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

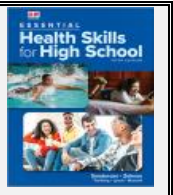


Goodheart-Willcox Publisher

Correlation of Essential Health Skills for High School ©2025

for Human Development Relationships, And/or Human Development, Relationships, And Sexual Health

Oregon Department of Education (Grade 9-12)



Standard		Correlating Textbook Pages
Grade Level Skill Focus	**Students analyze the influence of family, peers, culture, social media, technology, and other determinants on health behaviors. (Skill 2)** **Students demonstrate health literacy by accessing valid and reliable health information, products, and services to enhance health. (Skill 3)** **Students demonstrate effective interpersonal communication skills to enhance health. (Skill 4)** **Students demonstrate effective decision-making skills to enhance health. (Skill 5)** **Students demonstrate effective goal-setting skills to enhance health. (Skill 6)** **Students demonstrate observable health and safety practices. (Skill 7)** **Students advocate for behaviors that support personal, family, peer, school, and community health. (Skill 8)**	
Standard 1: Wellness and Health Promotion (WHP)		
HS.WHP.1	Identify and describe personal activities and behaviors within the five dimensions of health (physical, social, emotional, mental, and environmental) and how they affect health-related behaviors and impact holistic well-being.	*Dimensions of Health and Wellness* **Instruction:** 2-8 Dimensions of Health and Wellness 3 Case Study: The Interactions of Your Health 4 Figure 1.1.1 People in a state of well-being 5 Figure 1.1.2 Mental and Emotional Health Relationship 7 Research in Action: Teen Mental Health During COVID 19 Pandemic 8 Figure 1.1.3 Health Continuum **Application:** 2 Warm-Up Activity 3 Practice Your Skills: Communicate with Others 7 Practice Your Skills 15 Critical Thinking # 1-3 15 Health and Wellness Skills # 1-5 *Mental and Emotional Health and Well-Being* **Instruction:** 78-87 Mental and Emotional Health and Well-Being 79 Figure 2.1.1 Common Traits of People with Positive Mental and Emotional Health 80 Figure 2.1.2 Mental Health Continuum 81 Figure 2.1.3 Ways to Increase Happiness 82 Figure 2.1.4 Stressful Events, 83 Figure 2.1.5 Maslow's Hierarchy of Human Needs 84 Research in Action: Technology and Your Mental and Emotional Health 85 Figure 2.1.6 Cognitive Distortions 85 Figure 2.1.7 Meaning 86 Figure 2.1.8 Seeking Help



Standard		Correlating Textbook Pages
		Application: 78 Warm-Up Activity - Mental and Emotional Health Wheel 87 Comprehend Concepts #1-4 87 Critical Thinking Skills #2-4 87 Health and Wellness Skills #1-4 *Social Health* **Instruction:** 465-472 Social Health 467 Figure 8.1.1 Relationships 469 Figure 8.1.3 Support 470 Figure 8.1.4 Safety 472 Figure 8.1.5 Unhealthy Relationship Signs **Application:** 466 Warm Up Activity - The Interview 471 Health in the Media - Media Relationships: Healthy or Unhealthy 473 Comprehend Concepts #1-3 473 Critical Thinking Skills #1-3 473 Health and Wellness Skills #1-3 *Intellectual Development & Emotional and Social Development* **Instruction:** 40-41 Intellectual Development & Emotional and Social Development 42 Case Study: Feeling Comfortable with Who I Am 43 Figure 9.5.4 Skills for Handling Health and Wellness Issues **Application:** 42 Case Study: Feeling Comfortable with Who I Am- Practice Your Skills: Communicate with Others 44 Health and Wellness Skills # 1-3
HS.WHP.2	Discuss personal and family values and behaviors that impact individual, interpersonal, and community health.	*Analyze how family influences the health of individuals.* **Instruction:** 12, 18-19, 82-83, 105, 314-315, 421, 474-475 12 Figure 1.2.2 Genes 82 Figure 2.1.4 Stressful Events 19 Figure 1.3.3 Cultural Practices That Affect Health and Wellness 82 Figure 2.1.4 Stressful Events 83 Figure 2.1.5 Maslow's Hierarchy of Human Needs 421 Figure 7.3.8 An Example of Genetic Factors and Noncommunicable Diseases 475 Figure 8.2.1 Diverse Family Structures **Application**: 15 Comprehend Concepts #2 87 Comprehend Concepts #3 22 Skills for Health and Wellness - What Factors Affect



Standard		Correlating Textbook Pages
		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 **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 #2-3 113 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



Standard		Correlating Textbook Pages
		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 #1 676 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



Standard		Correlating Textbook Pages
		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
HS.WHP.3	Analyze health promotion and disease prevention guidelines and recommendations, including those for infectious diseases, from credible federal, professional, and voluntary health organizations.	*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



Standard		Correlating Textbook Pages
		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:** 449 Comprehend Concepts #3 449 Critical Thinking Skills #1-3 449 Health and Wellness Skills #1.#3 *Preventing and Treating Cancer* **Instruction:** 452-453 452 Figure 7.7.1 Signs and Symptoms of Cancer 453 Figure 7.7.2 Skin Cancer 455 Figure 7.7.3 Reducing Your Risk for Cancer **Application:** 450 Warm Up Activity - Cancer: Your Decisions 452 Case Study - Understanding Risk 456 Comprehend Concepts #3 456 Health and Wellness Skills #2, #3



Standard		Correlating Textbook Pages
		Other Noncommunicable Diseases-ex. Diabetes Asthma **Instruction:** 457-463 458 Figure 7.8.1 Health Complications of Diabetes Mellitus 460 Types of Seizures 463 Figure 7.8.3 Asthma **Application:** 457 Warm Up Activity 459 Health in the Media: Social Media and Disease-Practice Your Skills: Access Information 462 Case Study: Dealing with Illness-Practice Your Skills: Advocate for Health 464 Critical Thinking #1-3 464 Health and Wellness #1-3
HS.WHP.4	Identify individual practices that protect vision, hearing, skin, and teeth.	*Analyze impact of decisions related to bicycle, pedestrian, traffic, water, and recreation safety.* **Instruction:** 328-335 Safety-Preventing Accidents and Injuries 329 Fall Prevention 329 Figure 6.1.1 Reducing Fall Hazards in the Home 330 Poisoning Prevention 330 Figure 6.1.2 Poisonous Substances Around the Home 331-333 Road Safety 331-332 Pedestrian Safety 332-333 Motor Vehicle Safety 332 Figure 6.1.4 Safety on a School Bus 333 Figure 6.1.5 Texting While Driving 334 Weapons Safety 334-335 Workplace Safety 335 Figure 6.1.6 Ergonomic Arrangement for Workplace Safety 335 Water Safety 351 Staying Safe at Home 351 Staying Safe at School **Application:** 328 Warm-Up Activity -What Do Your Classmates Know? 336 Critical Thinking Skills #1-3 336 Health and Wellness Skills #1-3 *Summarize the symptoms and prevention of skin cancer.* **Instruction:** 452-453, 455 452 Figure 7.7.1 Signs and Symptoms of Cancer 453 Figure 7.7.2 Skin Cancer 455 Figure 7.7.3 Reducing Your Risk for Cancer **Application:** 450 Warm Up Activity - Cancer: Your Decisions



Standard		Correlating Textbook Pages
		456 Comprehend Concepts #2-3 456Health and Wellness Skills #2-3 *Personal Hygiene* **Instruction:** 393-395 Skin 393 Figure 7.1.1 Layers of Skin 393 Basic skin Care 393-394 Managing Common Skin Conditions 394-395 Acne 394 Figure 7.1.2 Pimples 395 Eczema 395 Tattoos and Piercings 395 7guire 71.3 Eczema 397-399 Teeth 399-398 Carina for Your Teeth. 397 Common Conditions of the mouth and Teeth 397 Figure 71.6 Parts of a Tooth 398-399 Preventing Mouth and Teeth Conditions 398 Figure 7.17 Mouth and Teeth Condition 399-400 Eyes 399 - 400 Caring for Your Eyes and Ears 399 - 400 Caring for Your Eyes 399 Figure 7.1.8. Parts of the Eye 400 Research in Action: Noise Related Hearing Lost 400 Figure 7.19 Common Vision Condition 400-402 Hearing 401-402 Caring for Your Ears 401 Figure 7.1.10 **Application** 392 Reading and Note Taking Activity 392 Warm-Up Activity: Personal Hygiene Products - Access Information 400 Research in Action: Noise – Related Hearing Loss: Practice Your Skills- Practice Health - Enhancing Behaviors 402 Comprehend Concepts # 2, 3 402 Critical Thinking Skills plus/minus 1 - 3 403 Health and Wellness skills # 1-3
HS.WHP.5	Identify at least two strategies to promote health and wellness for individuals, families, and communities.	*Use resources from home, school, and community that provide valid health information.* **Instruction:** 31-38, 39-44 32 Figure 1.5.1 Health Literacy 34 Figure 1.5.2 Evaluating Health Information 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



Standard		Correlating Textbook Pages
		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 45Health and Wellness Skills #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 62 Comprehend Concepts #1-2 62 Critical Thinking Skills #1-2 62 Health and Wellness Skills #1-4
HS.WHP.6	Identify and discuss the life-saving benefits of organ and tissue donation, and analyze how personal, familial, media, and cultural factors influence decisions about donation.	*Analyze how the culture supports and challenges health beliefs, practices, and behaviors.* ***Instruction:*** 18-19, 51, 56, 92-97, 107, 130, 314-315, 477 19 Figure 1.3.3 Cultural Practices That Affect Health and Wellness 51 Consider Organ Donation 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



Standard		Correlating Textbook Pages
		Application: *Local and Global Health - Culture Affects Communication* 93 Local and Global Health - Everyone Has a Cultural Identity 95 Case Study - Who You Are 97 Comprehend Concepts #1 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
HS.WHP.7	Demonstrate how to access medically accurate, comprehensive, and inclusive health- related resources online and in the community or at school.	Evaluate the validity of health information, products, and services. **Instruction:** 31-38, 39-44 32 Figure 1.5.1 Health Literacy 34 Figure 1.5.2 Evaluating Health Information 37 Figure 1.5.4 Tips for Choosing Health Products 40 Figure 1.6.1 Medical Specialists 42 Figure 1.6.3 Minors Can Consent For 43 Figure 1.6.4 Preventative Healthcare 44 Figure 1.6.5 Emergency Healthcare Application: 31 Warm Up Activity - Can You Trust This Website 33 Health in the Media - Analyzing Health Advertisements 36 Research in Action - Debunking Health Claims 38 Comprehend Concepts #1-3 38 Critical Thinking Skills #2-4 38 Health and Wellness Skills #1-2 41 Case Study - Health Resources: What Are Available and How to Access Them 45 Comprehend Concepts #1-4 45 Health and Wellness Skills #3 *Demonstrate the ability to read and compare nutrition facts labels.* Instruction: 220-226 223 Figure 4.3.2 Nutrition Facts Label 224 Figure 4.3.3 Ingredients **Application:** 220 Warm Up Activity - Nutrition Conversion 229 Comprehend Concepts #2



Standard		Correlating Textbook Pages
		229 Critical Thinking Skills #2-3 229 Health and Wellness Skills #2, #4
HS.WHP.8	Analyze how public health policies and government regulations can influence health promotion and disease prevention.	*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
HS.WHP.9	Analyze how the history of health and social policy impacts individual and community health status.	*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



Standard		Correlating Textbook Pages
HS.WHP.10	Discuss the intersections between built environment, green spaces, climate change, and the five dimensions of health.	*Examine the impact of human-induced environmental change on health and wellbeing.* **Instruction:** 16-17, 48, 51, 381-390 17 Figure 1.3.1 Pollution 383 Figure 6.6.1 Environmental Protection Strategies 384 Figure 6.6.2 Buy Green Products 385 Figure 6.6.3 Conserving Energy at Home 389 Figure 6.6.5 Ways You Can Advocate for Your Environment **Application:** 16 Warm Up Activity - You and the Environment 381 Warm Up Activity - Deciding to Protect the Environment 382 Case Study - Environmental Impact 385 Health in the Media - The Cost of Cheap Goods 387 Skills for Health and Wellness - Donating Used Belongings 390 Critical Thinking Skills #2 390 Health and Wellness Skills #1, #3
HS.WHP.11	Advocate for everyone, regardless of physical ability or location, to have access to nutritious food, clean water, clean air, and accessible places.	*Examine the impact of human-induced environmental change on health and wellbeing.* **Instruction:** 16-17, 48, 51, 381-390 17 Figure 1.3.1 Pollution 383 Figure 6.6.1 Environmental Protection Strategies 384 Figure 6.6.2 Buy Green Products 385 Figure 6.6.3 Conserving Energy at Home 389 Figure 6.6.5 Ways You Can Advocate for Your Environment **Application:** 16 Warm Up Activity - You and the Environment 381 Warm Up Activity - Deciding to Protect the Environment 382 Case Study - Environmental Impact 385 Health in the Media - The Cost of Cheap Goods 387 Skills for Health and Wellness - Donating Used Belongings 390 Critical Thinking Skills #2 390 Health and Wellness Skills #1, #3



Standard		Correlating Textbook Pages
		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
Standard 2:	**Safety and First Aid (SFA)**	
HS.SFA.1	Analyze current data on unintentional injury among adolescents.	*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



Standard		Correlating Textbook Pages
HS.SFA.2	Formulate a plan to recognize and respond to situations that may lead to injury between individuals, in groups, and in communities.	*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 53 Health and Wellness Skills #1-3 113 Health and Wellness Skills #4 219 Health and Wellness Skills #2
HS.SFA.3	Demonstrate how to administer basic first aid, hands-only cardiopulmonary resuscitation (CPR), use of an automated external defibrillator (AED), and treatment of an opioid overdose emergency.	*Commonly Misused Medications* 265-266 Opioids 266-267 Simulants 266 Figure 5.2.5 Opioid Overdose Treatment *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:**



Standard		Correlating Textbook Pages
		343-344 344 Figure 6.2.7 CPR 344 Figure 6.2.8 Using an Automated External Defibrillator (AED) **Application:** 349 Critical Thinking Skills #3 *Explain accepted procedures for basic first aid and emergency care.* **Instruction:** 337-348 338 Figure 6.2.1 First Aid Kit Essentials 339 Figure 6.2.2 Calling 911 340 Figure 6.2.3 Treating Minor Injuries 342 Figure 6.2.5 EpiPen 342 Figure 6.2.6 Types of Burns 344 Figure 6.2.7 CPR 344 Figure 6.2.8 Using an Automated External Defibrillator (AED) 346 Figure 6.2.10 Heat Related Illnesses 348 Figure 6.2.11 The Five and Five Method **Application:** 337 Warm Up Activity - Injury List 347 Local and Global Health - Extreme Weather and a Changing Climate 349 Comprehend Concepts #1-3 349 Critical Thinking #1-3 349 Health and Wellness Skills #1-2 353-355 Preparing for Emergencies 353-358 Fire Prevention and safety 353 Figure 6.3.3 Fire Triangle 354 Figure 6.3.4 what to Include in an Escape Plan 355 Disaster Preparedness 355 Figure 6.3.5 Strategies to plan for a disaster prevention
HS.SFA.4	Access a variety of resources in the home, school, and community that prevent injury.	*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



Standard		Correlating Textbook Pages
		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
HS.SFA.5	Examine laws and practices related to increasing accessibility for people with disabilities and identify why they are important for individual, interpersonal, community, and environmental health.	*Evaluate resources for accessing valid and reliable information, products, and services for healthy eating.* *Evaluate the validity of health information, products, and services.* **Instruction:** 31-38, 39-44 32 Figure 1.5.1 Health Literacy 34 Figure 1.5.2 Evaluating Health Information 37 Figure 1.5.4 Tips for Choosing Health Products 40 Figure 1.6.1 Medical Specialists 42 Figure 1.6.3 Minors Can Consent For 43 Figure 1.6.4 Preventative Healthcare 44 Figure 1.6.5 Emergency Healthcare 91 Disabilities **Application:** 31 Warm Up Activity - Can You Trust This Website 33 Health in the Media - Analyzing Health Advertisements 36 Research in Action - Debunking Health Claims 38 Comprehend Concepts #1-3 38 Critical Thinking Skills #2-4 38 Health and Wellness Skills #1-2 41 Case Study - Health Resources: What Are Available and How to Access Them 45 Comprehend Concepts #1-4 45 Health and Wellness Skills #3 *Demonstrate the ability to read and compare nutrition facts labels.* **Instruction:** 220-226 223 Figure 4.3.2 Nutrition Facts Label 224 Figure 4.3.3 Ingredients **Application:** 220 Warm Up Activity - Nutrition Conversion 229 Comprehend Concepts #2



Standard		Correlating Textbook Pages
		229 Critical Thinking Skills #2-3, Health and Wellness Skills #2, #4
HS.SFA.6	Analyze community and individual preparation and emergency response in case of natural disasters, including wildfires and earthquakes, and acts of violence.	*Examine the impact of human-induced environmental change on health and wellbeing.* **Instruction**: 16-17, 48, 51, 381-390 17 Figure 1.3.1 Pollution 353-355 Preparing for Emergencies 353-358 Fire Prevention and safety 353 Figure 6.3.3 Fire Triangle 354 Figure 6.3.4 what to Include in an Escape Plan 355 Disaster Preparedness 355 Figure 6.3.5 Strategies to plan for a disaster prevention 383 Figure 6.6.1 Environmental Protection Strategies 384 Figure 6.6.2 Buy Green Products 385 Figure 6.6.3 Conserving Energy at Home 389 Figure 6.6.5 Ways You Can Advocate for Your Environment **Application:** 16 Warm Up Activity - You and the Environment 381 Warm Up Activity - Deciding to Protect the Environment 382 Case Study - Environmental Impact 385 Health in the Media - The Cost of Cheap Goods 387 Skills for Health and Wellness - Donating Used Belongings 390 Critical Thinking Skills #2 390 Health and Wellness Skills #1, #3
HS.SFA.7	Evaluate strategies for using social media safely, legally, and respectfully.	**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



Standard		Correlating Textbook Pages
		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
Standard 3:	**Substance Use, Misuse, and Abuse (SUB)**	
HS.SUB.1	Identify and promote protective factors related to substance use, misuse, and abuse, including harm reduction and emergency action.	*Analyze situations that could lead to the use of alcohol, opioids, nicotine products, marijuana products, performance-enhancing substances, and other trending drugs or substances.* **Instruction:** 264-270, 312-316, 318 265 Figure 5.2.4 Types of Prescription Opioids 268 Figure 5.2.6 Poor Body Image 269 Figure 5.2.7 Types of PEDs 313 Figure 5.6.1 Genetic Makeup 313 Figure 5.6.2 Mental Health 315 Figure 5.6.3 Family, Culture, and Friends **Application:** 263 Case Study - Prescription Problems 267 Local and Global Health - Impact of the COVID-19 Pandemic on Substance Use 270 Health and Wellness Skills #1-2 273 Case Study - Just a Vape 275 Health in the Media - Tobacco in the Media: Then and Now 281 Research in Action - Tobacco Use and Risky Behaviors 284 Critical Thinking Skills #1 297 Warm Up Activity - Media Versus Reality 296 Health and Wellness Skills #1 314 Research in Action - Co-Occurring Disorders *Determine when to seek help for mental and emotional health challenges.* **Instruction:** 86, 159 86 Figure 2.1.8 Seeking Help **Application:** 87 Comprehend Concepts #4, Critical Thinking Skills #4, 160 Critical Thinking Skills #4



Standard		Correlating Textbook Pages
HS.SUB.2	Identify how to recognize and respond to overdose emergencies, including how to access, administer, and use naloxone for opioid overdose prevention and reversal.	**Instruction:** 265-246 Opioids 264 Figure 5.2.5 - Opioid Overdose Treatment 321-325 322 Figure 5.6.8 Types of Rehabilitation Programs 323 Figure 5.6.9 Examples of Medicinal Treatment 324 Figure 5.6.10 Support Groups **Application:** 325 Skills for Health and Wellness - Helping Someone with a Substance Use Disorder *Identify community resources for substance use/abuse and how to help a person who is addicted.* **Instruction:** 319-324 322 Figure 5.6.8 Types of Rehabilitation Programs 323 Figure 5.6.9 Examples of Medicinal Treatment 324 Figure 5.6.10 Support Groups **Application:** 325 Skills for Health and Wellness - Helping Someone with a Substance Use Disorder
HS.SUB.3	Access valid and reliable health information on short- and long-term effects of substance use from print and electronic materials that are available from credible health organizations.	*Short- and Long-term Effects of Substance Abuse on Dimensions of Health Medication Misuses and Abuse* **Instruction:** 261-270 Medication Misuses and Abuse 261-261 Effects of Medication Misuse and Abuse 262-263 Medication and the Brain 262 Figure 5.2.1 Medication Misuse 262 Figure 5.2.2 Medication and the Brain 263-264 Other Health Effects 263 Case Study: Prescription Problems 264 Mental, Social, and Legal Consequences 264 Figure 5.2.3 Medication Misuse Endanger the Health of Teens **Application:** 261 Reading and Notetaking Activity 261 Warm-Up Activity: Concerned About Addition-Access Information 263 Case Study: Prescription Problems-Practice Your Skills: Set Goals 267 Local and Global Health: Impact of the COVID-19 Pandemic on Substance Use-Practice Your Skills: Advocate for Health 268 Skills for Health and Wellness: Reporting Substance Abuse-Practice Your Skills: Communicate with Others 270 Comprehend Concepts #1-2 270 Critical Thinking Skills #1-2



Standard		Correlating Textbook Pages
		270 Health and Wellness Skills #1-2 *Harmful short- and long- term physical, psychological, and social effects of using alcohol, nicotine products, marijuana products, performance- enhancing substances, opioids (including the lethal effects of fentanyl), and other trending drugs or substances.* **Instruction:** 273-284, 274 Figure 5.3.2 Respiratory System, 276 Figure 5.3.3 Chemicals Found in Cigarette Smoke, 277 Figure 5.3.4 Chronic Obstructive Pulmonary Disease 278 Figure 5.3.5 Myths and Facts About Vaping 279 Figure 5.3.6 Aerosol 282 Figure 5.3.8 Secondhand Smoke During Pregnancy and Childhood 288-296 289 Figure 5.4.5 Cerebral Cortex 290 Figure 5.4.6 As BAC Increases, So Does Impairment 291 Figure 5.4.7 Path to Addiction 292 Figure 5.4.8 Signs of Alcohol Poisoning 293 Figure 5.4.9 Cirrhosis 293 Figure 5.4.10 Risky Behaviors, 294 Figure 5.4.11 Social Consequences, 297-310 298 Figure 5.5.1 Drugs and the Brain, 300 Figure 5.5.2 Overdose, 304 Figure 5.5.4 Myths and Facts About Marijuana **Application:** 271 Warm Up Activity - Tobacco Use and Death 273 Case Study - Just a Vape 281 Research in Action - Tobacco Use and Risky Behaviors 284 Comprehend Concepts #2 284 Critical Thinking Skills #1-3 284 Health and Wellness Skills #1-2 291 Case Study - The Impact of Alcohol 295 Health Across the Lifespan - The Consequences of Drunk Driving Do Not Go Away 296 Comprehend Concepts #3 296 Critical Thinking Skills #2-3 296 Health and Wellness Skills #2-3 299 Research in Action - Your Brain on Drugs 301 Health in the Media - Drugs and Your Digital Footprint 311 Comprehend Concepts #1-2 311 Critical Thinking Skills #1-2 31 Health and Wellness Skills #1-2



Standard		Correlating Textbook Pages
HS.SUB.4	Analyze how laws, rules, policies, and regulations influence health promotion and disease prevention related to tobacco, marijuana, and other drugs.	*Minors Accessing Substance Abuse Treatment* **Instruction:** 319-321 Participate in Education and Prevention Programs 319 Figure 5.6.6 Ways to Say No 320 Skills for Health and Wellness: Refusing Substances 321 Figure 5.6.7 Government Regulations on Substances 321-324 Treating Substance Abuse and Misuse 321-322 Detoxification 322 Medications and Therapy 322 Figure 5.6.8 Types of Rehabilitation Programs 323 Figure 5.6.9 Examples of Medical Treatment 323 Support Groups 324 Self-Management Strategies 324 Figure 5.6.10 Support Groups-Ex: AA 324 Figure 5.6.11 Self-Management Strategies for Quitting 325 Skills for Health and Wellness: Helping Someone with a Substance Disorder **Application:** 312 Reading and Notetaking Activity 312 Warm-Up Activity: Reaching Out for Help-Communicate with Others 314 Research in Action: Co-Occurring Disorders-Substance Use and Mental Health: Practice Your Skills-Set Goals 320 Skills for Health and Wellness: Refusing Substances-Practice Your Skills: Communication with Others 325 Skills for Health and Wellness: Helping Someone with a Substance Disorder-Practice Your Skills: Communicate with Others 326 Comprehend Concepts #1-4 326 Critical Thinking Skills #1-4 326 Health and Wellness Skills #1-5
HS.SUB.5	Analyze the data on overdose and fentanyl laced over-the-counter and prescription medications.	*Differentiate classifications of substances* **Instruction:** 264-265 Commonly Misused Medications 265 Figure 5.2.4 Types of Prescription Opioids 265 Depressants 265-266 Opioids 266-267 Simulants 266 Figure 5.2.5 Opioid Overdose Treatment 267 Local and Global Health: Impact of the COVID-19 Pandemic on Substance Use 267-268 Cold Medications 268-269 Diet Pills 268 Figure 5.2.6 Many People with Poor Body Image Abuse Diet Pills 268 Skills for Health and Wellness: Reporting Substance Abuse 269-270 Performance Enhancing Drugs (PEDs) 269 Figure 5.2.7 Types of PEDs



Standard		Correlating Textbook Pages
		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
HS.SUB.6	Analyze the relationship between substance use, misuse, abuse and other health risks, including unintentional injuries, violence, self-harm, suicide, and sexual risk behaviors.	*Analyze how addiction and dependency impact individuals, families, and society.* **Instruction:** 264, 294, 301 294 Figure 5.4.11 Social Consequences for Teen Drinking 294 Health in the Media - Drugs and Your Digital Footprint **Application:** 301 Health in the Media: Drugs and Your Digital Footprints-Practice Your Skills: Advocate for Health *Unintentional Injuries* *Motor vehicle safety* 333 Do not drive under the influence *Self-harm* 189 Suicide 188-189 What Factors Affect Risk for Suicide? 189 Individual Factors 192-193 Recognize Warning Signs *Demonstrate effective peer resistance, negotiation, and collaboration skills to avoid potentially violent situations* **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



Standard		Correlating Textbook Pages
		Friend 70 Comprehend Concepts #2 76 Comprehend Concepts #2 76 Critical Thinking Skills #2 76 Health and Wellness Skills #2 *Sexual Harassment and Assault* **Instruction:** 80-91 Sexual Harassment and Assault 81 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 84-85 Preventing and Responding to Sexual Harassment 85 Figure 10.2.4 Before You Say or Send a Message, ask… 85 Figure 10.2.5 Standing Up to Sexual Harassment 86 Sexual Assault 87 Effects of Sexual Assault 87-88 Preventing Sexual Assault 87 Figure 10.2.6 Consequences of Sexual Assault 87 Understand Consent 88 Figure 10.2.7 Sexual Assault Prevention Programs 89 Avoid Risky Situations 89-90 Responding to Sexual Assault 89 Figure 10.2.8 Avoiding Dangerous Situations 90 Figure 10.2.9 Examples of How to Respond/Converse with Sexual Assault Survivors **Application:** 80 Warm-Up Activity : What Is Affirmative Consent 84 Health in the Media: The Hazards of Rape Culture-Practice Your Skills: Advocate for Health 91 Critical Thinking Skills #1-3 91 Health and Wellness Skills #1-3
HS.SUB.7	Analyze reasons why individuals use or do not use alcohol, marijuana/cannabis, tobacco, and other drugs, including the influence of family, peers, school, community, culture, and social norms on personal values, beliefs, and behaviors.	*Analyze why individuals choose to use or not use substances.* *Medication Misuses and Abuse* **Instruction:** 261-270 Medication Misuses and Abuse 261-261 Effects of Medication Misuse and Abuse 262-263 Medication and the Brain 262 Figure 5.2.1 Medication Misuse 262 Figure 5.2.2 Medication and the Brain 263-264 Other Health Effects 263 Case Study: Prescription Problems 264 Mental, Social, and Legal Consequences 264 Figure 5.2.3 Medication Misuse Endanger the Health of Teens



Standard		Correlating Textbook Pages
		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
HS.SUB.8	Identify potential barriers to making healthy decisions regarding substance use and identify personal strategies and community support to overcome those barriers.	*Preventing and Treating Substance Use, Misuse, and Abuse* **Instruction:** 312-325 Preventing and Treating Substance Use, Misuse, and Abuse 312 Factors Affecting Substance Use, Misuse, and Abuse 313-314 Individual Factors 313 Figure 5.6.1 Genetic Make-Up 313 Figure 5.6.2 The Complex Relationship Between Mental Health and Substance Misuse 314-316 Environment-Family, Culture, Friends, Media 314 Research in Action: Co-Occurring Disorders-Substance Use and Mental Health 315 Figure 5.6.3 Perceptions of norms influences teens' beliefs and behaviors related to substance misuse 316-320 Preventing Substance Misuse and Abuse 316 Think Critically 316-317 Take Care of Your Mental Health 317-318 Build Healthy Relationships 317 Figure 5.6.4 Analyzing Advertisements 318 Avoid Risky Situations and Peer Pressure 318 Figure 5.6.5 Planning Ahead to Avoid Risky Situations 319 Use Refusal Skills 319-321 Participate in Education and Prevention Programs 319 Figure 5.6.6 Ways to Say No 320 Skills for Health and Wellness: Refusing Substances 321 Figure 5.6.7 Government Regulations on Substances 321-324 Treating Substance Abuse and Misuse 321-322 Detoxification 322 Medications and Therapy 322 Figure 5.6.8 Types of Rehabilitation Programs 323 Figure 5.6.9 Examples of Medical Treatment 323 Support Groups 324 Self-Management Strategies 324 Figure 5.6.10 Support Groups-Ex: AA 324 Figure 5.6.11 Self-Management Strategies for Quitting 325 Skills for Health and Wellness: Helping Someone with a Substance Disorder



Standard		Correlating Textbook Pages
		325 Providing Assistance and Support 325 Enabling **Application:** 312 Reading and Notetaking Activity 312 Warm-Up Activity: Reaching Out for Help-Communicate with Others 314 Research in Action: Co-Occurring Disorders-Substance Use and Mental Health: Practice Your Skills-Set Goals 320 Skills for Health and Wellness: Refusing Substances-Practice Your Skills: Communication with Others 325 Skills for Health and Wellness: Helping Someone with a Substance Disorder-Practice Your Skills: Communicate with Others 326 Comprehend Concepts #1-4 326 Critical Thinking Skills #1-4 326 Health and Wellness Skills #1-5
HS.SUB.9	Demonstrate decision-making skills in regards to substance use, misuse, and abuse in varying situations.	*Predict how a drug-free lifestyle will support achievement of short- and long-term goals* *Making Healthy Decisions* **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 *Setting and Reaching Goals* **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 *Preventing Substance Misuse and Abuse* **Instruction**: 316-320 Preventing Substance Misuse and Abuse 316 Think Critically 316-317 Take Care of Your Mental Health 317-318 Build Healthy Relationships 317 Figure 5.6.4 Analyzing Advertisements 318 Avoid Risky Situations and Peer Pressure 318 Figure 5.6.5 Planning Ahead to Avoid Risky Situations 319 Use Refusal Skills 319-321 Participate in Education and Prevention Programs 319 Figure 5.6.6 Ways to Say No 320 Skills for Health and Wellness: Refusing Substances



Standard		Correlating Textbook Pages
		321 Figure 5.6.7 Government Regulations on Substances **Application:** 312 Reading and Notetaking Activity 312 Warm-Up Activity: Reaching Out for Help-Communicate with Others 314 Research in Action: Co-Occurring Disorders-Substance Use and Mental Health: Practice Your Skills-Set Goals 320 Skills for Health and Wellness: Refusing Substances-Practice Your Skills: Communication with Others 326 Comprehend Concepts #2 326 Critical Thinking Skills #1-2 326 Health and Wellness Skills #4
HS.SUB.10	Evaluate communication skills to manage social pressure to avoid or reduce health risks around substance use.	**Instruction:** 319-324 322 Figure 5.6.8 Types of Rehabilitation Programs 323 Figure 5.6.9 Examples of Medicinal Treatment 324 Figure 5.6.10 Support Groups **Application:** 325 Skills for Health and Wellness - Helping Someone with a Substance Use Disorder
HS.SUB.11	Describe how to access support services needed for substance misuse and abuse, harm reduction services, including needle exchanges, test strips, and prescription disposal sites, and community resources to help someone stop using.	*Information on Substance Use: Preventing and Treating Substance Use, Misuse, and Abuse* 312-325 Preventing and Treating Substance Use, Misuse, and Abuse 312 Factors Affecting Substance Use, Misuse, and Abuse 313-314 Individual Factors 313 Figure 5.6.1 Genetic Make-Up 313 Figure 5.6.2 The Complex Relationship Between Mental Health and Substance Misuse 314-316 Environment-Family, Culture, Friends, Media 314 Research in Action: Co-Occurring Disorders-Substance Use and Mental Health 315 Figure 5.6.3 Perceptions of norms influences teens' beliefs and behaviors related to substance misuse 316-320 Preventing Substance Misuse and Abuse 316 Think Critically 316-317 Take Care of Your Mental Health 317-318 Build Healthy Relationships 317 Figure 5.6.4 Analyzing Advertisements 318 Avoid Risky Situations and Peer Pressure 318 Figure 5.6.5 Planning Ahead to Avoid Risky Situations 319 Use Refusal Skills 319-321 Participate in Education and Prevention Programs 319 Figure 5.6.6 Ways to Say No 320 Skills for Health and Wellness: Refusing Substances 321 Figure 5.6.7 Government Regulations on Substances 321-324 Treating Substance Abuse and Misuse 321-322 Detoxification 322 Medications and Therapy 322 Figure 5.6.8 Types of Rehabilitation Programs



Standard		Correlating Textbook Pages
		323 Figure 5.6.9 Examples of Medical Treatment 323 Support Groups 324 Self-Management Strategies 324 Figure 5.6.10 Support Groups-Ex: AA 324 Figure 5.6.11 Self-Management Strategies for Quitting 325 Skills for Health and Wellness: Helping Someone with a Substance Disorder **Application:** 312 Reading and Notetaking Activity 312 Warm-Up Activity: Reaching Out for Help-Communicate with Others 314 Research in Action: Co-Occurring Disorders-Substance Use and Mental Health: Practice Your Skills-Set Goals 320 Skills for Health and Wellness: Refusing Substances-Practice Your Skills: Communication with Others 325 Skills for Health and Wellness: Helping Someone with a Substance Disorder-Practice Your Skills: Communicate with Others 326 Comprehend Concepts #1-4 326 Critical Thinking Skills #1-4 326 Health and Wellness Skills #1-5
HS.SUB.12	Access and analyze the validity of information related to alcohol, marijuana/cannabis, tobacco, and other drug use, misuse, and abuse prevention.	*Preventing and Treating Substance Use, Misuse, and Abuse* **Instruction:** 312-325 Preventing and Treating Substance Use, Misuse, and Abuse 312 Factors Affecting Substance Use, Misuse, and Abuse 313-314 Individual Factors 313 Figure 5.6.1 Genetic Make-Up 313 Figure 5.6.2 The Complex Relationship Between Mental Health and Substance Misuse 314-316 Environment-Family, Culture, Friends, Media 314 Research in Action: Co-Occurring Disorders-Substance Use and Mental Health 315 Figure 5.6.3 Perceptions of norms influences teens' beliefs and behaviors related to substance misuse 316-320 Preventing Substance Misuse and Abuse 316 Think Critically 316-317 Take Care of Your Mental Health 317-318 Build Healthy Relationships 317 Figure 5.6.4 Analyzing Advertisements 318 Avoid Risky Situations and Peer Pressure 318 Figure 5.6.5 Planning Ahead to Avoid Risky Situations 319 Use Refusal Skills 319-321 Participate in Education and Prevention Programs 319 Figure 5.6.6 Ways to Say No 320 Skills for Health and Wellness: Refusing Substances 321 Figure 5.6.7 Government Regulations on Substances 321-324 Treating Substance Abuse and Misuse 321-322 Detoxification 322 Medications and Therapy



Standard		Correlating Textbook Pages
		322 Figure 5.6.8 Types of Rehabilitation Programs 323 Figure 5.6.9 Examples of Medical Treatment 323 Support Groups 324 Self-Management Strategies 324 Figure 5.6.10 Support Groups-Ex: AA 324 Figure 5.6.11 Self-Management Strategies for Quitting 325 Skills for Health and Wellness: Helping Someone with a Substance Disorder 325 Providing Assistance and Support 325 Enabling **Application:** 312 Reading and Notetaking Activity 312 Warm-Up Activity: Reaching Out for Help-Communicate with Others 314 Research in Action: Co-Occurring Disorders-Substance Use and Mental Health: Practice Your Skills-Set Goals 320 Skills for Health and Wellness: Refusing Substances-Practice Your Skills: Communication with Others 325 Skills for Health and Wellness: Helping Someone with a Substance Disorder-Practice Your Skills: Communicate with Others 326 Comprehend Concepts #1-4 326 Critical Thinking Skills #1-4 326 Health and Wellness Skills #1-5
HS.SUB.13	Analyze the influence of public health and government laws and policies, as well as media and marketing, on alcohol, marijuana/cannabis, tobacco, and other drugs, past and present.	**Instruction:** 301 Mental, Social, and Legal Consequences 301 Health in the Media: Drugs and Your Digital Footprints **Application:** 301 Health in the Media: Drugs and Your Digital Footprints-Practice Your Skills: Advocate for Health **Instruction:** 319-321 Participate in Education and Prevention Programs 319 Figure 5.6.6 Ways to Say No 320 Skills for Health and Wellness: Refusing Substances 321 Figure 5.6.7 Government Regulations on Substances **Application:** 320 Skills for Health and Wellness: Refusing Substances-Practice Your Skills: Communication with Others
Standard 4:	**Food, Nutrition, and Physical Activity (FNP)**	
HS.FNP.1	Analyze the political, economic, social, and environmental factors that influence our current food system.	*Analyze the impact of school rules and community and federal laws on beverage availability and choice.* **Instruction:** 212-214 212 Figure 4.2.5 A 100 Calorie Snack **Application:** 219 Comprehend Concepts #4



Standard		Correlating Textbook Pages
HS.FNP.2	Plan or prepare a balanced meal with nutrient-rich basic ingredients.	*Design, monitor, and adjust a personal nutrition plan, considering cost, availability, access, nutritional value, balance, freshness, and culture.* **Instruction:** 207-228 208 Figure 4.2.1 MyPlate Food Guidance 209 Figure 4.2.3 Vegetables 210 Figure 4.2.4 MyPlate Plan 212 Figure 4.2.5 A 100 Calorie Snack 214 Figure 4.2.6 Making Healthier Food Choices 221 Figure 4.3.1 Strategies for Eating Healthy in Social Situations **Application:** 206 Critical Thinking Skills #1 206 Health and Wellness Skills #1-3 207 Warm Up Activity - Portion Sizes 214 Figure 4.2.6 Making Healthier Food Choices 221 Figure 4.3.1 Strategies for Eating Healthy in Social Situations
HS.FNP.3	Evaluate the physical, emotional, and mental impacts of missing or skipping meals and "fad" dieting.	*Examine the harmful effects of using certain weight-loss measures.* **Instruction**: 215, 268-269 215 Figure 4.2.7 Characteristics of Fad Diets, 268 Figure 5.2.6 Diet Pills *Investigate how food access impacts food choices and health outcomes.* **Instruction**: 222 **Application:** 229 Critical Thinking Skills #1 *Analyze various eating patterns and their impact on personal health.* **Instruction**: 199-206, 207-219 206 Comprehend Concepts #1 206 Health and Wellness Skills #3 **Application:** 206 Comprehend Concepts #1 206 Health and Wellness Skills #3 211 Skills for Health and Wellness - Weight and Nutrition *Summarize how to make balanced food selections when dining out.*



Standard		Correlating Textbook Pages
		Instruction: 207-228 208 Figure 4.2.1 MyPlate Food Guidance 209 Figure 4.2.3 Vegetables 210 Figure 4.2.4 MyPlate Plan 212 Figure 4.2.5 A 100 Calorie Snack 214 Figure 4.2.6 Making Healthier Food Choices 221 Figure 4.3.1 Strategies for Eating Healthy in Social Situations **Application:** 206 Critical Thinking Skills #1 206 Health and Wellness Skills #1-3 207 Warm Up Activity - Portion Sizes
HS.FNP.4	Explain the importance of drinking water and limiting sugar sweetened beverages and its effect on health.	*Analyze the impact of school rules and community and federal laws on beverage availability and choice.* **Instruction:** 212-214 212 Figure 4.2.5 A 100 Calorie Snack **Application:** 219 Comprehend Concepts #4 *Describe the benefits of limiting the consumption of sugar-sweetened beverages.* **Instruction:** 212-214 212 Figure 4.2.5 A 100 Calorie Snack **Application:** 219 Comprehend Concepts #4
HS.FNP.5	Create a personal short- and long-term goal that incorporates nutritious eating, hydration, and physical activity as a daily part of life based on personal, cultural, and community influences.	*Examine the harmful effects of using certain weight-loss measures.* **Instruction:** 215, 268-269 215 Figure 4.2.7 Characteristics of Fad Diets, 268 Figure 5.2.6 Diet Pills *Investigate how food access impacts food choices and health outcomes.* **Instruction:** 222 **Application:** 229 Critical Thinking Skills #1 *Analyze various eating patterns and their impact on personal health.* **Instruction:**



Standard		Correlating Textbook Pages
		199-206, 207-219 206 Comprehend Concepts #1 206 Health and Wellness Skills #3 **Application:** 206 Comprehend Concepts #1 206 Health and Wellness Skills #3 211 Skills for Health and Wellness - Weight and Nutrition *Summarize how to make balanced food selections when dining out.* **Instruction:** 207-228 208 Figure 4.2.1 MyPlate Food Guidance 209 Figure 4.2.3 Vegetables 210 Figure 4.2.4 MyPlate Plan 212 Figure 4.2.5 A 100 Calorie Snack 214 Figure 4.2.6 Making Healthier Food Choices 221 Figure 4.3.1 Strategies for Eating Healthy in Social Situations **Application:** 206 Critical Thinking Skills #1 206 Health and Wellness Skills #1-3 207 Warm Up Activity - Portion Sizes *Analyze and describe the relationship between nutritional choices, physical activity, and chronic diseases.* **Instruction**: 230-237, 239-251, 413-423, 442-448, 450-455, 457-463 231 What Are the Benefits of Physical Activity 231 Lower Risk of Chronic Conditions 231 Figure 4.4.1 Benefits of Physical Activity 420 Figure 7.3.7 Obesity and Noncommunicable Diseases 421 Figure 4.3.8 Genetic Factors 442 Figure 7.6.2 Hypertension 443 Figure 7.6.3 Blood Pressure 443 Figure 7.6.4 Blood Pressure Ranges 445 Figure 7.6.7 Congestive Heart Failure 446 Figure 7.6.8 Arrhythmias 447 Figure 7.6.9 Be Physically Active 455 Figure 7.7.3 Reducing Your Risk for Cancer 463 Figure 7.8.3 Asthma **Application:** 230 Warm Up Activity-Agree or Disagree 413 Warm Up Activity - Learning About Diseases 422 Local and Global Health - Promoting Health with Self Care 423 Critical Thinking Skills #2 423 Health and Wellness Skills #1 449 Comprehend Concepts #3



Standard		Correlating Textbook Pages
		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
HS.FNP.6	Describe how to make nutritious food and beverage choices at home, school, and when dining out.	*Analyze various eating patterns and their impact on personal health.* **Instruction**: 199-206, 207-219 206 Comprehend Concepts #1 206 Health and Wellness Skills #3 **Application:** 206 Comprehend Concepts #1 206 Health and Wellness Skills #3 211 Skills for Health and Wellness - Weight and Nutrition *Summarize how to make balanced food selections when dining out.* **Instruction:** 207-228 208 Figure 4.2.1 MyPlate Food Guidance 209 Figure 4.2.3 Vegetables 210 Figure 4.2.4 MyPlate Plan 212 Figure 4.2.5 A 100 Calorie Snack 214 Figure 4.2.6 Making Healthier Food Choices 221 Figure 4.3.1 Strategies for Eating Healthy in Social Situations **Application:** 206 Critical Thinking Skills #1 206 Health and Wellness Skills #1-3 207 Warm Up Activity - Portion Sizes *Collaborate with others to advocate for healthy eating at home, in school, or in the community.* *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



Standard		Correlating Textbook Pages
		56 Local and Global Health - Culture Affects Communication 60 Case Study - Handling Poor Communication 62 Comprehend Concepts #1-2 62 Critical Thinking Skills #1-2 62 Health and Wellness Skills #1-4 *Advocate for Healthy Eating Patterns* **Instruction:** 215 Advocate for Healthy Eating Patterns **Application:** 207 Warm Up Activity- Portion Sizes 220 Warm Up Activity - Nutrition Conversion 229 Comprehend Concepts #1, 4 229 Critical Thinking Skills #2-3 229 Health and Wellness Skills #1-4
HS.FNP.7	Analyze how people from all cultures and backgrounds are connected by their use of and shared experiences around food.	**Instruction:** 207-228 208 Figure 4.2.1 MyPlate Food Guidance 209 Figure 4.2.3 Vegetables 210 Figure 4.2.4 MyPlate Plan 212 Figure 4.2.5 A 100 Calorie Snack 214 Figure 4.2.6 Making Healthier Food Choices 221 Figure 4.3.1 Strategies for Eating Healthy in Social Situations **Application:** 206 Critical Thinking Skills #1 206 Health and Wellness Skills #1-3 207 Warm Up Activity - Portion Sizes
HS.FNP.8	Analyze the influences of family, peers, school, community, culture, and social norms on personal values and beliefs about food choices and physical activity.	**Instruction:** 207-228 208 Figure 4.2.1 MyPlate Food Guidance 209 Figure 4.2.3 Vegetables 210 Figure 4.2.4 MyPlate Plan 212 Figure 4.2.5 A 100 Calorie Snack 214 Figure 4.2.6 Making Healthier Food Choices 221 Figure 4.3.1 Strategies for Eating Healthy in Social Situations **Application:** 206 Critical Thinking Skills #1 206 Health and Wellness Skills #1-3 207 Warm Up Activity - Portion Sizes 214 Figure 4.2.6 Making Healthier Food Choices 221 Figure 4.3.1 Strategies for Eating Healthy in Social Situations



Standard		Correlating Textbook Pages
HS.FNP.9	Describe how to prevent foodborne illnesses.	**Instruction:** 228 228 Figure 4.3.5 Preventing Foodborne Illness
HS.FNP.10	Identify policies, practices, and resources that support access to nutritious food, clean water, and accessible places for physical activity.	*Evaluate the validity of health information, products, and services.* **Instruction:** 31-38, 39-44 32 Figure 1.5.1 Health Literacy 34 Figure 1.5.2 Evaluating Health Information 37 Figure 1.5.4 Tips for Choosing Health Products 40 Figure 1.6.1 Medical Specialists 42 Figure 1.6.3 Minors Can Consent For 43 Figure 1.6.4 Preventative Healthcare 44 Figure 1.6.5 Emergency Healthcare **Application:** 31 Warm Up Activity - Can You Trust This Website 33 Health in the Media - Analyzing Health Advertisements 36 Research in Action - Debunking Health Claims 38 Comprehend Concepts #1-3 38 Critical Thinking Skills #2-4 38 Health and Wellness Skills #1-2 41 Case Study - Health Resources: What Are Available and How to Access Them 45 Comprehend Concepts #1-4 45 Health and Wellness Skills #3 *Demonstrate the ability to read and compare nutrition facts labels.* **Instruction:** 220-226 223 Figure 4.3.2 Nutrition Facts Label 224 Figure 4.3.3 Ingredients **Application:** 220 Warm Up Activity - Nutrition Conversion 229 Comprehend Concepts #2 229 Critical Thinking Skills #2-3, Health and Wellness Skills #2, #4
Standard 5:	**Social, Emotional, and Mental Health (SEM)**	
HS.SEM.1	*TSEL Practices 2C* Plan, evaluate, and achieve personal and collective goals and aspirations.	*Implement strategies to achieve a personal health goal.* **Instruction:** 28-29, 125 29 Figure 1.4.5 Goals **Application:**



Standard		Correlating Textbook Pages
		44 Skills for Health and Wellness - Creating a Health Management Plan 125 Case Study - Social Media Envy
HS.SEM.2	*TSEL Practice 5A* Demonstrate curiosity and open-mindedness while using critical thinking skills across various situations and environments.	**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
HS.SEM.3	Analyze physical and psychological effects of stress, anxiety, depression, social isolation, and individual and collective trauma.	*Analyze how a variety of factors impact personal and community health.* *Analyze how family influences the health of individuals.* **Instruction:** 12, 18-19, 82-83, 105, 314-315, 421, 474-475 12 Figure 1.2.2 Genes 82 Figure 2.1.4 Stressful Events 19 Figure 1.3.3 Cultural Practices That Affect Health and Wellness 82 Figure 2.1.4 Stressful Events 83 Figure 2.1.5 Maslow's Hierarchy of Human Needs 421 Figure 7.3.8 An Example of Genetic Factors and Noncommunicable Diseases 475 Figure 8.2.1 Diverse Family Structures **Application**: 15 Comprehend Concepts #2 87 Comprehend Concepts #3 22 Skills for Health and Wellness - What Factors Affect Your Health 23 Comprehend Concepts #2 474 Warm Up Activity - Family Village 477 Local and Global Health - Parents and Children Around the World 483 Critical Thinking Skills #1 *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 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



Standard		Correlating Textbook Pages
		Application: 20 Health in the Media - How Has Technology Affected Health 33 Health in the Media - Analyzing Health Advertisements 73 Health in the Media - The Power of Virtual Peer Pressure 84 Research in Action - Technology and Your Mental and Emotional Health 101 Health in the Media - Fear of Missing Out (FOMO) 104 Warm Up Activity - Social Media Models 106 Case Study - How Do I Look 110 Health in the Media - Editing and Airbrushing Media Images 113 Critical Thinking Skills #2-3 113 Health and Wellness Skills #2 116 Health in the Media - The Rapid Spread of Negative Emotions 143 Health in the Media - Can Social Media Cause Stress 190 Health in the Media - Media Representations of Suicide 225 Health in the Media - Be Wary of Celebrity Endorsements 275 Heath in the Media - Tobacco in the Media: Then and Now 301 Health in the Media - Drugs and Your Digital Footprint 331 Health in the Media - Social Media Dares and Challenges 385 Health in the Media - The Hidden Costs of Cheap Goods 408 Health in the Media - Using Technology to Improve Sleep 427 Health in the Media - The Health Hazards of Misinformation 459 Health in the Media - Social Media and Disease 471 Health in the Media - Media Relationships - Healthy or Unhealthy *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 #1 676 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:**



Standard		Correlating Textbook Pages
		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
HS.SEM.4	Identify activities that promote social, emotional, and mental health.	*Assess self-esteem and determine its impact on personal dimensions of health.* **Instruction:** 98-102, 122, 126-130, 132-135 99 Figure 2.3.1 Self Esteem 100 Figure 2.3.2 Factors Affecting Self Esteem 122 Figure 2.6.1 The Impact of Mindset 124 Figure 2.6.2 Positive Mindset 129 Figure 2.6.6 Strategies for Increasing Self-Respect 132 Figure 2.7.1 People with Empathy 132 Figure 2.7.2 Impact of Life Experiences on Empathy **Application:** 98 Warm Up Activity - Understanding Self Esteem 103 Critical Thinking Skills #2 103 Health and Wellness Skills #3 128 Skills for Health and Wellness - Shifting to Positive Self-Talk *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,



Standard		Correlating Textbook Pages
		80 Figure 2.1.2 Mental Health Continuum, 81 Figure 2.1.3 Ways to Increase Happiness, 82 Figure 2.1.4 Stressful Events, 83 Figure 2.1.5 Maslow's Hierarchy of Human Needs, 84 Research in Action: Technology and Your Mental and Emotional Health 85 Figure 2.1.6 Cognitive Distortions, 85 Figure 2.1.7 Meaning, 86 Figure 2.1.8 Seeking Help **Application:** 78 Warm-Up Activity - Mental and Emotional Health Wheel, 87 Comprehend Concepts #1-4, Critical Thinking Skills #2-4, Health and Wellness Skills #1-4 *Social Health* **Instruction:** 465-472 Social Health 467 Figure 8.1.1 Relationships, 469 Figure 8.1.3 Support, 470 Figure 8.1.4 Safety, 472 Figure 8.1.5 Unhealthy Relationship Signs Application: 466 Warm Up Activity - The Interview, 471 Health in the Media - Media Relationships: Healthy or Unhealthy, 473 Comprehend Concepts #1-3, 473 Critical Thinking Skills #1-3, 473 Health and Wellness Skills #1-3 *Intellectual Development & Emotional and Social Development* **Instruction:** 40-41 Intellectual Development & Emotional and Social Development 42 Case Study: Feeling Comfortable with Who I Am 43 Figure 9.53 Skills for Handling Health and Wellness Issues **Application:** 42 Case Study: Feeling Comfortable with Who I Am- Practice Your Skills: Communicate with Others 44 Health and Wellness Skills # 1-3
HS.SEM.5	Compare the validity, reliability, and accessibility of mental, social, and emotional health information, products, and services in the home, at school, and in the community.	*Evaluate the validity of health information, products, and services.* **Instruction:** 31-38, 39-44 32 Figure 1.5.1 Health Literacy 34 Figure 1.5.2 Evaluating Health Information 37 Figure 1.5.4 Tips for Choosing Health Products 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



Standard		Correlating Textbook Pages
		Application: 31 Warm Up Activity - Can You Trust This Website 33 Health in the Media - Analyzing Health Advertisements 36 Research in Action - Debunking Health Claims 38 Comprehend Concepts #1-3 38 Critical Thinking Skills #2-4 38 Health and Wellness Skills #1-2 41 Case Study - Health Resources: What Are Available and How to Access Them 45 Comprehend Concepts #1-4 45 Health and Wellness Skills #3 *Demonstrate the ability to read and compare nutrition facts labels.* **Instruction:** 220-226 223 Figure 4.3.2 Nutrition Facts Label 224 Figure 4.3.3 Ingredients **Application:** 220 Warm Up Activity - Nutrition Conversion 229 Comprehend Concepts #2 229 Critical Thinking Skills #2-3, Health and Wellness Skills #2, #4 *Identify local youth-friendly sexual health services.* *Accessing Health Services* **Instruction:** 39-43 Accessing Health Services 40 Figure 1.6.1 Medical Specialist 41 Case Study: Health Resources: What Are Available and How to Access Them 39-42 Understanding the Healthcare Industry 42 Figure 1.6.2 The Basics Of Insurance 42 Figure 1.6.3 Minors Can Consent for… 43 Figure 1.6.4 Questions to Ask Your Doctor 44 Skills for Health and Wellness: Creating a Health Management Plan 44 Figure 1.6.5 Conditions and Symptoms Requiring Emergency Healthcare 42-43 Knowing Your Rights 43 Getting Regular Checkups and Screenings 43-44 Seeking Treatment for a Health Condition 44 Skills for Health and Wellness: Creating a Health Management Plan 635 Health in the Media: Conversations About Sexual Activity 661 Skills for Health and Wellness: Answering Questions About Your Sexual Health



Standard		Correlating Textbook Pages
		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 #1-3 661 Skills for Health and Wellness: Answering Questions About Your Sexual Health-Practice Your Skills: Access Information 635 Health in the Media: Conversations About Sexual Activity-Practice Your Skills: Communicate with Others
HS.SEM.6	Describe the signs and symptoms of mental health challenges, including the warning signs of suicide, self-harm, eating disorders and disordered eating, and other unsafe behaviors.	*Explain why people with eating disorders need support services.* **Instruction:** 104-105, 113, 170-177 105 Figure 2.4.1 Body Image, Figure 2.4.2 Advertisements, 173 Figure 3.4.2 Types of Eating Disorders **Application:** 104 Warm Up Activity - Social Media Models 106 Case Study - How Do I Look 107 Local and Global Health - The Thin Ideal is Not Universal 113 Comprehend Concepts #1 113 Critical Thinking Skills #1, #4 170 Warm Up Activity - The Impact of Eating Disorders 174 Case Study - Struggling with How You Look 177 Health and Wellness Skills #2 *Analyze potential dangers of sharing personal information through electronic media.* **Instruction**: 78 Be Safe Online 83-84, 190-191 191 Figure 3.6.2 Suicide Contagion **Application:** 78 Health and Wellness Skills #1 84 Research in Action - Technology and Your Mental and Emotional Health 125 Case Study - Social Media Envy 190 Health in the Media - Media Representations of Suicide



Standard		Correlating Textbook Pages
		Describe how self-harm or suicide impacts other people. **Instruction**: 86, 188-194, 192-194 86 Figure 2.1.8 Seeking Help 188-189 What Factors Affect Risk for Suicide 189 Individual Factors 189 Figure 3.6.1 Impact of Mental Health on Suicide Attempts 190 Health in the Media: Media Representations of Suicide 190-191 Environmental Factors 191 Preventing Suicide 191 Care for Your Mental Health 191 Figure 3.6.2 Suicide Contagion 192 Promote a Positive, Respectful Environment 192-193 Recognize Warning Signs 192 Figure 3.6.3 Managing Warning Signs Online 193 Get Help 193 Figure 3.6.4 Suicide Prevention Resources 194 Skills for Health and Wellness - Helping a Friend Who is Considering Suicide 194-195 Supporting Survivors 193 Figure 3.6.4 Stages of Grief **Application:** 188 Warm-Up Activity- Myths and Facts About Suicide 194 Skills for Health and Wellness - Helping a Friend Who is Considering Suicide: Practice Your Skills – Communicate with Others 196 Critical Thinking Skills #2 *Evaluate resources for accessing valid and reliable information, products, and services for healthy eating.* *Evaluate the validity of health information, products, and services.* **Instruction:** 31-38, 39-44 32 Figure 1.5.1 Health Literacy 34 Figure 1.5.2 Evaluating Health Information 37 Figure 1.5.4 Tips for Choosing Health Products 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



Standard		Correlating Textbook Pages
		38 Critical Thinking Skills #2-4 38 Health and Wellness Skills #1-2 41 Case Study - Health Resources: What Are Available and How to Access Them 45 Comprehend Concepts #1-4 45 Health and Wellness Skills #3 *Demonstrate the ability to read and compare nutrition facts labels.* **Instruction:** 220-226 223 Figure 4.3.2 Nutrition Facts Label 224 Figure 4.3.3 Ingredients **Application:** 220 Warm Up Activity - Nutrition Conversion 229 Comprehend Concepts #2 229 Critical Thinking Skills #2-3, Health and Wellness Skills #2, #4
HS.SEM.7	Analyze the impact of media, marketing, social media, internet use, and other technologies on social, mental, and emotional health.	*Analyze how a variety of factors impact personal and community health.* *Analyze how family influences the health of individuals.* **Instruction:** 12, 18-19, 82-83, 105, 314-315, 421, 474-475 12 Figure 1.2.2 Genes 82 Figure 2.1.4 Stressful Events 19 Figure 1.3.3 Cultural Practices That Affect Health and Wellness 82 Figure 2.1.4 Stressful Events 83 Figure 2.1.5 Maslow's Hierarchy of Human Needs 421 Figure 7.3.8 An Example of Genetic Factors and Noncommunicable Diseases 475 Figure 8.2.1 Diverse Family Structures **Application**: 15 Comprehend Concepts #2 87 Comprehend Concepts #3 22 Skills for Health and Wellness - What Factors Affect Your Health 23 Comprehend Concepts #2 474 Warm Up Activity - Family Village 477 Local and Global Health - Parents and Children Around the World 483 Critical Thinking Skills #1 *Analyze how the culture supports and challenges health beliefs, practices, and behaviors.* **Instruction:** 18-19, 56, 92-97, 107, 130, 314-315, 477



Standard		Correlating Textbook Pages
		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 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



Standard		Correlating Textbook Pages
		Evaluate the effect of media on personal and family health. **Instruction:** 83-84, 105-107, 109-112, 190-191, 275, 427, 471 105 Figure 2.4.2 Media and Society 109 Figure 2.4.4 View Media Critically 112 Figure 2.4.6 Government Advocacy for Positive Body Image 191 Figure 3.6.2 Suicide Contagion **Application:** 20 Health in the Media - How Has Technology Affected Health 33 Health in the Media - Analyzing Health Advertisements 73 Health in the Media - The Power of Virtual Peer Pressure 84 Research in Action - Technology and Your Mental and Emotional Health 101 Health in the Media - Fear of Missing Out (FOMO) 104 Warm Up Activity - Social Media Models 106 Case Study - How Do I Look 110 Health in the Media - Editing and Airbrushing Media Images 113 Critical Thinking Skills #2-3 113 Health and Wellness Skills #2 116 Health in the Media - The Rapid Spread of Negative Emotions 143 Health in the Media - Can Social Media Cause Stress 190 Health in the Media - Media Representations of Suicide 225 Health in the Media - Be Wary of Celebrity Endorsements 275 Heath in the Media - Tobacco in the Media: Then and Now 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



Standard		Correlating Textbook Pages
		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, 676 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



Standard		Correlating Textbook Pages
		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
HS.SEM.8	Advocate for safer school communities to prevent bullying and violence and improve mental health.	*Analyze potential dangers of sharing personal information through electronic media.* **Instruction:** 83-84, 190-191 191 Figure 3.6.2 Suicide Contagion **Application:** 84 Research in Action - Technology and Your Mental and Emotional Health 125 Case Study - Social Media Envy 190 Health in the Media - Media Representations of Suicide *Demonstrate effective peer resistance, negotiation, and collaboration skills to avoid potentially violent situations.* **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:**



Standard		Correlating Textbook Pages
		80-91 Sexual Harassment and Assault 81 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 84-85 Preventing and Responding to Sexual Harassment 85 Figure 10.2.4 Before You Say or Send a Message, ask… 85 Figure 10.2.5 Standing Up to Sexual Harassment 86 Sexual Assault 87 Effects of Sexual Assault 87-88 Preventing Sexual Assault 87 Figure 10.2.6 Consequences of Sexual Assault 87 Understand Consent 88 Figure 10.2.7 Sexual Assault Prevention Programs 89 Avoid Risky Situations 89-90 Responding to Sexual Assault 89 Figure 10.2.8 Avoiding Dangerous Situations 90 Figure 10.2.9 Examples of How to Respond/Converse with Sexual Assault Survivors **Application:** 80 Warm-Up Activity : What Is Affirmative Consent 84 Health in the Media: The Hazards of Rape Culture-Practice Your Skills: Advocate for Health 91 Critical Thinking Skills #1-3 91 Health and Wellness Skills #1-3 *See Supplemental Human Development and Relationships, and/or Human Development, Relationships, and Sexual Health* **Instruction:** 84 Health in the Media: The Hazards of Rape Culture 84-85 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 **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



Standard		Correlating Textbook Pages
HS.SEM.9	Analyze laws related to minors accessing mental health care.	**Instruction:** 86 ,159 86 Figure 2.1.8 Seeking Help 186-187 Helping Someone with a Mental Illness 186 Figure 3.5.6 National Alliance on Mental Illness (NAMI) Strategies for Helping Someone with a Mental Illness **Application:** 87 Comprehend Concepts #4 87 Critical Thinking Skills #4 160 Critical Thinking Skills #4 WHO-World Health Organization Mental Health America https://www.mhanational.org/ 187 Comprehend Concepts #1 187 Critical Thinking Skills #2, #4 187 Health and Wellness Skills #2-3
Standard 6:	**Healthy Relationships and Violence/Abuse Prevention (HRVP))**	
HS.HVRP.1	*TSEL Practices 2A* Manage and express thoughts, emotions, impulses, and stressors ways that affirm one's identity.	*Identify physical and psychological responses to stressors.* **Instruction:** 140-142, 151-152 141 Figure 3.1.1 Stressors 152 Questions to Help Identify Stressors **Application:** 140 Warm Up Activity - Perception Deception 142 Local and Global Health - Are Some Countries More Stressful Than Others 143 Health in the Media - Can Social Media Cause Stress 150 Comprehend Concepts #1-2 150 Critical Thinking Skills #3 153 Case Study - Stressful Situations 160 Critical Thinking Skills #1 *Develop a personal stress management plan.* **Instruction:** 152-159 154 Figure 3.2.2 Time Management 155 Figure 3.2.3 Using Positive Self Talk 156 Figure 3.2.4 Distraction and Humor 157 Figure 3.2.5 Deep Breathing 157 Figure 3.2.6 Progressive Muscle Relaxation 159 Figure 3.2.7 Using Mindfulness to Reduce Stress **Application:** 153 Case Study - Stressful Situations 158 Skills for Health and Wellness - Trying Relaxation Techniques 160 Comprehend Concepts #1-4 160 Critical Thinking Skills #2-3 160 Health and Wellness Skills #1-5



Standard		Correlating Textbook Pages
HS.HVRP.2	Analyze different ways that people can express consensual physical affection, love, friendship, empathy, and sympathy within different types of relationships.	*See Supplemental Human Development and Relationships, and/or Human Development, Relationships, and Sexual Health* *Differentiate between affection, love, commitment, and sexual attraction.* Understanding Romantic Relationships **Instruction:** 45-54 Understanding Romantic Relationships 45 Characteristics of Healthy Romantic Relationships 46 Attraction, Closeness, and Commitment 46 Individuality 47 Figure 9.6.1 Is My Relationship Healthy or Unhealthy? 48 Balance 48 9.6.2 Balance 48 Love 48-48 Affection 49 Skills for Healthy Romantic Relationship 49 Learn About Your Partner and Yourself 49 Figure 8.4.4 Getting to Know a Dating Partner 50 Health Across the Life Span: Building a Roadmap for Healthy Relationships 51 Cope with Nerves 51 Enjoy Common Interests 51 Enforce Your Boundaries 51 Figure 9.6.5 Enforcing Your Boundaries 52 Figure 9.6.6 Sexting 52 Ask for Help 52 Case Study: Dating Dilemmas 53 The End of a Dating Relationship 53-54 Figure 9.6.7 Coping With a Breakup **Application:** 45 Reading and Notetaking Activity 45 Warm Up Activity – Similarities and Differences: Analyze Influences 50 Health Across the Life Span: Building a Roadmap for Healthy Relationships-Practice Your Skills: Access Information 52 Case Study: Dating Dilemmas-Practice Your Skills: Set Goals 54 Comprehend Concepts #1-3 54 Critical Thinking Skills #1-3 54 Health and Wellness Skills #1-2
HS.HVRP.3	Analyze how culture and society can perpetuate stereotypes and expectations of people with different genders in relationships.	*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.*



Standard		Correlating Textbook Pages
		Instruction: 40 Intellectual Development 41 Research in Action: The Adolescent Brain 42 Case Study: Feeling Comfortable with Who I Am 41 Emotional and Social Development 43 Handling Health and Wellness Issues 43 Figure 9.5.3 Skills for Handling Health and Wellness Issues **Application:** 38 Warm-Up Activity: Adolescent Changes 41 Research in Action: The Adolescent Brain-Practice Your Skills-Practicing Health-Enhancing Behaviors 42 Case Study: Feeling Comfortable with Who I Am-Practice Your Skills: Communicate with Others 44 Comprehend Concepts #1-3 44 Critical Thinking Skills # 1-3 44 Health and Wellness Skills #1-3 *See Supplemental Human Development, Relationships, and Sexual Health* *Evaluate how culture, media, society, and other people influence our perceptions of gender roles, sexuality, relationships, and sexual orientation.* *Aspects of Sexuality* **Instruction:** 153 Biological Sex 153Figure 12.1.1 Aspects of Your Sexuality 154-155 Gender 154 Figure 12.1.2 Negative Effects of Gender Stereotypes 155 Figure 12.1.3 Femininity and Masculinity 156 Case Study: The LGBT+ Community 157 Sexual Orientation 157 Figure 12.1.4 People may describe themselves as… 158 Support for LGBT+ Youth 158 Figure 12.1.5 Questions About Sexual Orientation 159 Research in Action: Children of Same-Sex Parents **Application:** 156 Case Study: The LGBT+ Community-Practice Your Skills: Communicate with Others 159 Research in Action: Children of Same-Sex Parents-159 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*



Standard		Correlating Textbook Pages
		55-56 Factors Affecting Sexual Behavior 56 Figure 9.7.1 Effects of Sexual Abstinence 56 Cultural and Family Background 57 Figure 9.7.2 Different cultures and families have differing perspectives on … 57 Relationships 57 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 58 Practice Your Skills: Analyze Influences 66 Comprehend Concepts #1 66 Critical Thinking Skills #1-3 66 Health and Wellness Skills #1-3
HS.HVRP.4	Examine the impact of power differences within relationships and other factors that can affect the ability to give or perceive consent, including in 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* *Demonstrate effective ways to communicate with a partner about healthy sexual decisions and consent.* *Skills for Healthy Romantic Relationship* **Instruction:** 49-53 Skills for Healthy Romantic Relationship 49 Learn About Your Partner and Yourself 49 Figure 9.4.4 Getting to Know a Dating Partner 50 Health Across the Life Span: Building a Roadmap for



Standard		Correlating Textbook Pages
		Healthy Relationships 51 Cope with Nerves 21 Enjoy Common Interests 51 Enforce Your Boundaries 51 Figure 9.6.5 Enforcing Your Boundaries 52 Figure 9.6.6 Sexting 52 Ask for Help 52 Case Study: Dating Dilemmas **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 *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 62-63 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 64 Practice Your Skills: Make Decisions 66 Comprehend Concepts #1-3 66 Critical Thinking Skills #1-3 66 Health and Wellness Skills #1-3
HS.HVRP.5	Apply a decision-making model to maintaining a healthy relationship and ending an unhealthy relationship.	*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



Standard		Correlating Textbook Pages
		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* *Understand importance of personal and social responsibility for sexual decisions* *Practicing Sexual Abstinence* **Instruction**: 61 Strategies for Abstinence and Healthy Sexual Decisions 62 Discuss Your Decision 62-63 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 64 Practice Your Skills: Make Decisions 66 Comprehend Concepts #1-3 66 Critical Thinking Skills #1-3 66 Health and Wellness Skills #1-3
HS.HVRP.6	Describe how to access resources for survivors of interpersonal violence, sexual violence and sex trafficking, including local confidential advocacy resources.	*Accessing Health Services* **Instruction:** 39-43 Accessing Health Services 40 Figure 1.6.1 Medical Specialist 41 Case Study: Health Resources: What Are Available and How to Access Them 39-42 Understanding the Healthcare Industry 42 Figure 1.6.2 The Basics Of Insurance 42 Figure 1.6.3 Minors Can Consent for… 43 Figure 1.6.4 Questions to Ask Your Doctor 44 Skills for Health and Wellness: Creating a Health Management Plan



Standard		Correlating Textbook Pages
		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 **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* Instruction: 135 Health in the Media: Conversations About Sexual Activity-Practice Your Skills: Communicate with Others 171 Skills for Health and Wellness: Answering Questions About Your Sexual Health **Application:** 171 Skills for Health and Wellness: Answering Questions About Your Sexual Health 171 Practice Your Skills: Access Information
HS.HVRP.7	Demonstrate ways to support a fellow student who is being sexually harassed or abused.	*See Supplemental Human Development and Relationships, and/or Human Development, Relationships, and Sexual Health* *Sexual Harassment and Assault* **Instruction:** 80-91 Sexual Harassment and Assault 81 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 84-85 Preventing and Responding to Sexual Harassment 85 Figure 10.2.4 Before You Say or Send a Message, ask…



Standard		Correlating Textbook Pages
		85 Figure 10.2.5 Standing Up to Sexual Harassment 86 Sexual Assault 87 Effects of Sexual Assault 87-88 Preventing Sexual Assault 87 Figure 10.2.6 Consequences of Sexual Assault 87 Understand Consent 88 Figure 10.2.7 Sexual Assault Prevention Programs 89 Avoid Risky Situations 89-90 Responding to Sexual Assault 89 Figure 10.2.8 Avoiding Dangerous Situations 90 Figure 10.2.9 Examples of How to Respond/Converse with Sexual Assault Survivors **Application:** 80 Warm-Up Activity : What Is Affirmative Consent 84 Health in the Media: The Hazards of Rape Culture-Practice Your Skills: Advocate for Health 91 Critical Thinking Skills #1-3 91 Health and Wellness Skills #1-3
HS.HVRP.8	Explain the impact media, including sexually explicit media, social media, and artificial intelligence (AI) can have on one's perceptions of, and expectations for, a healthy relationship.	See Supplemental Human Development, Relationships, and Sexual Health *Evaluate how culture, media, society, and other people influence our perceptions of gender roles, sexuality, relationships, and sexual orientation.* *Aspects of Sexuality* **Instruction:** 153 Biological Sex 153Figure 12.1.1 Aspects of Your Sexuality 154-155 Gender 154 Figure 12.1.2 Negative Effects of Gender Stereotypes 155 Figure 12.1.3 Femininity and Masculinity 156 Case Study: The LGBT+ Community 157 Sexual Orientation 157 Figure 12.1.4 People may describe themselves as… 158 Support for LGBT+ Youth 158 Figure 12.1.5 Questions About Sexual Orientation 159 Research in Action: Children of Same-Sex Parents **Application:** 156 Case Study: The LGBT+ Community-Practice Your Skills: Communicate with Others 159 Research in Action: Children of Same-Sex Parents-159 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* 55-56 Factors Affecting Sexual Behavior



Standard		Correlating Textbook Pages
		56 Figure 9.7.1 Effects of Sexual Abstinence 56 Cultural and Family Background 57 Figure 9.7.2 Different cultures and families have differing perspectives on … 57 Relationships 57 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 58 Practice Your Skills: Analyze Influences 66 Comprehend Concepts #1 66 Critical Thinking Skills #1-3 66 Health and Wellness Skills #1-3
HS.HVRP.9	Model how to be an upstander by addressing hurtful comments, addressing concepts of intent, impact, and repair.	*See Supplemental Human Development and Relationships, and/or Human Development, Relationships, and Sexual Health* *Violence- Bullying and Cyberbullying* 68-79 Bullying and Cyberbullying 68-69 Bullying 69 Figure 10.1.1 Risk Factors for Violent Behavior 70 Types of Bullying 70 Figure 10.1.2 Types of Bullying 71 Research in Action - Do Violent Video Games Cause Violence 71-72 Effects of Bullying 71 Figure 10.1.3 Emotional Signs of Bullying 72 Skills for Health and Wellness: Being an Upstander and Ally 73 Responding to Bullying and Harassment 73 Figure 10.4.1 Bystanders and Upstanders 74 Cyberbullying 74-75 Types of Cyberbullying 74 Examples of Cyberbullying 75 Effects of Cyberbullying 75 Case Study: Rumors: A Harmless Story? 76 Responding to Cyberbullying 76 Figure 10.1.6 What Content Should You Report on Social Media 77-78 Ways to Precent Bullying and Cyberbullying 77 Build Your Self Esteem 77 Avoid Bullying Behavior 77 Figure 10.1.7 Developing Self-Confidence 78 Celebrate Differences 78 Have Positive Relationships 78 Be Safe Online 78 Communicate with Trusted Adults



Standard		Correlating Textbook Pages
		Application: 68 Warm Up Activity 71 Research in Action - Do Violent Video Games Cause Violence- Practice Your Skills 72 Skills for Health and Wellness: Being an Upstander and Ally-Practice Your Skills 75 Case Study: Rumors: A Harmless Story?-Practice Your Skills 79 Critical Thinking #1-3 79 Health and Wellness Skills #1-3 *See Supplemental Human Development and Relationships, and/or Human Development, Relationships, and Sexual Health* *Sexual Harassment and Assault* **Instruction:** 80-91 Sexual Harassment and Assault 81 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 84-85 Preventing and Responding to Sexual Harassment 85 Figure 10.2.4 Before You Say or Send a Message, ask… 85 Figure 10.2.5 Standing Up to Sexual Harassment 86 Sexual Assault 87 Effects of Sexual Assault 87-88 Preventing Sexual Assault 87 Figure 10.2.6 Consequences of Sexual Assault 87 Understand Consent 88 Figure 10.2.7 Sexual Assault Prevention Programs 89 Avoid Risky Situations 89-90 Responding to Sexual Assault 89 Figure 10.2.8 Avoiding Dangerous Situations 90 Figure 10.2.9 Examples of How to Respond/Converse with Sexual Assault Survivors **Application:** 80 Warm-Up Activity : What Is Affirmative Consent 84 Health in the Media: The Hazards of Rape Culture-Practice Your Skills: Advocate for Health 91 Critical Thinking Skills #1-3 91 Health and Wellness Skills #1-3
HS.HVRP.10	Describe the types of abuse, including physical, emotional, psychological, financial, and sexual, and the cycle of violence as it relates to sexual abuse, domestic violence,	*See Supplemental Human Development and Relationships, and/or Human Development, Relationships, and Sexual Health* *Analyze strategies to prevent and respond to different types of harassment, intimidation, and bullying.*



Standard		Correlating Textbook Pages
	dating violence, trafficking, and gender-based violence.	*Violence- Bullying and Cyberbullying* 68-79 Bullying and Cyberbullying 68-69 Bullying 69 Figure 10.1.1 Risk Factors for Violent Behavior 70 Types of Bullying 70 Figure 10.1.2 Types of Bullying 71 Research in Action - Do Violent Video Games Cause Violence 71-72 Effects of Bullying 71 Figure 10.1.3 Emotional Signs of Bullying 72 Skills for Health and Wellness: Being an Upstander and Ally 73 Responding to Bullying and Harassment 73 Figure 10.4.1 Bystanders and Upstanders 74 Cyberbullying 74-75 Types of Cyberbullying 74 Examples of Cyberbullying 75 Effects of Cyberbullying 75 Case Study: Rumors: A Harmless Story? 76 Responding to Cyberbullying 76 Figure 10.1.6 What Content Should You Report on Social Media 77-78 Ways to Precent Bullying and Cyberbullying 77 Build Your Self Esteem 77 Avoid Bullying Behavior 77 Figure 10.1.7 Developing Self-Confidence 78 Celebrate Differences 78 Have Positive Relationships 78 Be Safe Online 78 Communicate with Trusted Adults **Application:** 68 Warm Up Activity 71 Research in Action - Do Violent Video Games Cause Violence- Practice Your Skills 72 Skills for Health and Wellness: Being an Upstander and Ally-Practice Your Skills 75 Case Study: Rumors: A Harmless Story?-Practice Your Skills 79 Critical Thinking #1-3 79 Health and Wellness Skills #1-3 *See Supplemental Human Development and Relationships, and/or Human Development, Relationships, and Sexual Health* *Sexual Harassment and Assault* **Instruction:** 80-91 Sexual Harassment and Assault 81 What is Consent 81 Figure 10.2.1 Which One Is Consent 82 Figure 10.2.2 Myths & Facts of Consent



Standard		Correlating Textbook Pages
		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 84-85 Preventing and Responding to Sexual Harassment 85 Figure 10.2.4 Before You Say or Send a Message, ask… 85 Figure 10.2.5 Standing Up to Sexual Harassment 86 Sexual Assault 87 Effects of Sexual Assault 87-88 Preventing Sexual Assault 87 Figure 10.2.6 Consequences of Sexual Assault 87 Understand Consent 88 Figure 10.2.7 Sexual Assault Prevention Programs 89 Avoid Risky Situations 89-90 Responding to Sexual Assault 89 Figure 10.2.8 Avoiding Dangerous Situations 90 Figure 10.2.9 Examples of How to Respond/Converse with Sexual Assault Survivors **Application:** 80 Warm-Up Activity : What Is Affirmative Consent 84 Health in the Media: The Hazards of Rape Culture-Practice Your Skills: Advocate for Health 91 Critical Thinking Skills #1-3 91 Health and Wellness Skills #1-3
HS.HVRP.11	Explain why a person who has been sexually harassed, abused, assaulted, or is a survivor/victim of child sexual abuse, rape, domestic violence, dating violence, or sex trafficking, is never to blame for the action of the perpetrator.	*See Supplemental Human Development and Relationships, and/or Human Development, Relationships, and Sexual Health* *Identify ways to access accurate information and resources for survivors of sexual offenses.* *Sexual Harassment and Assault* **Instruction:** 80-91 Sexual Harassment and Assault 81 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 84-85 Preventing and Responding to Sexual Harassment 85 Figure 10.2.4 Before You Say or Send a Message, ask… 85 Figure 10.2.5 Standing Up to Sexual Harassment 86 Sexual Assault 87 Effects of Sexual Assault 87-88 Preventing Sexual Assault 87 Figure 10.2.6 Consequences of Sexual Assault 87 Understand Consent



Standard		Correlating Textbook Pages
		88 Figure 10.2.7 Sexual Assault Prevention Programs 89 Avoid Risky Situations 89-90 Responding to Sexual Assault 89 Figure 10.2.8 Avoiding Dangerous Situations 90 Figure 10.2.9 Examples of How to Respond/Converse with Sexual Assault Survivors **Application:** 80 Warm-Up Activity : 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
HS.HVRP.12	Explain trafficking, including tactics people use to traffic and exploit youth.	*See Supplemental Human Development and Relationships, and/or Human Development, Relationships, and Sexual Health* *Abuse and Neglect* 91-101 Abuse and Neglect 92 What is Abuse 93 Types of Abuse 93 Figure 10.3.1 Emotional Abuse 94 Pattern of Abuse 94 Figure 10.3.2 Power and Control 95 Intimate Partner Violence Figure 10.3.3 Subtle Examples of Intimate Partner Violence 96-97 Child Neglect and Abuse 97 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
HS.HVRP.13	Summarize individual rights and responsibilities in regards to sexual consent, sexually explicit media, and sexting under state and federal law.	*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



Standard		Correlating Textbook Pages
		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, Critical Thinking Skills #1-3, Health and Wellness Skills #1-3 Healthy Sexual Decisions *See Supplemental Human Development and Relationships, and/or Human Development, Relationships, and Sexual Health* *Understand importance of personal and social responsibility for sexual decisions* *Practicing Sexual Abstinence* **Instruction:** 55-66 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 62-63 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 64 Practice Your Skills: Make Decisions 66 Comprehend Concepts #1-3 66 Critical Thinking Skills #1-3 66 Health and Wellness Skills #1-3 *See Supplemental Human Development and Relationships, and/or Human Development, Relationships, and Sexual Health* *Identify laws and concerns related to sending or posting sexually explicit pictures or messages.* *Sexting* 51-52 Enforce Your Boundaries 52 Figure 8.4.6 Sexting Can 83-84 Sexual Harassment 83 Figure10.2.3 Verbal and Nonverbal Sexual Harassment



Standard		Correlating Textbook Pages
Standard 7: Growth and Development (GD)		
HS.GD 1	Analyze how peers, media, family, society, history, culture, and a person's intersecting identities can influence self-concept, body image, and self-esteem.	See Supplemental Human Development, Relationships, and Sexual Health *Aspects of Sexuality* **Instruction:** 153 Biological Sex 153Figure 12.1.1 Aspects of Your Sexuality 154-155 Gender 154 Figure 12.1.2 Negative Effects of Gender Stereotypes 155 Figure 12.1.3 Femininity and Masculinity 156 Case Study: The LGBT+ Community 157 Sexual Orientation 157 Figure 12.1.4 People may describe themselves as… 158 Support for LGBT+ Youth 158 Figure 12.1.5 Questions About Sexual Orientation 159 Research in Action: Children of Same-Sex Parents **Application:** 156 Case Study: The LGBT+ Community-Practice Your Skills: Communicate with Others 159 Research in Action: Children of Same-Sex Parents-159 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* 55-56 Factors Affecting Sexual Behavior 56 Figure 9.7.1 Effects of Sexual Abstinence 56 Cultural and Family Background 57 Figure 9.7.2 Different cultures and families have differing perspectives on … 57 Relationships 57 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 58 Practice Your Skills: Analyze Influences 66 Comprehend Concepts #1 66 Critical Thinking Skills #1-3 66 Health and Wellness Skills #1-3 *Assess self-esteem and determine its impact on personal dimensions of health.* Instruction: 98-102, 122, 126-130, 132-135



Standard		Correlating Textbook Pages
		99 Figure 2.3.1 Self Esteem 100 Figure 2.3.2 Factors Affecting Self Esteem 122 Figure 2.6.1 The Impact of Mindset 124 Figure 2.6.2 Positive Mindset 129 Figure 2.6.6 Strategies for Increasing Self-Respect 132 Figure 2.7.1 People with Empathy Figure 2.7.2 Impact of Life Experiences on Empathy Application: 98 Warm Up Activity - Understanding Self Esteem 103 Critical Thinking Skills #2 Health and Wellness Skills #3 128 Skills for Health and Wellness - Shifting to Positive Self-Talk
HS.GD.2	Explain the human reproductive and sexual response systems, including differentiating between internal and external body parts and their functions, and that there are variations in human bodies, including different shapes of vulvas, circumcised and uncircumcised penises, and intersex conditions.	*See Supplemental Human Development and Relationships, and/or Human Development, Relationships, and Sexual Health* *Describe how sexuality and sexual expression change throughout the life span.* **Instruction:** 38-44 Adolescence and Puberty 38 Physical Development 39 Male Puberty 39-40 Female Puberty 39 Figure 9.5.1 Sex Hormones 40 Figure 9.5.2 Female Puberty Changes 41 Early Sexual Feelings 152-153 What is Sexuality (I found it on page 152) **Application:** 38 Warm-Up Activity: Adolescent Changes 44 Comprehend Concepts #1-3 44 Health and Wellness Skills #1-2
HS.GD.3	Describe the cognitive, social, and emotional changes of adolescence and throughout adulthood.	*See Supplemental Human Development and Relationships, and/or Human Development, Relationships, and Sexual Health* **Instruction:** 40 Intellectual Development 41 Research in Action: The Adolescent Brain 42 Case Study: Feeling Comfortable with Who I Am 41 Emotional and Social Development 43 Handling Health and Wellness Issues 43 Figure 9.5.3 Skills for Handling Health and Wellness Issues **Application:** 38 Warm-Up Activity: Adolescent Changes 41 Research in Action: The Adolescent Brain-Practice Your Skills-Practicing Health-Enhancing Behaviors 42 Case Study: Feeling Comfortable with Who I Am- Practice Your Skills: Communicate with Others



Standard		Correlating Textbook Pages
		44 Comprehend Concepts #1-3 44 Critical Thinking Skills # 1-3 44 Health and Wellness Skills #1-3
HS.GD.4	Analyze the impact of Oregon's Menstrual Dignity Act on menstruation stigma and period poverty.	*Oregon's Menstrual Dignity Act* *Accessing Health Services* **Instruction:** 39-43 Accessing Health Services 40 Figure 1.6.1 Medical Specialist 41 Case Study: Health Resources: What Are Available and How to Access Them 39-42 Understanding the Healthcare Industry 42 Figure 1.6.2 The Basics Of Insurance 42 Figure 1.6.3 Minors Can Consent for… 43 Figure 1.6.4 Questions to Ask Your Doctor 44 Skills for Health and Wellness: Creating a Health Management Plan 44 Figure 1.6.5 Conditions and Symptoms Requiring Emergency Healthcare 42-43 Knowing Your Rights 43 Getting Regular Checkups and Screenings 43-44 Seeking Treatment for a Health Condition 44 Skills for Health and Wellness: Creating a Health Management Plan **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* *Identify local youth-friendly sexual health services.* **Instruction:** 135 Health in the Media: Conversations About Sexual Activity 171 Skills for Health and Wellness: Answering Questions About Your Sexual Health **Application:** 135 Health in the Media: Conversations About Sexual



Standard		Correlating Textbook Pages
		Activity-Practice Your Skills: Communicate with Others 171 Skills for Health and Wellness: Answering Questions About Your Sexual Health 171 Practice Your Skills: Access Information
HS.GD.5	Explain how identity-affirming support from peers, families, schools, communities and health care providers can improve a person's health and well-being.	*See Supplemental Human Development and Relationships, and/or Human Development, Relationships, and Sexual Health* **Instruction:** 40 Intellectual Development 41 Research in Action: The Adolescent Brain 42 Case Study: Feeling Comfortable with Who I Am 41 Emotional and Social Development 43 Handling Health and Wellness Issues 43 Figure 9.5.3 Skills for Handling Health and Wellness Issues **Application:** 38 Warm-Up Activity: Adolescent Changes 41 Research in Action: The Adolescent Brain-Practice Your Skills-Practicing Health-Enhancing Behaviors 42 Case Study: Feeling Comfortable with Who I Am- Practice Your Skills: Communicate with Others 44 Comprehend Concepts #1-3 44 Critical Thinking Skills # 1-3 44 Health and Wellness Skills #1-3 See Supplemental Human Development, Relationships, and Sexual Health *Evaluate how culture, media, society, and other people influence our perceptions of gender roles, sexuality, relationships, and sexual orientation.* *Aspects of Sexuality* **Instruction:** 153 Biological Sex 153Figure 12.1.1 Aspects of Your Sexuality 154-155 Gender 154 Figure 12.1.2 Negative Effects of Gender Stereotypes 155 Figure 12.1.3 Femininity and Masculinity 156 Case Study: The LGBT+ Community 157 Sexual Orientation 157 Figure 12.1.4 People may describe themselves as… 158 Support for LGBT+ Youth 158 Figure 12.1.5 Questions About Sexual Orientation 159 Research in Action: Children of Same-Sex Parents **Application:** 156 Case Study: The LGBT+ Community-Practice Your Skills: Communicate with Others 159 Research in Action: Children of Same-Sex Parents-159 Practice Your Skills: Advocate for Health



Standard		Correlating Textbook Pages
		161 Comprehend Concepts #1-2 161 Critical Thinking Skills #1-2 161 Health and Wellness Skills #1-3 *Factors Affecting Sexual Behavior* 55-56 Factors Affecting Sexual Behavior 56 Figure 9.7.1 Effects of Sexual Abstinence 56 Cultural and Family Background 57 Figure 9.7.2 Different cultures and families have differing perspectives on … 57 Relationships 57 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 58 Practice Your Skills: Analyze Influences 66 Comprehend Concepts #1 66 Critical Thinking Skills #1-3 66 Health and Wellness Skills #1-3
HS.GD.6	Analyze how peers, media, family, society, culture, and a person's intersecting identities can influence attitudes, beliefs, and expectations about sexual and romantic orientation.	*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



Standard		Correlating Textbook Pages
		49 Learn About Your Partner and Yourself 49 Figure 9.4.4 Getting to Know a Dating Partner 50 Health Across the Life Span: Building a Roadmap for Healthy Relationships 51 Cope with Nerves 51 Enjoy Common Interests 51 Enforce Your Boundaries 51 Figure 9.6.5 Enforcing Your Boundaries 52 Figure 9.6.6 Sexting 52 Ask for Help 52 Case Study: Dating Dilemmas **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 *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 62-63 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 64 Practice Your Skills: Make Decisions 66 Comprehend Concepts #1-3 66 Critical Thinking Skills #1-3 66 Health and Wellness Skills #1-3
HS.GD.7	Analyze familial factors that can limit access to genetic health information for many people, including adoption, foster care, migration, and donor conception.	*See Supplemental Human Development and Relationships, and/or Human Development, Relationships, and Sexual Health* *Describe emotional, social, physical, and financial effects of being a teen or young adult parent.*



Standard		Correlating Textbook Pages
		Instruction: 144-146 Parenting 144 Case Study: Parenting Challenges 145 Figure 11.4.2 Benefits of Legal Fatherhood 147-149 Understanding Teen Pregnancy and Parenthood 147 Figure 11.4.3 Risks and Protective Factors of Teen Pregnancy 148 Effects of Teen Pregnancy and Parenthood 148 Figure 11.4.4 Impacts of Teen Pregnancy and Parenthood 149 Health in the Media: Teen Pregnancy in the Media 149 Resources for Teen Parents 149 Figure 11.4.5 Resources for Teen Parents **Application:** 141 Reading and Notetaking Activity 141 Warm-Up Activity: Your Goals and Dreams 144 Case Study Parenting Challenges: Practice Your Skills-Make Decisions 149 Health in the Media: Teen Pregnancy in the Media 149 Practice Your Skills: Analyze Influencers 150 Comprehend Concepts #2-3 150 Critical Thinking Skills #2-3 150 Health and Wellness Skills #1, 3
Standard 8: Sexual and Reproductive Health (SRH)		
HS.SRH.1	Analyze societal factors that might inhibit honest discussion between sexual and romantic partners about their sexual histories, including sexually transmitted infections (STIs) and HIV/AIDS status, and identify ways to begin open and honest conversations.	*See Supplemental Human Development and Relationships, and/or Human Development, Relationships, and Sexual Health* *Preventing and testing STI's* 134 Sexual Abstinence 134 Figure 11.3.1 Benefits of Sexual Abstinence 135 Health in the Media: Conversations About Sexual Activity 136 Condoms 136 Figure 11.3.2 Use External and Internal Condoms 137 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 135 Practice Your Skills: Communicate with Others 139 Skills for Health and Wellness: Promoting Awareness About STIs 139 Practice Your Skills: Advocate for Health 140 Comprehend Concepts #1-2 140 Critical Thinking Skills #1-2



Standard		Correlating Textbook Pages
		140 Health and Wellness Skills #1-3
HS.SRH.2	Demonstrate the ability to effectively communicate with a partner to make decisions around abstinence and consensual sexual intimacy.	*See Supplemental Human Development and Relationships, and/or Human Development, Relationships, and Sexual Health* *Use a decision-making model to make a sexual health-related decision.* *Practicing Sexual Abstinence* **Instruction:** 55-66 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 62-63 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 64 Practice Your Skills: Make Decisions 66 Comprehend Concepts #1-3 66 Critical Thinking Skills #1-3 66 Health and Wellness Skills #1-3
HS.SRH.3	Describe how to make a decision about sexual behaviors, including virtual and in- person, that takes into consideration personal values and health and safety of self and others.	*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



Standard		Correlating Textbook Pages
		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* *Demonstrate effective ways to communicate with a partner about healthy sexual decisions and consent.* *Skills for Healthy Romantic Relationship* **Instruction:** 49-53 Skills for Healthy Romantic Relationship 49 Learn About Your Partner and Yourself 49 Figure 9.4.4 Getting to Know a Dating Partner 50 Health Across the Life Span: Building a Roadmap for Healthy Relationships 51 Cope with Nerves 21 Enjoy Common Interests 51 Enforce Your Boundaries 51 Figure 9.6.5 Enforcing Your Boundaries 52 Figure 9.6.6 Sexting 52 Ask for Help 52 Case Study: Dating Dilemmas **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 *See Supplemental Human Development and Relationships, and/or Human Development, Relationships, and Sexual Health* *Healthy Sexual Decisions* **Instruction**: 61 Strategies for Abstinence and Healthy Sexual Decisions 62 Discuss Your Decision 62-63 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



Standard		Correlating Textbook Pages
		Application: 64 Skills for Health and Wellness: Use the Decision-Making Process: Sexual Activity 64 Practice Your Skills: Make Decisions 66 Comprehend Concepts #1-3 66 Critical Thinking Skills #1-3 66 Health and Wellness Skills #1-3
HS.SRH.4	Summarize fertilization, fetal development, and childbirth.	*See Supplemental Human Development and Relationships, and/or Human Development, Relationships, and Sexual Health* *Summarize fertilization, fetal development, and childbirth.* *Conception, Pregnancy and Birth* **Instruction:** 18-26 Conception, Pregnancy and Birth 19 Conception 20 Pregnancy 20 Figure 9.3.1 Fertilization 20-21 Stages of Prenatal Development 21 Figure 9.3.2 The Amniotic Sac 22 Pregnancy Changes 22 Figure 9.3.3 Trimesters of Pregnancy 23 Figure 9.3.4 Pregnancy Complications 23-24 Healthy Changes During Pregnancy 24 Local and Global Health: Improving Healthcare for People Who Are Pregnant 25-26 Childbirth 25 Figure 9.3.5 Stages of Childbirth 26 Figure 9.3.6 Understanding Apgar Scores **Application:** 18 Reading and Notetaking 18 Warm-Up Activity-Top 10 Lists 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
HS.SRH.5	Discuss skills and resources that can support people navigating parenthood.	See Supplemental Human Development and Relationships, and/or Human Development, Relationships, and Sexual Health **Instruction:** 144-146 Parenting 144 Case Study: Parenting Challenges 145 Figure 11.4.2 Benefits of Legal Fatherhood 147-149 Understanding Teen Pregnancy and Parenthood 147 Figure 11.4.3 Risks and Protective Factors of Teen Pregnancy



Standard		Correlating Textbook Pages
		148 Effects of Teen Pregnancy and Parenthood 148 Figure 11.4.4 Impacts of Teen Pregnancy and Parenthood 149 Health in the Media: Teen Pregnancy in the Media 149 Resources for Teen Parents 149 Figure 11.4.5 Resources for Teen Parents Application: 141 Reading and Notetaking Activity 141 Warm-Up Activity: Your Goals and Dreams 144 Case Study Parenting Challenges: Practice Your Skills-Make Decisions 149 Health in the Media: Teen Pregnancy in the Media 149 Practice Your Skills: Analyze Influencers 150 Comprehend Concepts #2-3 150 Critical Thinking Skills #2-3 150 Health and Wellness Skills #1, 3
HS.SRH.6	Identify individual, familial, cultural, and systemic influences on barrier methods and contraceptive use.	*See Supplemental Human Development and Relationships, and/or Human Development, Relationships, and Sexual Health* *Understand that people can choose abstinence at different times in their lives.* *Factors Affecting Sexual Behavior* 55 Factors Affecting Sexual Behavior 56 Figure 9.7.1 Effects of Sexual Abstinence 56 Cultural and Family Background **Application:** 58 Health in the Media: Portrayal of Sex in the Media 58 Practice Your Skills: Analyze Influences 64 Skills for Health and Wellness: Use the Decision-Making Process: Sexual Activity 64 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 Sexual Abstinence 134 Figure 11.3.1 Benefits of Sexual Abstinence 135 Health in the Media: Conversations About Sexual Activity **Application:** 134 Health in the Media: Conversations About Sexual Activity 135 Practice Your Skills: Communicate with Others 139 Skills for Health and Wellness: Promoting Awareness About STIs 139 Practice Your Skills: Advocate for Health 140 Comprehend Concepts #1-2



Standard		Correlating Textbook Pages
		140 Critical Thinking Skills #1-2 140 Health and Wellness Skills #1-3 171 Skills for Health and Wellness: Answering Questions About Your Sexual Health
HS.SRH.7	Compare and contrast methods to prevent unintended pregnancy, considering effectiveness, access, and personal impact on health.	*See Supplemental Human Development and Relationships, and/or Human Development, Relationships, and Sexual Health* *Practicing Sexual Abstinence* **Instruction:** 55-66 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 62-63 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 64 Practice Your Skills: Make Decisions 66 Comprehend Concepts #1-3 66 Critical Thinking Skills #1-3 66 Health and Wellness Skills #1-3 *Preventing and Treating STI's* 133-140 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 139 Practice Your Skills: Advocate for Health 140 Comprehend Concepts #1-2 140 Critical Thinking Skills #1-2



Standard		Correlating Textbook Pages
		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 142 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:** 162-168 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 164 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:** 169-174 Barrier Methods 169 What Are Barrier Methods? 170-174 Types of Barrier Methods 170 Figure 12.3.1 Barrier Methods 171 Skills for Health and Wellness: Answering Questions About Your Sexual Health 172 External Condom



Standard		Correlating Textbook 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 171 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:** 175-182 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 178 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 179 Birth Control Implant 179 Figure 12.4.6 Birth Control Implant 180 Research in Action: Male Hormonal Contraceptives 180 Intrauterine Device (IUD) 180 Figure 12.4.7 Intrauterine Device (IUD) 181 Emergency Contraception **Application:** 175 Reading and Notetaking Activity 175 Warm-Up Activity: What Are the Facts-Access Information 178 Local and Global Health: The Impact of the Pill 178 Practice Your Skills: Access Information 180 Research in Action: Male Hormonal Contraceptives 180 Practice Your Skills: Comprehend Concepts



Standard		Correlating Textbook Pages
		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 12.5.1 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 186 Practice Your Skills: Advocate for Health 189 Comprehend Concepts #1-2 189 Critical Thinking Skills #1-2 189 Health and Wellness Skills #1-2
HS.SRH.8	Practice demonstrating the correct usage of barrier methods including external and internal condoms and dental dams.	*See Supplemental Human Development, Relationships, and Sexual Health* *Demonstrate steps to using a condom correctly.* **Instruction:** 172-173 Condoms 172 Figure 12.3.2 Use External and Internal Condoms 172 Internal Condom 172 Figure 12.3.3 Using an Internal Condom **Application:** 174 Comprehend Concepts #1 174Critical Thinking Skills #1 174 Comprehend Concepts #1-2 174 Critical Thinking Skills #1-2 174 Health and Wellness Skills #1-2



Standard		Correlating Textbook Pages
HS.SRH.9	Identify medically accurate sources of information for pregnancy, prenatal care, and pregnancy options, including parenting, surrogacy, adoption, abortion, and safe surrender, including community resources.	*Describe laws related to accessing sexual health care services.* **Instruction:** 39-42 Understanding the Healthcare Industry 42-43 Knowing Your Rights 43-44 Seeking Treatment for a Health Condition 41 Case Study: Health Resources: What Are Available and How to Access Them 40 Figure 1.6.1 Medical Specialist 43 Getting Regular Checkups and Screenings 42 Figure 1.6.2 The Basics Of Insurance 42 Figure 1.6.3 Minors Can Consent for… 44 Skills for Health and Wellness: Creating a Health Management Plan 43 Figure 1.6.4 Questions to Ask Your Doctor 44 Figure 1.6.5 Conditions and Symptoms Requiring Emergency Healthcare **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* *Advocate for STD testing and treatment for sexually active youth.* *Preventing and testing STI's* **Instruction:** 134 Sexual Abstinence 134 Figure 11.3.1 Benefits of Sexual Abstinence 135 Health in the Media: Conversations About Sexual Activity 136 Condoms 136 Figure 11.3.2 Use External and Internal Condoms 137 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 Textbook Pages
		139 Skills for Health and Wellness: Promoting Awareness About STIs **Application:** 135 Health in the Media: Conversations About Sexual Activity 135 Practice Your Skills: Communicate with Others 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 139 Practice Your Skills: Advocate for Health 140 Comprehend Concepts #1-2 140 Critical Thinking Skills #1-2 140 Health and Wellness Skills #1-3 171 Skills for Health and Wellness: Answering Questions About Your Sexual Health 171 Practice Your Skills: Access Information
HS.SRH.10	Analyze political and historical issues that were rooted in and have resulted in discrimination, oppression, and stigma against historically and currently marginalized people, including those with sexually transmitted infections (STIs) and HIV/AIDS.	*Describe laws related to accessing sexual health care services.* **Instruction:** 39-42 Understanding the Healthcare Industry 42-43 Knowing Your Rights 43-44 Seeking Treatment for a Health Condition 41 Case Study: Health Resources: What Are Available and How to Access Them 40 Figure 1.6.1 Medical Specialist 43 Getting Regular Checkups and Screenings 42 Figure 1.6.2 The Basics Of Insurance 42 Figure 1.6.3 Minors Can Consent for… 44 Skills for Health and Wellness: Creating a Health Management Plan 43 Figure 1.6.4 Questions to Ask Your Doctor 44 Figure 1.6.5 Conditions and Symptoms Requiring Emergency Healthcare **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,*



Standard		Correlating Textbook Pages
		and/or Human Development, Relationships, and Sexual Health *Advocate for STD testing and treatment for sexually active youth.* *Preventing and testing STI's* **Instruction:** 134 Sexual Abstinence 134 Figure 11.3.1 Benefits of Sexual Abstinence 135 Health in the Media: Conversations About Sexual Activity 136 Condoms 136 Figure 11.3.2 Use External and Internal Condoms 137 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 135 Practice Your Skills: Communicate with Others 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 139 Practice Your Skills: Advocate for Health 140 Comprehend Concepts #1-2 140 Critical Thinking Skills #1-2 140 Health and Wellness Skills #1-3 171 Skills for Health and Wellness: Answering Questions About Your Sexual Health 171 Practice Your Skills: Access Information *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



Standard		Correlating Textbook Pages
		118 Figure 11.1.5 Trichomoniasis 119 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 *See Supplemental Human Development and Relationships, and/or Human Development, Relationships, and Sexual Health* *HIV/AIDS* **Instruction:** 125-132 HIV/AIDS 125-126 What are HIV and AIDS 126 Figure 11.2.1 HIV and AIDS Defined 127-128 Signs, Symptoms and Transmission of HIV and AIDS 127 Figure 11.2.2 HIV Damages the Immune System 128-130 Testing, Diagnosis, and Treatment 128 Figure 11.2.3 HIV Transmission 129 Figure 11.2.4 HIV Federal Government Laws of Protection 129 Local and Global Health: HIV/AIDS Stigma, Testing, and Treatment 130-131 HIV Prevention 130 Figure 11.2.5 Reducing the Risk of HIV Transmission **Application:** 125 Reading and Notetaking 125 Warm-Up Activity: Staying HIV Free 129 Local and Global Health: HIV/AIDS Stigma, Testing, and Treatment- Practice Your Skills: Advocate for Health 132 Comprehend Concepts # 1-4 132 Critical Thinking Skills #1-3 132 Health and Wellness Skills #1-3



Standard		Correlating Textbook Pages
HS.SRH.11	Discuss responsibilities around sexually transmitted infection (STI) prevention, testing, treatment, and disclosure to sexual partners.	*See Supplemental Human Development and Relationships, and/or Human Development, Relationships, and Sexual Health* *Preventing and testing STI's* 134 Sexual Abstinence 134 Figure 11.3.1 Benefits of Sexual Abstinence 135 Health in the Media: Conversations About Sexual Activity 136 Condoms 136 Figure 11.3.2 Use External and Internal Condoms 137 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 135 Practice Your Skills: Communicate with Others 139 Skills for Health and Wellness: Promoting Awareness About STIs 139 Practice Your Skills: Advocate for Health 140 Comprehend Concepts #1-2 140 Critical Thinking Skills #1-2 140 Health and Wellness Skills #1-3
HS.SRH.12	Assess the validity, reliability, and accessibility of comprehensive sexual and reproductive health information, products, and services offered online and in the local community.	*Describe laws related to accessing sexual health care services.* **Instruction:** 39-42 Understanding the Healthcare Industry 42-43 Knowing Your Rights 43-44 Seeking Treatment for a Health Condition 41 Case Study: Health Resources: What Are Available and How to Access Them 40 Figure 1.6.1 Medical Specialist 43 Getting Regular Checkups and Screenings 42 Figure 1.6.2 The Basics Of Insurance 42 Figure 1.6.3 Minors Can Consent for… 44 Skills for Health and Wellness: Creating a Health Management Plan 43 Figure 1.6.4 Questions to Ask Your Doctor 44 Figure 1.6.5 Conditions and Symptoms Requiring Emergency Healthcare



Standard		Correlating Textbook Pages
		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* *Advocate for STD testing and treatment for sexually active youth.* *Preventing and testing STI's* **Instruction:** 134 Sexual Abstinence 134 Figure 11.3.1 Benefits of Sexual Abstinence 135 Health in the Media: Conversations About Sexual Activity 136 Condoms 136 Figure 11.3.2 Use External and Internal Condoms 137 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 135 Practice Your Skills: Communicate with Others 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 139 Practice Your Skills: Advocate for Health 140 Comprehend Concepts #1-2 140 Critical Thinking Skills #1-2 140 Health and Wellness Skills #1-3 171 Skills for Health and Wellness: Answering Questions About Your Sexual Health 171 Practice Your Skills: Access Information



Standard		Correlating Textbook Pages
HS.SRH.13	Describe body literacy skills to notice changes, pain, including menstrual pain, or discomfort in one's body related to the sexual and reproductive system and identify when to seek support from trusted adults and medical professionals.	*Identify school and community resources that can help a person with emotional and mental and behavioral health concerns.* **Instruction:** 159,176, 179-181, 193, 258, 321, 323-324, 351-353 176 Figure 3.4.5 Therapy 179 Figure 3.5.1 Professional Help 180 Figure 3.5.2 Finding Mental Health Resources 181 Figure 3.5.3 What Does a Therapist Do 324 Figure 5.6.9 Support Groups 351 Figure 6.3.1 Behaviors to Report 353 Figure 6.3.2 Staying Safe in Social Situations **Application:** 160 Critical Thinking Skills #4 160 Health and Wellness Skills #5 177 Critical Thinking Skills #3 177 Health and Wellness Skills #1 182 Case Study - Mental Health Medical Record Profiles 187 Comprehend Concepts #1 187 Critical Thinking Skills #2, #4 187 Health and Wellness Skills #2-3 261 Warm Up Activity - Concerned About Addiction
HS.SRH.14	Analyze public health and government policies on sexual and reproductive health practices.	*Describe laws related to accessing sexual health care services.* **Instruction:** 39-42 Understanding the Healthcare Industry 42-43 Knowing Your Rights 43-44 Seeking Treatment for a Health Condition 41 Case Study: Health Resources: What Are Available and How to Access Them 40 Figure 1.6.1 Medical Specialist 43 Getting Regular Checkups and Screenings 42 Figure 1.6.2 The Basics Of Insurance 42 Figure 1.6.3 Minors Can Consent for… 44 Skills for Health and Wellness: Creating a Health Management Plan 43 Figure 1.6.4 Questions to Ask Your Doctor 44 Figure 1.6.5 Conditions and Symptoms Requiring Emergency Healthcare **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



Standard		Correlating Textbook Pages
		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* *Advocate for STD testing and treatment for sexually active youth.* *Preventing and testing STI's* **Instruction:** 134 Sexual Abstinence 134 Figure 11.3.1 Benefits of Sexual Abstinence 135 Health in the Media: Conversations About Sexual Activity 136 Condoms 136 Figure 11.3.2 Use External and Internal Condoms 137 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 135 Practice Your Skills: Communicate with Others 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 139 Practice Your Skills: Advocate for Health 140 Comprehend Concepts #1-2 140 Critical Thinking Skills #1-2 140 Health and Wellness Skills #1-3 171 Skills for Health and Wellness: Answering Questions About Your Sexual Health 171 Practice Your Skills: Access Information
HS.SRH.15	Define reproductive justice and explain its history and how it relates to sexual health and health equity.	*See Supplemental Human Development and Relationships, and/or Human Development, Relationships, and Sexual Health* *Practicing Sexual Abstinence* **Instruction:** 55-66 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 62-63 Figure 9.7.5 Communicating Sexual Boundaries



Standard		Correlating Textbook Pages
		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 64 Practice Your Skills: Make Decisions 66 Comprehend Concepts #1-3 66 Critical Thinking Skills #1-3 66 Health and Wellness Skills #1-3 *Preventing and Treating STI's* 133-140 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 139 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 142 Practice Your Skills: Make Decisions 150 Comprehend Concepts #1 150 Critical Thinking Skills #1



Standard		Correlating Textbook Pages
		150 Health and Wellness Skills #2 *See Supplemental Human Development, Relationships, and Sexual Health* *What is Contraception?* **Instruction:** 162-168 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 164 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:** 169-174 Barrier Methods 169 What Are Barrier Methods? 170-174 Types of Barrier Methods 170 Figure 12.3.1 Barrier Methods 171 Skills for Health and Wellness: Answering Questions About Your Sexual Health 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



Standard		Correlating Textbook Pages
		About Your Sexual Health 171 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:** 175-182 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 178 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 179 Birth Control Implant 179 Figure 12.4.6 Birth Control Implant 180 Research in Action: Male Hormonal Contraceptives 180 Intrauterine Device (IUD) 180 Figure 12.4.7 Intrauterine Device (IUD) 181 Emergency Contraception **Application:** 175 Reading and Notetaking Activity 175 Warm-Up Activity: What Are the Facts-Access Information 178 Local and Global Health: The Impact of the Pill 178 Practice Your Skills: Access Information 180 Research in Action: Male Hormonal Contraceptives 180 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 12.5.1 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



Standard		Correlating Textbook Pages
		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 186 Practice Your Skills: Advocate for Health 189 Comprehend Concepts #1-2 189 Critical Thinking Skills #1-2 189 Health and Wellness Skills #1-2
HS.SRH.16	Analyze how history can influence attitudes, beliefs, and expectations about sexuality and identity, including the history of medical experimentation and eugenics.	*See Supplemental Human Development and Relationships, and/or Human Development, Relationships, and Sexual Health* **Instruction:** 38-44 Adolescence and Puberty 38 Physical Development 39 Male Puberty 39-40 Female Puberty 39 Figure 9.5.1 Sex Hormones 40 Figure 9.5.2 Female Puberty Changes 41 Early Sexual Feelings 152-153 What is Sexuality **Application:** 38 Warm-Up Activity: Adolescent Changes 44 Comprehend Concepts #1-3 44 Health and Wellness Skills #1-2
HS.SRH.17	Analyze systemic barriers to sexual, reproductive, and obstetric care, including prenatal care, childbirth, and postpartum care.	*Accessing Health Services* **Instruction:** 39-43 Accessing Health Services 40 Figure 1.6.1 Medical Specialist 41 Case Study: Health Resources: What Are Available and How to Access Them 39-42 Understanding the Healthcare Industry 42 Figure 1.6.2 The Basics of Insurance 42 Figure 1.6.3 Minors Can Consent for… 43 Figure 1.6.4 Questions to Ask Your Doctor 44 Skills for Health and Wellness: Creating a Health Management Plan



		44 Figure 1.6.5 Conditions and Symptoms Requiring Emergency Healthcare 42-43 Knowing Your Rights 43 Getting Regular Checkups and Screenings 43-44 Seeking Treatment for a Health Condition 44 Skills for Health and Wellness: Creating a Health Management Plan **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 *Describe emotional, social, physical, and financial effects of being a teen or young adult parent.* **Instruction:** 144-146 Parenting 144 Case Study: Parenting Challenges 145 Figure 11.4.2 Benefits of Legal Fatherhood 147-149 Understanding Teen Pregnancy and Parenthood 147 Figure 11.4.3 Risks and Protective Factors of Teen Pregnancy 148 Effects of Teen Pregnancy and Parenthood 148 Figure 11.4.4 Impacts of Teen Pregnancy and Parenthood 149 Health in the Media: Teen Pregnancy in the Media 149 Resources for Teen Parents 149 Figure 11.4.5 Resources for Teen Parents **Application:** 141 Reading and Notetaking Activity 141 Warm-Up Activity: Your Goals and Dreams 144 Case Study Parenting Challenges: Practice Your Skills-Make Decisions 149 Health in the Media: Teen Pregnancy in the Media 149 Practice Your Skills: Analyze Influencers 150 Comprehend Concepts #2-3 150 Critical Thinking Skills #2-3 150 Health and Wellness Skills #1, 3 See Supplemental Human Development and Relationships, and/or Human Development, Relationships, and Sexual Health **Instruction:** 135 Health in the Media: Conversations About Sexual Activity 171 Skills for Health and Wellness: Answering Questions About Your Sexual Health



Standard		Correlating Textbook Pages
		Application: 135 Health in the Media: Conversations About Sexual Activity-Practice Your Skills: Communicate with Others 171 Skills for Health and Wellness: Answering Questions About Your Sexual Health-Practice Your Skills: Access Information