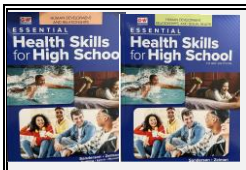
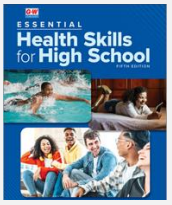
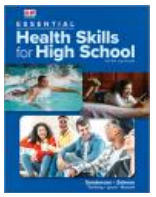
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to Nevada Department of Education (Grades 9-12)



STANDARD		CORRELATING TEXT PAGES
Personal, Community, and Environmental Health Strand		
Content Standard 1: Core Concepts – Students will comprehend concepts related to health promotion and disease prevention to enhance health.		
1.PCE.HS.1	Evaluate the impact of a variety of healthy practices and behaviors to maintain or improve personal, community, and environmental 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 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



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1.PCE.HS.2	Evaluate the impact of communicable and non- communicable diseases.	*Analyze prevention, lifestyle factors, and treatment of communicable and noncommunicable diseases.* **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



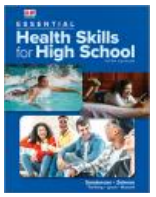
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		22 Skills for Health and Wellness: What Factors Affect Your Health? **Application:** 10 Warm-Up Activity 13 Case Study: Stressed Sick and Now What? -Practice Your Skills: Practicing Health-Enhancing Behaviors 15 Health and Wellness Skills, # 1-5 22 Skills for Health and Wellness: What Factors Affect Your Health? – Practice Your Skills: Analyze Influences *Communicable and Noncommunicable Disease* **Instruction:** 413-423 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:**442-448 442 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:**



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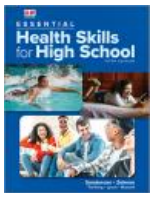
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		Communicable and Noncommunicable Disease **Instruction:** 413-423 420 420 Figure 7.3.7 Obesity and Noncommunicable Diseases 421 Figure 7.3.8 Genetic Factors 422-423 Diagnosis and Treatment of Noncommunicable Diseases **Application:** 413 Warm Up Activity - Learning About Diseases 422 Local and Global Health - Promoting Health with Self Care 423 Critical Thinking Skills #2 423 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 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 **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



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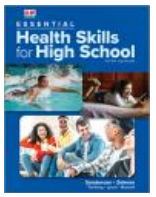
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		Analyze how the culture supports and challenges health beliefs, practices, and behaviors. **Instruction:** 18-19, 56, 92-97, 107, 130, 314-315, 477 19 Figure 1.3.3 Cultural Practices That Affect Health and Wellness 92 Figure 2.2.3 Stages of Ethnic 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, 351 141 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



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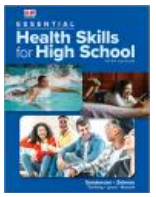
STANDARD		CORRELATING TEXT PAGES
		459 Health in the Media – Social Media and Disease 471 Health in the Media – Media Relationships – Healthy or Unhealthy *Evaluate the impact of technology on personal, family and community health.* **Instruction:** 83-84, 190-191 191 Figure 3.6.2 Suicide Contagion **Application:** 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.* **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



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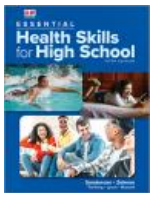
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1.PCE.HS.5	Evaluate the impact genetics, family history, health behaviors, and stress have on individual health.	*Individual Factors Affecting Health and Wellness* **Instruction:** 10-22 Individual Factors Affecting Health and Wellness 11 Figure 1.2.1 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 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 #2 423 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



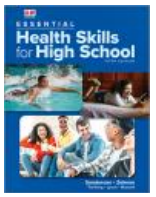
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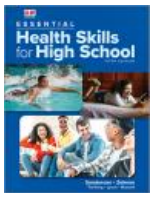
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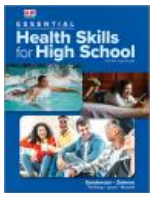
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		113 Health and Wellness Skills #2 116 Health in the Media - The Rapid Spread of Negative Emotions 143 Health in the Media - Can Social Media Cause Stress 190 Health in the Media - Media Representations of Suicide 225 Health in the Media - Be Wary 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.* **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 and Relationships, and/or Human Development, Relationships, and Sexual Health*



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		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 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 *Compare how family, peers, culture, media, technology, and other factors influence safety and injury prevention practices and behaviors.*



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1.PCE.HS.6b	Summarize individual and societal benefits of organ and tissue donation.	**Instruction:** 51-52 51 Consider Organ Donation 52 Figure 1.7.6 Federal Health Organizations **Application:** 53 Health and Wellness Skills #1-3
1.PCE.HS.6c	Analyze factual information about organ tissue and donation.	**Instruction:** 51-52 51 Consider Organ Donation 52 Figure 1.7.6 Federal Health Organizations **Application:** 53 Health and Wellness Skills #1-3
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1.ME.HS.1	Investigate the relationship between mental health and physical health.	**Instruction:** 79-86 79 Figure 2.1.1 Common Traits of People with Positive Mental and Emotional Health 80 Figure 2.1.2 Mental Health Continuum 81 Figure 2.1.3 Ways to Increase Happiness 82 Figure 2.1.4 Stressful Events



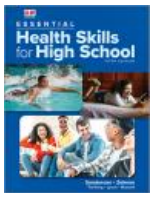
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		83 Figure 2.1.5 Maslow's Hierarchy of Human Needs 85 Figure 2.1.6 Cognitive Distortions 85 Figure 2.1.7 Meaning 86 Figure 2.1.8 Seeking Help **Application:** 78 Warm-Up Activity - Mental and Emotional Health Wheel 84 Research in Action - Technology and Your Mental and Emotional Health 87 Comprehend Concepts #1-4 87 Critical Thinking Skills #2-4 87 Health and Wellness Skills #1-4
1.ME.HS.2	Analyze ways to decrease the risk of self-injurious or suicidal behaviors.	*Demonstrate strategies to prevent, manage, or resolve interpersonal conflicts without harming self or others.* **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 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



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1.NP.HS.2	Analyze the mental, social and physical benefits of daily moderate to vigorous physical activity.	**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



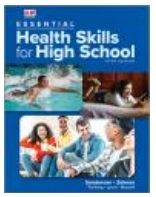
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		449 Critical Thinking Skills #1-3 449 Health and Wellness Skills #1, #3 450 Warm Up Activity - Cancer: Your Decisions 452 Case Study - Understanding Risk 456 Comprehend Concepts #3 456 Health and Wellness Skills #2, #3
1.NP.HS.3	Evaluate the importance of annual physical health examinations and responding appropriately to unusual aches and pains.	*See Supplemental Human Development and Relationships, and/or Human Development, Relationships, and Sexual Health* *Describe steps of testicular self- exam and the importance of breast self-awareness.* *Testicular Self- Exam* 6-7 Perform Testicular Self- Examinations 6 Figure 9.1.3 Steps of a Testicular Self-Examination *Breasts Self-Awareness* 454 Breast Cancer- Mammograms 455 Figure 7.7.3 Reducing Your Risk for Cancer *See Supplemental Human Development and Relationships, and/or Human Development, Relationships, and Sexual Health* 13 Tumors of the Breast 15-16 Practice Breasts Awareness **Application:** 450 Warm-Up Activity: Cancer: Your Decisions 456 Comprehend Concepts #1-3 456 Critical Thinking #3 456 Health and Wellness #1-3 *See Supplemental Human Development and Relationships, and/or Human Development, Relationships, and Sexual Health* 17 Comprehend Concepts #3 17 Health and Wellness Skills #1-2 *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



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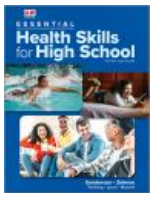
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Substance Use and Abuse Strand		
1.SUA.HS.1	Analyze the effects of long- term use and abuse of over- the-counter and prescription medications.	*Summarize short- and long-term effects of substance abuse on dimensions of health.* **Instruction:** 261-270 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, 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



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		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
1.SUA.HS.2	Analyze the effects of long- term use and abuse of alcohol, tobacco, marijuana, and other drugs as they relate to health and disease prevention.	**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
Safety Practices, Injury Prevention, and CPR/AED Strand		
1.SIC.HS.1	Critique how health risk behaviors influence safety and injury prevention practices.	*Analyze impact of decisions related to bicycle, pedestrian, traffic, water, and recreation safety.* **Instruction:** 328-335 Safety-Preventing Accidents and Injuries 329 Fall Prevention 329 Figure 6.1.1 Reducing Fall Hazards in the Home 330 Poisoning Prevention 330 Figure 6.1.2 Poisonous Substances Around the Home 331-333 Road Safety 331-332 Pedestrian Safety 332-333 Motor Vehicle Safety 332 Figure 6.1.4 Safety on a School Bus 333 Figure 6.1.5 Texting While Driving 334 Weapons Safety 334-335 Workplace Safety 335 Figure 6.1.6 Ergonomic Arrangement for Workplace Safety 335 Water Safety 351 Staying Safe at Home 351 Staying Safe at School **Application:** 328 Warm-Up Activity -What Do Your Classmates Know? 336 Critical Thinking Skills #1-3 336 Health and Wellness Skills #1-3 *Compare how family, peers, culture, media, technology, and other factors influence safety and injury prevention practices and behaviors.*



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1.SIC.HS.2a	Perform the psychomotor skills required for the administration of hands-only cardiopulmonary resuscitation (CPR) according to the guidelines of the American Heart Association.	*Apply basic first aid skills. Demonstrate CPR and AED procedures.* **Instruction:** 337-348 338 Figure 6.2.1 First Aid Kit Essentials 339 Figure 6.2.2 Calling 911 340 Figure 6.2.3 Treating Minor Injuries 342 Figure 6.2.5 EpiPen 342 Figure 6.2.6 Types of Burns 344 Figure 6.2.7 CPR 344 Figure 6.2.8 Using an Automated External Defibrillator (AED) 346 Figure 6.2.10 Heat Related Illnesses 348 Figure 6.2.11 The Five and Five Method **Application:** 337 Warm Up Activity - Injury List 347 Local and Global Health - Extreme Weather and a Changing Climate 349 Comprehend Concepts #1-3 349 Critical Thinking #1-3 349 Health and Wellness Skills #1-2 *Practice hands-only cardiopulmonary resuscitation (CPR) and the use of automated external defibrillators (AED).* **Instruction:** 343-344 344 Figure 6.2.7 CPR



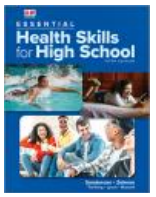
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		344 Figure 6.2.8 Using an Automated External Defibrillator (AED) **Application:** 349 Critical Thinking Skills #3
1.SIC.HS.2b	Explain the purpose, operation and safe use of an automated external defibrillator (AED).	*Apply basic first aid skills. Demonstrate CPR and AED procedures.* **Instruction:** 337-348 338 Figure 6.2.1 First Aid Kit Essentials 339 Figure 6.2.2 Calling 911 340 Figure 6.2.3 Treating Minor Injuries 342 Figure 6.2.5 EpiPen 342 Figure 6.2.6 Types of Burns 344 Figure 6.2.7 CPR 344 Figure 6.2.8 Using an Automated External Defibrillator (AED) 346 Figure 6.2.10 Heat Related Illnesses 348 Figure 6.2.11 The Five and Five Method **Application:** 337 Warm Up Activity - Injury List 347 Local and Global Health - Extreme Weather and a Changing Climate 349 Comprehend Concepts #1-3 349 Critical Thinking #1-3 349 Health and Wellness Skills #1-2 *Practice hands-only cardiopulmonary resuscitation (CPR) and the use of automated external defibrillators (AED).* **Instruction:** 343-344 344 Figure 6.2.7 CPR 344 Figure 6.2.8 Using an Automated External Defibrillator (AED) **Application:** 349 Critical Thinking Skills #3
Personal Safety Strand		
1.PS.HS.1	Develop personal boundaries and clear limits for self and recognize the importance of not violating the personal boundaries of others.	*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 468 Figure 8.1.2 Handling Broken Trust in a Relationship 469 Care, Commitment and Support



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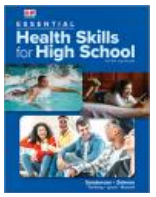
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		61 Strategies for Abstinence and Healthy Sexual Decisions 62 Discuss Your Decision 62-65 Figure 9.7.5 Communicating Sexual Boundaries 63 Overcome Challenges 64 Skills for Health and Wellness: Use the Decision-Making Process: Sexual Activity 65 Practice Refusal Skills 65 Talk with a Parent or Other Trusted Adult 65 Figure 9.7.6 Refusing Sexual Pressure **Application:** 64 Skills for Health and Wellness: Use the Decision-Making Process: Sexual Activity-Practice Your Skills: Make Decisions 66 Comprehend Concepts #1-3 66 Critical Thinking Skills #1-3 66 Health and Wellness Skills #1-3
1.PS.HS.2	Analyze the impact related to various abusive and coercive behaviors including mental, physical, social, economic, and legal consequences.	*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 83-86 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



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		91 Critical Thinking Skills #1-3 91 Health and Wellness Skills #1-3 *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 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



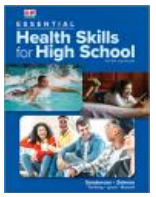
STANDARD		CORRELATING TEXT PAGES
		50 Health Across the Life Span: Building a Roadmap for Healthy Relationships-Practice Your Skills: Access Information 52 Case Study: Dating Dilemmas-Practice Your Skills: Set Goals 54 Comprehend Concepts #1-3 54 Critical Thinking Skills #1-3 54 Health and Wellness Skills #1-2 *Healthy Sexual Decisions* 61 Strategies for Abstinence and Healthy Sexual Decisions 62 Discuss Your Decision 62-65 Figure 9.7.5 Communicating Sexual Boundaries 63 Overcome Challenges 64 Skills for Health and Wellness: Use the Decision-Making Process: Sexual Activity 65 Practice Refusal Skills 65 Talk with a Parent or Other Trusted Adult 65 Figure 9.7.6 Refusing Sexual Pressure **Application:** 64 Skills for Health and Wellness: Use the Decision-Making Process: Sexual Activity-Practice Your Skills: Make Decisions 66 Comprehend Concepts #1-3 66 Critical Thinking Skills #1-3 66 Health and Wellness Skills #1-3 *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
1.PS.HS.3	Diagram the reporting process and include where, when, and whom to report unsafe situations.	*See Supplemental Human Development and Relationships, and/or Human Development, Relationships, and Sexual Health*



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		Examine laws and consequences related to sexual offenses, including when a minor is involved. *Abuse and Neglect* 92-96 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.* *Sexting* **Instruction:** 51-52 Enforce Your Boundaries 51 Figure 9.6.6 Sexting Can 83-84 Sexual Harassment 83 Figure 9.2.3 Verbal and Nonverbal Sexual Harassment
1.PS.HS.5	Discuss laws regarding human trafficking.	*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* 92-96 Abuse and Neglect 92-93 What is Abuse 93 Types of Abuse 93 Figure 10.3.1 Emotional Abuse 94 Pattern of Abuse



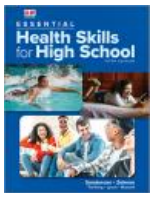
STANDARD		CORRELATING TEXT PAGES
		94 Figure 10.3.2 Power and Control 95 Intimate Partner Violence 95 Figure 10.3.3 Subtle Examples of Intimate Partner Violence 96-97 Child Neglect and Abuse 96 Figure 10.3.4 Types of Child Abuse 98-101 Preventing and Responding to Abuse 98 Figure 10.3.6 Factors Affecting 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
1.PS.HS.6	Evaluate the potentially positive and negative roles of technology and social media in relationships.	*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 *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 154-156 Gender 154 Figure 12.1.2 Negative Effects of Gender Stereotypes 155 Figure 12.1.3 Femininity and Masculinity



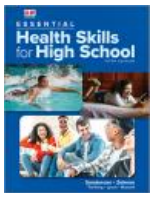
STANDARD		CORRELATING TEXT PAGES
		156 Case Study: The LGBT+ Community 157-158 Sexual Orientation 157 Figure 12.1.4 People may describe themselves as… 158-160 Support for LGBT+ Youth 158 Figure 12.1.5 Questions About Sexual Orientation 159 Research in Action: Children of Same-Sex Parents **Application:** 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 9.7.1Effects 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
Human Reproductive System, HIV/AIDS, Related Communicable Diseases, & Sexual Responsibility Strand		
1.HRS.HS.1	Analyze the role hormones play within the structures and functions of the human reproductive systems.	*See Supplemental Human Development and Relationships, and/or Human Development, Relationships, and Sexual Health* *Explain the role hormones play in sexual behavior and decision- making.* **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 **Application:** 38 Warm-Up Activity: Adolescent Changes



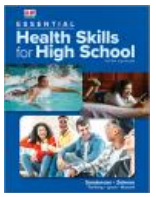
STANDARD		CORRELATING TEXT PAGES
		44 Comprehend Concepts #1-3 44 Critical Thinking Skills # 1-2 44 Health and Wellness Skills #1-2
1.HRS.HS.2	Analyze how brain development has an impact on cognitive, social and emotional changes of adolescence and early adulthood[2].	*See Supplemental Human Development 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:** 41 -42 Intellectual Development 41 Research in Action: The Adolescent Brain 42 Case Study: Feeling Comfortable with Who I Am 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
1.HRS.HS.3	Analyze the scientific process of human reproduction.	*See Supplemental Human Development and Relationships, and/or Human Development, Relationships, and Sexual Health* *Conception, Pregnancy and Birth* **Instruction:** 18-26 Conception: Pregnancy and Birth 19 Conception 20 Pregnancy 20 Figure 9.3.1 Fertilization 20-21 Stages of Prenatal Development 21 Figure 9.3.2 The Amniotic Sac 22-23 Pregnancy Changes 22 Figure 9.3.3 Trimesters of Pregnancy 22 Figure 9.3.4 Pregnancy Complications 23-25 Healthy Changes During Pregnancy 24 Local and Global Health: Improving Healthcare for People Who Are Pregnant 25-26 Childbirth 25 Figure 9.3.5 Stages of Childbirth 26 Figure 9.3.6 Understanding Apgar Scores **Application:** 18 Reading and Notetaking



STANDARD		CORRELATING TEXT PAGES
		18 Warm-Up Activity-Top 10 Lists 24 Local and Global Health: Improving Healthcare for People Who Are Pregnant- Practice Your Skills: Analyze Influencers 26 Comprehend Concepts #1-2 26 Critical Thinking Skills # 1-3 26 Health and Wellness Skills #1-3
1.HRS.HS.4a	Explain the impact a pregnancy has on the body.	*See Supplemental Human Development and Relationships, and/or Human Development, Relationships, and Sexual Health* *Conception, Pregnancy and Birth* **Instruction:** 18-26 Conception: Pregnancy and Birth 19 Conception 20 Pregnancy 20 Figure 9.3.1 Fertilization 20-21 Stages of Prenatal Development 21 Figure 9.3.2 The Amniotic Sac 22-23 Pregnancy Changes 22 Figure 9.3.3 Trimesters of Pregnancy 22 Figure 9.3.4 Pregnancy Complications 23-25 Healthy Changes During Pregnancy 24 Local and Global Health: Improving Healthcare for People Who Are Pregnant 25-26 Childbirth 25 Figure 9.3.5 Stages of Childbirth 26 Figure 9.3.6 Understanding Apgar Scores **Application:** 18 Reading and Notetaking 18 Warm-Up Activity-Top 10 Lists 24 Local and Global Health: Improving Healthcare for People Who Are Pregnant- Practice Your Skills: Analyze Influencers 26 Comprehend Concepts #1-2 26 Critical Thinking Skills # 1-3 26 Health and Wellness Skills #1-3
1.HRS.HS.4b	Compare and contrast the advantages and disadvantages of various methods of contraception, including abstinence and condoms[2].	*See Supplemental Human Development and Relationships, and/or Human Development, Relationships, and Sexual Health* *Factors Affecting Sexual Behavior* ***Instruction:*** 55-59 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



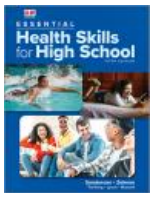
STANDARD		CORRELATING TEXT PAGES
		64 Skills for Health and Wellness: Use the Decision-Making Process: Sexual Activity-Practice Your Skills: Make Decisions 66 Comprehend Concepts #1-3 66 Critical Thinking Skills #1-3 66 Health and Wellness Skills #1-3 *Sexual Abstinence* 134-135 Sexual Abstinence 134 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 *See Supplemental Human Human Development, Relationships, and Sexual Health* 171 Skills for Health and Wellness: Answering Questions About Your Sexual Health *See Supplemental Human Development and Relationships, and/or Human Development, Relationships, and Sexual Health* *Demonstrate steps to using a condom correctly.* **Instruction:** 136 Condoms 136 Figure 11.3.2 Use External and Internal Condoms 170 External Condom 172 Figure 12.3.2 Using an External Condom 172 Internal Condom 172 Figure 12.3.3 Using an Internal Condom **Application:** 140 Comprehend Concepts #1 140 Critical Thinking Skills #1 174 Comprehend Concepts #1-2 174 Critical Thinking Skills #1-2 174 Health and Wellness Skills #1-2 *Evaluate the effectiveness of abstinence, condoms, and other contraceptives in preventing pregnancy and STDs/HIV.*



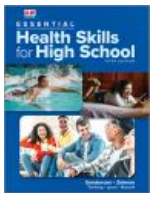
STANDARD		CORRELATING TEXT PAGES
		Practicing Sexual Abstinence **Instruction:** 60-61 Importance and Benefits of Abstinence 60 Figure 9.7.4 Teens Showing Affection 61 Strategies for Abstinence and Healthy Sexual Decisions 62 Discuss Your Decision 62-65 Figure 9.7.5 Communicating Sexual Boundaries 63 Overcome Challenges 64 Skills for Health and Wellness: Use the Decision-Making Process: Sexual Activity 65 Practice Refusal Skills 65 Talk with a Parent or Other Trusted Adult 65 Figure 9.7.6 Refusing Sexual Pressure **Application:** 64 Skills for Health and Wellness: Use the Decision-Making Process: Sexual Activity-Practice Your Skills: Make Decisions 66 Comprehend Concepts #1-3 66 Critical Thinking Skills #1-3 66 Health and Wellness Skills #1-3 *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 136-137 Condoms 136 Figure 11.3.2 Use External and Internal Condoms 137 Figure 11.3.3 Pregnancy and STIs Prevention 137-139 Testing and Treatment for STIs 138 Figure 11.3.4 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 *Preventing Pregnancy* **Instruction:** 142-143 Preventing Pregnancy



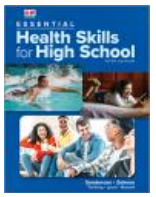
STANDARD		CORRELATING TEXT PAGES
		142 Research in Action: Reducing Teen Pregnancies and STI's 143 Figure 11.4.1 Methods of Contraception **Application:** 141 Warm-Up Activity: Your Goals and Dreams 142 Research in Action: Reducing Teen Pregnancies and STI's-Practice Your Skills: Make Decisions 150 Comprehend Concepts #1 150 Critical Thinking Skills #1 150 Health and Wellness Skills #2 *See Supplemental Human Development, Relationships, and Sexual Health* *What is Contraception?* **Instruction:** 162-167 What is Contraception? 162 -164 Myths and Facts About Pregnancy Prevention 163 Figure 12.2.1 Evaluating Information About Sexual Health 164 Case Study: Is That Really True 165- 166 Types of Contraception 166-167 Making Decisions About Contraception 166-167 Factors Affecting Contraception 166 Figure 12.2.2 Questions to Consider When Selecting Contraception 167 Abstinence: The Most Effective Method of Contraception **Application:** 162 Reading and Notetaking Activity 162 Warm-Up Activity: What Do You Know 164 Case Study: Is That Really True-Practice Your Skills: Access Information 168 Comprehend Concepts #1-3 168 Critical Thinking Skills #1-3 168 Health and Wellness Skills #1-3 *Barrier Methods* **Instruction:** 169-170 Barrier Methods 169 What Are Barrier Methods? 170 Types of Barrier Methods 170 Figure 12.3.1 Barrier Methods 171 Skills for Health and Wellness: Answering Questions About Your Sexual Health 170-172 External Condom



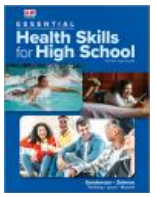
STANDARD		CORRELATING TEXT PAGES
		172 Figure 12.3.2 Using an External Condom 172 Internal Condom 172 Figure 12.3.3 Using an Internal Condom 173 Contraceptive Sponge 173 Diaphragm 173 12.3.4 Diaphragm 173-174 Cervical Cap 174 Contraceptive Gels **Application:** 169 Reading and Notetaking Activity 169 Warm-Up Activity: Talk About Condoms-Analyze Influences 171 Skills for Health and Wellness: Answering Questions About Your Sexual Health-Practice Your Skills: Access Information 174 Comprehend Concepts #1-2 174 Critical Thinking Skills #1-2 174 Health and Wellness Skills #1-2 *Hormonal Methods* **Instruction:** 175-181 Hormonal Methods 175-176 What Are Hormonal Methods? 176-180 Types of Hormonal Methods 176 Figure 12.4.1 Hormonal Methods 177-178 Oral Contraceptives 177 Figure 12.4.2 Oral Contraceptives 177 Figure 12.4.3 Menstrual Cycle App-Pill Reminder 178 Local and Global Health: The Impact of the Pill-Practice Your Skills 178 Birth Control Patch 178 Figure 12.4.4 Birth Control Patch 179 Vaginal Ring 179 Figure 12.4.5 Vaginal Ring 179 Birth Control Shot 180 Birth Control Implant 179 Figure 12.4.6 Birth Control Implant 180 Research in Action: Male Hormonal Contraceptives 180 Intrauterine Device (IUD) 180 Figure 12.4.7 Intrauterine Device (IUD) 181 Emergency Contraception **Application:** 175 Reading and Notetaking Activity 175 Warm-Up Activity: What Are the Facts-Access Information 178 Local and Global Health: The Impact of the Pill-Practice Your Skills: Access Information 180 Research in Action: Male Hormonal Contraceptives-Practice Your Skills: Comprehend Concepts 182 Comprehend Concepts #1-3



STANDARD		CORRELATING TEXT PAGES
		182 Critical Thinking Skills #1-3 182 Health and Wellness Skills #1-2 *Natural Methods and Sterilization* **Instruction:** 183-189 Natural Methods and Sterilization 183-186 Natural Methods 184 Figure 12.5.1 Natural Methods and Sterilization 184-185 Fertility Awareness Methods (FAM) 185 Figure 12.5.2 Menstrual Cycle 186-187 Withdrawal 186 Health in the Media: Media Messages About Contraception 187 Figure 12.5.3 Withdrawal Is Not An Effective Method of Pregnancy 187-188 Sterilization 187 Figure 12.5.4 Choosing Sterilization 187-188 Male Sterilization 188 Female Sterilization 188 Figure 12.5.5 Male Sterilization 189 Figure 12.5.6 Female Sterilization **Application:** 183 Reading and Notetaking Activity 183 Warm-Up Activity: Thoughts and Decisions: Communicate With Others 186 Health in the Media: Media Messages About Contraception-Practice Your Skills: Advocate for Health 189 Comprehend Concepts #1-2 189 Critical Thinking Skills #1-2 189 Health and Wellness Skills #1-2
1.HRS.HS.4c	Examine prenatal practices that can contribute to or compromise a healthy pregnancy[2].	*See Supplemental Human Development and Relationships, and/or Human Development, Relationships, and Sexual Health* *Conception, Pregnancy and Birth* **Instruction:** 18-26 Conception: Pregnancy and Birth 19 Conception 20 Pregnancy 20 Figure 9.3.1 Fertilization 20-21 Stages of Prenatal Development 21 Figure 9.3.2 The Amniotic Sac 22-23 Pregnancy Changes 22 Figure 9.3.3 Trimesters of Pregnancy 22 Figure 9.3.4 Pregnancy Complications 23-25 Healthy Changes During Pregnancy 24 Local and Global Health: Improving Healthcare for People Who Are Pregnant 25-26 Childbirth 25 Figure 9.3.5 Stages of Childbirth 26 Figure 9.3.6 Understanding Apgar Scores



STANDARD		CORRELATING TEXT PAGES
		Application: 18 Reading and Notetaking 18 Warm-Up Activity-Top 10 Lists 24 Local and Global Health: Improving Healthcare for People Who Are Pregnant- Practice Your Skills: Analyze Influencers 26 Comprehend Concepts #1-2 26 Critical Thinking Skills # 1-3 26 Health and Wellness Skills #1-3
1.HRS.HS.4d	Compare and contrast the laws relating to pregnancy, abortion, adoption, and parenting[2].	*See Supplemental Human Development and Relationships, and/or Human Development, Relationships, and Sexual Health* **Instruction:** 18-26 Conception: Pregnancy and Birth 19 Conception 20 Pregnancy 20 Figure 9.3.1 Fertilization 20-21 Stages of Prenatal Development 21 Figure 9.3.2 The Amniotic Sac 22-23 Pregnancy Changes 22 Figure 9.3.3 Trimesters of Pregnancy 22 Figure 9.3.4 Pregnancy Complications 23-25 Healthy Changes During Pregnancy 24 Local and Global Health: Improving Healthcare for People Who Are Pregnant 25-26 Childbirth 25 Figure 9.3.5 Stages of Childbirth 26 Figure 9.3.6 Understanding Apgar Scores **Application:** 18 Reading and Notetaking 18 Warm-Up Activity-Top 10 Lists 24 Local and Global Health: Improving Healthcare for People Who Are Pregnant- Practice Your Skills: Analyze Influencers 26 Comprehend Concepts #1-2 26 Critical Thinking Skills # 1-3 26 Health and Wellness Skills #1-3
1. HRS.HS.5a	Describe signs and symptoms, treatments, and modes of transmission of related communicable diseases (STDs/STIs), including HIV/AIDS.	*See Supplemental Human Development and Relationships, and/or Human Development, Relationships, and Sexual Health* *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 Figure 11.3.3 Pregnancy and STIs Prevention 137-139 Testing and Treatment for STIs 138 Figure 11.3.4 Treatment for STIs and Other Sexually Associated Infections



STANDARD		CORRELATING TEXT PAGES
		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
1.HRS.HS.5b	Describe current preventative approaches, including, but not limited to, HPV vaccinations to combat HIV/AIDS and related communicable diseases (STDs/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 62-65 Figure 9.7.5 Communicating Sexual Boundaries 63 Overcome Challenges 64 Skills for Health and Wellness: Use the Decision-Making Process: Sexual Activity 65 Practice Refusal Skills 65 Talk with a Parent or Other Trusted Adult 65 Figure 9.7.6 Refusing Sexual Pressure **Application:** 64 Skills for Health and Wellness: Use the Decision-Making Process: Sexual Activity-Practice Your Skills: Make Decisions 66 Comprehend Concepts #1-3 66 Critical Thinking Skills #1-3 66 Health and Wellness Skills #1-3 *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 136-137 Condoms 136 Figure 11.3.2 Use External and Internal Condoms 137 Figure 11.3.3 Pregnancy and STIs Prevention 137-139 Testing and Treatment for STIs 138 Figure 11.3.4 Treatment for STIs and Other Sexually Associated Infections 139 Skills for Health and Wellness: Promoting Awareness About STIs



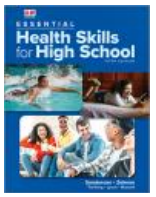
STANDARD		CORRELATING TEXT PAGES
		Application: 135 Health in the Media: Conversations About Sexual Activity-Practice Your Skills: Communicate with Others 139 Skills for Health and Wellness: Promoting Awareness About STIs- Practice Your Skills: Advocate for Health 140 Comprehend Concepts #1-2 140 Critical Thinking Skills #1-2 140 Health and Wellness Skills #1-3 *Preventing Pregnancy* **Instruction:** 142-143 Preventing Pregnancy 142 Research in Action: Reducing Teen Pregnancies and STI's 143 Figure 11.4.1 Methods of Contraception **Application:** 141 Warm-Up Activity: Your Goals and Dreams 142 Research in Action: Reducing Teen Pregnancies and STI's-Practice Your Skills: Make Decisions 150 Comprehend Concepts #1 150 Critical Thinking Skills #1 150 Health and Wellness Skills #2 *See Supplemental Human Development, Relationships, and Sexual Health* *What is Contraception?* **Instruction:** 162-167 What is Contraception? 162 -164 Myths and Facts About Pregnancy Prevention 163 Figure 12.1.1 Evaluating Information About Sexual Health 164 Case Study: Is That Really True 165-166 Types of Contraception 166-167 Making Decisions About Contraception 166-167 Factors Affecting Contraception 166 Figure 12.1.2 Questions to Consider When Selecting Contraception 167 Abstinence: The Most Effective Method of Contraception **Application:** 162 Reading and Notetaking Activity 162 Warm-Up Activity: What Do You Know 164 Case Study: Is That Really True-Practice Your Skills: Access Information



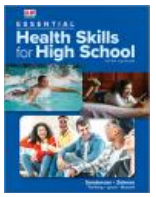
STANDARD		CORRELATING TEXT PAGES
		168 Comprehend Concepts #1-3 168 Critical Thinking Skills #1-3 168 Health and Wellness Skills #1-3 *Barrier Methods* **Instruction:** 169-170 Barrier Methods 169 What Are Barrier Methods? 170 Types of Barrier Methods 170 Figure 12.3.1 Barrier Methods 171 Skills for Health and Wellness: Answering Questions About Your Sexual Health 170-172 External Condom 172 Figure 12.3.2 Using an External Condom 172 Internal Condom 172 Figure 12.3.3 Using an Internal Condom 173 Contraceptive Sponge 173 Diaphragm 173 12.3.4 Diaphragm 173-174 Cervical Cap 174 Contraceptive Gels **Application:** 169 Reading and Notetaking Activity 169 Warm-Up Activity: Talk About Condoms-Analyze Influences 171 Skills for Health and Wellness: Answering Questions About Your Sexual Health-Practice Your Skills: Access Information 174 Comprehend Concepts #1-2 174 Critical Thinking Skills #1-2 174 Health and Wellness Skills #1-2 *Hormonal Methods* **Instruction:** 175-181 Hormonal Methods 175-176 What Are Hormonal Methods? 176-180 Types of Hormonal Methods 176 Figure 12.3.1 Hormonal Methods 177-178 Oral Contraceptives 177 Figure 12.3.2 Oral Contraceptives 177 Figure 12.3.3 Menstrual Cycle App-Pill Reminder 178 Local and Global Health: The Impact of the Pill-Practice Your Skills 178 Birth Control Patch 178 Figure 12.3.4 Birth Control Patch 179 Vaginal Ring 179 Figure 12.3.5 Vaginal Ring 179 Birth Control Shot 180 Birth Control Implant



STANDARD		CORRELATING TEXT PAGES
		179 Figure 12.3.6 Birth Control Implant 180 Research in Action: Male Hormonal Contraceptives 180 Intrauterine Device (IUD) 180 Figure 12.3.6 Intrauterine Device (IUD) 181 Emergency Contraception **Application:** 175 Reading and Notetaking Activity 175 Warm-Up Activity: What Are the Facts-Access Information 178 Local and Global Health: The Impact of the Pill-Practice Your Skills: Access Information 180 Research in Action: Male Hormonal Contraceptives-Practice Your Skills: Comprehend Concepts 182 Comprehend Concepts #1-3 182 Critical Thinking Skills #1-3 182 Health and Wellness Skills #1-2 *Natural Methods and Sterilization* **Instruction:** 183-189 Natural Methods and Sterilization 183-186 Natural Methods 184 Figure 12.4.1 Natural Methods and Sterilization 184-185 Fertility Awareness Methods (FAM) 185 Figure 12.4.2 Menstrual Cycle 186-187 Withdrawal 186 Health in the Media: Media Messages About Contraception 187 Figure 12.4.3 Withdrawal Is Not An Effective Method of Pregnancy 187-188 Sterilization 187 Figure 12.4.4 Choosing Sterilization 187-188 Male Sterilization 188 Female Sterilization 188 Figure 12.4.5 Male Sterilization 189 Figure 12.4.6 Female Sterilization **Application:** 183 Reading and Notetaking Activity 183 Warm-Up Activity: Thoughts and Decisions: Communicate With Others 186 Health in the Media: Media Messages About Contraception-Practice Your Skills: Advocate for Health 189 Comprehend Concepts #1-2 189 Critical Thinking Skills #1-2 189 Health and Wellness Skills #1-2 *See Supplemental Human Development and Relationships, and/or Human Development, Relationships, and Sexual Health*



STANDARD		CORRELATING TEXT PAGES
		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 Figure 11.3.3 Pregnancy and STIs Prevention 137-139 Testing and Treatment for STIs 138 Figure 11.3.4 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
1.HRS.HS.5c	Describe the laws related to sexual health care services, including related communicable diseases (STD/STIs) and HIV/AIDS testing and treatment[2].	*Describe laws related to accessing sexual health care 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



STANDARD		CORRELATING TEXT PAGES
		See Supplemental Human Development, Relationships, and Sexual Health 171 Skills for Health and Wellness: Answering Questions About Your Sexual Health **Application:** 39 Reading and Notetaking Activity 39 Warm-Up Activity: Annual Physical Exam: Communicate with Others 41 Case Study: Health Resources: What Are Available and How to Access Them-Practice Your Skills: Communicate with Others 44 Skills for Health and Wellness: Creating a Health Management Plan-Practice Your Skills: Set Goals 45 Comprehend Concepts #1-4 45 Critical Thinking Skills #1-4 45 Health and Wellness Skills #1-3 *See Supplemental Human Development and Relationships, and/or Human Development, Relationships, and Sexual Health* 171 Skills for Health and Wellness: Answering Questions About Your Sexual Health-Practice Your Skills: Access Information
1.HRS.HS.5d	Evaluate the effectiveness of abstinence, condoms and other safer sex methods in preventing the spread of related communicable diseases (STDs/STIs), including HIV/AIDS[2].	*See Supplemental Human Development and Relationships, and/or Human Development, Relationships, and Sexual Health* *Evaluate the effectiveness of abstinence, condoms, and other contraceptives in preventing pregnancy and STDs/HIV.* *Practicing Sexual Abstinence* **Instruction:** 60-61 Importance and Benefits of Abstinence 60 Figure 9.7.4 Teens Showing Affection 61 Strategies for Abstinence and Healthy Sexual Decisions 62 Discuss Your Decision 62-65 Figure 9.7.5 Communicating Sexual Boundaries 63 Overcome Challenges 64 Skills for Health and Wellness: Use the Decision-Making Process: Sexual Activity 65 Practice Refusal Skills 65 Talk with a Parent or Other Trusted Adult 65 Figure 9.7.6 Refusing Sexual Pressure **Application:** 64 Skills for Health and Wellness: Use the Decision-Making Process: Sexual Activity-Practice Your Skills: Make Decisions 66 Comprehend Concepts #1-3 66 Critical Thinking Skills #1-3



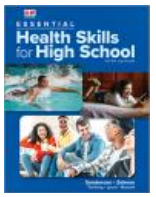
STANDARD		CORRELATING TEXT PAGES
		66 Health and Wellness Skills #1-3 *Preventing STI's* **Instruction***:* 134-135 Sexual Abstinence 134 Figure 11.3.1 Benefits of Sexual Abstinence 135 Health in the Media: Conversations About Sexual Activity 136-137 Condoms 136 Figure 11.3.2 Use External and Internal Condoms 137 Figure 11.3.3 Pregnancy and STIs Prevention 137-139 Testing and Treatment for STIs 138 Figure 11.3.4 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 *Preventing Pregnancy* **Instruction:** 142-143 Preventing Pregnancy 142 Research in Action: Reducing Teen Pregnancies and STI's 143 Figure 11.4.1 Methods of Contraception **Application:** 141 Warm-Up Activity: Your Goals and Dreams 142 Research in Action: Reducing Teen Pregnancies and STI's-Practice Your Skills: Make Decisions 150 Comprehend Concepts #1 150 Critical Thinking Skills #1 150 Health and Wellness Skills #2 *See Supplemental Human Development, Relationships, and Sexual Health* *What is Contraception?* **Instruction:** 162-167 What is Contraception? 162 -164 Myths and Facts About Pregnancy Prevention



STANDARD		CORRELATING TEXT PAGES
		163 Figure 12.1.1 Evaluating Information About Sexual Health 164 Case Study: Is That Really True 165- 166 Types of Contraception 166-167 Making Decisions About Contraception 166-167 Factors Affecting Contraception 166 Figure 12.1.2 Questions to Consider When Selecting Contraception 167 Abstinence: The Most Effective Method of Contraception **Application:** 162 Reading and Notetaking Activity 162 Warm-Up Activity: What Do You Know 164 Case Study: Is That Really True-Practice Your Skills: Access Information 168 Comprehend Concepts #1-3 168 Critical Thinking Skills #1-3 168 Health and Wellness Skills #1-3 *Barrier Methods* **Instruction:** 169-170 Barrier Methods 169 What Are Barrier Methods? 170 Types of Barrier Methods 170 Figure 12.2.1 Barrier Methods 171 Skills for Health and Wellness: Answering Questions About Your Sexual Health 170-172 External Condom 172 Figure 12.2.2 Using an External Condom 172 Internal Condom 172 Figure 12.2.3 Using an Internal Condom 173 Contraceptive Sponge 173 Diaphragm 173 12.2.4 Diaphragm 173-174 Cervical Cap 174 Contraceptive Gels **Application:** 169 Reading and Notetaking Activity 169 Warm-Up Activity: Talk About Condoms-Analyze Influences 171 Skills for Health and Wellness: Answering Questions About Your Sexual Health-Practice Your Skills: Access Information 174 Comprehend Concepts #1-2 174 Critical Thinking Skills #1-2 174 Health and Wellness Skills #1-2 *Hormonal Methods*



STANDARD		CORRELATING TEXT PAGES
		Instruction: 175-181 Hormonal Methods 175-176 What Are Hormonal Methods? 176-180 Types of Hormonal Methods 176 Figure 12.3.1 Hormonal Methods 177-178 Oral Contraceptives 177 Figure 12.3.2 Oral Contraceptives 177 Figure 12.3.3 Menstrual Cycle App-Pill Reminder 178 Local and Global Health: The Impact of the Pill-Practice Your Skills 178 Birth Control Patch 178 Figure 12.3.4 Birth Control Patch 179 Vaginal Ring 179 Figure 12.3.5 Vaginal Ring 179 Birth Control Shot 180 Birth Control Implant 179 Figure 12.3.6 Birth Control Implant 180 Research in Action: Male Hormonal Contraceptives 180 Intrauterine Device (IUD) 180 Figure 12.3.6 Intrauterine Device (IUD) 181 Emergency Contraception **Application:** 175 Reading and Notetaking Activity 175 Warm-Up Activity: What Are the Facts-Access Information 178 Local and Global Health: The Impact of the Pill-Practice Your Skills: Access Information 180 Research in Action: Male Hormonal Contraceptives-Practice Your Skills: Comprehend Concepts 182 Comprehend Concepts #1-3 182 Critical Thinking Skills #1-3 182 Health and Wellness Skills #1-2 *Natural Methods and Sterilization* **Instruction:** 183-189 Natural Methods and Sterilization 183-186 Natural Methods 184 Figure 12.4.1 Natural Methods and Sterilization 184-185 Fertility Awareness Methods (FAM) 185 Figure 12.4.2 Menstrual Cycle 186-187 Withdrawal 186 Health in the Media: Media Messages About Contraception 187 Figure 12.4.3 Withdrawal Is Not An Effective Method of Pregnancy 187-188 Sterilization 187 Figure 12.4.4 Choosing Sterilization 187-188 Male Sterilization 188 Female Sterilization 188 Figure 12.4.5 Male Sterilization 189 Figure 12.4.6 Female Sterilization



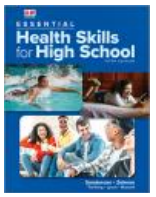
STANDARD		CORRELATING TEXT PAGES
		Application: 183 Reading and Notetaking Activity 183 Warm-Up Activity: Thoughts and Decisions: Communicate With Others 186 Health in the Media: Media Messages About Contraception-Practice Your Skills: Advocate for Health 189 Comprehend Concepts #1-2 189 Critical Thinking Skills #1-2 189 Health and Wellness Skills #1-2 *See Supplemental Human Development and Relationships, and/or Human Development, Relationships, and Sexual Health* *Describe behaviors that impact reproductive health.* *Common STIs* **Instruction:** 112-123 Common STIs 113 What Are STIs 113 Figure 11.1.1 Risk Factors for STIs 114-118 Common Bacterial STIs 114 Figure 11.1.2 Untreated Chlamydia 116 Research in Action: Point -of -Care Testing and Diagnosis for STIs 117 Figure 11.1.3 Primary Syphilis 117 Figure 11.1.4 Secondary Syphilis 118-121 Common Viral STIs 118 Figure 11.1.5 Trichomoniasis 118 Figure 11.1.6 Genital Herpes 120 Case Study: A Vaccine for STI 121-123 Other Sexually Associated Infections 121 Figure 11.1.7 Examples of Other Sexually Associated Infections 123 Figure 11.1.8 Understanding UTIs **Application:** 112 Reading and Notetaking Activity 112 Warm-Up Activity: Agree or Disagree 116 Research in Action: Point of Cre Testing and Diagnosis for STIs- Practice Your Skills: Communicate with Others 120 Case Study: A Vaccine for STI- Practice Your Skills: Communicate with Others 124 Comprehend Concepts #1-3 124 Critical Thinking Skills #1-3 124 Health and Wellness Skills #1-3 *HIV/AIDS* **Instruction:** 125-132 HIV/AIDS 125-126 What are HIV and AIDS 126 Figure 11.2.1 HIV and AIDS Defined



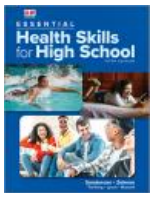
STANDARD		CORRELATING TEXT PAGES
		127-128 Signs, Symptoms and Transmission of HIV and AIDS 127 Figure 11.2.2 HIV Damages the Immune System 128-130 Testing, Diagnosis, and Treatment 128 Figure 11.2.3 HIV Transmission 129 Figure 11.2.4 HIV Federal Government Laws of Protection 129 Local and Global Health: HIV/AIDS Stigma, Testing, and Treatment 130-131 HIV Prevention 130 Figure 11.2.5 Reducing the Risk of HIV Transmission **Application:** 125 Reading and Notetaking 125 Warm-Up Activity: Staying HIV Free 129 Local and Global Health: HIV/AIDS Stigma, Testing, and Treatment- Practice Your Skills: Advocate for Health 132 Comprehend Concepts # 1-4 132 Critical Thinking Skills #1-3 132 Health and Wellness Skills #1-3
1.HRS.HS.6	Describe characteristics of healthy and unhealthy romantic and/or sexual relationships[2].	*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 9.6.4 Getting to Know a Dating Partner



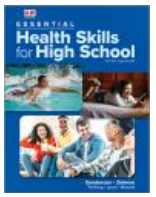
STANDARD		CORRELATING TEXT PAGES
		50 Health Across the Life Span: Building a Roadmap for Healthy Relationships 51 Cope with Nerves 51 Enjoy Common Interests 51-52 Enforce Your Boundaries 51 Figure 9.6.5 Enforcing Your Boundaries 52 Figure 9.6.6 Sexting 52-53 Ask for Help 52 Case Study: Dating Dilemmas **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 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 62-65 Figure 9.7.5 Communicating Sexual Boundaries 63 Overcome Challenges 64 Skills for Health and Wellness: Use the Decision-Making Process: Sexual Activity 65 Practice Refusal Skills 65 Talk with a Parent or Other Trusted Adult 65 Figure 9.7.6 Refusing Sexual Pressure **Application:** 64 Skills for Health and Wellness: Use the Decision-Making Process: Sexual Activity-Practice Your Skills: Make Decisions 66 Comprehend Concepts #1-3 66 Critical Thinking Skills #1-3 66 Health and Wellness Skills #1-3 *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 468 Figure 8.1.2 Handling Broken Trust in a Relationship



STANDARD		CORRELATING TEXT PAGES
		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 *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 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
1.HRS.HS.7a	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,



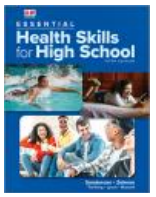
STANDARD		CORRELATING TEXT PAGES
		468 Trust 468-469 Mutual Respect 468 Figure 8.1.2 Handling Broken Trust in a Relationship 469 Care, Commitment and Support 469 Emotional Support 469 Figure 8.1.3 Support 470 Understanding 470 Safety 470 Figure 8.1.4 Understanding Consent -Consent is… **Application:** 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 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 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



STANDARD		CORRELATING TEXT PAGES
		62-65 Figure 9.7.5 Communicating Sexual Boundaries 63 Overcome Challenges 64 Skills for Health and Wellness: Use the Decision-Making Process: Sexual Activity 65 Practice Refusal Skills 65 Talk with a Parent or Other Trusted Adult 65 Figure 9.7.6 Refusing Sexual Pressure **Application:** 64 Skills for Health and Wellness: Use the Decision-Making Process: Sexual Activity-Practice Your Skills: Make Decisions 66 Comprehend Concepts #1-3 66 Critical Thinking Skills #1-3 66 Health and Wellness Skills #1-3
1.HRS.HS.7b	Analyze laws relating to the sexual conduct of minors, including consent, and criminal sexual conduct.	*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* 92-96 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
Content Standard 2: Analyze Influence – Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.		
2.AF.HS.1	Analyze how the perceptions of current social expectations influence healthy and unhealthy behaviors.	*Analyze how a variety of factors impact personal and community health.* **Instruction:**



STANDARD		CORRELATING TEXT PAGES
		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.* **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



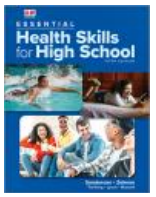
STANDARD		CORRELATING TEXT PAGES
		Application: 71 Warm Up Activity - Peer Pressure 73 Health in the Media - The Power of Virtual Peer Pressure 74 Case Study - Peer Pressure in Action 76 Comprehend Concepts #1 76 Critical Thinking Skills #1 76 Health and Wellness Skills #2 *Evaluate how the school and 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 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



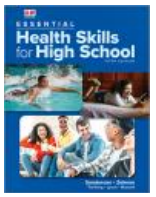
STANDARD		CORRELATING TEXT PAGES
		113 Health and Wellness Skills #2 116 Health in the Media - The Rapid Spread of Negative Emotions 143 Health in the Media - Can Social Media Cause Stress 190 Health in the Media - Media Representations of Suicide 225 Health in the Media - Be Wary of Celebrity Endorsements 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.* **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*



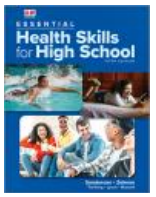
STANDARD		CORRELATING TEXT PAGES
		186 Health in the Media - Media Messages About Contraception *Analyze the influence of personal values and beliefs on individual health practices and behaviors.* **Instruction:** 19, 84-85 19 Figure 1.3.3 Cultural Practices That Affect Health and Wellness 85 Figure 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 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 *Compare how family, peers, culture, media, technology, and other factors influence safety and injury prevention practices and behaviors.*



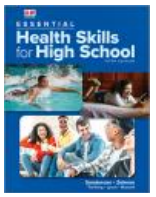
STANDARD		CORRELATING TEXT PAGES
		Instruction: 83-84, 357-366 358 Figure 6.4.1 Aspects of a Digital Footprint 360 Figure 6.4.2 Copyright Laws 361 Figure 6.4.3 Online Etiquette 362 Figure 6.4.4 Personal Information - What You Should Keep Private 363 Figure 6.4.5 Tips for Using Privacy Settings 363 Figure 6.4.6 Before You Post Online 365 Figure 6.4.7 Passwords 366 Figure 6.4.8 Navigating Websites Safely **Application:** 84 Research in Action - Technology and Your Mental and Emotional Health 125 Case Study - Social Media Envy 357 Warm Up Activity - My Online Presence 359 Skills for Health and Wellness - Promoting an Online Environment of Respect 364 Case Study - Navigating Life Online 367 Comprehend Concepts #1-3 367 Critical Thinking Skills #1-3 367 Health and Wellness Skills #1
Content Standard 3: Accessing Information – Students will demonstrate the ability to access reliable health information, products, and services to enhance health.		
3.AI.HS.1	Evaluate the validity of health information, products and services[2].	**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
Content Standard 4: Interpersonal Communication – Students will demonstrate the ability to use interpersonal-communication skills to enhance health and avoid or reduce health risks		
4.IC.HS.1	Utilize skills for communicating effectively with family, peers, and others to enhance health[1].	*Demonstrate strategies to prevent, manage, or resolve interpersonal conflicts without harming self or others.*



STANDARD		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 *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 9.2.1 Which One Is Consent 82 Figure 9.2.2 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



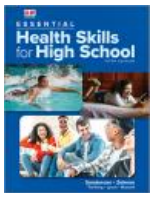
STANDARD		CORRELATING TEXT PAGES
		85 Figure 9.2.4 Before You Say or Send a Message, ask… 85 Figure 9.2.5 Standing Up to Sexual Harassment 86 Sexual Assault 87 Effects of Sexual Assault 87-88 Preventing Sexual Assault 87 Figure 9.2.6 Consequences of Sexual Assault 88 Understand Consent 88 Figure 9.2.7 Sexual Assault Prevention Programs 89 Avoid Risky Situations 89-90 Responding to Sexual Assault 89 Figure 9.2.8 Avoiding Dangerous Situations 90 Figure 9.2.9 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
4.IC.HS.2	Demonstrate refusal, negotiation, and collaboration skills to enhance health and avoid or reduce health risks[1].	*Demonstrate strategies to prevent, manage, or resolve interpersonal conflicts without harming self or others.* **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 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



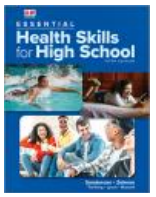
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		Examples of Refusal Skills **Application:** 68 Skills for Health and Wellness - Solve a Conflict with a Friend 70 Comprehend Concepts #2 76 Comprehend Concepts #2 76 Critical Thinking Skills #2 76 Health and Wellness Skills #2 *See Supplemental Human 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 9.2.1 Which One Is Consent 82 Figure 9.2.2 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 9.2.4 Before You Say or Send a Message, ask… 85 Figure 9.2.5 Standing Up to Sexual Harassment 86 Sexual Assault 87 Effects of Sexual Assault 87-88 Preventing Sexual Assault 87 Figure 9.2.6 Consequences of Sexual Assault 88 Understand Consent 88 Figure 9.2.7 Sexual Assault Prevention Programs 89 Avoid Risky Situations 89-90 Responding to Sexual Assault 89 Figure 9.2.8 Avoiding Dangerous Situations 90 Figure 9.2.9 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
Content Standard 5: Decision Making – Students will demonstrate the ability to use decision-making skills to enhance health.		
5.DM.HS.1	Compare the potential short- term and long- term impact of healthy and unhealthy decisions on self and others[1].	*Demonstrate strategies to prevent, manage, or resolve interpersonal conflicts without harming self or others.* **Instruction:** 63-69



STANDARD		CORRELATING TEXT PAGES
		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
5.DM.HS.2	Evaluate the effectiveness of health-related decisions[1].	*Justify when individual or collaborative decision-making is appropriate.* **Instruction:** 28 28 Figure 1.4.4 Best Practices for Collaborative Decision Making **Application:** 30 Critical Thinking Skills #1 30Health and Wellness Skills #1-3 *Predict the potential short and long-term impact of each alternative on self and others.* **Instruction:** 25-26 25 Figure 1.4.1 Using the Decision Making Process 26 Figure 1.4.2 Alternatives **Application:** 30 Health and Wellness Skills #3 38 Critical Thinking Skills #4 *Evaluate the effectiveness of health- related decisions.* **Instruction:** 25, 27 25 Figure 1.4.1 Using the Decision Making Process, 27 Figure 1.4.3 Evaluate and Revise **Application:** 27 Case Study - Good Information Enables a Good Decision 30 Health and Wellness Skills #1



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5.DM.HS.3	Defend the healthy choice when making a decision[1].	**Instruction:** 24-27 25 Figure 1.4.1 Using the Decision Making Process 26 Figure 1.4.2 Alternatives 27 Figure 1.4.3 Evaluate **Application:** 24 Warm Up Activity - Get Motivated 27 Case Study - Good Information Enables a Good Decision 30 Comprehend Concepts #1 30 Health and Wellness Skills #1-3
Content Standard 6: Goal Setting -Students will demonstrate the ability to use goal-setting skills to enhance health.		
6.GS.HS.1	Implement strategies and monitor progress in achieving a health goal[1].	*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
6.GS.HS.2	Formulate an effective long-term health plan[1].	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,



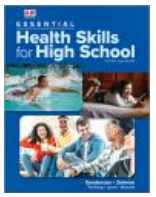
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Content Standard 7: Self-Management - Students will demonstrate the ability to practice health-enhancing behaviors and to avoid or reduce health risks.		
7.SM.HS.1	Demonstrate a variety of healthy practices and behaviors that will maintain or improve the health of self and others[1].	**Instruction:** 13-14, 17-22, 43, 109-113, 221-222, 316-321 13 Figure 1.2.3 Physical Activity 14 Figure 1.2.4 Sleep



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7.SM.HS.2	Demonstrate a variety of behaviors that avoid or reduce health risks to self and others[1].	**Instruction:** 13-14, 17-22, 43, 109-113, 221-222, 316-321 13 Figure 1.2.3 Physical Activity 14 Figure 1.2.4 Sleep 14 Figure 1.2.5 Teen Drivers 17 Figure 1.3.2 Physical Activity Needs 19 Figure 1.3.4 Questions for Analyzing Media 21 Figure 1.3.5 Education 43 Figure 1.6.4 Preventative Healthcare 109 Figure 2.4.4 View Media Critically 111 Figure 2.4.5 Check Your Self-Talk 112 Figure 2.4.6 Advocate for Positive Body Image 221 Figure 4.3.1 Strategies for Eating Healthy in Social Situations 317 Figure 5.6.4 Analyzing Advertisements 318 Figure 5.6.5 Planning Ahead 319 Figure 5.6.6 Use Refusal Skills **Application:** 16 Warm Up Activity - You and the Environment 22 Skills for Health and Wellness - What Factors Affect Your Health 23 Comprehend Concepts #4 23 Critical Thinking Skills #1 23 Health and Wellness Skills #2 113 Comprehend Concepts #1 113 Health and Wellness Skills #2, #4 320 Skills for Health and Wellness - Refusing Substances 326 Comprehend Concepts #2



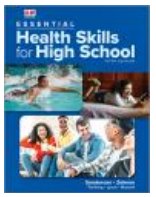
7.SM.HS.3	Analyze the role of individual responsibility in enhancing health[1].	*Individual Factors Affecting Health and Wellness* **Instruction:** 10-22 Individual Factors Affecting Health and Wellness 10-11 Risk and Protective Factors 11 Genetic Factors 11 Figure 1.2.1 Cell Structure 12 Figure 1.2.2 The Role of Genes in Non-Communicable Diseases 13 Case Study: Stressed, Sick, and Now What? 13-14 Behavioral Factors 13 Figure 1.2.3 Nutrition and Physical Activity 14 Figure 1.2.5 Teen Drivers Higher Risk for Injury, 16-22 Environmental Factors Affecting Health and Wellness 22 Skills for Health and Wellness: What Factors Affect Your Health? **Application:** 10 Warm-Up Activity 13 Case Study: Stressed, Sick, and Now What? -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:**



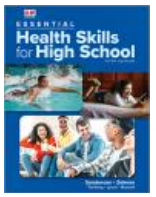
		434 Case Study-Blocking Germs Every Day – Practice Your Skills: Set Goals 436 Skills for Health and Wellness: Help Prevent the Spread of Diseases-Practice Your Skills: Advocate for Health *Understand importance of personal and social responsibility for sexual decisions* *Characteristics of a Healthy Relationship* **Instruction:** 467 Honesty 467 Figure 8.1.1 Relationships, 468 Trust 468-469 Mutual Respect 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* *Healthy Sexual Decisions* 61 Strategies for Abstinence and Healthy Sexual Decisions 62 Discuss Your Decision 62-65 Figure 9.7.5 Communicating Sexual Boundaries 63 Overcome Challenges 64 Skills for Health and Wellness: Use the Decision-Making Process: Sexual Activity 65 Practice Refusal Skills 65 Talk with a Parent or Other Trusted Adult 65 Figure 9.7.6 Refusing Sexual Pressure **Application:** 64 Skills for Health and Wellness: Use the Decision-Making Process: Sexual Activity-Practice Your Skills: Make Decisions 66 Comprehend Concepts #1-3 66 Critical Thinking Skills #1-3 66 Health and Wellness Skills #1-3



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STANDARD		CORRELATING TEXT PAGES
		Application: 16 Warm Up Activity - You and the Environment 22 Skills for Health and Wellness - What Factors Affect Your Health 23 Comprehend Concepts #4 23 Critical Thinking Skills #1 23 Health and Wellness Skills #2 113 Comprehend Concepts #1 113 Health and Wellness Skills #2, #4 320 Skills for Health and Wellness - Refusing Substances 326 Comprehend Concepts #2 *Demonstrate a variety of behaviors that avoid or reduce health risks to self and others.* **Instruction:** 13-14, 17-22, 43, 109-113, 221-222, 316-321 13 Figure 1.2.3 Physical Activity 14 Figure 1.2.4 Sleep Figure 1.2.5 Teen Drivers 17 Figure 1.3.2 Physical Activity Needs 19 Figure 1.3.4 Questions for Analyzing Media 21 Figure 1.3.5 Education 43 Figure 1.6.4 Preventative Healthcare 109 Figure 2.4.4 View Media Critically 111 Figure 2.4.5 Check Your Self-Talk 112 Figure 2.4.6 Advocate for Positive Body Image 221 Figure 4.3.1 Strategies for Eating Healthy in Social Situations 317 Figure 5.6.4 Analyzing Advertisements 318 Figure 5.6.5 Planning Ahead 319 Figure 5.6.6 Use Refusal Skills **Application:** 16 Warm Up Activity - You and the Environment 22 Skills for Health and Wellness - What Factors Affect Your Health 23 Comprehend Concepts #4 23 Critical Thinking Skills #1 23 Health and Wellness Skills #2 113 Comprehend Concepts #1 113 Health and Wellness Skills #2, #4 320 Skills for Health and Wellness - Refusing Substances 326 Comprehend Concepts #2
Content Standard 8: Advocacy – Students will demonstrate the ability to support/promote personal, family, and community health. 1		
8.AV.HS.1	Demonstrate advocacy for improving personal, family, and community health[1].	*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



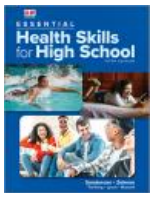
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		37 Figure 1.5.4 Tips for Choosing Health Products 40 Figure 1.6.1 Medical Specialists 42 Figure 1.6.3 Minors Can Consent For 43 Figure 1.6.4 Preventative Healthcare 44 Figure 1.6.5 Emergency Healthcare **Application:** 31 Warm Up Activity - Can You 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 *See Supplemental Human Development and Relationships, and/or Human Development, Relationships, and Sexual Health* *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 **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 *Utilize skills for communicating effectively with family, peers, and others to enhance health.* **Instruction:** 54-62 55 Figure 1.8.1 The Communication Process 56 Figure 1.8.2 Nonverbal Elements 57 Figure 1.8.3 Use Active Listening 58 Figure 1.8.4 Factors Affecting Communication 59 Figure 1.8.5 Using I-Statements 61 Figure 1.8.6 The Tone or Meaning of Online Communication **Application:** 54 Warm Up Activity - Verbal and Nonverbal Communication 56 Local and Global Health - Culture Affects Communication 60 Case Study - Handling Poor Communication



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STANDARD		CORRELATING TEXT PAGES
		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 *See Supplemental Human Development, Relationships, and Sexual Health* 171 Practice Your Skills: Access Information *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 *Utilize accurate peer and societal norms to formulate a health- enhancing message.* **Instruction:** 18-19 **Application:** 18 Local and Global Health - Perceptions and Norms: The Impact on Health 62 Health and Wellness Skills #4



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		Demonstrate how to influence and support others to make positive health choices. **Instruction:** 37-38, 112-113, 215, 389 38 Figure 1.5.5 The Wider Scope of Health Promotion 112 Figure 2.4.6 Government Advocacy for Positive Body Image 389 Figure 6.6.5 Ways You Can Advocate for Your Environment **Application:** 38 Comprehend Concepts #4 38 Critical Thinking Skills #4 53 Critical Thinking Skills #2 53 Health and Wellness Skills #1 113 Health and Wellness Skills #4 219 Health and Wellness Skills #2 *Work cooperatively as an advocate for improving personal, family, and community health.* **Instruction:** 37, 49-53, 112-113, 215, 389 50 Figure 1.7.4 Ways You Can Help 112 Figure 2.4.6 Government Advocacy for Positive Body Image 389 Figure 6.6.5 Ways You Can Advocate for Your Environment **Application:** 38 Comprehend Concepts #4 38 Critical Thinking Skills #4 49 Local and Global Health - Challenges to Accessing Healthcare 53 Critical Thinking Skills #2 Health and Wellness Skills #1-3 113 Health and Wellness Skills #4 219 Health and Wellness Skills #2 *Adapt health messages and communication techniques to a specific target audience.* **Instruction:** 37-38, 54-62 55 Figure 1.8.1 The Communication Process 57 Figure 1.8.3 Use Active Listening 58 Figure 1.8.4 Be Assertive **Application:** 38 Comprehend Concepts #4 38 Critical Thinking Skills #4 33 Health in the Media - Analyzing Health Advertisements



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