #1 133 Warm Up Activity 139 Skills for Health and Wellness - Promoting Awareness About STIs 140 Critical Thinking Skills #1	
Public health policies are created to influence health promotion and disease prevention and can have global impact. Public health policies are created to influence health promotion and disease prevention and can have global impact.	2.3.12.HCDM.4	Evaluate emerging methods to diagnose and treat diseases and health conditions that are common in young adults in the United States and in other countries (e.g., hepatitis, stroke, heart attacks, cancer,).
	Instruction: 422-423, 424-431, 437-439 423 Figure 7.3.9 Promoting Health After a Diagnosis	



Core Idea	Performance Expectations/Correlating Text Pages	
	425 Figure 7.4.1 Signs and Symptoms 429 Figure 7.4.4 Signs and Symptoms of Hepatitis 437 Figure 7.5.4 Using Antibiotics Responsibly **Application:** 422 Local and Global Health - Promoting Health with Self Care 423 Critical Thinking Skills #1 424 Warm Up Activity 438 Research in Action - Combating Antibiotic Resistance 439 Comprehend Concepts #2, Critical Thinking Skills #2	
	2.3.12.HCDM.5	Analyze local, state, and international public health efforts to prevent and control diseases and health conditions (e.g., vaccinations, immunizations, medical exams, gene editing, artificial organ systems, prosthesis).
	Instruction: 35-38, 39-44, 46-53, 414, 426, 429, 431-432, 435-436, 134 38 Figure 1.5.5 The Wider Scope of Health Promotion 42 Figure 1.6.3 Minors Can Consent For 44 Figure 1.6.5 Conditions and Symptoms Requiring Emergency Healthcare 47 Figure 1.7.1 Community Health 48 Figure 1.7.2 Evaluating Environmental Factors in Your Community 50 Figure 1.7.3 Crisis Hotlines 52 Figure 1.7.5 National Public Health Goals 52 Figure 1.7.6 Federal Health Organizations 436 Figure 7.5.3 Common Vaccines **Application:** 38 Comprehend Concepts #4, Critical Thinking Skills #1, Health and Wellness Skills #1-2 41 Case Study - Health Resources: What Are Available and How to Access Them 45 Comprehend Concepts #1-4, Health and Wellness Skills #2-3 46 Reading and Notetaking Activity, Warm Up Activity 49 Local and Global Health - Challenges to Accessing Healthcare 53 Comprehend Concepts #2-3 414 Local and Global Health - The Unequal Burden of Communicable Disease 422 Local and Global Health - Promoting Health with Self Care 439 Comprehend Concepts #1, Health and Wellness Skills #1-2	
Mental health conditions affect individuals, family members, and communities.	2.3.12.HCDM.6:	Analyze and discuss the evidence of the emotional and social impact of mental health illness on families, communities, and states (e.g., depression, anxiety, Alzheimer's, panic disorders, eating disorders, impulse disorders).
	Instruction: 18-19, 80-86, 161-169	



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82 Figure 2.1.4 Factors Affecting Mental and Emotional Health
83 Figure 2.1.5 Maslow's Hierarchy of Human Needs
85 Figure 2.1.6 Cognitive Distortions
163 Figure 3.3.1 Physical Symptoms of Anxiety
164 Figure 3.3.2 Social Media Anxiety Disorder
164 Figure 3.3.3 Different Phobias
165 Figure 3.3.4 Obsessions and Compulsions
166 Figure 3.3.5 Changes to Thinking and Behavior with Major Depressive Disorder
167 Figure 3.3.6 Common Personality Disorders
168 Figure 3.3.7 Stages of Substance Abuse
Application:
22 Skills for Health and Wellness - What Factors Affect Your Health
87 Critical Thinking Skills #2-4, Health and Wellness Skills #2-3
161 Reading and Notetaking Activity, Warm Up Activity
162 Research in Action - Mental Illnesses: Biology and Psychology
169 Health and Wellness Skills #1</td></tr>
<tr><td colspan="3">Alcohol, Tobacco and other Drugs</td></tr>
<tr><td rowspan="3">Long-term and short-term consequences of risky behavior associated with substance use and abuse can be damaging physically, emotionally, socially, and financially to oneself, family members and others.</td><td>2.3.12.ATD.1:</td><td>Examine the influences of drug use and misuse on an individual's social, emotional and mental wellness.</td></tr>
<tr><td colspan="2">Instruction:
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262 Figure 5.2.1 More People Die Each Year
262 Figure 5.2.2 The Brain of Someone Who Abuses Medication
264 Figure 5.2.3 Mental, Social, and Legal Consequences
298 Figure 5.5.1 Drugs and the Brain
304 Figure 5.5.4 Myths and Facts About Marijuana
313 Figure 5.6.2 The Complex Relationship Between Mental Health and Substance Misuse
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263 Case Study - Prescription Problems
270 Critical Thinking #1
299 Research in Action - Your Brain on Drugs
301 Health in the Media - Drugs and Your Digital Footprint
311 Comprehend Concepts #1, Critical Thinking Skills #1, Health and Wellness Skills #1-2
314 Research in Action - Co-Occurring Disorders: Substance Use and Mental Health</td></tr>
<tr><td>2.3.12.ATD.2:</td><td>Compare and contrast the incidence and impact of commonly abused substances on individuals and communities in the United States and other countries (e.g., tobacco, e-cigarettes, vaping</td></tr>
</table>



Core Idea	Performance Expectations/Correlating Text Pages	
		products, alcohol, marijuana products, inhalants, anabolic steroids, other drugs).
	Instruction: 168-169, 297-310 168 Figure 3.3.7 Stages of Substance Use 298 Figure 5.5.1 Symptoms of Withdrawal 300 Figure 5.5.2 Overdose 302 Figure 5.5.3 Marijuana 304 Figure 5.5.4 Myths and Facts About Marijuana 305 Figure 5.5.5 Cocaine 306 Figure 5.5.6 Methamphetamine 307 Figure 5.5.7 Bath Salts 307 Figure 5.5.8 Hallucinogens 308 Figure 5.5.9 Heroin 309 Figure 5.5.10 Club Drugs 310 Figure 5.5.11 Inhalants **Application:** 297 Reading and Notetaking Activity, Warm Up Activity 299 Research in Action - Your Brain on Drugs 301 Health in the Media - Drugs and Your Digital Footprint 311 Comprehend Concepts #1-2, Critical Thinking Skills #1-2, Health and Wellness Skills #1-4	
	2.3.12.ATD.3:	Explore the relationship between individuals who abuse alcohol, tobacco, and other drugs with an increase in intentional and unintentional health-risk behaviors.
	Instruction: 264, 269, 281, 289-290, 292-294, 298, 303-304, 306-307 264 Figure 5.2.3 Medication Misuse Makes People More Likely To 269 Figure 5.2.7 Performance Enhancing Drugs 289 Figure 5.4.5 Immediate Effects of Alcohol 290 Figure 5.4.6 As BAC Increases, So Does Impairment 292 Figure 5.4.10 Risky Behaviors 304 Figure 5.5.4 Myths and Facts About Marijuana **Application:** 268 Skills for Health and Wellness - Reporting Substance Abuse 281 Research in Action - Tobacco Use and Risky Behaviors 287 Local and Global Health - Consequences of Alcohol Use 291 Case Study - The Impact of Alcohol 295 Health Across the Life Span - The Consequences of Drunk Driving Do Not Go Away 296 Critical Thinking Skills #2, Health and Wellness Skills #2-3 299 Research in Action - Your Brain on Drugs 301 Health in the Media - Drugs and Your Digital Footprint 311 Critical Thinking Skills #1	



Core Idea	Performance Expectations/Correlating Text Pages	
Dependency, Substances Disorder and Treatment		
Alcohol and drug dependency can impact the social, emotional, and financial well-being of individuals, families, and communities.	2.3.12.DSDT.1:	Correlate duration of drug use and abuse to the incidence of drug-related deaths, injuries, illness, and academic performance.
	Instruction: 261-270, 273-284, 285-296, 297-310 262 Figure 5.2.1 More People Die 262 Figure 5.2.2 Medications and Brain 264 Figure 5.2.3 Medication Misuse Makes People More Likely To 268 Figure 5.2.6 Diet Pills 269 Figure 5.2.7 Types of PEDs 274 Figure 5.3.2 Nicotine is Toxic 276 Figure 5.3.3 Chemicals Found in Cigarette Smoke 277 Figure 5.3.4 Respiratory Conditions 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 283 Figure 5.3.9 Thirdhand Smoke and Aerosol 289 Figure 5.4.5 Immediate Effects of Alcohol 290 Figure 5.4.6 As BAC Increases, So Does Impairment 292 Figure 5.4.8 Alcohol Poisoning 292 Figure 5.4.9 Cirrhosis 292 Figure 5.4.10 Risky Behaviors 294 Figure 5.4.11 Social Consequences for Teen Drinking 298 Figure 5.5.1 Withdrawal 300 Figure 5.5.2 Overdose 304 Figure 5.5.4 Myths and Facts About Marijuana **Application:** 261 Reading and Notetaking Activity, Warm Up Activity 263 Case Study - Prescription Problems 270 Critical Thinking Skills #2, Health and Wellness Skills #2 273 Case Study - “Just” a Vape 261 Research in Action - Tobacco Use and Risky Behaviors 284 Comprehend Concepts #1, Critical Thinking Skills #2-3, Health and Wellness Skills #1-2 285 Reading and Notetaking Activity, Warm Up Activity 287 Local and Global Health - Consequences of Alcohol Use 291 Case Study - The Impact of Alcohol 295 Health Across the Life Span - The Consequences of Drunk Driving Do Not Go Away 296 Comprehend Concepts #3, Critical Thinking Skills #2-3, Health and Wellness Skills #2-3 299 Research in Action - Your Brain on Drugs 311 Comprehend Concepts #1-2, Critical Thinking Skills #1, Health and Wellness Skills #1-2	



Core Idea	Performance Expectations/Correlating Text Pages	
	2.3.12.DSDT.2:	Analyze personal choices and behaviors related to substance use and misuse to determine if they align with personal values and beliefs.
	Instruction: 24-29, 316-321 25 Figure 1.4.1 Using the Decision Making Process 29 Figure 1.4.5 Goals 318 Planning Ahead 319 Figure 5.6.6 Ways to Say No **Application:** 22 Skills for Health and Wellness - What Factors Affect Your Health 261 Research in Action - Tobacco Use and Risky Behaviors 295 Health Across the Life Span - The Consequences of Drunk Driving Do Not Go Away 320 Skills for Health and Wellness - Refusing Substances 326 Critical Thinking Skills #1-2, Health and Wellness Skills #4	
	2.3.12.DSDT.3:	Examine the drug laws, and regulations of the State of New Jersey, other states and the affects; healthy and unhealthy on individuals, families, schools, and communities (e.g., vaping products, e-cigarettes, cannabis and CBD products, opioids).
	Instruction: 264-266, 282 265 Figure 5.2.4 Types of Prescription Opioids 266 Figure 5.2.5 Opioid Overdose Treatment **Application:** 270 Critical Thinking Skills #1	
	2.3.12.DSDT.4:	Utilize peer support and societal norms to formulate a health-enhancing message to remain drug free.
	Instruction: 314-321 315 Figure 5.6.3 Perceptions of Norms 317 Figure 5.6.4 Analyzing Advertisements 318 Figure 5.6.5 Planning Ahead 319 Figure 5.6.6 Ways to Say No **Application:** 312 Warm Up Activity 320 Skills for Health and Wellness - Refusing Substances 325 Skills for Health and Wellness - Helping Someone with a Substance Use Disorder 326 Critical Thinking Skills #2, Health and Wellness Skills #1, #4-5	
Substance abuse, dependency, and substance disorder treatment facilities and treatment methods require long-term or repeated care for recovery.	2.3.12.DSDT.5:	Evaluate the effectiveness of various strategies and skills that support an individual's ability to stop misusing and abusing drugs and remain



Core Idea	Performance Expectations/Correlating Text Pages	
		drug free (counseling, peer coaching, professional peer support group, and family counseling and support).
	Instruction: 321-325 322 Figure 5.6.8 Types of Rehabilitation Programs 323 Figure 5.6.9 Examples of Medicinal Treatment 324 Figure 5.6.10 Support Groups 324 Figure 5.6.11 Self Management Strategies for Quitting **Application:** 325 Skills for Health and Wellness - Helping Someone with a Substance Use Disorder 326 Critical Thinking Skills #3, Health and Wellness Skills #1	