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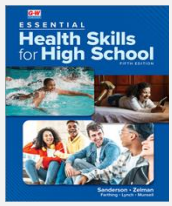
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Correlation of Essential Health Skills for High School ©2025

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

to Washington State Health Skills

Course: Health Education Grades 9-12



Standard		Correlating Textbook Pages
Health Education Core Idea: Wellness (W)		
Standard 1:	Students will comprehend concepts related to health promotion and disease prevention to enhance health.	
Dimensions of Health		
H1.W1.HS	Analyze personal dimensions of health and design a plan to balance health.	*Dimensions of Health and Wellness* **Instruction:** 2-8 Dimensions of Health and Wellness 3 Case Study: The Interactions of Your Health 4 Figure 1.1.1 People in a state of well-being 5 Figure 1.1.2 Mental and Emotional Health Relationship 7 Research in Action: Teen Mental Health During COVID 19 Pandemic 8 Figure 1.1.3 Health Continuum **Application:** 2 Warm-Up Activity 3 Practice Your Skills: Communicate with Others 7 Practice Your Skills 15 Critical Thinking # 1-3 15 Health and Wellness Skills # 1-5 *Mental and Emotional Health and Well-Being* **Instruction:** 78-87 Mental and Emotional Health and Well-Being 79 Figure 2.1.1 Common Traits of People with Positive Mental and Emotional Health, 80 Figure 2.1.2 Mental Health Continuum, 81 Figure 2.1.3 Ways to Increase Happiness, 82 Figure 2.1.4 Stressful Events, 83 Figure 2.1.5 Maslow's Hierarchy of Human Needs, 84 Research in Action: Technology and Your Mental and Emotional Health 85 Figure 2.1.6 Cognitive Distortions, 85 Figure 2.1.7 Meaning, 86 Figure 2.1.8 Seeking Help **Application:** 78 Warm-Up Activity - Mental and Emotional Health Wheel, 87 Comprehend Concepts #1-4, Critical Thinking Skills #2-4, Health and Wellness Skills #1-4 *Social Health* **Instruction:** 465-472 Social Health 467 Figure 8.1.1 Relationships,



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Disease Prevention		
H2.W2.HSa	Analyze prevention, lifestyle factors, and treatment of communicable and noncommunicable diseases.	*Individual Factors Affecting Health and Wellness* **Instruction:** 10-22 Individual Factors Affecting Health and Wellness 11 Figure 1.2.1 Cell Structure 12 Figure 1.2.2 The Role of Genes in Non-Communicable Diseases 13 Case Study: Stressed, Sick, and Now What? 13 Figure 1.2.3 Nutrition and Physical Activity 14 Figure 1.2.5 Teen Drivers Higher Risk for Injury, 22 Skills for Health and Wellness: What Factors Affect Your Health? **Application:** 10 Warm-Up Activity 13 Case Study: Stressed, Sick, and Now What? 13 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, Communicable and Noncommunicable Disease 450-455, 457-463 420 Figure 7.3.7 Obesity and Noncommunicable Diseases,



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		421 Figure 4.3.8 Genetic Factors, 422-423 Diagnosis and Treatment of Noncommunicable Diseases **Application:** 413 Warm Up Activity - Learning About Diseases 422 Local and Global Health - Promoting Health with Self Care 423 Critical Thinking Skills #2 423 Health and Wellness Skills #1 *Preventing and Treating Communicable Diseases* **Instruction:** 432 Preventing and Treating Communicable Diseases 433 Figure 7.5.1 Hand Washing, 435 Figure 7.5.2 Use Respiratory Etiquette, 436 Figure 7.5.3 Common Vaccines **Application:** 432 Warm Up Activity - What Do You Touch, 434 Case Study - Blocking Germs Every Day, 436 Skills for Health and Wellness - Help Prevent the Spread of Disease 439 Critical Thinking Skills #1, 439 Health and Wellness Skills #1-3 *Preventing and Treating Types of Cardiovascular Diseases* **Instruction:**442-448 442 Figure 7.6.2 Hypertension, 443 Figure 7.6.3 Blood Pressure, 443 Figure 7.6.4 Blood Pressure Ranges, 445 Figure 7.6.7 Congestive Heart Failure, 446 Figure 7.6.8 Arrhythmias, 447 Figure 7.6.9 Be Physically Active **Application:** 449 Comprehend Concepts #3, Critical Thinking Skills #1-3, Health and Wellness Skills #1, #3 *Preventing and Treating 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, 452 Case Study - Understanding Risk, 456 Comprehend Concepts #3, Health and Wellness Skills #2, #3



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H2.W2.HSb	Assess personal risk factors and predict future health status.	*Individual Factors Affecting Health and Wellness* **Instruction:** 10-22 Individual Factors Affecting Health and Wellness 10-11 Risk and Protective Factors 11 Genetic Factors 11 Figure 1.2.1 Cell Structure 12 Figure 1.2.2 The Role of Genes in Non-Communicable Diseases 13 Case Study: Stressed, Sick, and Now What? 13-14 Behavioral Factors 13 Figure 1.2.3 Nutrition and Physical Activity 14 Figure 1.2.5 Teen Drivers Higher Risk for Injury, 16-22 Environmental Factors Affecting Health and Wellness 22 Skills for Health and Wellness: What Factors Affect Your Health? **Application:** 10 Warm-Up Activity 13 Case Study: Stressed, Sick, and Now What? 13 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? 22 Practice Your Skills: Analyze Influences *Preventing Accidents and Injuries* **Instruction:** 43,329-336, 329 Reducing Full Hazards in the Home **Application:** 336 (Health and Wellness skills, 1-3),



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		Understanding/Preventing Communicable Disease **Instruction:** 418-419 Immunity: The Body's Defense Against Infection 422-423 Diagnosis and Treatment of Noncommunicable Diseases **Application:** 422(Local and Global Health) *Preventing and Treating Communicable Disease* **Instruction:** 432-436 434 Case Study-Blocking Germs Every Day 436 Skills for Health and Wellness: Help Prevent the Spread of Diseases 436 Figure 7.5.3 Common Vaccines **Application:** 434 Case Study-Blocking Germs Every Day 434 Practice Your Skills: Set Goals 436 Skills for Health and Wellness: Help Prevent the Spread of Diseases 436 Practice Your Skills: Advocate for Health
Standard 2:	Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.	
Analyzing Influences		
H2.W3.HS	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



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		Analyze how the culture supports and challenges health beliefs, practices, and behaviors. **Instruction:** 18-19, 56, 92-97, 107, 130, 314-315, 477 19 Figure 1.3.3 Cultural Practices That Affect Health and Wellness 92 Figure 2.2.3 Stages of Ethnic Identity 94 Figure 2.2.4 Factors Affecting Identity Formation 96 Figure 2.2.5 Questions to Help You Reflect on Your Qualities 130 Figure 2.6.7 Diversity **Application:** 56 Local and Global Health - Culture Affects Communication 93 Local and Global Health Everyone Has a Cultural Identity 95 Case Study - Who You Are 97 Comprehend Concepts #1 97 Critical Thinking Skills #1-2 107 Local and Global Health - The Thin Ideal is Not Universal 477 Local and Global Health - Parents and Children Around the World *Analyze how peers influence healthy and unhealthy behaviors.* **Instruction:** 18-19, 71-74, 76, 314-318 72 Figure 1.10.1 Direct and Indirect Peer Pressure 315 Figure 5.6.3 Peer Pressure **Application:** 71 Warm Up Activity - Peer Pressure 73 Health in the Media - The Power of Virtual Peer Pressure 74 Case Study - Peer Pressure in Action 76 Comprehend Concepts #1 76 Critical Thinking Skills #1 76 Health and Wellness Skills #2 *Evaluate how the school and community can impact personal health practices and behaviors.* **Instruction**: 17-18, 141, 246, 351 141 Figure 3.1.1 Stressors 246 Figure 4.5.8 Places to Get Physical Activity 351 Figure 6.3.1 Staying Safe At School **Application**: 16 Warm Up Activity - You and the Environment



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Standard		Correlating Textbook Pages
		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 #3 186 Health in the Media - Media Messages About Contraception 326 Critical Thinking Skills #1 *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



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		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
Standard 3:	Students will demonstrate the ability to access valid information and products and services to enhance health.	
Access Valid Information		
H3.W4.HS	Create a resource that outlines where and how students can access valid and reliable health information, products, and services.	**Instruction:** 31-38, 39-44 32 Figure 1.5.1 Health Literacy 34 Figure 1.5.2 Evaluating Health Information 37 Figure 1.5.4 Tips for Choosing Health Products 40 Figure 1.6.1 Medical Specialists 42 Figure 1.6.3 Minors Can Consent For 43 Figure 1.6.4 Preventative Healthcare 44 Figure 1.6.5 Emergency Healthcare **Application:** 31 Warm Up Activity - Can You Trust This Website 33 Health in the Media - Analyzing Health Advertisements 36 Research in Action - Debunking Health Claims 38 Comprehend Concepts #1-3 38 Critical Thinking Skills #2-4 38 Health and Wellness Skills #1-2 41 Case Study - Health Resources: What Are Available and How to Access Them 45 Comprehend Concepts #1-4 45 Health and Wellness Skills #3



Standard		Correlating Textbook Pages
Standard 4:	Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.	
Communication		
H4.W5.HS	Demonstrate strategies to prevent, manage, or resolve interpersonal conflicts without harming self or others.	**Instruction:** 63-69 63 Figure 1.9.1 65 Figure 1.9.2 Negotiation 66 Figure 1.9.3 Identify the Cause 67 Figure 1.9.4 Examples of Compromises for Common Conflicts 69 Figure 1.9.5 Mediators **Application:** 63 Warm Up Activity - Conflict Comic Strip 65 Research in Action - The Magic Relationship Ratio 68 Skills for Health and Wellness - Solve a Conflict with a Friend 70 Comprehend Concepts #1-2 70 Critical Thinking Skills #1-3 70 Health and Wellness Skills #1-3
Standard 5:	Students will demonstrate the ability to use decision-making skills to enhance health.	
Decision-Making		
H5.W6.HS	Predict potential short- and long-term outcomes of a personal health-related decision.	**Instruction:** 25-26 25 Figure 1.4.1 Using the Decision Making Process, 26 Figure 1.4.2 Alternatives **Application:** 30 Health and Wellness Skills #3, 38 Critical Thinking Skills #4
Standard 6: Students will demonstrate the ability to use goal-setting skills to enhance health.		
Goal-Setting		
H6.W7.HS	Implement strategies to achieve a personal health goal.	**Instruction:** 28-29, 125 29 Figure 1.4.5 Goals **Application:** 44 Skills for Health and Wellness - Creating a Health Management Plan 125 Case Study - Social Media Envy
Standard 7:	Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.	
Health Education Core Idea: Safety (Sa)		
Injury Prevention		
H5.Sa1.HS	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



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H1.Sa1.HS	Describe how to prevent occupational injuries.	334-335 Workplace Safety 335 Figure 6.1.6 Ergonomic Arrangement for Workplace Safety-Proper Posture While Working on a Computer **Application:** 336 Critical Thinking Skills #3
H2.Sa1.HS	Compare how family, peers, culture, media, technology, and other factors influence safety and injury prevention practices and behaviors.	**Instruction:** 83-84, 357-366 358 Figure 6.4.1 Aspects of a Digital Footprint 360 Figure 6.4.2 Copyright Laws 361 Figure 6.4.3 Online Etiquette 362 Figure 6.4.4 Personal Information - What You Should Keep Private 363 Figure 6.4.5 Tips for Using Privacy Settings 363 Figure 6.4.6 Before You Post Online 365 Figure 6.4.7 Passwords 366 Figure 6.4.8 Navigating Websites Safely **Application:** 84 Research in Action - Technology and Your Mental and Emotional Health 125 Case Study - Social Media Envy 357 Warm Up Activity - My Online Presence 359 Skills for Health and Wellness - Promoting an Online Environment of Respect 364 Case Study - Navigating Life Online 367 Comprehend Concepts #1-3 367 Critical Thinking Skills #1-3 367 Health and Wellness Skills #1



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First Aid		
H7.Sa2.HSb	Apply basic first aid skills. Demonstrate CPR and AED procedures.	**Instruction:** 337-348 338 Figure 6.2.1 First Aid Kit Essentials 339 Figure 6.2.2 Calling 911 340 Figure 6.2.3 Treating Minor Injuries 342 Figure 6.2.5 EpiPen 342 Figure 6.2.6 Types of Burns 344 Figure 6.2.7 CPR 344 Figure 6.2.8 Using an Automated External Defibrillator (AED) 346 Figure 6.2.10 Heat Related Illnesses 348 Figure 6.2.11 The Five and Five Method **Application:** 337 Warm Up Activity - Injury List 347 Local and Global Health - Extreme Weather and a Changing Climate 349 Comprehend Concepts #1-3 349 Critical Thinking #1-3 349 Health and Wellness Skills #1-2 *Practice hands-only cardiopulmonary resuscitation (CPR) and the use of automated external defibrillators (AED).* **Instruction:** 343-344 344 Figure 6.2.7 CPR 344 Figure 6.2.8 Using an Automated External Defibrillator (AED) **Application:** 349 Critical Thinking Skills #3



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Violence Prevention		
H2.Sa3.HS	Evaluate societal influences on violence.	*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 **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



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H7.Sa3.HS	Demonstrate effective peer resistance, negotiation, and collaboration skills to avoid potentially violent situations.	*Demonstrate refusal, negotiation, and collaboration skills to enhance health and avoid or reduce health risks.* **Instruction:** 65-69, 75 65 Figure 1.9.2 Negotiation, 66 Figure 1.9.3 Identify the Cause of the Conflict, 67 Figure 1.9.4 Examples of Compromises for Common Conflicts, 75 Figure 1.10.2 *Examples of Refusal Skills* **Application:** 68 Skills for Health and Wellness - Solve a Conflict with a Friend 70 Comprehend Concepts #2 76 Comprehend Concepts #2 76 Critical Thinking Skills #2 76 Health and Wellness Skills #2 *See Supplemental Human Development and Relationships, and/or Human Development, Relationships, and Sexual Health* *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



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H8.Sa3.HS	Advocate for violence prevention.	*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
H1.Sa3.HS	Analyze potential dangers of sharing personal information through electronic media.	**Instruction:** 83-84, 190-191 191 Figure 3.6.2 Suicide Contagion 78 Be Safe Online **Application:** 84 Research in Action - Technology and Your Mental and Emotional Health 190 Health in the Media - Media Representations of Suicide 125 Case Study - Social Media Envy 91 Health and Wellness Skills #1
Health Education Core Idea: Nutrition (N)		
Food Groups and Nutrients		
H1.N1.HS	Predict impact of consuming adequate or inadequate amounts of nutrients.	**Instruction:** 212-214 212 Figure 4.2.5 A 100 Calorie Snack 214 Figure 4.2.6 Making Healthier Food Choices **Application:** 219 Comprehend Concepts #2, #4 219 Critical Thinking Skills #1-2, 4 219 Health and Wellness Skills #1-2
H3.N1.HS	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



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H8.N1.HS	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 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



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		229 Comprehend Concepts #1, 4 229 Critical Thinking Skills #2-3 229 Health and Wellness Skills #1-4
Beverages		
H2.N2.HS	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
Label Literacy		
H5.N3.HS	Cite evidence from Nutrition Facts labels useful for making informed and healthy choices.	*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, Critical Thinking Skills #2-3, Health and Wellness Skills #2, #4
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H7.N4.HS	Demonstrate how to balance caloric intake with caloric expenditure to maintain, gain, or reduce weight in a healthy manner.	**Instruction:** 207-228 208 Figure 4.2.1 MyPlate Food Guidance 209 Figure 4.2.3 Vegetables 210 Figure 4.2.4 MyPlate Plan 212 Figure 4.2.5 A 100 Calorie Snack 214 Figure 4.2.6 Making Healthier Food Choices 221 Figure 4.3.1 Strategies for Eating Healthy in Social Situations **Application:** 206 Critical Thinking Skills #1 206 Health and Wellness Skills #1-3 207 Warm Up Activity - Portion Sizes



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Disease Prevention		
H1.N5.HS	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 Figure 7.6.4 Blood Pressure Ranges 445 Figure 7.6.7 Congestive Heart Failure 446 Figure 7.6.8 Arrhythmias 447 Figure 7.6.9 Be Physically Active 455 Figure 7.7.3 Reducing Your Risk for Cancer 463 Figure 7.8.3 Asthma **Application:** 230 Warm Up Activity-Agree or Disagree 413 Warm Up Activity - Learning About Diseases 422 Local and Global Health - Promoting Health with Self Care 423 Critical Thinking Skills #2 423 Health and Wellness Skills #1 449 Comprehend Concepts #3 449 Critical Thinking Skills #1-3 449 Health and Wellness Skills #1, #3 450 Warm Up Activity - Cancer: Your Decisions 452 Case Study - Understanding Risk 456 Comprehend Concepts #3 456 Health and Wellness Skills #2, #3
Nutritional Planning		
H7.N6.HS	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
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		Instruction: 215, 268-269 215 Figure 4.2.7 Characteristics of Fad Diets, 268 Figure 5.2.6 Diet Pills *Investigate how food access impacts food choices and health outcomes.* **Instruction:** 222 **Application:** 229 Critical Thinking Skills #1 *Analyze various eating patterns and their impact on personal health.* **Instruction:** 199-206, 207-219 206 Comprehend Concepts #1 206 Health and Wellness Skills #3 **Application:** 206 Comprehend Concepts #1 206 Health and Wellness Skills #3 211 Skills for Health and Wellness - Weight and Nutrition *Summarize how to make balanced food selections when dining out.* **Instruction:** 207-228 208 Figure 4.2.1 MyPlate Food Guidance 209 Figure 4.2.3 Vegetables 210 Figure 4.2.4 MyPlate Plan 212 Figure 4.2.5 A 100 Calorie Snack 214 Figure 4.2.6 Making Healthier Food Choices 221 Figure 4.3.1 Strategies for Eating Healthy in Social Situations **Application:** 206 Critical Thinking Skills #1 206 Health and Wellness Skills #1-3 207 Warm Up Activity - Portion Sizes
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Anatomy, Reproduction, and Pregnancy		
H1.Se1.HSa	Summarize fertilization, fetal development, and childbirth.	*See Supplemental Human Development and Relationships, and/or Human Development, Relationships, and Sexual Health* *Testicular Self- Exam* 6-7 Perform Testicular Self- Examinations 6 Figure 91.3 Steps of a Testicular Self-Examination



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		Breasts Self-Awareness 13 Tumors of the Breast 15-16 Practice Breasts Awareness 15 Breast Cancer- Mammograms **Application:** 17 Health and Wellness Skills #1-2 17 Comprehend Concepts #3 *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
H5.Se1.HS	Explain the role hormones play in sexual behavior and decision- making.	*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 **Application:**



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		38 Warm-Up Activity: Adolescent Changes 44 Comprehend Concepts #1-3 44 Critical Thinking Skills # 1-2 44 Health and Wellness Skills #1-2
H1.Se1.HSb	Describe emotional, social, physical, and financial effects of being a teen or young adult parent.	*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 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
H1.Se1.HSc	Describe behaviors that impact reproductive health.	*See Supplemental Human Development and Relationships, and/or Human Development, Relationships, and Sexual Health* *Common STIs* **Instruction:** 112-124 Common STIs 113 What Are STIs 113 Figure 11.1.1 Risk Factors for STIs 114-118 Common Bacterial STIs 114 Figure 11.1.2 Untreated Chlamydia 116 Research in Action: Point -of -Care Testing and Diagnosis for STIs 117 Figure 11.1.3 Primary Syphilis 117 Figure 11.1.4 Secondary Syphilis 118-121 Common Viral STIs 118 Figure 11.1.5 Trichomoniasis 118 Figure 11.1.6 Genital Herpes 120 Case Study: A Vaccine for STI 121-123 Other Sexually Associated Infections



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		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 116 Practice Your Skills: Communicate with Others 120 Case Study: A Vaccine for STI- Practice Your Skills: Communicate with Others 124 Comprehend Concepts #1-3 124 Critical Thinking Skills #1-3 124 Health and Wellness Skills #1-3 *HIV/AIDS* **Instruction:** 125-132 HIV/AIDS 125-121 What are HIV and AIDS 121 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 129 Practice Your Skills: Advocate for Health 132 Comprehend Concepts # 1-4 132 Critical Thinking Skills #1-3 132 Health and Wellness Skills #1-3
H7.Se1.HS	Describe steps of testicular self- exam and the importance of breast self-awareness.	*See Supplemental Human Development and Relationships, and/or Human Development, Relationships, and Sexual Health* *Testicular Self- Exam* 6-7 Perform Testicular Self- Examinations 6 Figure 91.3 Steps of a Testicular Self-Examination *Breasts Self-Awareness* 13 Tumors of the Breast



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		15-16 Practice Breasts Awareness 15 Breast Cancer- Mammograms **Application:** 17 Health and Wellness Skills #1-2 17 Comprehend Concepts #3
Puberty and Development		
H1.Se2.HSa	Explain the physical, social, mental, and emotional changes associated with being a young adult.	*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
H1.Se2.HSb	Describe how sexuality and sexual expression change throughout the life span.	*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 (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
Self-Identity		
H2.Se3.HS	Evaluate how culture, media, society, and other people influence our perceptions of gender roles, sexuality, relationships, and sexual orientation.	See Supplemental Human Development, Relationships, and Sexual Health



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Prevention		
H1.Se4.HSa	Evaluate the effectiveness of abstinence, condoms, and other contraceptives in preventing pregnancy and STDs/HIV.	*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



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H7.Se4.HS	Demonstrate steps to using a condom correctly.	*See Supplemental Human Development, Relationships, and Sexual Health* **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
H3.Se4.HS	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



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H1.Se4.HSb	Understand that people can choose abstinence at different times in their lives.	*See Supplemental Human Development and Relationships, and/or Human Development, Relationships, and Sexual Health* *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



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		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 #1-2 140 Critical Thinking Skills #1-2 140 Health and Wellness Skills #1-3 171 Skills for Health and Wellness: Answering Questions About Your Sexual Health
H8.Se4.HS	Advocate for STD testing and treatment for sexually active youth.	*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



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H5.Se4.HS	Use a decision-making model to make a sexual health-related decision.	*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
Healthy Relationships		
H1.Se5.HSa	Differentiate between affection, love, commitment, and sexual attraction.	*See Supplemental Human Development and Relationships, and/or Human Development, Relationships, and Sexual Health* *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



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		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
H1.Se5.HSb	Compare and contrast characteristics of healthy and unhealthy romantic and sexual relationships.	**Instruction:** *Qualities of a Healthy Relationship* 466-472 467 Characteristics of a Healthy Relationship 467 Honesty 467 Figure 9.6.1 Relationships, 467 Trust 467 Mutual Respect 469 Care, Commitment and Support 469 Emotional Support 469 Figure 8.1.3 Support 470 Understanding 470 Safety 470 Figure 8.1.4 Understanding Consent -Consent is… 471 Interpersonal Skills 471 Health in the Media - Media Relationships: Healthy or Unhealthy 472 Signs of an Unhealthy Relationship 472 Figure 8.1.5 Unhealthy Relationship Signs **Application:** 466 Warm Up Activity - The Interview 471 Health in the Media - Media Relationships: Healthy or Unhealthy-Practice You Skills: Analyze Influences 473 Comprehend Concepts #1-3, Critical Thinking Skills #1-3, Health and Wellness Skills #1-3 *See Supplemental Human Development and Relationships, and/or Human Development, Relationships, and Sexual Health* *Skills for Healthy Romantic Relationship* **Instruction:** 49-53 Skills for Healthy Romantic Relationship 49 Learn About Your Partner and Yourself 49 Figure 9.4.4 Getting to Know a Dating Partner



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		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
H4.Se5.HS	Demonstrate effective ways to communicate with a partner about healthy sexual decisions and consent.	*Characteristics of a Healthy Relationship* **Instruction:** 467 Honesty 467 Figure 8.1.1 Relationships, 468 Trust 468-469 Mutual Respect 468 Figure 8.1.2 Handling Broken Trust in a Relationship 469 Care, Commitment and Support 469 Emotional Support 469 Figure 8.1.3 Support 470 Understanding 470 Safety 470 Figure 8.1.4 Understanding Consent -Consent is… **Application:** 466 Warm Up Activity - The Interview 471 Health in the Media - Media Relationships: Healthy or Unhealthy-Practice You Skills: Analyze Influences 473 Comprehend Concepts #1-3, Critical Thinking Skills #1-3, Health and Wellness Skills #1-3 *See Supplemental Human Development and Relationships, and/or Human Development, Relationships, and Sexual Health* *Skills for Healthy Romantic Relationship* **Instruction:** 49-53 Skills for Healthy Romantic Relationship 49 Learn About Your Partner and Yourself 49 Figure 9.4.4 Getting to Know a Dating Partner



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		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* 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
H2.Se5.HS	Analyze factors that can affect the ability to give or recognize consent to sexual activity.	*Characteristics of a Healthy Relationship* **Instruction:** 467 Honesty 467 Figure 8.1.1 Relationships, 468 Trust 468-469 Mutual Respect



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		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, Critical Thinking Skills #1-3, Health and Wellness Skills #1-3 *See Supplemental Human Development and Relationships, and/or Human Development, Relationships, and Sexual Health* *Skills for Healthy Romantic Relationship* **Instruction:** 49-53 Skills for Healthy Romantic Relationship 49 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*



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H3.Se5.HS	Identify ways to access accurate information and resources for survivors of sexual offenses.	*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



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H3.Se6.HS	Describe laws related to accessing sexual health care services.	Washington State Laws for Accessing Sexual Health Care Services https://app.leg.wa.gov/rcw/default.aspx?cite=74.09.875 *Accessing Health Services* **Instruction:** 39-43 Accessing Health Services 40 Figure 1.6.1 Medical Specialist 41 Case Study: Health Resources: What Are Available and How to Access Them 39-42 Understanding the Healthcare Industry 42 Figure 1.6.2 The Basics Of Insurance 42 Figure 1.6.3 Minors Can Consent for… 43 Figure 1.6.4 Questions to Ask Your Doctor 44 Skills for Health and Wellness: Creating a Health Management Plan 44 Figure 1.6.5 Conditions and Symptoms Requiring Emergency Healthcare 42-43 Knowing Your Rights 43 Getting Regular Checkups and Screenings 43-44 Seeking Treatment for a Health Condition 44 Skills for Health and Wellness: Creating a Health Management Plan *See Supplemental Human Development and Relationships, and/or Human Development, Relationships, and Sexual Health* 135 Health in the Media: Conversations About Sexual Activity-Practice Your Skills: Communicate with Others *See Supplemental Human Development, Relationships, and Sexual Health* 171 Skills for Health and Wellness: Answering Questions About Your Sexual Health **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



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H7.Se6.HS	Understand importance of personal and social responsibility for sexual decisions	*Characteristics of a Healthy Relationship* **Instruction:** 467 Honesty 467 Figure 8.1.1 Relationships, 468 Trust 468-469 Mutual Respect 468 Figure 8.1.2 Handling Broken Trust in a Relationship 469 Care, Commitment and Support 469 Emotional Support 469 Figure 8.1.3 Support 470 Understanding 470 Safety 470 Figure 8.1.4 Understanding Consent -Consent is… **Application:** 466 Warm Up Activity - The Interview 471 Health in the Media - Media Relationships: Healthy or Unhealthy-Practice You Skills: Analyze Influences 473 Comprehend Concepts #1-3, 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* *Practicing Sexual Abstinence* 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



Standard		Correlating Textbook Pages
H1.Se6.HSa	Examine laws and consequences related to sexual offenses, including when a minor is involved.	*See Supplemental Human Development and Relationships, and/or Human Development, Relationships, and Sexual Health* Washington State Laws for Sexual Offenses https://apps.leg.wa.gov/RCW/default.aspx?cite=9A.44 *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
H1.Se6.HSb	Identify laws and concerns related to sending or posting sexually explicit pictures or messages.	*See Supplemental Human Development and Relationships, and/or Human Development, Relationships, and Sexual Health* Washington State Law https://app.leg.wa.gov/rcw/default.aspx?cite=9.68A.053 *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 8.:	Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.	
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H1.So1.HSa	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



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H1.So1.HSb	Understand changes in self- esteem can occur as people mature.	**Instruction:** 121-130, 135-137, 153-159 122 Figure 2.6.1 The Impact of Mindset 124 Figure 2.6.2 Positive Mindset 124Figure 2.6.3 What You Can Control 126 Figure 2.6.4 Strategies for Practicing Mindfulness 127 Figure 2.6.5 Questions to Modify Your Outlook 129 Figure 2.6.6 Strategies for Increasing Self Respect 130 Figure 2.6.7 Increasing Respect for Diversity 135 Figure 2.7.3 Characteristics of People with Resilience 136 Figure 2.7.4 Examples of Seeing Change as an Opportunity Figure 2.7.5 Practicing Self Compassion 155 Figure 3.2.3 Using Positive Self Talk **Application:** 121 Warm Up Activity - Your Mindset 128 Skills for Health and Wellness - Shifting to Positive Self Talk 137 Research in Action - Resilience's Lasting Power 138 Comprehend Concepts #3-4 138 Critical Thinking Skills #3-4 138 Health and Wellness Skills #2-4
Body Image and Eating Disorders		
H3.So2.HS	Explain why people with eating disorders need support services.	**Instruction:** 104-105, 113, 170-177 105 Figure 2.4.1 Body Image 105 Figure 2.4.2 Advertisements 173 Figure 3.4.2 Types of Eating Disorders **Application:** 104 Warm Up Activity - Social Media Models 106 Case Study - How Do I Look 107 Local and Global Health - The Thin Ideal is Not Universal 113 Comprehend Concepts #1 113 Critical Thinking Skills #1, 4 170 Warm Up Activity - The Impact of Eating Disorders 174 Case Study - Struggling with How You Look 177 Health and Wellness Skills #2



Standard		Correlating Textbook Pages
H1.So2.HS	Identify supportive services for people with eating disorders	**Instruction:** 170-177 170-177 Disordered Eating and Eating Disorders 171 Disordered Eating 171 Figure 3.4.1 Eating Disorders Versus Disordered Eating 172 Eating Disorders 172 Skills for Health and Wellness: Helping a Friend with Disordered Eating 173 Risk Factors for Eating Disorders 173-175 Health Effects of Eating Disorders 173 Figure 3.4.2 Types of Eating Disorders 174 Case Study: Struggling with How You Look 175-177 Treating Eating Disorders and Disordered Eating 175 Figure 3.4.3 Health Effects of Eating Disorders 175 Figure 3.4.4 Warning Signs of Eating Disorders 176 Therapy 175 Figure 3.4.5 Family Therapy 177 Additional Treatment **Application:** 170 Warm- Up Activity: The Impact of Eating Disorders 172 Skills for Health and Wellness: Helping a Friend with Disordered Eating-Practice Your Skills: Communicate with Others 174 Case Study: Struggling with How You Look 174 Practice Your Skills: Advocate for Health 177 Critical Thinking: #3 177 Health and Wellness Skills: # 1-3
H8.So2.HS	Describe how to support someone who has symptoms of an eating disorder.	**Instruction:** 170-177 170-177 Disordered Eating and Eating Disorders 171 Disordered Eating 171 Figure 3.4.1 Eating Disorders Versus Disordered Eating 172 Eating Disorders 172 Skills for Health and Wellness: Helping a Friend with Disordered Eating 173 Risk Factors for Eating Disorders 173-175 Health Effects of Eating Disorders 173 Figure 3.4.2 Types of Eating Disorders 174 Case Study: Struggling with How You Look 175-177 Treating Eating Disorders and Disordered Eating 175 Figure 3.4.3 Health Effects of Eating Disorders 175 Figure 3.4.4 Warning Signs of Eating Disorders 176 Therapy 175 Figure 3.4.5 Family Therapy 177 Additional Treatment **Application:** 170 Warm- Up Activity: The Impact of Eating Disorders 172 Skills for Health and Wellness: Helping a Friend with Disordered Eating-Practice Your Skills: Communicate with Others



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H1.So3.HS	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
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H8.So4.HS	Advocate for ways to manage or resolve interpersonal conflict.	**Instruction:** 63-69 63 Figure 1.9.1 65 Figure 1.9.2 Negotiation 66 Figure 1.9.3 Identify the Cause 67 Figure 1.9.4 Examples of Compromises for Common Conflicts 69 Figure 1.9.5 Mediators **Application:** 63 Warm Up Activity - Conflict Comic Strip 65 Research in Action - The Magic Relationship Ratio 68 Skills for Health and Wellness - Solve a Conflict with a Friend 70 Comprehend Concepts #1-2 Critical Thinking Skills #1-3



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H1.So4.HS	Summarize strategies for coping with difficult emotions, including defense mechanisms.	*Demonstrate respect for others who have different views and beliefs.* **Instruction:** 63-64, 130, 132-134 64 Figure 1.9.1 Differences 130 Figure 2.6.7 Increasing Respect for Diversity 133 Figure 2.7.1 People with Empathy **Application:** 131 Critical Thinking Skills #3 *Analyze characteristics of a mentally and emotionally healthy person* **Instruction:** 79-81 79 Figure 2.1.1 Common Traits of People with Positive Mental and Emotional Health 80 Figure 2.1.2 Mental Health Continuum 81 Figure 2.1.3 Ways to Increase Happiness **Application:** 78 Warm Up Activity - Mental and Emotional Wheel 87 Comprehend Concepts #1-2 87 Health and Wellness Skills #4 *Expressing Your Emotions* 114-120 115 Understanding Emotions 115-116 Managing Emotions 115 Figure 2.5.1 Your Mental and Emotional Health 116 Health in the Media: The Rapid Spread of Negative Emotions 116-118 Identify What You Are Feeling 117 Figure 2.5.2 Emotional Vocabulary 118 Accept Your Feelings 118 Express Your Feelings 118 Figure 2.5.3 Healthy Positive Ways to Accept and Express Emotions 119 Emotional Intelligence (EI) 119 Figure 2.5.4 Skills for Developing Emotional Intelligence (EI) **Application:** 114 Warm-Up Activity: Tally Your Emotions 116 Health in the Media: The Rapid Spread of Negative Emotions 116 Practice Your Skills: Communicate with Others 120 Critical Thinking Skills #1-3 120 Health and Wellness Skills #1-3
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H1.So5.HS	Analyze strategies to prevent and respond to different types of harassment, intimidation, and bullying.	*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



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H2.So5.HS	Compare and contrast the influence of family, peers, culture, media, technology, and other factors on harassment, intimidation, and bullying.	*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 **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



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H1.So6.HSa	Compare and contrast emotional and mental and behavioral illness, mental well-being, and concurrent disorders.	*Analyze characteristics of a mentally and emotionally healthy person* **Instruction:** 79-81 79 Figure 2.1.1 Common Traits of People with Positive Mental and Emotional Health, 80 Figure 2.1.2 Mental Health Continuum, 81 Figure 2.1.3 Ways to Increase Happiness **Application:** 78 Warm Up Activity - Mental and Emotional Wheel 87 Comprehend Concepts #1-2 87 Health and Wellness Skills #4
H1.So6.HSb	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



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H1.Su2.HSa	Summarize short- and long-term effects of substance abuse on dimensions of health.	*Short- and Long-term Effects of Substance Abuse on Dimensions of Health Medication Misuses and Abuse* **Instruction:** 261-270 Medication Misuses and Abuse 261-261 Effects of Medication Misuse and Abuse 262-263 Medication and the Brain 262 Figure 5.2.1 Medication Misuse 262 Figure 5.2.2 Medication and the Brain 263-264 Other Health Effects 263 Case Study: Prescription Problems 264 Mental, Social, and Legal Consequences 264 Figure 5.2.3 Medication Misuse Endanger the Health of Teens **Application:** 261 Reading and Notetaking Activity 261 Warm-Up Activity: Concerned About Addition-Access Information 263 Case Study: Prescription Problems-Practice Your Skills: Set Goals 267 Local and Global Health: Impact of the COVID-19 Pandemic on Substance Use-Practice Your Skills: Advocate for Health 268 Skills for Health and Wellness: Reporting Substance Abuse-Practice Your Skills: Communicate with Others 270 Comprehend Concepts #1-2 270 Critical Thinking Skills #1-2 270 Health and Wellness Skills #1-2 *Harmful short- and long- term physical, psychological, and social effects of using alcohol, nicotine products, marijuana*



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H1.Su2.HSb	Analyze how addiction and dependency impact individuals, families, and society.	*Addiction and dependency impact and effects of using alcohol, opioids, nicotine products, marijuana products, and other trending drugs or substances on school performance, job performance, job absenteeism, and job loss.*



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H8.Su3.HS	Design a drug-free message for a community beyond school.	*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
Treatment		
H3.Su4.HS	Analyze valid and reliable information to prevent or treat substance dependency and addiction.	*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 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



Standard		Correlating Textbook Pages
		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 320 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
H1.Su4.HS	Understand how codependency relates to substance use and abuse.	**Instruction:** 325 Providing Assistance and Support 325 Enabling 325 Skills for Health and Wellness: Helping Someone with a Substance Use Disorder **Application:** 325 Skills for Health and Wellness: Helping Someone with a Substance Use Disorder: Practice Your Skills-Communicate with Others 326 Comprehend Concepts #4 326 Critical Thinking Skills #4
Legal Consequences		
H1.Su5.HS	Compare and contrast school, local, state, and federal laws related to substance possession and use.	**Instruction:** 301 Mental, Social, and Legal Consequences 301 Health in the Media: Drugs and Your Digital Footprints **Application:** 301 Health in the Media: Drugs and Your Digital Footprints-Practice Your Skills: Advocate for Health **Instruction:** 319-321 Participate in Education and Prevention Programs 319 Figure 5.6.6 Ways to Say No 320 Skills for Health and Wellness: Refusing Substances 321 Figure 5.6.7 Government Regulations on Substances **Application:** 320 Skills for Health and Wellness: Refusing Substances 320 Practice Your Skills: Communication with Others