Lesson Plan/Correlating Content	Benchmark of Focus-Code	Benchmark	Connecting Benchmarks	Integrated MTRs within Student Materials and Teacher Guides	Integrated EEs within Student Materials and Teacher Guides	Integrated ELDs within Student Materials and Teacher Guides
Florida Health Skills for Middle School: Grade 6 20 Develop Your Skills, #3 20 Differentiation 91 Critical Thinking, #1 319 Lesson 5.6-Introduction-second paragraph 319 Preventing Substance Use, Misuse, and Abuse 323-324 Government Approaches 323-324 Figure 5.6.4 What the Government Is Doing to Prevent Substance Use 360 Lesson 6.3 Knowing Basic First Aid-Introduction-first paragraph 370 Lesson 6.3 Critical Thinking, #1	HE.6.CEH.2.1	Identify the impact of health information conveyed to students by the school and community. ***Clarification 1:*** Instruction includes first-aid education and safety education in school and how it benefits students. ***Clarification 2:*** Instruction includes the impact of substance use prevention programs.	HE.6.CEH.2.2 Investigate changes to societal norms and how they influence health beliefs and behaviors. HE.6.CEH.2.3 Examine how media/social media influences peer and community health behaviors. HE.6.CEH.2.4 Propose ways that technology can influence peer and community health behaviors. HE.6.CH.1.2 Investigate a variety of technologies to gather health information. HE.6.CH.2.1 Illustrate ways health messages and communication techniques can be targeted for different audiences through internet and social media sources. HE.6.CH.3.1 Examine the validity of health information and determine the cost benefit of health products and services.	MA.K12.MTR.1.1 MA.K12.MTR.2.1 MA.K12.MTR.3.1 MA.K12.MTR.4.1 MA.K12.MTR.5.1 MA.K12.MTR.6.1 MA.K12.MTR.7.1	ELA.K12.EE.1.1 ELA.K12.EE.2.1 ELA.K12.EE.3.1 ELA.K12.EE.4.1 ELA.K12.EE.5.1 ELA.K12.EE.6.1	ELD.K12.ELL.SI.1

Lesson Plan/Correlating Content	Benchmark of Focus-Code	Benchmark	Connecting Benchmarks	Integrated MTRs within Student Materials and Teacher Guides	Integrated EEs within Student Materials and Teacher Guides	Integrated ELDs within Student Materials and Teacher Guides
			HE.6.PHC.1.4 Describe situations when professional health services may be required. HE.6.PHC.3.4 Use various methods to measure personal health status.			
Florida Health Skills for Middle School: Grade 6 20 Lesson 1.2 Review & Assessment 20 Critical Thinking #1-2 20 Develop Your Skills, #2-3 20 Differentiation 25 1.3-3 Using Refusal Skills- second paragraph 264 5.1-2 Factors Affecting Substance Use & Addition-Family, second paragraph 265 5.1-2 Factors Affecting Substance Use & Addition- Peer Pressure, third paragraph **Reproductive Health, Relationships, and Abstinence (Companion)** 22 Dealing with Sexual Pressure 22 Using Refusal Skills 22 Figure 8.2.7 Words for Resisting Sexual Pressure	HE.6.CEH.2.2	Investigate changes to societal norms and how they influence health beliefs and behaviors. ***Example:*** Location sharing, creation of designated smoking areas, increased access to community-based activities.	HE.6.CEH.2.1 Identify the impact of health information conveyed to students by the school and community. HE.6.CEH.2.3 Examine how media/social media influences peer and community health behaviors. HE.6.CEH.2.4 Propose ways that technology can influence peer and community health behaviors. HE.6.CH.2.1 Illustrate ways health messages and communication techniques can be targeted for different audiences through internet and social media sources.	MA.K12.MTR.1.1 MA.K12.MTR.2.1 MA.K12.MTR.3.1 MA.K12.MTR.4.1 MA.K12.MTR.5.1 MA.K12.MTR.6.1 MA.K12.MTR.7.1	ELA.K12.EE.1.1 ELA.K12.EE.2.1 ELA.K12.EE.3.1 ELA.K12.EE.4.1 ELA.K12.EE.5.1 ELA.K12.EE.6.1	ELD.K12.ELL.SI.1

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			HE.6.PHC.2.1 Analyze how media/social media influences personal and peer thoughts, feelings, and health behaviors. HE.6.PHC.2.3 Examine how friends and peers influence the health of adolescents.			
Florida Health Skills for Middle School: Grade 6 17 Building Your Skills: The Power of Social Media to Inspire 20 Develop Your Skills, #3 20 Differentiation 58 Building Your Skills: Health in the Media 91 Lesson 2.3 Review & Assessment 91 Critical Thinking, #1 91 Develop Your Skills, #2 141 Lesson 3.2-3 Malnutrition, first full paragraph 144 Building Your Skills: Making Healthy Food Choices 165-167 Lesson 3.4-1 Getting Enough Physical Activity; Factors That Influence Physical Activity 175 Lesson 3.4 Review & Assessment: 175 Critical Thinking #2	HE.6.CEH.2.4	Propose ways that technology can influence peer and community health behaviors. ***Clarification 1:*** Instruction includes how internet and social media apps influence nutrition and physical activity.	HE.6.CEH.2.1 Identify the impact of health information conveyed to students by the school and community. HE.6.CEH.2.2 Investigate changes to societal norms and how they influence health beliefs and behaviors. HE.6.CEH.2.3 Examine how media/social media influences peer and community health behaviors. HE.6.CH.1.2 Investigate a variety of technologies to gather health information.	MA.K12.MTR.1.1 MA.K12.MTR.2.1 MA.K12.MTR.3.1 MA.K12.MTR.4.1 MA.K12.MTR.5.1 MA.K12.MTR.6.1 MA.K12.MTR.7.1	ELA.K12.EE.1.1 ELA.K12.EE.2.1 ELA.K12.EE.3.1 ELA.K12.EE.4.1 ELA.K12.EE.5.1 ELA.K12.EE.6.1	ELD.K12.ELL.SI.1

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265-267 Lesson 5.1-2 Factors Affecting Substance Use and Addition- Media Messages 350 Case Study: Brianna's Social Media Challenge 420 Building Your Skills: Making Friends Online			HE.6.CH.2.1 Illustrate ways health messages and communication techniques can be targeted for different audiences through internet and social media sources. HE.6.PHC.1.3 Examine the importance of assuming responsibility for personal reproductive health behaviors. HE.6.PHC.2.1 Analyze how media/social media influences personal and peer thoughts, feelings, and health behaviors. HE.6.PHC.2.2 Identify environmental factors that affect personal health. HE.6.PHC.4.1 Use valid and reliable information to request access to health products, services, or environments.			

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Florida Health Skills for Middle School: Grade 6 22-23 Making Healthy Decisions 143-147 Skills for Following a Healthy Eating Pattern 150 Case Study: Theo's Taste in Food 150 3.2–4 Reading Checkpoint 151 Critical Thinking 151 Develop Your Skills, #1,3 151 Differentiation 247 Lesson 4.6 Review & Assessment 247 Develop Your Skills #2 268 Lesson 5.1 Review & Assessment 268 Develop Your Skills #1 267 Building Your Skills: Mental Health Connections- Making Healthy Decisions 301 Case Studt: Kara's Babysitting Conundrum 353 Thinking Before You Post 358 Develop Your Skills, #1	HE.6.CEH.3.1	Choose healthy alternatives over unhealthy alternatives when making a decision. ***Example:*** Saying no to drugs, eating a balanced diet over fast food, exercising daily ***Clarification 1:*** Instruction includes practicing responsible behavior such as treating others with respect.	HE.6.CEH.3.2 Specify the potential outcomes of each option when making a community health-related decision. HE.6.CEH.4.1 Describe how the community can influence and support others to make positive health choices. HE.6.PHC.2.3 Examine how friends and peers influence the health of adolescents. HE.6.PHC.3.2 Specify the potential outcomes of each option when making a personal health-related decision. HE.68.SUA.4.1 Demonstrate refusal and communication skills in specific scenarios related to underage drinking and illicit drug use.	MA.K12.MTR.1.1 MA.K12.MTR.2.1 MA.K12.MTR.3.1 MA.K12.MTR.4.1 MA.K12.MTR.5.1 MA.K12.MTR.6.1 MA.K12.MTR.7.1	ELA.K12.EE.1.1 ELA.K12.EE.2.1 ELA.K12.EE.3.1 ELA.K12.EE.4.1 ELA.K12.EE.5.1 ELA.K12.EE.6.1	ELD.K12.ELL.SI.1
Florida Health Skills for Middle School: Grade 6 66 Lesson 2.1 Review & Assessment:	HE.6.CEH.4.1	Describe how the community can influence and support others to make positive health choices.	HE.6.CEH.4.2 State a health-enhancing position on a topic and support it with accurate information.	MA.K12.MTR.1.1 MA.K12.MTR.2.1 MA.K12.MTR.3.1 MA.K12.MTR.4.1 MA.K12.MTR.5.1 MA.K12.MTR.6.1	ELA.K12.EE.1.1 ELA.K12.EE.2.1 ELA.K12.EE.3.1 ELA.K12.EE.4.1 ELA.K12.EE.5.1 ELA.K12.EE.6.1	ELD.K12.ELL.SI.1

Lesson Plan/Correlating Content	Benchmark of Focus-Code	Benchmark	Connecting Benchmarks	Integrated MTRs within Student Materials and Teacher Guides	Integrated EEs within Student Materials and Teacher Guides	Integrated ELDs within Student Materials and Teacher Guides
66 Develop Your Skills #2 106 Lesson 2.4 Review & Assessment 106 Critical Thinking, #1-3 106 Develop Your Skills #3 106 Differentiation 207 Lesson 4.2 Review & Assessment 207 Develop Your Skills #3 241 Case Study: Asher's Quest to Win 305 Lesson 5.4 Review & Assessment 305 Develop Your Skills #3 358 Lesson 6.2 Review & Assessment 358 Develop Your Skills #2 370 Lesson 6.3 Review & Assessment 370 Develop Your Skills #2 381 Building Your Skills: Community Connections-Advocating for the Environment		***Example:*** Bike trails, recreational areas, health-related community events.	HE.6.CH.1.1 Examine how appropriate health care can promote personal health. HE.6.CH.2.1 Illustrate ways health messages and communication techniques can be targeted for different audiences through internet and social media sources. HE.6.PHC.2.1 Analyze how media/social media influences personal and peer thoughts, feelings, and health behaviors. HE.6.PHC.2.2 Identify environmental factors that affect personal health. HE.6.PHC.2.3 Examine how friends and peers influence the health of adolescents. HE.6.PHC.3.9 Explore healthy practices and behaviors that will maintain or improve personal health and reduce health risks.	MA.K12.MTR.7.1		

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Florida Health Skills for Middle School: Grade 6 66 Lesson 2.1 Review & Assessment 66 Develop Your Skills #2 106 Lesson 2.4 Review & Assessment 106 Develop Your Skills #3 122 Lesson 2.5 Review & Assessment 122 Develop Your Skills #2 175 Lesson 3.4 Review & Assessment 175 Develop Your Skills #2 196 Lesson 4.1 Review & Assessment 196 Develop Your Skills #3 256 Lesson 4.7 Review & Assessment 256 Develop Your Skills #2 258 Develop Your Skills, #2 280 Advocating for an Opioid-Free Life 281 Develop Your Skills, #3 294 Lesson 5.3 Review & Assessment 294 Develop Your Skills #1 345 Lesson 6.1 Review & Assessment 345 Develop Your Skills #3	HE.6.CEH.4.2	State a health-enhancing position on a topic and support it with accurate information. ***Example:*** Health-enhancing positions may include tobacco and vaping laws, zero-tolerance policies, and bullying rules.	HE.6.CEH.4.1 Describe how the community can influence and support others to make positive health choices. HE.6.PHC.1.1 Describe how the physical, mental social, and intellectual dimensions of health are interrelated. HE.6.PHC.1.3 Examine the importance of assuming responsibility for personal reproductive health behaviors. HE.6.PHC.2.2 Identify environmental factors that affect personal health HE.6.PHC.3.3 Predict the potential outcomes of a health-related decision. HE.6.CH.1.2 Investigate a variety of technologies to gather health information.	MA.K12.MTR.1.1 MA.K12.MTR.2.1 MA.K12.MTR.3.1 MA.K12.MTR.4.1 MA.K12.MTR.5.1 MA.K12.MTR.6.1 MA.K12.MTR.7.1	ELA.K12.EE.1.1 ELA.K12.EE.2.1 ELA.K12.EE.3.1 ELA.K12.EE.4.1 ELA.K12.EE.5.1 ELA.K12.EE.6.1	ELD.K12.ELL.SI.1

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Reproductive Health, Relationships, and Abstinence (Companion): 56 Case Study: Aarav and Rajesh: Boys Will Be Boys 69 Develop Your Skills, #2			HE.6.CH.3.1 Examine the validity of health information and determine the cost benefit of health products and services.			
Florida Health Skills for Middle School: Grade 6 7-8 Lesson 1.1-2 How Healthcare Promotes Personal Health 10 Lesson 1.1 Review & Assessment 10 Critical Thinking #2 69 Lesson 2.2-1 Caring for Mouth and Teeth- second full paragraph 71 Lesson 2.2 Teeth Misalignment & Impacted Wisdom Teeth- second and fourth paragraphs 72 f Lesson 2.2 Teeth Misalignment & Impacted Wisdom Teeth- first paragraph 103-105 Lesson 2.4-4 Preventing Infectious Diseases- Vaccines 103 Develop Your Skills 103 Case Study: Brian Fights off Infections 116-121 Lesson 2.5-4 Treating Noninfectious Diseases; Preventing Noninfectious Diseases	HE.6.CH.1.1	Examine how appropriate health care can promote personal health. ***Clarification 1:*** Instruction includes following recommended visits to health care providers, such as pediatrician and dentist.	HE.6.CH.1.2 Investigate a variety of technologies to gather health information. HE.6.CH.1.3 Identify available resources and services needed to attain a personal health goal. HE.6.PHC.1.3 Examine the importance of assuming responsibility for personal reproductive health behaviors. HE.6.PHC.2.7 Explain how body systems are impacted by hereditary factors and infectious diseases. HE.6.PHC.3.9 Explore healthy practices and behaviors that will maintain or improve	MA.K12.MTR.1.1 MA.K12.MTR.2.1 MA.K12.MTR.3.1 MA.K12.MTR.4.1 MA.K12.MTR.5.1 MA.K12.MTR.6.1 MA.K12.MTR.7.1	ELA.K12.EE.1.1 ELA.K12.EE.2.1 ELA.K12.EE.3.1 ELA.K12.EE.4.1 ELA.K12.EE.5.1 ELA.K12.EE.6.1	ELD.K12.ELL.SI.1

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			personal health and reduce health risks. HE.6.CEH.4.1 Describe how the community can influence and support others to make positive health choices.			
Florida Health Skills for Middle School: Grade 6 58 Building Your Skills: Digital Connections- Health in the Media 84 Lesson 2.3-4 Strategies for Getting Enough Sleep- fourth paragraph 84 Figure 2.3.5 Apps and Devices to Improve Sleep 91 Develop Your Skills, #2-3 116 Lesson 2.5-4 paragraph following bullets 144 Lesson 3.2- 4 Think About Calories -last paragraph-BMI 166-167 Figure 3.4.2 Types of Fitness Apps 167 Figure 3.4.3 Taking Your Pulse 168 3.4–3 Reading Checkpoint #1-2 360-361 definition of *first aid*; Figure 6.3.2 Preparing for First Aid 223 Infograph - Managing Anxiety	HE.6.CH.1.2	Investigate a variety of technologies to gather health information. ***Clarification 1:*** Technologies include a thermometer, scale, blood pressure machine, and other health related tools. ***Clarification 2:*** Technologies may include television, internet, social media, and health-related apps.	HE.6.CH.1.1 Examine how appropriate health care can promote personal health. HE.6.CH.1.3 Identify available resources and services needed to attain a personal health goal. HE.6.CH.3.1 Examine the validity of health information and determine the cost benefit of health products and services. HE.6.CEH.2.4 Propose ways that technology can influence peer and community health behaviors. HE.6.PHC.2.1 Analyze how media/social media influences personal and peer thoughts,	MA.K12.MTR.1.1 MA.K12.MTR.2.1 MA.K12.MTR.3.1 MA.K12.MTR.4.1 MA.K12.MTR.5.1 MA.K12.MTR.6.1 MA.K12.MTR.7.1	ELA.K12.EE.1.1 ELA.K12.EE.2.1 ELA.K12.EE.3.1 ELA.K12.EE.4.1 ELA.K12.EE.5.1 ELA.K12.EE.6.1	ELD.K12.ELL.SI.1

Lesson Plan/Correlating Content	Benchmark of Focus-Code	Benchmark	Connecting Benchmarks	Integrated MTRs within Student Materials and Teacher Guides	Integrated EEs within Student Materials and Teacher Guides	Integrated ELDs within Student Materials and Teacher Guides
			feelings, and health behaviors. HE.6.PHC.3.6 Determine strategies and skills needed to attain a personal health goal. HE.6.PHC.3.9 Explore healthy practices and behaviors that will maintain or improve personal health and reduce health risks.			
Florida Health Skills for Middle School: Grade 6 29 Lesson 1.3-5 Accessing and Evaluating Health Information and Services - first and second paragraphs 240 Lesson 4.6-1 Factors Affecting Body Image- Media and Society 265 Lesson 5.1-2 Factors Affecting Substance Use and Addition- Media Messages, third paragraph 265 Figure 5.1.8 Types of Ads to Which Young People Are Exposed 268 Develop Your Skills, #2 268 Differentiation 322 Lesson 2.1 Review & Assessment 322 Think Critically 322 Figure 5.6.3 Analyzing Advertisements 330 Critical Thinking, #2	HE.6.CH.2.1	Illustrate ways health messages and communication techniques can be targeted for different audiences through internet and social media sources. ***Clarification 1:*** Instruction includes how social media platforms use algorithms to target specific audiences to promote products or services.	HE.6.CH.3.1 Examine the validity of health information and determine the cost benefit of health products and services. HE.6.CEH.2.4 Propose ways that technology can influence peer and community health behaviors. HE.6.CH.3.1 Examine the validity of health information and determine the cost benefit of health products and services. HE.6.PHC.2.1 Analyze how media/social media influences personal and peer thoughts, feelings, and health	MA.K12.MTR.1.1 MA.K12.MTR.2.1 MA.K12.MTR.3.1 MA.K12.MTR.4.1 MA.K12.MTR.5.1 MA.K12.MTR.6.1 MA.K12.MTR.7.1	ELA.K12.EE.1.1 ELA.K12.EE.2.1 ELA.K12.EE.3.1 ELA.K12.EE.4.1 ELA.K12.EE.5.1 ELA.K12.EE.6.1	ELD.K12.ELL.SI.1

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			behaviors.			
Florida Health Skills for Middle School: Grade 6 27-30 Accessing and Evaluating Health Information and Services 30 Figure 1.3.8 Health and Safety Information 58 Building Your Skills: Digital Connections: Health in the Media 83 Case Study: Ava's Wake-Up Routine, 196 Develop Your Skills #1 106 Critical Thinking, #2-3 106 Develop Your Skills, #2 106 Differentiation 219 Develop Your Skills, #1 237 Develop Your Skills, #2 237 Differentiation 305 Lesson 5.4 Review & Assessment 305 Develop Your Skills #2 322 Think Critically 370 Lesson 6.3 Review & Assessment 370 Develop Your Skills #2	HE.6.CH.3.1	Examine the validity of health information and determine the cost benefit of health products and services. ***Clarification 1:*** Instruction includes determining criteria function, directions for use, competence of providers, and costs.	HE.6.CH.3.1 Examine the validity of health information and determine the cost benefit of health products and services. HE.6.CEH.3.2 Specify the potential outcomes of each option when making a community health-related decision. HE.6.CEH.2.2 Investigate changes to societal norms and how they influence health beliefs and behaviors. HE.68.R.2.2 Demonstrate responsible decision-making that considers multiple perspectives. HE.6.PHC.3.3 Predict the potential outcomes of a health-related decision. HE.6.PHC.4.1 Use valid and reliable information to request access to health products,	MA.K12.MTR.1.1 MA.K12.MTR.2.1 MA.K12.MTR.3.1 MA.K12.MTR.4.1 MA.K12.MTR.5.1 MA.K12.MTR.6.1 MA.K12.MTR.7.1	ELA.K12.EE.1.1 ELA.K12.EE.2.1 ELA.K12.EE.3.1 ELA.K12.EE.4.1 ELA.K12.EE.5.1 ELA.K12.EE.6.1	ELD.K12.ELL.SI.1

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			services, or environments.			
Florida Health Skills for Middle School: Grade 6 5-6 Lesson 1.1 How the Parts of Health Are Interrelated; infographic 10 Critical Thinking, #1 10 Differentiation 22-23 Lesson 1.3-1 Making Healthy Decisions, first paragraph 23 Figure 1.3.1 The Decision-Making Process 48 Develop Your Skills, #2 48 Differentiation 79-80 Lesson 2.3-1 The Importance of Sleep 125 Lesson 3.1 Introduction 151 Lesson 3.2 Review & Assessment 151 Critical Thinking #1 153-155 Lesson 3.3-1 The Benefits of Physical Activity 163 Lesson 3.3 Review and Assessment 163 Develop Your Skills #1 196 Lesson 4.1 Review and Assessment 196 Critical Thinking #2 210 Lesson 4.3-2 Types of Stress-sixth paragraph	HE.6.PHC.1.1	Describe how the physical, mental social, and intellectual dimensions of health are interrelated. ***Clarification 1:*** Instruction includes nutrition, sleep, physical stamina, and hunger. ***Clarification 2:*** Instruction includes mental alertness, interpersonal conflicts, mental stress, and solving problems.	HE.6.PHC.1.2 Identify personal health problems and concerns common to adolescents including reproductive development. HE.6.PHC.1.3 Examine the importance of assuming responsibility for personal reproductive health behaviors. HE.6.PHC.1.4 Describe situations when professional health services may be required. HE.6.PHC.2.2 Identify environmental factors that affect personal health. HE.6.PHC.2.4 Examine how family and culture influence the health of adolescents. HE.6.PHC.2.6 Determine how social	MA.K12.MTR.1.1 MA.K12.MTR.2.1 MA.K12.MTR.3.1 MA.K12.MTR.4.1 MA.K12.MTR.5.1 MA.K12.MTR.6.1 MA.K12.MTR.7.1	ELA.K12.EE.1.1 ELA.K12.EE.2.1 ELA.K12.EE.3.1 ELA.K12.EE.4.1 ELA.K12.EE.5.1 ELA.K12.EE.6.1	ELD.K12.ELL.SI.1

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215 Lesson 4.3-4 Strategies for Coping with Stress- Take Care of Yourself 217-218 Lesson 4.3-4 Strategies for Coping with Stress- Use Relaxation Techniques 300 Lesson 5.4-2 Health Effects of Alcohol Use - third paragraph 302 Lesson 5.4-3 Health Effects of Alcohol Use - Consequences of Alcohol Use 390 Lesson 7.1-1 The Importance of Relationships -first and second paragraphs 399 Lesson 7.1-5 Conflict Resolution Skills, fourth paragraph			norms may impact healthy and unhealthy behavior. HE.6.PHC.3.6 Determine strategies and skills needed to attain a personal health goal. HE.6.PHC.3.9 Explore healthy practices and behaviors that will maintain or improve personal health and reduce health risks. HE.6.CH.1.1 Examine how appropriate health care can promote personal health.			
Florida Health Skills for Middle School: Grade 6 57 Lesson 2.1-1 Acne 122 Develop Your Skills, #3 122 Differentiation 242-245 Lesson 4.6-2 Disordered Eating and Eating Disorders 248-255 Lesson 4.7 Preventing Suicide **Reproductive Health, Relationships, and Abstinence (Companion):** 2-13 Changes During Puberty 13 Critical Thinking, #1-2	HE.6.PHC.1.2	Identify personal health problems and concerns common to adolescents including reproductive development. ***Clarification 1:*** Instruction includes acne, eating disorders, depression, suicidal ideations, and puberty.	HE.6.PHC.1.1 Describe how the physical, mental social, and intellectual dimensions of health are interrelated. HE.6.PHC.1.3 Examine the importance of assuming responsibility for personal reproductive health behaviors. HE.6.PHC.1.4 Describe situations	MA.K12.MTR.1.1 MA.K12.MTR.2.1 MA.K12.MTR.3.1 MA.K12.MTR.4.1 MA.K12.MTR.5.1 MA.K12.MTR.6.1 MA.K12.MTR.7.1	ELA.K12.EE.1.1 ELA.K12.EE.2.1 ELA.K12.EE.3.1 ELA.K12.EE.4.1 ELA.K12.EE.5.1 ELA.K12.EE.6.1	ELD.K12.ELL.SI.1

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13 Develop Your Skills, #1-3 13 Differentiation			when professional health services may be required. HE.6.PHC.2.3 Examine how friends and peers influence the health of adolescents. HE.6.PHC.2.4 Examine how family and culture influence the health of adolescents. HE.6.PHC.3.4 Use various methods to measure personal health status. HE.6.PHC.3.9 Explore healthy practices and behaviors that will maintain or improve personal health and reduce health risks. HE.6.CEH.2.1 Identify the impact of health information conveyed to students by the school and community.			
Florida Health Skills for Middle School: Grade 6	HE.6.PHC.1.3	Examine the importance of assuming responsibility	HE.6.PHC.1.1 Describe how the physical, mental social, and	MA.K12.MTR.1.1 MA.K12.MTR.2.1 MA.K12.MTR.3.1 MA.K12.MTR.4.1	ELA.K12.EE.1.1 ELA.K12.EE.2.1 ELA.K12.EE.3.1 ELA.K12.EE.4.1	ELD.K12.ELL.SI.1

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7-8 Lesson 1.1-2 How Healthcare Promotes Personal Health 54-65 Lesson 2.1 Caring for Your Skin, Hair, and Nails 67-76 Lesson 2.2 Keeping Your Mouth, Eyes, and Ears Healthy 77 Lesson 2.2 Review and Assessment 77 Critical Thinking #2 116 Lesson 2.5-4 fourth paragraph 136 Lesson 3.2-1 fourth paragraph 165 Lesson 3.4 – Introduction-second paragraph 168-174 Lesson 3..4-4 Setting and Reaching Your Goals; Designing Your Workouts 291 Building Your Skills: Community Connections- Resisting Peer Pressure 389-392 Lesson 7.1-1 The Importance of Relationships; Healthy Versus Unhealthy Relationships 403 Lesson 7.1 Review & Assessment 403 Develop Your Skills #2 410-413 Lesson 7.2-3 Maintaining Healthy Relationships with Parents or Guardians; Relationships with Siblings; Changes in Family Relationships 414 Lesson 7.2 Review & Assessment		for personal reproductive health behaviors. ***Clarification 1:*** Instruction includes hygiene, physical activity, nutrition, and medical/dental checkups. ***Clarification 2:*** Instruction includes resisting peer pressure and developing healthy relationships.	intellectual dimensions of health are interrelated. HE.6.PHC.1.2 Identify personal health problems and concerns common to adolescents including reproductive development. HE.6.PHC.1.4 Describe situations when professional health services may be required. HE.6.PHC.2.3 Examine how friends and peers influence the health of adolescents. HE.6.PHC.2.4 Examine how family and culture influence the health of adolescents HE.6.PHC.2.5 Recognize how personal health choices can affect hereditary risk factors. HE.6.PHC.3.4 Use various methods to measure personal health status. HE.6.PHC.3.7	MA.K12.MTR.5.1 MA.K12.MTR.6.1 MA.K12.MTR.7.1	ELA.K12.EE.5.1 ELA.K12.EE.6.1	

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414 Critical Thinking #2 419-421 Lesson 7.3-2 Strategies for Building Healthy Friendships 427 Lesson 7.3 Review & Assessment 427 Develop Your Skills #1-3 **Reproductive Health, Relationships, and Abstinence (Companion)** 2-13 Lesson 8.1 Changes During Puberty 2-13 Lesson 8.1 Chances During Puberty 3 8.1.1 Physical Development 4-5 Differences in Puberty Development 4 Case Study- Akiko Zeals Left Behind: Practice 5 Male Puberty 5-8 Female Puberty 6 Infograph - Puberty What to Expect 8 Intellectual Development 9-10 Emotional and Social Development 10-12 Health Issues in Young People 10 Figure 8-1.4 Decision making Process 11 Building Your skills - Community Connect: Peer Pressure Throughout			Monitor progress toward attaining a personal health goal. HE.6.PHC.3.9 Explore healthy practices and behaviors that will maintain or improve personal health and reduce health risks. HE.6.PHC.4.1 Use valid and reliable information to request access to health products, services, or environments. HE.6.CH.1.1 Examine how appropriate health care can promote personal health. HE.6.CH.3.1 Examine the validity of health information and determine the cost benefit of health products and services. HE.68.R.4.2 Develop and apply conflict resolution skills in a variety of situations.			

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the Life Span; Practice Your Skills- Make Decisions 13 Critical Thinking - #1, #2 13 Develop Your Skills - #1, #2, #3 13 Differentiation						
Florida Health Skills for Middle School: Grade 6 95-98 Lesson 2.4-2 Common Infectious Diseases, 103-105 Lesson 2.4-4 Preventing Infectious Diseases- Vaccines 106 Critical Thinking, #2 106 Differentiation 181-183 Lesson 3.5-4 Use Caution in Hot and Cold Weather; Treat Injuries 232 Practice Your Skills 232 4.5–1 Reading Checkpoint 248-255 Lesson 4.7 Preventing Suicide 259-262 Lesson 5.1 Introduction - paragraph with *substance use disorder* key term; Stages of Substance Use Disorders 362-369 Lesson 6.3 -Provide Treatment for Common Injuries; Respond to Medical Emergencies **Reproductive Health, Relationships, and Abstinence (Companion):** 52-55 Lesson 9.2 Intimate Partner Violence; Child Abuse	HE.6.PHC.1.4	Describe situations when professional health services may be required. ***Clarification 1:*** Instruction includes injuries, influenza, and depression. ***Clarification 2:*** Instruction includes substance use and abuse, child abuse, and domestic violence.	HE.6.PHC.1.1 Describe how the physical, mental social, and intellectual dimensions of health are interrelated. HE.6.PHC.1.2 Identify personal health problems and concerns common to adolescents including reproductive development. HE.6.PHC.1.3 Examine the importance of assuming responsibility for personal reproductive health behaviors. HE.6.PHC.3.1 Distinguish between the need for individual or collaborative decision making. HE.6.PHC.3.3 Predict the	MA.K12.MTR.1.1 MA.K12.MTR.2.1 MA.K12.MTR.3.1 MA.K12.MTR.4.1 MA.K12.MTR.5.1 MA.K12.MTR.6.1 MA.K12.MTR.7.1	ELA.K12.EE.1.1 ELA.K12.EE.2.1 ELA.K12.EE.3.1 ELA.K12.EE.4.1 ELA.K12.EE.5.1 ELA.K12.EE.6.1	ELD.K12.ELL.SI.1

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59 Lesson 9.2-5 Get Help and Treatment			potential outcomes of a health-related decision. HE.6.PHC.3.9 Explore healthy practices and behaviors that will maintain or improve personal health and reduce health risks. HE.6.PHC.4.1 Use valid and reliable information to request access to health products, services, or environments. HE.6.CH.1.1 Examine how appropriate health care can promote personal health. HE.6.CEH.2.1 Identify the impact of health information conveyed to students by the school and community.			
Florida Health Skills for Middle School: Grade 6 17 Building Your Skills: Digital Connections- The Power of Social Media to Inspire	HE.6.PHC.2.1	Analyze how media/social media influences personal and peer thoughts, feelings, and health behaviors. ***Example:*** Social media dependence affecting	HE.6.PHC.2.2 Identify environmental factors that affect personal health. HE.6.PHC.2.3 Examine how friends and peers influence the health of	MA.K12.MTR.1.1 MA.K12.MTR.2.1 MA.K12.MTR.3.1 MA.K12.MTR.4.1 MA.K12.MTR.5.1 MA.K12.MTR.6.1 MA.K12.MTR.7.1	ELA.K12.EE.1.1 ELA.K12.EE.2.1 ELA.K12.EE.3.1 ELA.K12.EE.4.1 ELA.K12.EE.5.1 ELA.K12.EE.6.1	ELD.K12.ELL.SI.1

Lesson Plan/Correlating Content	Benchmark of Focus-Code	Benchmark	Connecting Benchmarks	Integrated MTRs within Student Materials and Teacher Guides	Integrated EEs within Student Materials and Teacher Guides	Integrated ELDs within Student Materials and Teacher Guides
265 Lesson 5.1-2 Factors Affecting Substance Use and Addiction- Media Messages 322 Lesson 5.6 Think Critically 175 Lesson 3.4 Review & Assessment 175 Critical Thinking #2 239-240 Lesson 4.6 Social Environment; Media and Society 247 Lesson 4.6 Review & Assessment 247 Develop Your Skills #2 268 Develop Your Skills, #2 268 Differentiation 350 Case Study: Brianna's Social Media Challenge 417 Lesson 7.3-1 Types of Friendships - first and second full paragraphs		friendships and body image influence. ***Clarification 1:*** Instruction includes marketing strategies to appeal to specific audiences. ***Clarification 2:*** Instruction includes misconception of "friends" online versus friendship in real life. ***Clarification 3:*** Instruction includes the awareness of artificial intelligence algorithms online.	adolescents. HE.6.PHC.2.4 Examine how family and culture influence the health of adolescents. HE.6.PHC.2.5 Recognize how personal health choices can affect hereditary risk factors. HE.6.PHC.2.6 Determine how social norms may impact healthy and unhealthy behavior. HE.6.PHC.2.7 Explain how body systems are impacted by hereditary factors and infectious diseases. HE.6.PHC.2.8 Describe legal and ethical behaviors when using the internet and social media. HE.6.PHC.3.2 Specify the potential outcomes of each option when making a personal health-related decision. HE.6.PHC.3.8 Examine the likelihood of injury or			

Lesson Plan/Correlating Content	Benchmark of Focus-Code	Benchmark	Connecting Benchmarks	Integrated MTRs within Student Materials and Teacher Guides	Integrated EEs within Student Materials and Teacher Guides	Integrated ELDs within Student Materials and Teacher Guides
			illness if engaging in unhealthy/risky behaviors. HE.6.PHC.3.9 Explore healthy practices and behaviors that will maintain or improve personal health and reduce health risks. HE.6.CEH.4.1 Describe how the community can influence and support others to make positive health choices. HE.6.CH.1.2 Investigate a variety of technologies to gather health information. HE.6.CH.2.1 Illustrate ways health messages and communication techniques can be targeted for different audiences through internet and social media sources.			
Florida Health Skills for Middle School: Grade 6 15-17 Lesson 1.2-3 Environmental Factors 106 Critical Thinking, #1-3 106 Develop Your Skills, 1, 2, 3	HE.6.PHC.2.2	Identify environmental factors that affect personal health. ***Clarification 1:*** Instruction includes contaminated food, air, and water quality.	HE.6.PHC.2.1 Analyze how media/social media influences personal and peer thoughts, feelings, and health behaviors.	MA.K12.MTR.1.1 MA.K12.MTR.2.1 MA.K12.MTR.3.1 MA.K12.MTR.4.1 MA.K12.MTR.5.1 MA.K12.MTR.6.1 MA.K12.MTR.7.1	ELA.K12.EE.1.1 ELA.K12.EE.2.1 ELA.K12.EE.3.1 ELA.K12.EE.4.1 ELA.K12.EE.5.1 ELA.K12.EE.6.1	ELD.K12.ELL.SI.1

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109 Lesson 2.5-2 Risk Factors for Noninfectious Diseases- third paragraph 147-148 Lesson 3.2 Practice Food Safety 191 Figure 4.1.5 Internal and External Factors Affecting Self-Esteem 209 Figure 4.3.1 Sources of Stress 249-251 Figure 4.7.1; Risk Factors of Suicide 292-293 Lesson 5.3-4 Health Effects on Others 354-356 Lesson 6.2-4 Staying Safe on the Road - Pedestrian Safety; Vehicle Safety 372-375 Lesson 6.4 Introduction; Air Pollution; Water Pollution		***Clarification 2:*** Instruction includes availability of sidewalks and road hazards.	HE.6.PHC.2.3 Examine how friends and peers influence the health of adolescents. HE.6.PHC.2.4 Examine how family and culture influence the health of adolescents. HE.6.PHC.2.5 Recognize how personal health choices can affect hereditary risk factors. HE.6.PHC.2.6 Determine how social norms may impact healthy and unhealthy behavior. HE.6.PHC.2.7 Explain how body systems are impacted by hereditary factors and infectious diseases. HE.6.PHC.2.8 Describe legal and ethical behaviors when using the internet and social media. HE.6.PHC.3.9 Explore healthy practices and			

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			behaviors that will maintain or improve personal health and reduce health risks. HE.6.PHC.4.1 Use valid and reliable information to request access to health products, services, or environments.			
Florida Health Skills for Middle School: Grade 6 16-17 Lesson 1.2 Environmental Factors - Social Environment 20 Lesson 1.2 Review & Assessment 20 Develop Your Skills #2-3 20 Differentiation 26 Lesson 1.3-4 Resolving Conflicts 190 Lesson 4.1-3 Factors That Affect Self-Esteem 209 Figure 4.3.1 Sources of Stress 239-240 4.6-1 Factors Affecting Body Image -Social Environment; Media and Society 250-251 Lesson 4.7 Environmental Risk Factors 264-267 Lesson 5.1-2 Factors Affecting Substance Use and Addition- Family; Peer Pressure; Media Messages 330 Critical Thinking, #2 330 Develop Your Skills, #1-3	HE.6.PHC.2.3	Examine how friends and peers influence the health of adolescents. ***Clarification 1:*** Instruction includes media, social media, and spreading rumors. ***Clarification 2:*** Instruction includes conflict resolution skills.	HE.6.PHC.2.1 Analyze how media/social media influences personal and peer thoughts, feelings, and health behaviors. HE.6.PHC.2.2 Identify environmental factors that affect personal health. HE.6.PHC.2.4 Examine how family and culture influence the health of adolescents. HE.6.PHC.2.5 Recognize how personal health choices can affect hereditary risk factors. HE.6.PHC.2.6	MA.K12.MTR.1.1 MA.K12.MTR.2.1 MA.K12.MTR.3.1 MA.K12.MTR.4.1 MA.K12.MTR.5.1 MA.K12.MTR.6.1 MA.K12.MTR.7.1	ELA.K12.EE.1.1 ELA.K12.EE.2.1 ELA.K12.EE.3.1 ELA.K12.EE.4.1 ELA.K12.EE.5.1 ELA.K12.EE.6.1	ELD.K12.ELL.SI.1

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330 Differentiation **Reproductive Health, Relationships, and Abstinence (Companion):** 40 Building Your Skills: Digital Connections- Rumor Has It			Determine how social norms may impact healthy and unhealthy behavior. HE.6.PHC.2.7 Explain how body systems are impacted by hereditary factors and infectious diseases. HE.6.PHC.2.8 Describe legal and ethical behaviors when using the internet and social media. HE.6.PHC.1.1 Describe how the physical, mental social, and intellectual dimensions of health are interrelated. HE.6.PHC.3.2 Specify the potential outcomes of each option when making a personal health-related decision HE.6.PHC.3.9 Explore healthy practices and behaviors that will maintain or improve personal health and reduce health risks.			

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			HE.6.PHC.4.1 Use valid and reliable information to request access to health products, services, or environments. HE.6.CEH.2.1 Identify the impact of health information conveyed to students by the school and community. HE.6.CH.2.1 Illustrate ways health messages and communication techniques can be targeted for different audiences through internet and social media sources. HE.68.R.4.2 Develop and apply conflict resolution skills in a variety of situations.			
Florida Health Skills for Middle School: Grade 6 16 Lesson 1.2-3 Environmental Factors - Social Environment 18 1.2-4 Reading Checkpoint #2 147-148 Lesson 3.2 Understand Food Preferences; Figure 3.2.11 Factors That Influence Food Preferences	HE.6.PHC.2.4	Examine how family and culture influence the health of adolescents. ***Clarification 1:*** Instruction includes family rules, family diet, and physical activity. ***Clarification 2:*** Instruction includes how family relationships impact behaviors.	HE.6.PHC.2.1 Analyze how media/social media influences personal and peer thoughts, feelings, and health behaviors. HE.6.PHC.2.2 Identify environmental factors that affect	MA.K12.MTR.1.1 MA.K12.MTR.2.1 MA.K12.MTR.3.1 MA.K12.MTR.4.1 MA.K12.MTR.5.1 MA.K12.MTR.6.1 MA.K12.MTR.7.1	ELA.K12.EE.1.1 ELA.K12.EE.2.1 ELA.K12.EE.3.1 ELA.K12.EE.4.1 ELA.K12.EE.5.1 ELA.K12.EE.6.1	ELD.K12.ELL.SI.1

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150 Practice Your Skills, #1-4 150 3.2–4 Reading Checkpoint, #2 166-167 Lesson 3.4-2 Factors That Influence Physical Activity-Social Factors; Community Resources and Income 390 Lesson 7.1-1 The Importance of Relationships - first three paragraphs 405-407 Lesson 7.2-1 Functions of Family Relationships 409-410 Lesson 7.2-Relationships with Parents or Guardians - paragraph starting “Parents or guardians often set rules…”; third and fourth bullets 414 Lesson 7.2 Review & Assessment 414 Develop Your Skills #1			personal health. HE.6.PHC.2.3 Examine how friends and peers influence the health of adolescents. HE.6.PHC.2.5 Recognize how personal health choices can affect hereditary risk factors. HE.6.PHC.2.6 Determine how social norms may impact healthy and unhealthy behavior. HE.6.PHC.2.7 Explain how body systems are impacted by hereditary factors and infectious diseases. HE.6.PHC.2.8 Describe legal and ethical behaviors when using the internet and social media. HE.6.PHC.1.3 Examine the importance of assuming responsibility for personal			

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			reproductive health behaviors. HE.6.PHC.3.1 Distinguish between the need for individual or collaborative decision making. HE.6.PHC.3.9 Explore healthy practices and behaviors that will maintain or improve personal health and reduce health risks. HE.6.PHC.4.1 Use valid and reliable information to request access to health products, services, or environments. HE.68.R.4.2 Develop and apply conflict resolution skills in a variety of situations.			
Florida Health Skills for Middle School: Grade 6 59 Lesson 2.1-1 Skin- Suntans, Sunburns, and Skin Cancer third and fourth paragraphs 109 Lesson 2.5-2 Risk Factors for Noninfectious Diseases - first paragraph 109 Figure 2.5.2 Role of Genes in Noninfectious Diseases	HE.6.PHC.2.7	Explain how body systems are impacted by hereditary factors and infectious diseases. ***Clarification 1:*** Instruction includes hereditary diseases, such as sickle cell disease, cancer, and heart disease.	HE.6.PHC.2.1 Analyze how media/social media influences personal and peer thoughts, feelings, and health behaviors. HE.6.PHC.2.2 Identify environmental factors that affect	MA.K12.MTR.1.1 MA.K12.MTR.2.1 MA.K12.MTR.3.1 MA.K12.MTR.4.1 MA.K12.MTR.5.1 MA.K12.MTR.6.1 MA.K12.MTR.7.1	ELA.K12.EE.1.1 ELA.K12.EE.2.1 ELA.K12.EE.3.1 ELA.K12.EE.4.1 ELA.K12.EE.5.1 ELA.K12.EE.6.1	ELD.K12.ELL.SI.1

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110-116 Lesson 2.5-3 Common Noninfectious Diseases 256 Develop Your Skills, #3 256 Differentiation		***Clarification 2:*** Instruction includes how medical conditions, such as asthma, allergies, diabetes, and Cystic Fibrosis, are exacerbated by infectious diseases.	personal health. HE.6.PHC.2.3 Examine how friends and peers influence the health of adolescents. HE.6.PHC.2.4 Examine how family and culture influence the health of adolescents. HE.6.PHC.2.5 Recognize how personal health choices can affect hereditary risk factors. HE.6.PHC.2.6 Determine how social norms may impact healthy and unhealthy behavior. HE.6.PHC.2.8 Describe legal and ethical behaviors when using the internet and social media. HE.6.PHC.1.3 Examine the importance of assuming responsibility for personal reproductive health behaviors.			

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			HE.6.PHC.1.2 Identify personal health problems and concerns common to adolescents including reproductive development. HE.6.PHC.3.9 Explore healthy practices and behaviors that will maintain or improve personal health and reduce health risks. HE.6.PHC.4.1 Use valid and reliable information to request access to health products, services, or environments. HE.6.CH.1.1 Examine how appropriate health care can promote personal health. HE.6.CH.3.1 Examine the validity of health information and determine the cost benefit of health products and services.			

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Florida Health Skills for Middle School: Grade 6 22 Lesson 1.3-1 Making Healthy Decisions- paragraph starting "You may want to seek…" 195 Lesson 4.1-4 Assessing Your Mental and Emotional Health -last paragraph 218 Lesson 4.3 -4 Strategies for Coping with Stress - second and third paragraphs 252 Lesson 4.7-2 Take Steps to Help Prevent Suicide - paragraph starting "Take any mentions of…" 256 Lesson 4.7 Review & Assessment 256 Critical Thinking #1 267 Making Healthy Decisions 267 Differentiation	HE.6.PHC.3.1	Distinguish between the need for individual or collaborative decision making. ***Clarification 1:*** Instruction includes considering the severity of the situation and personal skills. ***Clarification 2:*** Instruction includes considering when someone is a danger to self or others.	HE.6.PHC.3.2 Specify the potential outcomes of each option when making a personal health-related decision. HE.6.PHC.3.3 Predict the potential outcomes of a health-related decision. HE.6.PHC.3.4 Use various methods to measure personal health status. HE.6.PHC.3.5 Develop an individual goal to adopt, maintain, or improve a personal health practice. HE.6.PHC.3.6 Determine strategies and skills needed to attain a personal health goal. HE.6.PHC.3.7 Monitor progress toward attaining a personal health goal. HE.6.PHC.3.8 Examine the likelihood of injury or illness if engaging in unhealthy/risky	MA.K12.MTR.1.1 MA.K12.MTR.2.1 MA.K12.MTR.3.1 MA.K12.MTR.4.1 MA.K12.MTR.5.1 MA.K12.MTR.6.1 MA.K12.MTR.7.1	ELA.K12.EE.1.1 ELA.K12.EE.2.1 ELA.K12.EE.3.1 ELA.K12.EE.4.1 ELA.K12.EE.5.1 ELA.K12.EE.6.1	ELD.K12.ELL.SI.1

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			behaviors. HE.6.PHC.3.9 Explore healthy practices and behaviors that will maintain or improve personal health and reduce health risks. HE.6.PHC.2.2 Identify environmental factors that affect personal health. HE.6.PHC.4.1 Use valid and reliable information to request access to health products, services, or environments. HE.6.CEH.2.1 Identify the impact of health information conveyed to students by the school and community. HE.68.R.4.2 Develop and apply conflict resolution skills in a variety of situations.			
Florida Health Skills for Middle School: Grade 6 22-23 Lesson 1.3-1 Making Healthy Decisions	HE.6.PHC.3.2	Specify the potential outcomes of each option when making a personal health-related decision.	HE.6.PHC.3.1 Distinguish between the need for individual or collaborative decision	MA.K12.MTR.1.1 MA.K12.MTR.2.1 MA.K12.MTR.3.1 MA.K12.MTR.4.1 MA.K12.MTR.5.1	ELA.K12.EE.1.1 ELA.K12.EE.2.1 ELA.K12.EE.3.1 ELA.K12.EE.4.1 ELA.K12.EE.5.1	ELD.K12.ELL.SI.1

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151 Develop Your Skills, #3 184 Lesson 3.5 Review & Assessment 184 Develop Your Skills #1 259 5.1–1 Stages of Substance Use Disorders 267 Making Healthy Decisions 267 Differentiation 285-288 Lesson 5.3-2 Health Effects of Tobacco Use 294 Lesson 5.3 Review and Assessment 294 Critical Thinking #1 298-300 Lesson 5.4-2 Health Effects of Alcohol Use 302 Lesson 5.4-3 Consequences of Alcohol Use 337-342 Lesson 6.1-4 Fire Prevention and Safety; Emergency Preparedness		***Clarification 1:*** Instruction includes physical, social, financial, and legal consequences. ***Clarification 2:*** Instruction includes emergency preparedness.	making. HE.6.PHC.3.3 Predict the potential outcomes of a health-related decision. HE.6.PHC.3.4 Use various methods to measure personal health status. HE.6.PHC.3.5 Develop an individual goal to adopt, maintain, or improve a personal health practice. HE.6.PHC.3.6 Determine strategies and skills needed to attain a personal health goal. HE.6.PHC.3.7 Monitor progress toward attaining a personal health goal. HE.6.PHC.3.8 Examine the likelihood of injury or illness if engaging in unhealthy/risky behaviors. HE.6.PHC.3.9 Explore healthy practices and	MA.K12.MTR.6.1 MA.K12.MTR.7.1	ELA.K12.EE.6.1	

Lesson Plan/Correlating Content	Benchmark of Focus-Code	Benchmark	Connecting Benchmarks	Integrated MTRs within Student Materials and Teacher Guides	Integrated EEs within Student Materials and Teacher Guides	Integrated ELDs within Student Materials and Teacher Guides
			behaviors that will maintain or improve personal health and reduce health risks. HE.6.PHC.2.2 Identify environmental factors that affect personal health. HE.6.PHC.2.3 Examine how friends and peers influence the health of adolescents. HE.6.PHC.2.8 Describe legal and ethical behaviors when using the internet and social media. HE.6.PHC.4.1 Use valid and reliable information to request access to health products, services, or environments. HE.6.CEH.2.1 Identify the impact of health information conveyed to students by the school and community.			
Florida Health Skills for Middle School: Grade 6	HE.6.PHC.3.3	Predict the potential outcomes of a health-related decision.	HE.6.PHC.3.1 Distinguish between the need for individual or	MA.K12.MTR.1.1 MA.K12.MTR.2.1 MA.K12.MTR.3.1 MA.K12.MTR.4.1	ELA.K12.EE.1.1 ELA.K12.EE.2.1 ELA.K12.EE.3.1 ELA.K12.EE.4.1	ELD.K12.ELL.SI.1

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22-23 Lesson 1.3-1 -Making Healthy Decisions 109 Lesson 2.5-2 Risk Factors for Noninfectious Diseases - second paragraph 125 Lesson 3.1 Introduction - fourth through last paragraph 140-142 Lesson 3.2-3 Malnutrition 151 Develop Your Skills, #3 153-155 Lesson 3.3-1 The Benefits of Physical Activity 156 Lesson 3.3-1 Reading Checkpoint #1 178 Lesson 3.5 Prevent Injuries- second paragraph 267 Making Healthy Decisions 267 Differentiation		***Clarification 1:*** Instruction includes negative outcomes of not following safety guidelines and being inactive. ***Clarification 2:*** Instruction includes positive outcomes of eating healthy and being physically active.	collaborative decision making. HE.6.PHC.3.2 Specify the potential outcomes of each option when making a personal health-related decision. HE.6.PHC.3.4 Use various methods to measure personal health status. HE.6.PHC.3.5 Develop an individual goal to adopt, maintain, or improve a personal health practice. HE.6.PHC.3.6 Determine strategies and skills needed to attain a personal health goal. HE.6.PHC.3.7 Monitor progress toward attaining a personal health goal. HE.6.PHC.3.8 Examine the likelihood of injury or illness if engaging in unhealthy/risky behaviors. HE.6.PHC.3.9	MA.K12.MTR.5.1 MA.K12.MTR.6.1 MA.K12.MTR.7.1	ELA.K12.EE.5.1 ELA.K12.EE.6.1	

Lesson Plan/Correlating Content	Benchmark of Focus-Code	Benchmark	Connecting Benchmarks	Integrated MTRs within Student Materials and Teacher Guides	Integrated EEs within Student Materials and Teacher Guides	Integrated ELDs within Student Materials and Teacher Guides
			Explore healthy practices and behaviors that will maintain or improve personal health and reduce health risks. HE.6.PHC.1.2 Identify personal health problems and concerns common to adolescents including reproductive development. HE.6.PHC.1.3 Examine the importance of assuming responsibility for personal reproductive health behaviors. HE.6.PHC.2.2 Identify environmental factors that affect personal health. HE.6.PHC.4.1 Use valid and reliable information to request access to health products, services, or environments. HE.6.CEH.3.2 Specify the potential outcomes of each option when making a community health-			

Lesson Plan/Correlating Content	Benchmark of Focus-Code	Benchmark	Connecting Benchmarks	Integrated MTRs within Student Materials and Teacher Guides	Integrated EEs within Student Materials and Teacher Guides	Integrated ELDs within Student Materials and Teacher Guides
			related decision. HE.6.CH.3.1 Examine the validity of health information and determine the cost benefit of health products and services.			
Florida Health Skills for Middle School: Grade 6 116 Lesson 2.5-4 Treating Noninfectious Diseases - second paragraph 122 Develop Your Skills, #3 122 Differentiation 144 Lesson 3.2 Think About Calories - last paragraph 144 Building Your Skills: Digital Connections - Making Healthy Food Choices 157 Lesson 3.3 Health-Related Fitness - Muscle Strength- paragraph starting "You can measure…" 158/160 Lesson 3.3 Health-Related Fitness- Body Composition 166 Lesson 3.4-2 Factors That Influence Physical Activity – Technology 167 Figure 3.4.3 Taking Your Pulse 175 Lesson 3.4 Review & Assessment	HE.6.PHC.3.4	Use various methods to measure personal health status. ***Clarification 1:*** Instruction includes body composition, surveys, heart-rate monitors, pedometer, blood pressure cuff, and other clinical measurements. ***Clarification 2:*** Instruction includes stress-management techniques, such as breathing exercises and journaling.	HE.6.PHC.3.1 Distinguish between the need for individual or collaborative decision making. HE.6.PHC.3.2 Specify the potential outcomes of each option when making a personal health-related decision. HE.6.PHC.3.3 Predict the potential outcomes of a health-related decision. HE.6.PHC.3.5 Develop an individual goal to adopt, maintain, or improve a personal health practice. HE.6.PHC.3.6 Determine strategies and skills needed to attain a personal	MA.K12.MTR.1.1 MA.K12.MTR.2.1 MA.K12.MTR.3.1 MA.K12.MTR.4.1 MA.K12.MTR.5.1 MA.K12.MTR.6.1 MA.K12.MTR.7.1	ELA.K12.EE.1.1 ELA.K12.EE.2.1 ELA.K12.EE.3.1 ELA.K12.EE.4.1 ELA.K12.EE.5.1 ELA.K12.EE.6.1	ELD.K12.ELL.SI.1

Lesson Plan/Correlating Content	Benchmark of Focus-Code	Benchmark	Connecting Benchmarks	Integrated MTRs within Student Materials and Teacher Guides	Integrated EEs within Student Materials and Teacher Guides	Integrated ELDs within Student Materials and Teacher Guides
175 Develop Your Skills #3 193 Questions to Help Assess Mental and Emotional Health - Infographic 213-218 Lesson 4.3-4 Strategies for Coping with Stress 219 Lesson 4.3 Review & Assessment 219 Critical Thinking #2, Develop Your Skills #1-3 370 Lesson 6.3 Review & Assessment 370 Develop Your Skills #3			health goal. HE.6.PHC.3.7 Monitor progress toward attaining a personal health goal. HE.6.PHC.3.8 Examine the likelihood of injury or illness if engaging in unhealthy/risky behaviors. HE.6.PHC.3.9 Explore healthy practices and behaviors that will maintain or improve personal health and reduce health risks. HE.6.PHC.4.1 Use valid and reliable information to request access to health products, services, or environments. HE.6.CH.1.1 Examine how appropriate health care can promote personal health. HE.6.CH.1.2 Investigate a variety of technologies to gather health information. HE.6.CH.3.1 Examine the validity			

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			of health information and determine the cost benefit of health products and services.			
Florida Health Skills for Middle School: Grade 6 23-24 Lesson 1.3-2 Setting and Achieving Goals 72 Building Your Skills: Mental Health Connection-Caring for Your Mouth, Eyes, and Ears 144 Building Your Skills: Digital Connections- Making Healthy Food Choices 168-171 Lesson 3.4-4 Setting and Reaching Your Goals 351 Lesson 6.2-3 Staying Safe on the Internet - third paragraph 370 Lesson 6.3 Review & Assessment 370 Develop Your Skills #3 **Reproductive Health, Relationships, and Abstinence (Companion):** Lesson 9.1 Bullying and Cyberbullying 36 Reading ands Note taking Activity 37-38 9.1.1 What Is Violent Behaviore? 37-38 Figure 9.11 Risk Factor's for Violent Behavior	HE.6.PHC.3.5	Develop an individual goal to adopt, maintain, or improve a personal health practice. ***Clarification 1:*** Instruction includes physical activity, eating habits, and personal hygiene. ***Clarification 2:*** Instruction includes safety habits, internet use/safety, and bullying-prevention strategies.	HE.6.PHC.3.1 Distinguish between the need for individual or collaborative decision making. HE.6.PHC.3.2 Specify the potential outcomes of each option when making a personal health-related decision. HE.6.PHC.3.3 Predict the potential outcomes of a health-related decision. HE.6.PHC.3.4 Use various methods to measure personal health status. HE.6.PHC.3.6 Determine strategies and skills needed to attain a personal health goal. HE.6.PHC.3.7 Monitor progress toward attaining a personal health goal. HE.6.PHC.3.8 Examine the likelihood of injury or illness if engaging in	MA.K12.MTR.1.1 MA.K12.MTR.2.1 MA.K12.MTR.3.1 MA.K12.MTR.4.1 MA.K12.MTR.5.1 MA.K12.MTR.6.1 MA.K12.MTR.7.1	ELA.K12.EE.1.1 ELA.K12.EE.2.1 ELA.K12.EE.3.1 ELA.K12.EE.4.1 ELA.K12.EE.5.1 ELA.K12.EE.6.1	ELD.K12.ELL.SI.1

Lesson Plan/Correlating Content	Benchmark of Focus-Code	Benchmark	Connecting Benchmarks	Integrated MTRs within Student Materials and Teacher Guides	Integrated EEs within Student Materials and Teacher Guides	Integrated ELDs within Student Materials and Teacher Guides
38-41 Lesson 9.1-2 Bullying and Cyberbullying 39 Figure 91.2 Forms of Bullying 39 Figure 91.3 Why Does Bullying Happen? 40 Build Your Skills - Digital Connections - Practice You- Skills - Health - Enhancing Behaviors 41 Figure 9.14 What is Cyberbullying? 41 9.1-2 Reading Checkpoint # 1 - 2 42 9.1.3 Consequences of and Bullying and Cyberbullying? 42 Figure 9.1.5. Signs of Bullying or Cyberbullying 43 Infograph- How to Spot Cyberbullying 44-45 9.1-4 Strategies for Responding to Bullying or Cyberbullying 43 Figure 9.1.6 Ways to Be an Upstander 46-47 9.1-5 Bullying and Cyberbullying Prevention 46 Figure 9.1.7 Build Your Confidence 47 Figure 91.8 Think Betare Yav Post 48 Critical Thinking #1-3 48 Develop Your skills #1-3 48 Differentiation			unhealthy/risky behaviors. HE.6.PHC.3.9 Explore healthy practices and behaviors that will maintain or improve personal health and reduce health risks. HE.6.PHC.1.1 Describe how the physical, mental social, and intellectual dimensions of health are interrelated. HE.6.PHC.2.2 Identify environmental factors that affect personal health. HE.6.PHC.2.8 Describe legal and ethical behaviors when using the internet and social media. HE.6.PHC.4.1 Use valid and reliable information to request access to health products, services, or environments. HE.6.CH.3.1 Examine the validity of health information and determine the cost benefit of health			

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			products and services.			
Florida Health Skills for Middle School: Grade 6 23-24 Lesson 1.3-2 Setting and Achieving Goals 144 Building Your Skills: Digital Connections- Making Healthy Food Choices 167-171 Figure 3.4.2; Types of Fitness Apps 175 Develop Your Skills, #1 213 Lesson 4.3-4 Strategies for Coping with Stress- Express Your Feelings 219 Develop Your Skills, #1, 3 219 Differentiation 370 Lesson 6.3 Review & Assessment: 370 Develop Your Skills #3	HE.6.PHC.3.6	Determine strategies and skills needed to attain a personal health goal. ***Clarification 1:*** Instruction includes journaling, daily checklists, identify peer supports, injury-prevention measures, and use of health-related apps.	HE.6.PHC.3.1 Distinguish between the need for individual or collaborative decision making. HE.6.PHC.3.2 Specify the potential outcomes of each option when making a personal health-related decision. HE.6.PHC.3.3 Predict the potential outcomes of a health-related decision. HE.6.PHC.3.4 Use various methods to measure personal health status. HE.6.PHC.3.5 Develop an individual goal to adopt, maintain, or improve a personal health practice. HE.6.PHC.3.7 Monitor progress toward attaining a personal health goal. HE.6.PHC.3.8 Examine the likelihood of injury or illness if engaging in unhealthy/risky behaviors.	MA.K12.MTR.1.1 MA.K12.MTR.2.1 MA.K12.MTR.3.1 MA.K12.MTR.4.1 MA.K12.MTR.5.1 MA.K12.MTR.6.1 MA.K12.MTR.7.1	ELA.K12.EE.1.1 ELA.K12.EE.2.1 ELA.K12.EE.3.1 ELA.K12.EE.4.1 ELA.K12.EE.5.1 ELA.K12.EE.6.1	ELD.K12.ELL.SI.1

Lesson Plan/Correlating Content	Benchmark of Focus-Code	Benchmark	Connecting Benchmarks	Integrated MTRs within Student Materials and Teacher Guides	Integrated EEs within Student Materials and Teacher Guides	Integrated ELDs within Student Materials and Teacher Guides
			HE.6.PHC.3.9 Explore healthy practices and behaviors that will maintain or improve personal health and reduce health risks. HE.6.PHC.4.1 Use valid and reliable information to request access to health products, services, or environments. HE.6.PHC.2.2 Identify environmental factors that affect personal health. HE.6.CH.3.1 Examine the validity of health information and determine the cost benefit of health products and services.			
Florida Health Skills for Middle School: Grade 6 23-24 Lesson 1.3-2 Setting and Achieving Goals 24 Figure 1.3.2 Reading Checkpoint #1-2 34 Critical Thinking #3 34 Develop Your Skills, #1-3 34 Differentiation	HE.6.PHC.3.7	Monitor progress toward attaining a personal health goal. ***Clarification 1:*** Instruction includes use of checklists, logs, pedometers, websites, and health monitoring apps.	HE.6.PHC.3.1 Distinguish between the need for individual or collaborative decision making. HE.6.PHC.3.2 Specify the potential outcomes of each option when making a personal health-related decision. HE.6.PHC.3.3	MA.K12.MTR.1.1 MA.K12.MTR.2.1 MA.K12.MTR.3.1 MA.K12.MTR.4.1 MA.K12.MTR.5.1 MA.K12.MTR.6.1 MA.K12.MTR.7.1	ELA.K12.EE.1.1 ELA.K12.EE.2.1 ELA.K12.EE.3.1 ELA.K12.EE.4.1 ELA.K12.EE.5.1 ELA.K12.EE.6.1	ELD.K12.ELL.SI.1

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144 Building Your Skills: Digital Connections- Making Healthy Food Choices 167-171 Figure 3.4.2; Types of Fitness Apps 169 Building Your Skills: Mental Health Connections: Be SMART, Stay Motivated 171 Leson 3.4-4 Setting and Reaching Your Goals- Record Your Progress 166 Technology 177 Be Respectful 213 Express Your Feelings 337 Lesson 6.1-4 Fire Prevention and Safety - last paragraph 338 Figure 6.1.6 Fire Safety Inspection Checklist 345 Develop Your Skills #1 345 Differentiation 414 Develop Your Skills, #1 414 Differentiation			Predict the potential outcomes of a health-related decision. HE.6.PHC.3.4 Use various methods to measure personal health status. HE.6.PHC.3.5 Develop an individual goal to adopt, maintain, or improve a personal health practice. HE.6.PHC.3.6 Determine strategies and skills needed to attain a personal health goal. HE.6.PHC.3.8 Examine the likelihood of injury or illness if engaging in unhealthy/risky behaviors. HE.6.PHC.3.9 Explore healthy practices and behaviors that will maintain or improve personal health and reduce health risks. HE.6.PHC.4.1 Use valid and reliable information to request access to health products, services, or			

Lesson Plan/Correlating Content	Benchmark of Focus-Code	Benchmark	Connecting Benchmarks	Integrated MTRs within Student Materials and Teacher Guides	Integrated EEs within Student Materials and Teacher Guides	Integrated ELDs within Student Materials and Teacher Guides
			environments. HE.6.PHC.2.2 Identify environmental factors that affect personal health. HE.6.CH.1.2 Investigate a variety of technologies to gather health information. HE.6.CH.3.1 Examine the validity of health information and determine the cost benefit of health products and services.			
Florida Health Skills for Middle School: Grade 6 32 Practice Your Skills, #1-6 32 Differentiation 140-142 Lesson 3.2-3 Malnutrition 153-154 Lesson 3.3-1 paragraph starting "Getting physical activity promotes…" 154 Figure 3.3.1 Moderate Physical Activity Reduces Risk Factors for... 285-288 Lesson 5.3-2 Health Effects of Tobacco Use 333-336 Lesson 6.1 Fall Prevention; Poisoning Prevention; Weapons Safety	HE.6.PHC.3.8	Examine the likelihood of injury or illness if engaging in unhealthy/risky behaviors. ***Clarification 1:*** Instruction includes disease related to poor nutrition and inactivity. ***Clarification 2:*** Instruction includes cancer and chronic lung disease related to tobacco use. ***Clarification 3:*** Instruction includes injuries caused from failure to follow safety guidelines.	HE.6.PHC.3.1 Distinguish between the need for individual or collaborative decision making. HE.6.PHC.3.2 Specify the potential outcomes of each option when making a personal health-related decision. HE.6.PHC.3.3 Predict the potential outcomes of a health-related decision.	MA.K12.MTR.1.1 MA.K12.MTR.2.1 MA.K12.MTR.3.1 MA.K12.MTR.4.1 MA.K12.MTR.5.1 MA.K12.MTR.6.1 MA.K12.MTR.7.1	ELA.K12.EE.1.1 ELA.K12.EE.2.1 ELA.K12.EE.3.1 ELA.K12.EE.4.1 ELA.K12.EE.5.1 ELA.K12.EE.6.1	ELD.K12.ELL.SI.1

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354-357 Lesson 6.2-4 Staying Safe on the Road; Lesson 6.2-5 Staying Safe in the Water 358 Lesson 6.2 Review & Assessment 358 Develop Your Skills #3			HE.6.PHC.3.4 Use various methods to measure personal health status. HE.6.PHC.3.5 Develop an individual goal to adopt, maintain, or improve a personal health practice. HE.6.PHC.3.6 Determine strategies and skills needed to attain a personal health goal. HE.6.PHC.3.7 Monitor progress toward attaining a personal health goal. HE.6.PHC.3.9 Explore healthy practices and behaviors that will maintain or improve personal health and reduce health risks. HE.6.PHC.1.3 Examine the importance of assuming responsibility for personal reproductive health behaviors. HE.6.PHC.1.4			

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			Describe situations when professional health services may be required. HE.6.PHC.2.4 Examine how family and culture influence the health of adolescents. HE.6.PHC.2.5 Recognize how personal health choices can affect hereditary risk factors. HE.6.PHC.2.6 Determine how social norms may impact healthy and unhealthy behavior. HE.6.PHC.4.1 Use valid and reliable information to request access to health products, services, or environments. HE.6.CEH.2.2 Investigate changes to societal norms and how they influence health beliefs and behaviors.			
Florida Health Skills for Middle School: Grade 6	HE.6.PHC.3.9	Explore healthy practices and behaviors that will maintain or improve	HE.6.PHC.3.1 Distinguish between the need for individual or	MA.K12.MTR.1.1 MA.K12.MTR.2.1 MA.K12.MTR.3.1 MA.K12.MTR.4.1	ELA.K12.EE.1.1 ELA.K12.EE.2.1 ELA.K12.EE.3.1 ELA.K12.EE.4.1	ELD.K12.ELL.SI.1

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17 Building Your Skills: Digital Connections- The Power of Social Media to Inspire 54-65 Lesson 2.1 Caring for Your Skin, Hair, and Nails 67-77 Lesson 2.2 Keeping Your Mouth, Eyes, and Ears Healthy 84-90 Lesson 2.3-4 Strategies for Getting Enough Sleep 122 Develop Your Skills, #3 122 Differentiation 165 Lesson 3.4-1 Getting Enough Physical Activity 167-174 Lesson 3.4-3 Checking Your Fitness Level; Lesson 3.4-4 Setting and Reaching Your Goals; Lesson 3.4-5 Designing Your Workouts 319-324 Lesson 5.6-1 Preventing Substance Use, Misuse, and Abuse 350-353 Lesson 6.2-3 Staying Safe on the Internet 397-402 lesson 7.1-4 Ways to Communicate Effectively; Lesson 7.1-5 Conflict Resolution Skills 403 Lesson 7.1 Review & Assessment 403 Develop Your Skills #1		personal health and reduce health risks. ***Clarification 1:*** Instruction includes internal influences, such as hygiene, sleep, and fitness. ***Clarification 2:*** Instruction includes external influences, such as healthy relationship skills, influences of advertising, social media, and internet safety. ***Clarification 3:*** Instruction includes abstaining from risky behaviors.	collaborative decision making. HE.6.PHC.3.2 Specify the potential outcomes of each option when making a personal health-related decision. HE.6.PHC.3.3 Predict the potential outcomes of a health-related decision. HE.6.PHC.3.4 Use various methods to measure personal health status. HE.6.PHC.3.5 Develop an individual goal to adopt, maintain, or improve a personal health practice. HE.6.PHC.3.6 Determine strategies and skills needed to attain a personal health goal. HE.6.PHC.3.7 Monitor progress toward attaining a personal health goal. HE.6.PHC.3.8 Examine the likelihood of injury or illness if engaging in unhealthy/risky	MA.K12.MTR.5.1 MA.K12.MTR.6.1 MA.K12.MTR.7.1	ELA.K12.EE.5.1 ELA.K12.EE.6.1	

Lesson Plan/Correlating Content	Benchmark of Focus-Code	Benchmark	Connecting Benchmarks	Integrated MTRs within Student Materials and Teacher Guides	Integrated EEs within Student Materials and Teacher Guides	Integrated ELDs within Student Materials and Teacher Guides
			behaviors. HE.6.PHC.1.3 Examine the importance of assuming responsibility for personal reproductive health behaviors. HE.6.PHC.1.4 Describe situations when professional health services may be required. HE.6.PHC.2.3 Examine how friends and peers influence the health of adolescents. HE.6.PHC.2.4 Examine how family and culture influence the health of adolescents. HE.6.PHC.2.5 Recognize how personal health choices can affect hereditary risk factors. HE.6.PHC.4.1 Use valid and reliable information to request access to health products,			

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			services, or environments. HE.6.CEH.2.1 Identify the impact of health information conveyed to students by the school and community. HE.6.CEH.2.2 Investigate changes to societal norms and how they influence health beliefs and behaviors. HE.6.CEH.4.1 Describe how the community can influence and support others to make positive health choices. HE.6.CH.2.1 Illustrate ways health messages and communication techniques can be targeted for different audiences through internet and social media sources. HE.6.CH.3.1 Examine the validity of health information and determine the cost benefit of health products and services.			

Florida Health Skills for Middle School: Grade 6 27-33 Lesson 1.3-5 Accessing and Evaluating Health Information and Services 166 Lesson 3.4-2 Factors That Influence Physical Activity- paragraph starting "Many communities have…" 218 Lesson 4.3-3 Strategies for Coping with Stress - third paragraph 237 Develop Your Skills, #2 237 Differentiation 253 Figure 4.7.4 Suicide Prevention Resources 354-355 Lesson 6.2-4 Staying Safe on the Road- second bullet 358 Lesson 6.2 Review & Assessment 358 Develop Your Skills #2 381 Building Your Skills: Community Connections - Advocating for the Environment	HE.6.PHC.4.1	Use valid and reliable information to request access to health products, services, or environments. ***Clarification 1:*** Instruction includes requesting sidewalks and accessing recreational areas.	HE.6.PHC.1.1 Describe how the physical, mental social, and intellectual dimensions of health are interrelated. HE.6.PHC.3.3 Predict the potential outcomes of a health-related decision. HE.6.PHC.3.9 Explore healthy practices and behaviors that will maintain or improve personal health and reduce health risks. HE.6.CEH.2.1 Identify the impact of health information conveyed to students by the school and community. HE.6.CEH.2.2 Investigate changes to societal norms and how they influence health beliefs and behaviors. HE.6.CEH.3.2 Specify the potential outcomes of each option when making a community health-related decision. HE.6.CEH.4.2 State a health-enhancing position	MA.K12.MTR.1.1 MA.K12.MTR.2.1 MA.K12.MTR.3.1 MA.K12.MTR.4.1 MA.K12.MTR.5.1 MA.K12.MTR.6.1 MA.K12.MTR.7.1	ELA.K12.EE.1.1 ELA.K12.EE.2.1 ELA.K12.EE.3.1 ELA.K12.EE.4.1 ELA.K12.EE.5.1 ELA.K12.EE.6.1	ELD.K12.ELL.SI.1

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			on a topic and support it with accurate information. HE.6.CH.2.1 Illustrate ways health messages and communication techniques can be targeted for different audiences through internet and social media sources. HE.6.CH.3.1 Examine the validity of health information and determine the cost benefit of health products and services.			
Florida Health Skills for Middle School: Grade 6 204-206 Lesson 4.2-3 Having Emotional Intelligence - Have Empathy 205 Building Your Skills, #1-3 206 4.2-3 Reading Checkpoint, #1-2 207 Lesson 4.2 Review & Assessment 207 Develop Your Skills #1-3 397-399 Lesson 7.1-4 Ways to Communicate Effectively 401 Lesson 7.1-5 Conflict Resolution Skills Negotiation #4	HE.68.R.1.1	Demonstrate the ability to respond with empathy in a variety of contexts and situations. ***Clarification 1:*** Instruction includes identifying others' feelings, perspectives, circumstances, experiences, and active listening.	HE.68.R.1.2 Describe the importance of empathy, kindness, honesty and trust in building and sustaining relationships. HE.68.R.1.3 Identify sources of relational conflicts and healthy approaches to conflict resolutions. HE.6.PHC.1.4 Describe situations when professional	MA.K12.MTR.1.1 MA.K12.MTR.2.1 MA.K12.MTR.3.1 MA.K12.MTR.4.1 MA.K12.MTR.5.1 MA.K12.MTR.6.1 MA.K12.MTR.7.1	ELA.K12.EE.1.1 ELA.K12.EE.2.1 ELA.K12.EE.3.1 ELA.K12.EE.4.1 ELA.K12.EE.5.1 ELA.K12.EE.6.1	ELD.K12.ELL.SI.1

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403 Lesson 7.1 Review & Assessment 403 Develop Your Skills #1			health services may be required. HE.6.PHC.2.5 Recognize how personal health choices can affect hereditary risk factors.			
Florida Health Skills for Middle School: Grade 6 22 Lesson 1.3-1 -Making Healthy Decisions 26 Lesson 1.3-4 Resolving Conflicts - second paragraph; Figure 1.3.4 Conflict Resolution Skills 204-206 Lesson 4.2-3 Having Emotional Intelligence - Have Empathy 400-401 Lesson 7.1-5 Conflict Resolution Skills Negotiation #1-4 401 Figure 7.1.10 Negotiation Process 400 Negotiation 403 Develop Your Skills, #1, 2 403 Differentiation 414 Lesson 7.2 Review & Assessment 414 Develop Your Skills #2	HE.68.R.2.2	Demonstrate responsible decision-making that considers multiple perspective.	HE.68.R.2.1 Discuss how character is shaped by attitudes, decisions and actions. HE.68.R.2.3 Describe the importance of following school and community laws and rules. HE.68.R.2.4 Monitor progress toward attaining a personal goal. HE.68.R.2.5 Explain strategies and skills needed to assess progress and maintenance of a challenging personal goal. HE.68.R.2.6 Describe how personal goals can vary with changing abilities, priorities, and responsibilities.	MA.K12.MTR.1.1 MA.K12.MTR.2.1 MA.K12.MTR.3.1 MA.K12.MTR.4.1 MA.K12.MTR.5.1 MA.K12.MTR.6.1 MA.K12.MTR.7.1	ELA.K12.EE.1.1 ELA.K12.EE.2.1 ELA.K12.EE.3.1 ELA.K12.EE.4.1 ELA.K12.EE.5.1 ELA.K12.EE.6.1	ELD.K12.ELL.SI.1

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			HE.68.R.2.7 Identify how continuous learning leads to personal growth. HE.68.R.2.8 Identify strategies to manage challenges and setbacks. HE.68.R.2.9 Identify healthy responses to negative peer pressure. HE.68.R.1.1 Demonstrate the ability to respond with empathy in a variety of contexts and situations. HE.6.CEH.3.2 Specify the potential outcomes of each option when making a community health-related decision. HE.6.CH.3.1 Examine the validity of health information and determine the cost benefit of health products and services. HE.6.PHC.3.1 Distinguish between the need for			

Lesson Plan/Correlating Content	Benchmark of Focus-Code	Benchmark	Connecting Benchmarks	Integrated MTRs within Student Materials and Teacher Guides	Integrated EEs within Student Materials and Teacher Guides	Integrated ELDs within Student Materials and Teacher Guides
			individual or collaborative decision making. HE.6.PHC.4.1 Use valid and reliable information to request access to health products, services, or environments.			
Florida Health Skills for Middle School: Grade 6 26 Lesson 1.3-4 Resolving Conflicts 191 Lesson 4.13 Exploring Your Self-Image and Self-Esteem - second paragraph 196 Lesson 7.1 Review & Assessment 196 Develop Your Skills #2 213-218 Lesson 4.3-4 Strategies for Coping with Stress 218 Reading Checkpoint, 1 219 Lesson 4.3 Review & Assessment 219 Critical Thinking #1-3 Develop Your Skills #1-3 399-402 Lesson 7.1-5 Conflict Resolution Skills	HE.68.R.4.2	Develop and apply conflict resolution skills in a variety of situations. ***Clarification 1:*** Instruction includes coping, grit, and new learning opportunities.	HE.68.R.4.1 Analyze possible solutions to a problem to determine the best outcome for oneself and others. HE.68.R.4.3 Analyze ways to pursue common goals as a part of a team or group. HE.68.R.4.4 Identify the importance of perseverance when facing difficulty solving a problem. HE.68.R.1.1 Demonstrate the ability to respond with empathy in a variety of contexts and situations.	MA.K12.MTR.1.1 MA.K12.MTR.2.1 MA.K12.MTR.3.1 MA.K12.MTR.4.1 MA.K12.MTR.5.1 MA.K12.MTR.6.1 MA.K12.MTR.7.1	ELA.K12.EE.1.1 ELA.K12.EE.2.1 ELA.K12.EE.3.1 ELA.K12.EE.4.1 ELA.K12.EE.5.1 ELA.K12.EE.6.1	ELD.K12.ELL.SI.1

Lesson Plan/Correlating Content	Benchmark of Focus-Code	Benchmark	Connecting Benchmarks	Integrated MTRs within Student Materials and Teacher Guides	Integrated EEs within Student Materials and Teacher Guides	Integrated ELDs within Student Materials and Teacher Guides
			HE.6.PHC.1.4 Describe situations when professional health services may be required. HE.6.PHC.2.2 Identify environmental factors that affect personal health. HE.6.PHC.2.6 Determine how social norms may impact healthy and unhealthy behavior. HE.6.PHC.3.3 Predict the potential outcomes of a health-related decision. HE.6.PHC.3.9 Explore healthy practices and behaviors that will maintain or improve personal health and reduce health risks. HE.6.PHC.4.1 Use valid and reliable information to request access to health products, services, or environments.			

Lesson Plan/Correlating Content	Benchmark of Focus-Code	Benchmark	Connecting Benchmarks	Integrated MTRs within Student Materials and Teacher Guides	Integrated EEs within Student Materials and Teacher Guides	Integrated ELDs within Student Materials and Teacher Guides
Florida Health Skills for Middle School: Grade 6 268 Lesson 5.1 Review & Assessment 268 Develop Your Skills #1 285-288 Lesson 5.3-2 Health Effects of Tobacco Use 290 Lesson 5.3-3 Mental, Social, and Legal Consequences 291 Building Your Skills: Community Connections- Resisting Peer Pressure 291 Practice Your Skills 292-293 Lesson 5.3-4Health Effects on Others 294 Lesson5.3 Review & Assessment 294 Develop Your Skills #1, 3 294 Differentiation 298-300 Lesson 5.4-2 Health Effects of Alcohol Use 301 Case Study: Kara's Babysitting Conundrum 302, 303 Lesson 5.4-3 Consequences of Alcohol Use 305 Lesson 5.4 Review & Assessment 305 Develop Your Skills #1 320 Building Your Skills: Community Connections -Addiction Prevention 330 Lesson 5.6 Review & Assessment	HE.68.SUA.4.1	Demonstrate refusal and communication skills in specific scenarios related to underage drinking and illicit drug use. ***Clarification 1:*** Instruction includes not riding in a motor vehicle with a driver who is intoxicated or impaired, peer pressure to vape/smoke or drink prior to the legal age, impact of substance use on academic performance, health risks of substance use.	HE.68.SUA.4.2 Predict the potential short- and long-term impacts on self and others when responding to pressure to use alcohol and/or other drugs. HE.6.CEH.2.1 Identify the impact of health information conveyed to students by the school and community. HE.6.CH.2.1 Illustrate ways health messages and communication techniques can be targeted for different audiences through internet and social media sources. HE.6.PHC.3.2 Specify the potential outcomes of each option when making a personal health-related decision. HE.6.PHC.3.9 Explore healthy practices and behaviors that will maintain or improve personal health and reduce health risks.	MA.K12.MTR.1.1 MA.K12.MTR.2.1 MA.K12.MTR.3.1 MA.K12.MTR.4.1 MA.K12.MTR.5.1 MA.K12.MTR.6.1 MA.K12.MTR.7.1	ELA.K12.EE.1.1 ELA.K12.EE.2.1 ELA.K12.EE.3.1 ELA.K12.EE.4.1 ELA.K12.EE.5.1 ELA.K12.EE.6.1	ELD.K12.ELL.SI.1

Lesson Plan/Correlating Content	Benchmark of Focus-Code	Benchmark	Connecting Benchmarks	Integrated MTRs within Student Materials and Teacher Guides	Integrated EEs within Student Materials and Teacher Guides	Integrated ELDs within Student Materials and Teacher Guides
330 Develop Your Skills #1-2			HE.6.PHC.4.1 Use valid and reliable information to request access to health products, services, or environments.			

Lesson Plan/ Correlating Content	Benchmark of Focus-Code	Benchmark	Connecting Benchmarks	Integrated MTRs within Student Materials and Teacher Guides
Main text: 20 Develop Your Skills, #3 20 Differentiation 91 Critical Thinking, #1 319 Lesson 5.6-Introduction-second paragraph 319 Preventing Substance Use, Misuse, and Abuse 323-324 Government Approaches 323-324 Figure 5.6.4 What the Government Is Doing to Prevent Substance Use 360 Lesson 6.3 Knowing Basic First Aid-Introduction-first paragraph 370 Lesson 6.3 Critical Thinking, #1	HE.6.CEH.2.1	Identify the impact of health information conveyed to students by the school and community. ***Clarification 1:*** Instruction includes first-aid education and safety education in school and how it benefits students. ***Clarification 2:*** Instruction includes the impact of substance use prevention programs.	HE.6.CEH.2.2 Investigate changes to societal norms and how they influence health beliefs and behaviors. HE.6.CEH.2.3 Examine how media/social media influences peer and community health behaviors. HE.6.CEH.2.4 Propose ways that technology can influence peer and community health behaviors. HE.6.CH.1.2 Investigate a variety of technologies to gather health information. HE.6.CH.2.1 Illustrate ways health messages and communication techniques can be targeted for different audiences through internet and social media sources. HE.6.CH.3.1 Examine the validity of health information and determine the cost benefit of health products and services. HE.6.PHC.1.4 Describe situations when professional health services may be required. HE.6.PHC.3.4 Use various methods to measure personal health status.	MA.K12.MTR.1.1 MA.K12.MTR.2.1 MA.K12.MTR.3.1 MA.K12.MTR.4.1 MA.K12.MTR.5.1 MA.K12.MTR.6.1 MA.K12.MTR.7.1
Main Text: 20 Lesson 1.2 Review & Assessment 20 Critical Thinking #1-2 20 Develop Your Skills, #2-3 20 Differentiation 25 1.3-3 Using Refusal Skills- second paragraph	HE.6.CEH.2.2	Investigate changes to societal norms and how they influence health beliefs and behaviors. ***Example:*** Location sharing, creation of designated smoking areas, increased access to community-based activities.	HE.6.CEH.2.1 Identify the impact of health information conveyed to students by the school and community. HE.6.CEH.2.3 Examine how media/social media influences peer and community health behaviors. HE.6.CEH.2.4 Propose ways that technology can influence peer and community health behaviors.	MA.K12.MTR.1.1 MA.K12.MTR.2.1 MA.K12.MTR.3.1 MA.K12.MTR.4.1 MA.K12.MTR.5.1 MA.K12.MTR.6.1 MA.K12.MTR.7.1

Lesson Plan/ Correlating Content	Benchmark of Focus-Code	Benchmark	Connecting Benchmarks	Integrated MTRs within Student Materials and Teacher Guides
264 5.1-2 Factors Affecting Substance Use & Addition-Family, second paragraph 265 5.1-2 Factors Affecting Substance Use & Addition- Peer Pressure, third paragraph **Companion Text** 22 Dealing with Sexual Pressure 22 Using Refusal Skills 22 Figure 8.2.7 Words for Resisting Sexual Pressure			HE.6.CH.2.1 Illustrate ways health messages and communication techniques can be targeted for different audiences through internet and social media sources. HE.6.PHC.2.1 Analyze how media/social media influences personal and peer thoughts, feelings, and health behaviors. HE.6.PHC.2.3 Examine how friends and peers influence the health of adolescents.	
Main Text: 17 Building Your Skills: The Power of Social Media to Inspire 20 Develop Your Skills, #3 20 Differentiation 58 Building Your Skills: Health in the Media 91 Lesson 2.3 Review & Assessment 91 Critical Thinking, #1 91 Develop Your Skills, #2 141 Lesson 3.2-3 Malnutrition, first full paragraph 144 Building Your Skills: Making Healthy Food Choices 165-167 Lesson 3.4-1 Getting Enough Physical Activity; Factors That Influence Physical Activity 175 Lesson 3.4 Review & Assessment: 175 Critical Thinking #2	HE.6.CEH.2.4	Propose ways that technology can influence peer and community health behaviors. ***Clarification 1:*** Instruction includes how internet and social media apps influence nutrition and physical activity.	HE.6.CEH.2.1 Identify the impact of health information conveyed to students by the school and community. HE.6.CEH.2.2 Investigate changes to societal norms and how they influence health beliefs and behaviors. HE.6.CEH.2.3 Examine how media/social media influences peer and community health behaviors. HE.6.CH.1.2 Investigate a variety of technologies to gather health information. HE.6.CH.2.1 Illustrate ways health messages and communication techniques can be targeted for different audiences through internet and social media sources. HE.6.PHC.1.3 Examine the importance of assuming responsibility for personal reproductive health behaviors. HE.6.PHC.2.1 Analyze how media/social media influences personal and peer thoughts, feelings, and health behaviors. HE.6.PHC.2.2	MA.K12.MTR.1.1 MA.K12.MTR.2.1 MA.K12.MTR.3.1 MA.K12.MTR.4.1 MA.K12.MTR.5.1 MA.K12.MTR.6.1 MA.K12.MTR.7.1

Lesson Plan/ Correlating Content	Benchmark of Focus-Code	Benchmark	Connecting Benchmarks	Integrated MTRs within Student Materials and Teacher Guides
265-267 Lesson 5.1-2 Factors Affecting Substance Use and Addition- Media Messages 350 Case Study: Brianna's Social Media Challenge 420 Building Your Skills: Making Friends Online			Identify environmental factors that affect personal health. HE.6.PHC.4.1 Use valid and reliable information to request access to health products, services, or environments.	
Main Text: 22-23 Making Healthy Decisions 143-147 Skills for Following a Healthy Eating Pattern 150 Case Study: Theo's Taste in Food 150 3.2–4 Reading Checkpoint 151 Critical Thinking 151 Develop Your Skills, #1,3 151 Differentiation 247 Lesson 4.6 Review & Assessment 247 Develop Your Skills #2 268 Lesson 5.1 Review & Assessment 268 Develop Your Skills #1 267 Building Your Skills: Mental Health Connections- Making Healthy Decisions 301 Case Studt: Kara's Babysitting Conundrum 353 Thinking Before You Post 358 Develop Your Skills, #1	HE.6.CEH.3.1	Choose healthy alternatives over unhealthy alternatives when making a decision. ***Example:*** Saying no to drugs, eating a balanced diet over fast food, exercising daily ***Clarification 1:*** Instruction includes practicing responsible behavior such as treating others with respect.	HE.6.CEH.3.2 Specify the potential outcomes of each option when making a community health-related decision. HE.6.CEH.4.1 Describe how the community can influence and support others to make positive health choices. HE.6.PHC.2.3 Examine how friends and peers influence the health of adolescents. HE.6.PHC.3.2 Specify the potential outcomes of each option when making a personal health-related decision. HE.68.SUA.4.1 Demonstrate refusal and communication skills in specific scenarios related to underage drinking and illicit drug use.	MA.K12.MTR.1.1 MA.K12.MTR.2.1 MA.K12.MTR.3.1 MA.K12.MTR.4.1 MA.K12.MTR.5.1 MA.K12.MTR.6.1 MA.K12.MTR.7.1

Lesson Plan/ Correlating Content	Benchmark of Focus-Code	Benchmark	Connecting Benchmarks	Integrated MTRs within Student Materials and Teacher Guides
Main Text: 66 Lesson 2.1 Review & Assessment: 66 Develop Your Skills #2 106 Lesson 2.4 Review & Assessment 106 Critical Thinking, #1-3 106 Develop Your Skills #3 106 Differentiation 207 Lesson 4.2 Review & Assessment 207 Develop Your Skills #3 241 Case Study: Asher's Quest to Win 305 Lesson 5.4 Review & Assessment 305 Develop Your Skills #3 358 Lesson 6.2 Review & Assessment 358 Develop Your Skills #2 370 Lesson 6.3 Review & Assessment 370 Develop Your Skills #2 381 Building Your Skills: Community Connections-Advocating for the Environment	HE.6.CEH.4.1	Describe how the community can influence and support others to make positive health choices. ***Example:*** Bike trails, recreational areas, health-related community events.	HE.6.CEH.4.2 State a health-enhancing position on a topic and support it with accurate information. HE.6.CH.1.1 Examine how appropriate health care can promote personal health. HE.6.CH.2.1 Illustrate ways health messages and communication techniques can be targeted for different audiences through internet and social media sources. HE.6.PHC.2.1 Analyze how media/social media influences personal and peer thoughts, feelings, and health behaviors. HE.6.PHC.2.2 Identify environmental factors that affect personal health. HE.6.PHC.2.3 Examine how friends and peers influence the health of adolescents. HE.6.PHC.3.9 Explore healthy practices and behaviors that will maintain or improve personal health and reduce health risks.	MA.K12.MTR.1.1 MA.K12.MTR.2.1 MA.K12.MTR.3.1 MA.K12.MTR.4.1 MA.K12.MTR.5.1 MA.K12.MTR.6.1 MA.K12.MTR.7.1
Main Text: 66 Lesson 2.1 Review & Assessment 66 Develop Your Skills #2 106 Lesson 2.4 Review & Assessment 106 Develop Your Skills #3 122 Lesson 2.5 Review & Assessment 122 Develop Your Skills #2 175 Lesson 3.4 Review & Assessment 175 Develop Your Skills #2 196 Lesson 4.1 Review & Assessment	HE.6.CEH.4.2	State a health-enhancing position on a topic and support it with accurate information. ***Example:*** Health-enhancing positions may include tobacco and vaping laws, zero-tolerance policies, and bullying rules.	HE.6.CEH.4.1 Describe how the community can influence and support others to make positive health choices. HE.6.PHC.1.1 Describe how the physical, mental social, and intellectual dimensions of health are interrelated. HE.6.PHC.1.3 Examine the importance of assuming responsibility for personal reproductive health behaviors. HE.6.PHC.2.2 Identify environmental factors that affect personal health HE.6.PHC.3.3	MA.K12.MTR.1.1 MA.K12.MTR.2.1 MA.K12.MTR.3.1 MA.K12.MTR.4.1 MA.K12.MTR.5.1 MA.K12.MTR.6.1 MA.K12.MTR.7.1

Lesson Plan/ Correlating Content	Benchmark of Focus-Code	Benchmark	Connecting Benchmarks	Integrated MTRs within Student Materials and Teacher Guides
196 Develop Your Skills #3 256 Lesson 4.7 Review & Assessment 256 Develop Your Skills #2 258 Develop Your Skills, #2 280 Advocating for an Opioid-Free Life 281 Develop Your Skills, #3 294 Lesson 5.3 Review & Assessment 294 Develop Your Skills #1 345 Lesson 6.1 Review & Assessment 345 Develop Your Skills #3 **Companion text:** 56 Case Study: Aarav and Rajesh: Boys Will Be Boys 69 Develop Your Skills, #2			Predict the potential outcomes of a health-related decision. HE.6.CH.1.2 Investigate a variety of technologies to gather health information. HE.6.CH.3.1 Examine the validity of health information and determine the cost benefit of health products and services.	
Main Text: 7-8 Lesson 1.1-2 How Healthcare Promotes Personal Health 10 Lesson 1.1 Review & Assessment 10 Critical Thinking #2 69 Lesson 2.2-1 Caring for Mouth and Teeth- second full paragraph 71 Lesson 2.2 Teeth Misalignment & Impacted Wisdom Teeth- second and fourth paragraphs 72 f Lesson 2.2 Teeth Misalignment & Impacted Wisdom Teeth- first paragraph 103-105 Lesson 2.4-4 Preventing Infectious Diseases- Vaccines	HE.6.CH.1.1	Examine how appropriate health care can promote personal health. ***Clarification 1:*** Instruction includes following recommended visits to health care providers, such as pediatrician and dentist.	HE.6.CH.1.2 Investigate a variety of technologies to gather health information. HE.6.CH.1.3 Identify available resources and services needed to attain a personal health goal. HE.6.PHC.1.3 Examine the importance of assuming responsibility for personal reproductive health behaviors. HE.6.PHC.2.7 Explain how body systems are impacted by hereditary factors and infectious diseases. HE.6.PHC.3.9 Explore healthy practices and behaviors that will maintain or improve personal health and reduce health risks. HE.6.CEH.4.1 Describe how the community can influence and support others to make positive health choices.	MA.K12.MTR.1.1 MA.K12.MTR.2.1 MA.K12.MTR.3.1 MA.K12.MTR.4.1 MA.K12.MTR.5.1 MA.K12.MTR.6.1 MA.K12.MTR.7.1

Lesson Plan/ Correlating Content	Benchmark of Focus-Code	Benchmark	Connecting Benchmarks	Integrated MTRs within Student Materials and Teacher Guides
103 Develop Your Skills 103 Case Study: Brian Fights off Infections 116-121 Lesson 2.5-4 Treating Noninfectious Diseases; Preventing Noninfectious Diseases				
Main Text: 58 Building Your Skills: Digital Connections- Health in the Media 84 Lesson 2.3-4 Strategies for Getting Enough Sleep- fourth paragraph 84 Figure 2.3.5 Apps and Devices to Improve Sleep 91 Develop Your Skills, #2-3 116 Lesson 2.5-4 paragraph following bullets 144 Lesson 3.2- 4 Think About Calories -last paragraph-BMI 166-167 Figure 3.4.2 Types of Fitness Apps 167 Figure 3.4.3 Taking Your Pulse 168 3.4–3 Reading Checkpoint #1-2 360-361 definition of *first aid*; Figure 6.3.2 Preparing for First Aid 223 Infograph - Managing Anxiety	HE.6.CH.1.2	Investigate a variety of technologies to gather health information. ***Clarification 1:*** Technologies include a thermometer, scale, blood pressure machine, and other health related tools. ***Clarification 2:*** Technologies may include television, internet, social media, and health-related apps.	HE.6.CH.1.1 Examine how appropriate health care can promote personal health. HE.6.CH.1.3 Identify available resources and services needed to attain a personal health goal. HE.6.CH.3.1 Examine the validity of health information and determine the cost benefit of health products and services. HE.6.CEH.2.4 Propose ways that technology can influence peer and community health behaviors. HE.6.PHC.2.1 Analyze how media/social media influences personal and peer thoughts, feelings, and health behaviors. HE.6.PHC.3.6 Determine strategies and skills needed to attain a personal health goal. HE.6.PHC.3.9 Explore healthy practices and behaviors that will maintain or improve personal health and reduce health risks.	MA.K12.MTR.1.1 MA.K12.MTR.2.1 MA.K12.MTR.3.1 MA.K12.MTR.4.1 MA.K12.MTR.5.1 MA.K12.MTR.6.1 MA.K12.MTR.7.1
Main Text: 29 Lesson 1.3-5 Accessing and Evaluating Health Information and Services - first and second paragraphs 240 Lesson 4.6-1 Factors Affecting Body Image- Media and Society	HE.6.CH.2.1	Illustrate ways health messages and communication techniques can be targeted for different audiences through internet and social media sources.	HE.6.CH.3.1 Examine the validity of health information and determine the cost benefit of health products and services. HE.6.CEH.2.4 Propose ways that technology can influence peer and community health behaviors.	MA.K12.MTR.1.1 MA.K12.MTR.2.1 MA.K12.MTR.3.1 MA.K12.MTR.4.1 MA.K12.MTR.5.1 MA.K12.MTR.6.1 MA.K12.MTR.7.1

Lesson Plan/ Correlating Content	Benchmark of Focus-Code	Benchmark	Connecting Benchmarks	Integrated MTRs within Student Materials and Teacher Guides
265 Lesson 5.1-2 Factors Affecting Substance Use and Addition- Media Messages, third paragraph 265 Figure 5.1.8 Types of Ads to Which Young People Are Exposed 268 Develop Your Skills, #2 268 Differentiation 322 Lesson 2.1 Review & Assessment 322 Think Critically 322 Figure 5.6.3 Analyzing Advertisements 330 Critical Thinking, #2		***Clarification 1:*** Instruction includes how social media platforms use algorithms to target specific audiences to promote products or services.	HE.6.CH.3.1 Examine the validity of health information and determine the cost benefit of health products and services. HE.6.PHC.2.1 Analyze how media/social media influences personal and peer thoughts, feelings, and health behaviors.	
Main Text: 27-30 Accessing and Evaluating Health Information and Services 30 Figure 1.3.8 Health and Safety Information 58 Building Your Skills: Digital Connections: Health in the Media 83 Case Study: Ava's Wake-Up Routine, 196 Develop Your Skills #1 106 Critical Thinking, #2-3 106 Develop Your Skills, #2 106 Differentiation 219 Develop Your Skills, #1 237 Develop Your Skills, #2 237 Differentiation 305 Lesson 5.4 Review & Assessment 305 Develop Your Skills #2 322 Think Critically	HE.6.CH.3.1	Examine the validity of health information and determine the cost benefit of health products and services. ***Clarification 1:*** Instruction includes determining criteria function, directions for use, competence of providers, and costs.	HE.6.CH.3.1 Examine the validity of health information and determine the cost benefit of health products and services. HE.6.CEH.3.2 Specify the potential outcomes of each option when making a community health-related decision. HE.6.CEH.2.2 Investigate changes to societal norms and how they influence health beliefs and behaviors. HE.68.R.2.2 Demonstrate responsible decision-making that considers multiple perspectives. HE.6.PHC.3.3 Predict the potential outcomes of a health-related decision. HE.6.PHC.4.1 Use valid and reliable information to request access to health products, services, or environments.	MA.K12.MTR.1.1 MA.K12.MTR.2.1 MA.K12.MTR.3.1 MA.K12.MTR.4.1 MA.K12.MTR.5.1 MA.K12.MTR.6.1 MA.K12.MTR.7.1

Lesson Plan/ Correlating Content	Benchmark of Focus-Code	Benchmark	Connecting Benchmarks	Integrated MTRs within Student Materials and Teacher Guides
370 Lesson 6.3 Review & Assessment 370 Develop Your Skills #2				
Main Text: 5-6 Lesson 1.1 How the Parts of Health Are Interrelated; infographic 10 Critical Thinking, #1 10 Differentiation 22-23 Lesson 1.3-1 Making Healthy Decisions, first paragraph 23 Figure 1.3.1 The Decision-Making Process 48 Develop Your Skills, #2 48 Differentiation 79-80 Lesson 2.3-1 The Importance of Sleep 125 Lesson 3.1 Introduction 151 Lesson 3.2 Review & Assessment 151 Critical Thinking #1 153-155 Lesson 3.3-1 The Benefits of Physical Activity 163 Lesson 3.3 Review and Assessment 163 Develop Your Skills #1 196 Lesson 4.1 Review and Assessment 196 Critical Thinking #2	HE.6.PHC.1.1	Describe how the physical, mental social, and intellectual dimensions of health are interrelated. ***Clarification 1:*** Instruction includes nutrition, sleep, physical stamina, and hunger. ***Clarification 2:*** Instruction includes mental alertness, interpersonal conflicts, mental stress, and solving problems.	HE.6.PHC.1.2 Identify personal health problems and concerns common to adolescents including reproductive development. HE.6.PHC.1.3 Examine the importance of assuming responsibility for personal reproductive health behaviors. HE.6.PHC.1.4 Describe situations when professional health services may be required. HE.6.PHC.2.2 Identify environmental factors that affect personal health. HE.6.PHC.2.4 Examine how family and culture influence the health of adolescents. HE.6.PHC.2.6 Determine how social norms may impact healthy and unhealthy behavior. HE.6.PHC.3.6 Determine strategies and skills needed to attain a personal health goal. HE.6.PHC.3.9 Explore healthy practices and behaviors that will maintain or improve personal health and reduce health risks. HE.6.CH.1.1 Examine how appropriate health care can promote personal health.	MA.K12.MTR.1.1 MA.K12.MTR.2.1 MA.K12.MTR.3.1 MA.K12.MTR.4.1 MA.K12.MTR.5.1 MA.K12.MTR.6.1 MA.K12.MTR.7.1

Lesson Plan/ Correlating Content	Benchmark of Focus-Code	Benchmark	Connecting Benchmarks	Integrated MTRs within Student Materials and Teacher Guides
210 Lesson 4.3-2 Types of Stress- sixth paragraph 215 Lesson 4.3-4 Strategies for Coping with Stress- Take Care of Yourself 217-218 Lesson 4.3-4 Strategies for Coping with Stress- Use Relaxation Techniques 300 Lesson 5.4-2 Health Effects of Alcohol Use - third paragraph 302 Lesson 5.4-3 Health Effects of Alcohol Use - Consequences of Alcohol Use 390 Lesson 7.1-1 The Importance of Relationships -first and second paragraphs 399 Lesson 7.1-5 Conflict Resolution Skills, fourth paragraph				
Main Text: 57 Lesson 2.1-1 Acne 122 Develop Your Skills, #3 122 Differentiation 242-245 Lesson 4.6-2 Disordered Eating and Eating Disorders 248-255 Lesson 4.7 Preventing Suicide **Companion text:** 2-13 Changes During Puberty 13 Critical Thinking, #1-2 13 Develop Your Skills, #1-3 13 Differentiation	HE.6.PHC.1.2	Identify personal health problems and concerns common to adolescents including reproductive development. ***Clarification 1:*** Instruction includes acne, eating disorders, depression, suicidal ideations, and puberty.	HE.6.PHC.1.1 Describe how the physical, mental social, and intellectual dimensions of health are interrelated. HE.6.PHC.1.3 Examine the importance of assuming responsibility for personal reproductive health behaviors. HE.6.PHC.1.4 Describe situations when professional health services may be required. HE.6.PHC.2.3 Examine how friends and peers influence the health of adolescents. HE.6.PHC.2.4 Examine how family and culture influence the health of adolescents. HE.6.PHC.3.4 Use various methods to measure personal health status.	MA.K12.MTR.1.1 MA.K12.MTR.2.1 MA.K12.MTR.3.1 MA.K12.MTR.4.1 MA.K12.MTR.5.1 MA.K12.MTR.6.1 MA.K12.MTR.7.1

Lesson Plan/ Correlating Content	Benchmark of Focus-Code	Benchmark	Connecting Benchmarks	Integrated MTRs within Student Materials and Teacher Guides
			HE.6.PHC.3.9 Explore healthy practices and behaviors that will maintain or improve personal health and reduce health risks. HE.6.CEH.2.1 Identify the impact of health information conveyed to students by the school and community.	
Main Text: 7-8 Lesson 1.1-2 How Healthcare Promotes Personal Health 54-65 Lesson 2.1 Caring for Your Skin, Hair, and Nails 67-76 Lesson 2.2 Keeping Your Mouth, Eyes, and Ears Healthy 77 Lesson 2.2 Review and Assessment 77 Critical Thinking #2 116 Lesson 2.5-4 fourth paragraph 136 Lesson 3.2-1 fourth paragraph 165 Lesson 3.4 – Introduction- second paragraph 168-174 Lesson 3..4-4 Setting and Reaching Your Goals; Designing Your Workouts 291 Building Your Skills: Community Connections- Resisting Peer Pressure 389-392 Lesson 7.1-1 The Importance of Relationships; Healthy Versus Unhealthy Relationships 403 Lesson 7.1 Review & Assessment 403 Develop Your Skills #2 410-413 Lesson 7.2-3 Maintaining Healthy Relationships with Parents or	HE.6.PHC.1.3	Examine the importance of assuming responsibility for personal reproductive health behaviors. ***Clarification 1:*** Instruction includes hygiene, physical activity, nutrition, and medical/dental checkups. ***Clarification 2:*** Instruction includes resisting peer pressure and developing healthy relationships.	HE.6.PHC.1.1 Describe how the physical, mental social, and intellectual dimensions of health are interrelated. HE.6.PHC.1.2 Identify personal health problems and concerns common to adolescents including reproductive development. HE.6.PHC.1.4 Describe situations when professional health services may be required. HE.6.PHC.2.3 Examine how friends and peers influence the health of adolescents. HE.6.PHC.2.4 Examine how family and culture influence the health of adolescents HE.6.PHC.2.5 Recognize how personal health choices can affect hereditary risk factors. HE.6.PHC.3.4 Use various methods to measure personal health status. HE.6.PHC.3.7 Monitor progress toward attaining a personal health goal. HE.6.PHC.3.9 Explore healthy practices and behaviors that will maintain or improve personal health and reduce health risks. HE.6.PHC.4.1 Use valid and reliable information to request access to	MA.K12.MTR.1.1 MA.K12.MTR.2.1 MA.K12.MTR.3.1 MA.K12.MTR.4.1 MA.K12.MTR.5.1 MA.K12.MTR.6.1 MA.K12.MTR.7.1

Lesson Plan/ Correlating Content	Benchmark of Focus-Code	Benchmark	Connecting Benchmarks	Integrated MTRs within Student Materials and Teacher Guides
Guardians; Relationships with Siblings; Changes in Family Relationships 414 Lesson 7.2 Review & Assessment 414 Critical Thinking #2 419-421 Lesson 7.3-2 Strategies for Building Healthy Friendships 427 Lesson 7.3 Review & Assessment 427 Develop Your Skills #1-3 **Companion Text** 2-13 Lesson 8.1 Changes During Puberty 2-13 Lesson 8.1 Chances During Puberty 3 8.1.1 Physical Development 4-5 Differences in Puberty Development 4 Case Study- Akiko Zeals Left Behind: Practice 5 Male Puberty 5-8 Female Puberty 6 Infograph - Puberty What to Expect 8 Intellectual Development 9-10 Emotional and Social Development 10-12 Health Issues in Young People 10 Figure 8-1.4 Decision making Process 11 Building Your skills - Community Connect: Peer Pressure Throughout			health products, services, or environments. HE.6.CH.1.1 Examine how appropriate health care can promote personal health. HE.6.CH.3.1 Examine the validity of health information and determine the cost benefit of health products and services. HE.68.R.4.2 Develop and apply conflict resolution skills in a variety of situations.	

Lesson Plan/ Correlating Content	Benchmark of Focus-Code	Benchmark	Connecting Benchmarks	Integrated MTRs within Student Materials and Teacher Guides
the Life Span; Practice Your Skills- Make Decisions 13 Critical Thinking - #1, #2 13 Develop Your Skills - #1, #2, #3 13 Differentiation				
Main Text: 95-98 Lesson 2.4-2 Common Infectious Diseases, 103-105 Lesson 2.4-4 Preventing Infectious Diseases- Vaccines 106 Critical Thinking, #2 106 Differentiation 181-183 Lesson 3.5-4 Use Caution in Hot and Cold Weather; Treat Injuries 232 Practice Your Skills 232 4.5–1 Reading Checkpoint 248-255 Lesson 4.7 Preventing Suicide 259-262 Lesson 5.1 Introduction - paragraph with *substance use disorder* key term; Stages of Substance Use Disorders 362-369 Lesson 6.3 -Provide Treatment for Common Injuries; Respond to Medical Emergencies **Companion text:** 52-55 Lesson 9.2 Intimate Partner Violence; Child Abuse 59 Lesson 9.2-5 Get Help and Treatment	HE.6.PHC.1.4	Describe situations when professional health services may be required. ***Clarification 1:*** Instruction includes injuries, influenza, and depression. ***Clarification 2:*** Instruction includes substance use and abuse, child abuse, and domestic violence.	HE.6.PHC.1.1 Describe how the physical, mental social, and intellectual dimensions of health are interrelated. HE.6.PHC.1.2 Identify personal health problems and concerns common to adolescents including reproductive development. HE.6.PHC.1.3 Examine the importance of assuming responsibility for personal reproductive health behaviors. HE.6.PHC.3.1 Distinguish between the need for individual or collaborative decision making. HE.6.PHC.3.3 Predict the potential outcomes of a health-related decision. HE.6.PHC.3.9 Explore healthy practices and behaviors that will maintain or improve personal health and reduce health risks. HE.6.PHC.4.1 Use valid and reliable information to request access to health products, services, or environments. HE.6.CH.1.1 Examine how appropriate health care can promote personal health. HE.6.CEH.2.1 Identify the impact of health information conveyed to students by the school and community.	MA.K12.MTR.1.1 MA.K12.MTR.2.1 MA.K12.MTR.3.1 MA.K12.MTR.4.1 MA.K12.MTR.5.1 MA.K12.MTR.6.1 MA.K12.MTR.7.1

Lesson Plan/ Correlating Content	Benchmark of Focus-Code	Benchmark	Connecting Benchmarks	Integrated MTRs within Student Materials and Teacher Guides
Main Text: 17 Building Your Skills: Digital Connections- The Power of Social Media to Inspire 265 Lesson 5.1-2 Factors Affecting Substance Use and Addiction- Media Messages 322 Lesson 5.6 Think Critically 175 Lesson 3.4 Review & Assessment 175 Critical Thinking #2 239-240 Lesson 4.6 Social Environment; Media and Society 247 Lesson 4.6 Review & Assessment 247 Develop Your Skills #2 268 Develop Your Skills, #2 268 Differentiation 350 Case Study: Brianna's Social Media Challenge 417 Lesson 7.3-1 Types of Friendships - first and second full paragraphs	HE.6.PHC.2.1	Analyze how media/social media influences personal and peer thoughts, feelings, and health behaviors. ***Example:*** Social media dependence affecting friendships and body image influence. ***Clarification 1:*** Instruction includes marketing strategies to appeal to specific audiences. ***Clarification 2:*** Instruction includes misconception of "friends" online versus friendship in real life. ***Clarification 3:*** Instruction includes the awareness of artificial intelligence algorithms online.	HE.6.PHC.2.2 Identify environmental factors that affect personal health. HE.6.PHC.2.3 Examine how friends and peers influence the health of adolescents. HE.6.PHC.2.4 Examine how family and culture influence the health of adolescents. HE.6.PHC.2.5 Recognize how personal health choices can affect hereditary risk factors. HE.6.PHC.2.6 Determine how social norms may impact healthy and unhealthy behavior. HE.6.PHC.2.7 Explain how body systems are impacted by hereditary factors and infectious diseases. HE.6.PHC.2.8 Describe legal and ethical behaviors when using the internet and social media. HE.6.PHC.3.2 Specify the potential outcomes of each option when making a personal health-related decision. HE.6.PHC.3.8 Examine the likelihood of injury or illness if engaging in unhealthy/risky behaviors. HE.6.PHC.3.9 Explore healthy practices and behaviors that will maintain or improve personal health and reduce health risks. HE.6.CEH.4.1 Describe how the community can influence and support others to make positive health choices. HE.6.CH.1.2 Investigate a variety of technologies to gather health information.	MA.K12.MTR.1.1 MA.K12.MTR.2.1 MA.K12.MTR.3.1 MA.K12.MTR.4.1 MA.K12.MTR.5.1 MA.K12.MTR.6.1 MA.K12.MTR.7.1

Lesson Plan/ Correlating Content	Benchmark of Focus-Code	Benchmark	Connecting Benchmarks	Integrated MTRs within Student Materials and Teacher Guides
			HE.6.CH.2.1 Illustrate ways health messages and communication techniques can be targeted for different audiences through internet and social media sources.	
Main Text: 15-17 Lesson 1.2-3 Environmental Factors 106 Critical Thinking, #1-3 106 Develop Your Skills, 1, 2, 3 109 Lesson 2.5-2 Risk Factors for Noninfectious Diseases- third paragraph 147-148 Lesson 3.2 Practice Food Safety 191 Figure 4.1.5 Internal and External Factors Affecting Self-Esteem 209 Figure 4.3.1 Sources of Stress 249-251 Figure 4.7.1; Risk Factors of Suicide 292-293 Lesson 5.3-4 Health Effects on Others 354-356 Lesson 6.2-4 Staying Safe on the Road - Pedestrian Safety; Vehicle Safety 372-375 Lesson 6.4 Introduction; Air Pollution; Water Pollution	HE.6.PHC.2.2	Identify environmental factors that affect personal health. ***Clarification 1:*** Instruction includes contaminated food, air, and water quality. ***Clarification 2:*** Instruction includes availability of sidewalks and road hazards.	HE.6.PHC.2.1 Analyze how media/social media influences personal and peer thoughts, feelings, and health behaviors. HE.6.PHC.2.3 Examine how friends and peers influence the health of adolescents. HE.6.PHC.2.4 Examine how family and culture influence the health of adolescents. HE.6.PHC.2.5 Recognize how personal health choices can affect hereditary risk factors. HE.6.PHC.2.6 Determine how social norms may impact healthy and unhealthy behavior. HE.6.PHC.2.7 Explain how body systems are impacted by hereditary factors and infectious diseases. HE.6.PHC.2.8 Describe legal and ethical behaviors when using the internet and social media. HE.6.PHC.3.9 Explore healthy practices and behaviors that will maintain or improve personal health and reduce health risks. HE.6.PHC.4.1 Use valid and reliable information to request access to health products, services, or environments.	MA.K12.MTR.1.1 MA.K12.MTR.2.1 MA.K12.MTR.3.1 MA.K12.MTR.4.1 MA.K12.MTR.5.1 MA.K12.MTR.6.1 MA.K12.MTR.7.1

Lesson Plan/ Correlating Content	Benchmark of Focus-Code	Benchmark	Connecting Benchmarks	Integrated MTRs within Student Materials and Teacher Guides
Main Text: 16-17 Lesson 1.2 Environmental Factors - Social Environment 20 Lesson 1.2 Review & Assessment 20 Develop Your Skills #2-3 20 Differentiation 26 Lesson 1.3-4 Resolving Conflicts 190 Lesson 4.1-3 Factors That Affect Self-Esteem 209 Figure 4.3.1 Sources of Stress 239-240 4.6-1 Factors Affecting Body Image -Social Environment; Media and Society 250-251 Lesson 4.7 Environmental Risk Factors 264-267 Lesson 5.1-2 Factors Affecting Substance Use and Addition- Family; Peer Pressure; Media Messages 330 Critical Thinking, #2 330 Develop Your Skills, #1-3 330 Differentiation **Companion text:** 40 Building Your Skills: Digital Connections- Rumor Has It	HE.6.PHC.2.3	Examine how friends and peers influence the health of adolescents. ***Clarification 1:*** Instruction includes media, social media, and spreading rumors. ***Clarification 2:*** Instruction includes conflict resolution skills.	HE.6.PHC.2.1 Analyze how media/social media influences personal and peer thoughts, feelings, and health behaviors. HE.6.PHC.2.2 Identify environmental factors that affect personal health. HE.6.PHC.2.4 Examine how family and culture influence the health of adolescents. HE.6.PHC.2.5 Recognize how personal health choices can affect hereditary risk factors. HE.6.PHC.2.6 Determine how social norms may impact healthy and unhealthy behavior. HE.6.PHC.2.7 Explain how body systems are impacted by hereditary factors and infectious diseases. HE.6.PHC.2.8 Describe legal and ethical behaviors when using the internet and social media. HE.6.PHC.1.1 Describe how the physical, mental social, and intellectual dimensions of health are interrelated. HE.6.PHC.3.2 Specify the potential outcomes of each option when making a personal health-related decision HE.6.PHC.3.9 Explore healthy practices and behaviors that will maintain or improve personal health and reduce health risks. HE.6.PHC.4.1 Use valid and reliable information to request access to health products, services, or environments.	MA.K12.MTR.1.1 MA.K12.MTR.2.1 MA.K12.MTR.3.1 MA.K12.MTR.4.1 MA.K12.MTR.5.1 MA.K12.MTR.6.1 MA.K12.MTR.7.1

Lesson Plan/ Correlating Content	Benchmark of Focus-Code	Benchmark	Connecting Benchmarks	Integrated MTRs within Student Materials and Teacher Guides
			HE.6.CEH.2.1 Identify the impact of health information conveyed to students by the school and community. HE.6.CH.2.1 Illustrate ways health messages and communication techniques can be targeted for different audiences through internet and social media sources. HE.68.R.4.2 Develop and apply conflict resolution skills in a variety of situations.	
Main Text: 16 Lesson 1.2-3 Environmental Factors - Social Environment 18 1.2-4 Reading Checkpoint #2 147-148 Lesson 3.2 Understand Food Preferences; Figure 3.2.11 Factors That Influence Food Preferences 150 Practice Your Skills, #1-4 150 3.2–4 Reading Checkpoint, #2 166-167 Lesson 3.4-2 Factors That Influence Physical Activity-Social Factors; Community Resources and Income 390 Lesson 7.1-1 The Importance of Relationships - first three paragraphs 405-407 Lesson 7.2-1 Functions of Family Relationships 409-410 Lesson 7.2-Relationships with Parents or Guardians - paragraph starting “Parents or guardians often set rules…”; third and fourth bullets 414 Lesson 7.2 Review & Assessment 414 Develop Your Skills #1	HE.6.PHC.2.4	Examine how family and culture influence the health of adolescents. ***Clarification 1:*** Instruction includes family rules, family diet, and physical activity. ***Clarification 2:*** Instruction includes how family relationships impact behaviors.	HE.6.PHC.2.1 Analyze how media/social media influences personal and peer thoughts, feelings, and health behaviors. HE.6.PHC.2.2 Identify environmental factors that affect personal health. HE.6.PHC.2.3 Examine how friends and peers influence the health of adolescents. HE.6.PHC.2.5 Recognize how personal health choices can affect hereditary risk factors. HE.6.PHC.2.6 Determine how social norms may impact healthy and unhealthy behavior. HE.6.PHC.2.7 Explain how body systems are impacted by hereditary factors and infectious diseases. HE.6.PHC.2.8 Describe legal and ethical behaviors when using the internet and social media. HE.6.PHC.1.3 Examine the importance of assuming responsibility for personal reproductive health behaviors.	MA.K12.MTR.1.1 MA.K12.MTR.2.1 MA.K12.MTR.3.1 MA.K12.MTR.4.1 MA.K12.MTR.5.1 MA.K12.MTR.6.1 MA.K12.MTR.7.1

Lesson Plan/ Correlating Content	Benchmark of Focus-Code	Benchmark	Connecting Benchmarks	Integrated MTRs within Student Materials and Teacher Guides
			HE.6.PHC.3.1 Distinguish between the need for individual or collaborative decision making. HE.6.PHC.3.9 Explore healthy practices and behaviors that will maintain or improve personal health and reduce health risks. HE.6.PHC.4.1 Use valid and reliable information to request access to health products, services, or environments. HE.68.R.4.2 Develop and apply conflict resolution skills in a variety of situations.	
Main Text: 59 Lesson 2.1-1 Skin- Suntans, Sunburns, and Skin Cancer third and fourth paragraphs 109 Lesson 2.5-2 Risk Factors for Noninfectious Diseases - first paragraph 109 Figure 2.5.2 Role of Genes in Noninfectious Diseases 110-116 Lesson 2.5-3 Common Noninfectious Diseases 256 Develop Your Skills, #3 256 Differentiation	HE.6.PHC.2.7	Explain how body systems are impacted by hereditary factors and infectious diseases. ***Clarification 1:*** Instruction includes hereditary diseases, such as sickle cell disease, cancer, and heart disease. ***Clarification 2:*** Instruction includes how medical conditions, such as asthma, allergies, diabetes, and Cystic Fibrosis, are exacerbated by infectious diseases.	HE.6.PHC.2.1 Analyze how media/social media influences personal and peer thoughts, feelings, and health behaviors. HE.6.PHC.2.2 Identify environmental factors that affect personal health. HE.6.PHC.2.3 Examine how friends and peers influence the health of adolescents. HE.6.PHC.2.4 Examine how family and culture influence the health of adolescents. HE.6.PHC.2.5 Recognize how personal health choices can affect hereditary risk factors. HE.6.PHC.2.6 Determine how social norms may impact healthy and unhealthy behavior.	MA.K12.MTR.1.1 MA.K12.MTR.2.1 MA.K12.MTR.3.1 MA.K12.MTR.4.1 MA.K12.MTR.5.1 MA.K12.MTR.6.1 MA.K12.MTR.7.1

Lesson Plan/ Correlating Content	Benchmark of Focus-Code	Benchmark	Connecting Benchmarks	Integrated MTRs within Student Materials and Teacher Guides
			HE.6.PHC.2.8 Describe legal and ethical behaviors when using the internet and social media. HE.6.PHC.1.3 Examine the importance of assuming responsibility for personal reproductive health behaviors. HE.6.PHC.1.2 Identify personal health problems and concerns common to adolescents including reproductive development. HE.6.PHC.3.9 Explore healthy practices and behaviors that will maintain or improve personal health and reduce health risks. HE.6.PHC.4.1 Use valid and reliable information to request access to health products, services, or environments. HE.6.CH.1.1 Examine how appropriate health care can promote personal health. HE.6.CH.3.1 Examine the validity of health information and determine the cost benefit of health products and services.	
Main Text: 22 Lesson 1.3-1 Making Healthy Decisions- paragraph starting "You may want to seek…" 195 Lesson 4.1-4 Assessing Your Mental and Emotional Health -last paragraph 218 Lesson 4.3 -4 Strategies for Coping with Stress - second and third paragraphs	HE.6.PHC.3.1	Distinguish between the need for individual or collaborative decision making. ***Clarification 1:*** Instruction includes considering the severity of the situation and personal skills. ***Clarification 2:*** Instruction includes considering when someone is a danger to self or others.	HE.6.PHC.3.2 Specify the potential outcomes of each option when making a personal health-related decision. HE.6.PHC.3.3 Predict the potential outcomes of a health-related decision. HE.6.PHC.3.4 Use various methods to measure personal health status. HE.6.PHC.3.5 Develop an individual goal to adopt, maintain, or improve a personal health practice.	MA.K12.MTR.1.1 MA.K12.MTR.2.1 MA.K12.MTR.3.1 MA.K12.MTR.4.1 MA.K12.MTR.5.1 MA.K12.MTR.6.1 MA.K12.MTR.7.1

Lesson Plan/ Correlating Content	Benchmark of Focus-Code	Benchmark	Connecting Benchmarks	Integrated MTRs within Student Materials and Teacher Guides
252 Lesson 4.7-2 Take Steps to Help Prevent Suicide - paragraph starting "Take any mentions of…" 256 Lesson 4.7 Review & Assessment 256 Critical Thinking #1 267 Making Healthy Decisions 267 Differentiation			HE.6.PHC.3.6 Determine strategies and skills needed to attain a personal health goal. HE.6.PHC.3.7 Monitor progress toward attaining a personal health goal. HE.6.PHC.3.8 Examine the likelihood of injury or illness if engaging in unhealthy/risky behaviors. HE.6.PHC.3.9 Explore healthy practices and behaviors that will maintain or improve personal health and reduce health risks. HE.6.PHC.2.2 Identify environmental factors that affect personal health. HE.6.PHC.4.1 Use valid and reliable information to request access to health products, services, or environments. HE.6.CEH.2.1 Identify the impact of health information conveyed to students by the school and community. HE.68.R.4.2 Develop and apply conflict resolution skills in a variety of situations.	
Main Text: 22-23 Lesson 1.3-1 Making Healthy Decisions 151 Develop Your Skills, #3 184 Lesson 3.5 Review & Assessment 184 Develop Your Skills #1	HE.6.PHC.3.2	Specify the potential outcomes of each option when making a personal health-related decision. ***Clarification 1:*** Instruction includes physical, social, financial, and legal consequences. ***Clarification 2:*** Instruction includes emergency preparedness.	HE.6.PHC.3.1 Distinguish between the need for individual or collaborative decision making. HE.6.PHC.3.3 Predict the potential outcomes of a health-related decision. HE.6.PHC.3.4 Use various methods to measure personal health status.	MA.K12.MTR.1.1 MA.K12.MTR.2.1 MA.K12.MTR.3.1 MA.K12.MTR.4.1 MA.K12.MTR.5.1 MA.K12.MTR.6.1 MA.K12.MTR.7.1

Lesson Plan/ Correlating Content	Benchmark of Focus-Code	Benchmark	Connecting Benchmarks	Integrated MTRs within Student Materials and Teacher Guides
259 5.1–1 Stages of Substance Use Disorders 267 Making Healthy Decisions 267 Differentiation 285-288 Lesson 5.3-2 Health Effects of Tobacco Use 294 Lesson 5.3 Review and Assessment 294 Critical Thinking #1 298-300 Lesson 5.4-2 Health Effects of Alcohol Use 302 Lesson 5.4-3 Consequences of Alcohol Use 337-342 Lesson 6.1-4 Fire Prevention and Safety; Emergency Preparedness			HE.6.PHC.3.5 Develop an individual goal to adopt, maintain, or improve a personal health practice. HE.6.PHC.3.6 Determine strategies and skills needed to attain a personal health goal. HE.6.PHC.3.7 Monitor progress toward attaining a personal health goal. HE.6.PHC.3.8 Examine the likelihood of injury or illness if engaging in unhealthy/risky behaviors. HE.6.PHC.3.9 Explore healthy practices and behaviors that will maintain or improve personal health and reduce health risks. HE.6.PHC.2.2 Identify environmental factors that affect personal health. HE.6.PHC.2.3 Examine how friends and peers influence the health of adolescents. HE.6.PHC.2.8 Describe legal and ethical behaviors when using the internet and social media. HE.6.PHC.4.1 Use valid and reliable information to request access to health products, services, or environments. HE.6.CEH.2.1 Identify the impact of health information conveyed to students by the school and community.	
Main Text: 22-23 Lesson 1.3-1 -Making Healthy Decisions	HE.6.PHC.3.3	Predict the potential outcomes of a health-related decision.	HE.6.PHC.3.1 Distinguish between the need for individual or collaborative decision making.	MA.K12.MTR.1.1 MA.K12.MTR.2.1 MA.K12.MTR.3.1 MA.K12.MTR.4.1

Lesson Plan/ Correlating Content	Benchmark of Focus-Code	Benchmark	Connecting Benchmarks	Integrated MTRs within Student Materials and Teacher Guides
109 Lesson 2.5-2 Risk Factors for Noninfectious Diseases - second paragraph 125 Lesson 3.1 Introduction - fourth through last paragraph 140-142 Lesson 3.2-3 Malnutrition 151 Develop Your Skills, #3 153-155 Lesson 3.3-1 The Benefits of Physical Activity 156 Lesson 3.3-1 Reading Checkpoint #1 178 Lesson 3.5 Prevent Injuries- second paragraph 267 Making Healthy Decisions 267 Differentiation		***Clarification 1:*** Instruction includes negative outcomes of not following safety guidelines and being inactive. ***Clarification 2:*** Instruction includes positive outcomes of eating healthy and being physically active.	HE.6.PHC.3.2 Specify the potential outcomes of each option when making a personal health-related decision. HE.6.PHC.3.4 Use various methods to measure personal health status. HE.6.PHC.3.5 Develop an individual goal to adopt, maintain, or improve a personal health practice. HE.6.PHC.3.6 Determine strategies and skills needed to attain a personal health goal. HE.6.PHC.3.7 Monitor progress toward attaining a personal health goal. HE.6.PHC.3.8 Examine the likelihood of injury or illness if engaging in unhealthy/risky behaviors. HE.6.PHC.3.9 Explore healthy practices and behaviors that will maintain or improve personal health and reduce health risks. HE.6.PHC.1.2 Identify personal health problems and concerns common to adolescents including reproductive development. HE.6.PHC.1.3 Examine the importance of assuming responsibility for personal reproductive health behaviors. HE.6.PHC.2.2 Identify environmental factors that affect personal health.	MA.K12.MTR.5.1 MA.K12.MTR.6.1 MA.K12.MTR.7.1

Lesson Plan/ Correlating Content	Benchmark of Focus-Code	Benchmark	Connecting Benchmarks	Integrated MTRs within Student Materials and Teacher Guides
			HE.6.PHC.4.1 Use valid and reliable information to request access to health products, services, or environments. HE.6.CEH.3.2 Specify the potential outcomes of each option when making a community health-related decision. HE.6.CH.3.1 Examine the validity of health information and determine the cost benefit of health products and services.	
Main Text: 116 Lesson 2.5-4 Treating Noninfectious Diseases - second paragraph 122 Develop Your Skills, #3 122 Differentiation 144 Lesson 3.2 Think About Calories - last paragraph 144 Building Your Skills: Digital Connections - Making Healthy Food Choices 157 Lesson 3.3 Health-Related Fitness - Muscle Strength- paragraph starting "You can measure…" 158/160 Lesson 3.3 Health-Related Fitness- Body Composition 166 Lesson 3.4-2 Factors That Influence Physical Activity – Technology 167 Figure 3.4.3 Taking Your Pulse 175 Lesson 3.4 Review & Assessment 175 Develop Your Skills #3	HE.6.PHC.3.4	Use various methods to measure personal health status. ***Clarification 1:*** Instruction includes body composition, surveys, heart-rate monitors, pedometer, blood pressure cuff, and other clinical measurements. ***Clarification 2:*** Instruction includes stress-management techniques, such as breathing exercises and journaling.	HE.6.PHC.3.1 Distinguish between the need for individual or collaborative decision making. HE.6.PHC.3.2 Specify the potential outcomes of each option when making a personal health-related decision. HE.6.PHC.3.3 Predict the potential outcomes of a health-related decision. HE.6.PHC.3.5 Develop an individual goal to adopt, maintain, or improve a personal health practice. HE.6.PHC.3.6 Determine strategies and skills needed to attain a personal health goal. HE.6.PHC.3.7 Monitor progress toward attaining a personal health goal. HE.6.PHC.3.8 Examine the likelihood of injury or illness if engaging in unhealthy/risky behaviors. HE.6.PHC.3.9 Explore healthy practices and behaviors that will maintain or improve personal health and reduce health risks.	MA.K12.MTR.1.1 MA.K12.MTR.2.1 MA.K12.MTR.3.1 MA.K12.MTR.4.1 MA.K12.MTR.5.1 MA.K12.MTR.6.1 MA.K12.MTR.7.1

Lesson Plan/ Correlating Content	Benchmark of Focus-Code	Benchmark	Connecting Benchmarks	Integrated MTRs within Student Materials and Teacher Guides
193 Questions to Help Assess Mental and Emotional Health - Infographic 213-218 Lesson 4.3-4 Strategies for Coping with Stress 219 Lesson 4.3 Review & Assessment 219 Critical Thinking #2, Develop Your Skills #1-3 370 Lesson 6.3 Review & Assessment 370 Develop Your Skills #3			HE.6.PHC.4.1 Use valid and reliable information to request access to health products, services, or environments. HE.6.CH.1.1 Examine how appropriate health care can promote personal health. HE.6.CH.1.2 Investigate a variety of technologies to gather health information. HE.6.CH.3.1 Examine the validity of health information and determine the cost benefit of health products and services.	
Main Text: 23-24 Lesson 1.3-2 Setting and Achieving Goals 72 Building Your Skills: Mental Health Connection-Caring for Your Mouth, Eyes, and Ears 144 Building Your Skills: Digital Connections- Making Healthy Food Choices 168-171 Lesson 3.4-4 Setting and Reaching Your Goals 351 Lesson 6.2-3 Staying Safe on the Internet - third paragraph 370 Lesson 6.3 Review & Assessment 370 Develop Your Skills #3 **Companion text:** Lesson 9.1 Bullying and Cyberbullying 36 Reading ands Note taking Activity 37-38 9.1.1 What Is Violent Behaviore?	HE.6.PHC.3.5	Develop an individual goal to adopt, maintain, or improve a personal health practice. ***Clarification 1:*** Instruction includes physical activity, eating habits, and personal hygiene. ***Clarification 2:*** Instruction includes safety habits, internet use/safety, and bullying-prevention strategies.	HE.6.PHC.3.1 Distinguish between the need for individual or collaborative decision making. HE.6.PHC.3.2 Specify the potential outcomes of each option when making a personal health-related decision. HE.6.PHC.3.3 Predict the potential outcomes of a health-related decision. HE.6.PHC.3.4 Use various methods to measure personal health status. HE.6.PHC.3.6 Determine strategies and skills needed to attain a personal health goal. HE.6.PHC.3.7 Monitor progress toward attaining a personal health goal. HE.6.PHC.3.8 Examine the likelihood of injury or illness if engaging in unhealthy/risky behaviors. HE.6.PHC.3.9 Explore healthy practices and behaviors that will maintain or improve personal health and reduce health risks.	MA.K12.MTR.1.1 MA.K12.MTR.2.1 MA.K12.MTR.3.1 MA.K12.MTR.4.1 MA.K12.MTR.5.1 MA.K12.MTR.6.1 MA.K12.MTR.7.1

Lesson Plan/ Correlating Content	Benchmark of Focus-Code	Benchmark	Connecting Benchmarks	Integrated MTRs within Student Materials and Teacher Guides
37-38 Figure 9.11 Risk Factor's for Violent Behavior 38-41 Lesson 9.1-2 Bullying and Cyberbullying 39 Figure 91.2 Forms of Bullying 39 Figure 91.3 Why Does Bullying Happen? 40 Build Your Skills - Digital Connections - Practice You- Skills - Health - Enhancing Behaviors 41 Figure 9.14 What is Cyberbullying? 41 9.1-2 Reading Checkpoint # 1 - 2 42 9.1.3 Consequences of and Bullying and Cyberbullying? 42 Figure 9.1.5. Signs of Bullying or Cyberbullying 43 Infograph- How to Spot Cyberbullying 44-45 9.1-4 Strategies for Responding to Bullying or Cyberbullying 43 Figure 9.1.6 Ways to Be an Upstander 46-47 9.1-5 Bullying and Cyberbullying Prevention 46 Figure 9.1.7 Build Your Confidence 47 Figure 91.8 Think Betare Yav Post 48 Critical Thinking #1-3 48 Develop Your skills #1-3 48 Differentiation			HE.6.PHC.1.1 Describe how the physical, mental social, and intellectual dimensions of health are interrelated. HE.6.PHC.2.2 Identify environmental factors that affect personal health. HE.6.PHC.2.8 Describe legal and ethical behaviors when using the internet and social media. HE.6.PHC.4.1 Use valid and reliable information to request access to health products, services, or environments. HE.6.CH.3.1 Examine the validity of health information and determine the cost benefit of health products and services.	

Lesson Plan/ Correlating Content	Benchmark of Focus-Code	Benchmark	Connecting Benchmarks	Integrated MTRs within Student Materials and Teacher Guides
Main Text: 23-24 Lesson 1.3-2 Setting and Achieving Goals 144 Building Your Skills: Digital Connections- Making Healthy Food Choices 167-171 Figure 3.4.2; Types of Fitness Apps 175 Develop Your Skills, #1 213 Lesson 4.3-4 Strategies for Coping with Stress- Express Your Feelings 219 Develop Your Skills, #1, 3 219 Differentiation 370 Lesson 6.3 Review & Assessment: 370 Develop Your Skills #3	HE.6.PHC.3.6	Determine strategies and skills needed to attain a personal health goal. ***Clarification 1:*** Instruction includes journaling, daily checklists, identify peer supports, injury-prevention measures, and use of health-related apps.	HE.6.PHC.3.1 Distinguish between the need for individual or collaborative decision making. HE.6.PHC.3.2 Specify the potential outcomes of each option when making a personal health-related decision. HE.6.PHC.3.3 Predict the potential outcomes of a health-related decision. HE.6.PHC.3.4 Use various methods to measure personal health status. HE.6.PHC.3.5 Develop an individual goal to adopt, maintain, or improve a personal health practice. HE.6.PHC.3.7 Monitor progress toward attaining a personal health goal. HE.6.PHC.3.8 Examine the likelihood of injury or illness if engaging in unhealthy/risky behaviors. HE.6.PHC.3.9 Explore healthy practices and behaviors that will maintain or improve personal health and reduce health risks. HE.6.PHC.4.1 Use valid and reliable information to request access to health products, services, or environments. HE.6.PHC.2.2 Identify environmental factors that affect personal health. HE.6.CH.3.1 Examine the validity of health information and determine the cost benefit of health products and services.	MA.K12.MTR.1.1 MA.K12.MTR.2.1 MA.K12.MTR.3.1 MA.K12.MTR.4.1 MA.K12.MTR.5.1 MA.K12.MTR.6.1 MA.K12.MTR.7.1
Main Text: 23-24 Lesson 1.3-2 Setting and Achieving Goals	HE.6.PHC.3.7	Monitor progress toward attaining a personal health goal.	HE.6.PHC.3.1 Distinguish between the need for individual or collaborative decision making.	MA.K12.MTR.1.1 MA.K12.MTR.2.1 MA.K12.MTR.3.1 MA.K12.MTR.4.1

Lesson Plan/ Correlating Content	Benchmark of Focus-Code	Benchmark	Connecting Benchmarks	Integrated MTRs within Student Materials and Teacher Guides
24 Figure 1.3.2 Reading Checkpoint #1-2 34 Critical Thinking #3 34 Develop Your Skills, #1-3 34 Differentiation 144 Building Your Skills: Digital Connections- Making Healthy Food Choices 167-171 Figure 3.4.2; Types of Fitness Apps 169 Building Your Skills: Mental Health Connections: Be SMART, Stay Motivated 171 Leson 3.4-4 Setting and Reaching Your Goals- Record Your Progress 166 Technology 177 Be Respectful 213 Express Your Feelings 337 Lesson 6.1-4 Fire Prevention and Safety - last paragraph 338 Figure 6.1.6 Fire Safety Inspection Checklist 345 Develop Your Skills #1 345 Differentiation 414 Develop Your Skills, #1 414 Differentiation		***Clarification 1:*** Instruction includes use of checklists, logs, pedometers, websites, and health monitoring apps.	HE.6.PHC.3.2 Specify the potential outcomes of each option when making a personal health-related decision. HE.6.PHC.3.3 Predict the potential outcomes of a health-related decision. HE.6.PHC.3.4 Use various methods to measure personal health status. HE.6.PHC.3.5 Develop an individual goal to adopt, maintain, or improve a personal health practice. HE.6.PHC.3.6 Determine strategies and skills needed to attain a personal health goal. HE.6.PHC.3.8 Examine the likelihood of injury or illness if engaging in unhealthy/risky behaviors. HE.6.PHC.3.9 Explore healthy practices and behaviors that will maintain or improve personal health and reduce health risks. HE.6.PHC.4.1 Use valid and reliable information to request access to health products, services, or environments. HE.6.PHC.2.2 Identify environmental factors that affect personal health. HE.6.CH.1.2 Investigate a variety of technologies to gather health information. HE.6.CH.3.1 Examine the validity of health information and determine the cost benefit of health products and services.	MA.K12.MTR.5.1 MA.K12.MTR.6.1 MA.K12.MTR.7.1

Lesson Plan/ Correlating Content	Benchmark of Focus-Code	Benchmark	Connecting Benchmarks	Integrated MTRs within Student Materials and Teacher Guides
Main Text: 32 Practice Your Skills, #1-6 32 Differentiation 140-142 Lesson 3.2-3 Malnutrition 153-154 Lesson 3.3-1 paragraph starting "Getting physical activity promotes…" 154 Figure 3.3.1 Moderate Physical Activity Reduces Risk Factors for... 285-288 Lesson 5.3-2 Health Effects of Tobacco Use 333-336 Lesson 6.1 Fall Prevention; Poisoning Prevention; Weapons Safety 354-357 Lesson 6.2-4 Staying Safe on the Road; Lesson 6.2-5 Staying Safe in the Water 358 Lesson 6.2 Review & Assessment 358 Develop Your Skills #3	HE.6.PHC.3.8	Examine the likelihood of injury or illness if engaging in unhealthy/risky behaviors. ***Clarification 1:*** Instruction includes disease related to poor nutrition and inactivity. ***Clarification 2:*** Instruction includes cancer and chronic lung disease related to tobacco use. ***Clarification 3:*** Instruction includes injuries caused from failure to follow safety guidelines.	HE.6.PHC.3.1 Distinguish between the need for individual or collaborative decision making. HE.6.PHC.3.2 Specify the potential outcomes of each option when making a personal health-related decision. HE.6.PHC.3.3 Predict the potential outcomes of a health-related decision. HE.6.PHC.3.4 Use various methods to measure personal health status. HE.6.PHC.3.5 Develop an individual goal to adopt, maintain, or improve a personal health practice. HE.6.PHC.3.6 Determine strategies and skills needed to attain a personal health goal. HE.6.PHC.3.7 Monitor progress toward attaining a personal health goal. HE.6.PHC.3.9 Explore healthy practices and behaviors that will maintain or improve personal health and reduce health risks. HE.6.PHC.1.3 Examine the importance of assuming responsibility for personal reproductive health behaviors. HE.6.PHC.1.4 Describe situations when professional health services may be required.	MA.K12.MTR.1.1 MA.K12.MTR.2.1 MA.K12.MTR.3.1 MA.K12.MTR.4.1 MA.K12.MTR.5.1 MA.K12.MTR.6.1 MA.K12.MTR.7.1

Lesson Plan/ Correlating Content	Benchmark of Focus-Code	Benchmark	Connecting Benchmarks	Integrated MTRs within Student Materials and Teacher Guides
			HE.6.PHC.2.4 Examine how family and culture influence the health of adolescents. HE.6.PHC.2.5 Recognize how personal health choices can affect hereditary risk factors. HE.6.PHC.2.6 Determine how social norms may impact healthy and unhealthy behavior. HE.6.PHC.4.1 Use valid and reliable information to request access to health products, services, or environments. HE.6.CEH.2.2 Investigate changes to societal norms and how they influence health beliefs and behaviors.	
Main Text: 17 Building Your Skills: Digital Connections- The Power of Social Media to Inspire 54-65 Lesson 2.1 Caring for Your Skin, Hair, and Nails 67-77 Lesson 2.2 Keeping Your Mouth, Eyes, and Ears Healthy 84-90 Lesson 2.3-4 Strategies for Getting Enough Sleep 122 Develop Your Skills, #3 122 Differentiation 165 Lesson 3.4-1 Getting Enough Physical Activity 167-174 Lesson 3.4-3 Checking Your Fitness Level; Lesson 3.4-4 Setting and Reaching Your Goals; Lesson 3.4-5 Designing Your Workouts	HE.6.PHC.3.9	Explore healthy practices and behaviors that will maintain or improve personal health and reduce health risks. ***Clarification 1:*** Instruction includes internal influences, such as hygiene, sleep, and fitness. ***Clarification 2:*** Instruction includes external influences, such as healthy relationship skills, influences of advertising, social media, and internet safety. ***Clarification 3:*** Instruction includes abstaining from risky behaviors.	HE.6.PHC.3.1 Distinguish between the need for individual or collaborative decision making. HE.6.PHC.3.2 Specify the potential outcomes of each option when making a personal health-related decision. HE.6.PHC.3.3 Predict the potential outcomes of a health-related decision. HE.6.PHC.3.4 Use various methods to measure personal health status. HE.6.PHC.3.5 Develop an individual goal to adopt, maintain, or improve a personal health practice. HE.6.PHC.3.6 Determine strategies and skills needed to attain a personal health goal. HE.6.PHC.3.7 Monitor progress toward attaining a personal health goal.	MA.K12.MTR.1.1 MA.K12.MTR.2.1 MA.K12.MTR.3.1 MA.K12.MTR.4.1 MA.K12.MTR.5.1 MA.K12.MTR.6.1 MA.K12.MTR.7.1

Lesson Plan/ Correlating Content	Benchmark of Focus-Code	Benchmark	Connecting Benchmarks	Integrated MTRs within Student Materials and Teacher Guides
319-324 Lesson 5.6-1 Preventing Substance Use, Misuse, and Abuse 350-353 Lesson 6.2-3 Staying Safe on the Internet 397-402 lesson 7.1-4 Ways to Communicate Effectively; Lesson 7.1-5 Conflict Resolution Skills 403 Lesson 7.1 Review & Assessment 403 Develop Your Skills #1			HE.6.PHC.3.8 Examine the likelihood of injury or illness if engaging in unhealthy/risky behaviors. HE.6.PHC.1.3 Examine the importance of assuming responsibility for personal reproductive health behaviors. HE.6.PHC.1.4 Describe situations when professional health services may be required. HE.6.PHC.2.3 Examine how friends and peers influence the health of adolescents. HE.6.PHC.2.4 Examine how family and culture influence the health of adolescents. HE.6.PHC.2.5 Recognize how personal health choices can affect hereditary risk factors. HE.6.PHC.4.1 Use valid and reliable information to request access to health products, services, or environments. HE.6.CEH.2.1 Identify the impact of health information conveyed to students by the school and community. HE.6.CEH.2.2 Investigate changes to societal norms and how they influence health beliefs and behaviors. HE.6.CEH.4.1 Describe how the community can influence and support others to make positive health choices. HE.6.CH.2.1 Illustrate ways health messages and communication techniques can be targeted for different audiences through internet and social media sources. HE.6.CH.3.1	

Lesson Plan/ Correlating Content	Benchmark of Focus-Code	Benchmark	Connecting Benchmarks	Integrated MTRs within Student Materials and Teacher Guides
			Examine the validity of health information and determine the cost benefit of health products and services.	

Lesson Plan/ Correlating Content	Benchmark of Focus-Code	Benchmark	Connecting Benchmarks	Integrated MTRs within Student Materials and Teacher Guides
Main Text: 27-33 Lesson 1.3-5 Accessing and Evaluating Health Information and Services 166 Lesson 3.4-2 Factors That Influence Physical Activity- paragraph starting "Many communities have…" 218 Lesson 4.3-3 Strategies for Coping with Stress - third paragraph 237 Develop Your Skills, #2 237 Differentiation 253 Figure 4.7.4 Suicide Prevention Resources 354-355 Lesson 6.2-4 Staying Safe on the Road- second bullet 358 Lesson 6.2 Review & Assessment 358 Develop Your Skills #2 381 Building Your Skills: Community Connections - Advocating for the Environment	HE.6.PHC.4.1	Use valid and reliable information to request access to health products, services, or environments. ***Clarification 1:*** Instruction includes requesting sidewalks and accessing recreational areas.	HE.6.PHC.1.1 Describe how the physical, mental social, and intellectual dimensions of health are interrelated. HE.6.PHC.3.3 Predict the potential outcomes of a health-related decision. HE.6.PHC.3.9 Explore healthy practices and behaviors that will maintain or improve personal health and reduce health risks. HE.6.CEH.2.1 Identify the impact of health information conveyed to students by the school and community. HE.6.CEH.2.2 Investigate changes to societal norms and how they influence health beliefs and behaviors. HE.6.CEH.3.2 Specify the potential outcomes of each option when making a community health-related decision. HE.6.CEH.4.2 State a health-enhancing position on a topic and support it with accurate information. HE.6.CH.2.1 Illustrate ways health messages and communication techniques can be targeted for different audiences through internet and social media sources. HE.6.CH.3.1 Examine the validity of health information and determine the cost benefit of health products and services.	MA.K12.MTR.1.1 MA.K12.MTR.2.1 MA.K12.MTR.3.1 MA.K12.MTR.4.1 MA.K12.MTR.5.1 MA.K12.MTR.6.1 MA.K12.MTR.7.1

Lesson Plan/ Correlating Content	Benchmark of Focus-Code	Benchmark	Connecting Benchmarks	Integrated MTRs within Student Materials and Teacher Guides
Main Text: 204-206 Lesson 4.2-3 Having Emotional Intelligence - Have Empathy 205 Building Your Skills, #1-3 206 4.2-3 Reading Checkpoint, #1-2 207 Lesson 4.2 Review & Assessment 207 Develop Your Skills #1-3 397-399 Lesson 7.1-4 Ways to Communicate Effectively 401 Lesson 7.1-5 Conflict Resolution Skills Negotiation #4 403 Lesson 7.1 Review & Assessment 403 Develop Your Skills #1	HE.68.R.1.1	Demonstrate the ability to respond with empathy in a variety of contexts and situations. ***Clarification 1:*** Instruction includes identifying others' feelings, perspectives, circumstances, experiences, and active listening.	HE.68.R.1.2 Describe the importance of empathy, kindness, honesty and trust in building and sustaining relationships. HE.68.R.1.3 Identify sources of relational conflicts and healthy approaches to conflict resolutions. HE.6.PHC.1.4 Describe situations when professional health services may be required. HE.6.PHC.2.5 Recognize how personal health choices can affect hereditary risk factors.	MA.K12.MTR.1.1 MA.K12.MTR.2.1 MA.K12.MTR.3.1 MA.K12.MTR.4.1 MA.K12.MTR.5.1 MA.K12.MTR.6.1 MA.K12.MTR.7.1
Main Text: 22 Lesson 1.3-1 -Making Healthy Decisions 26 Lesson 1.3-4 Resolving Conflicts - second paragraph; Figure 1.3.4 Conflict Resolution Skills 204-206 Lesson 4.2-3 Having Emotional Intelligence - Have Empathy 400-401 Lesson 7.1-5 Conflict Resolution Skills Negotiation #1-4 401 Figure 7.1.10 Negotiation Process 400 Negotiation 403 Develop Your Skills, #1, 2 403 Differentiation 414 Lesson 7.2 Review & Assessment	HE.68.R.2.2	Demonstrate responsible decision-making that considers multiple perspective.	HE.68.R.2.1 Discuss how character is shaped by attitudes, decisions and actions. HE.68.R.2.3 Describe the importance of following school and community laws and rules. HE.68.R.2.4 Monitor progress toward attaining a personal goal. HE.68.R.2.5 Explain strategies and skills needed to assess progress and maintenance of a challenging personal goal. HE.68.R.2.6 Describe how personal goals can vary with changing abilities, priorities, and responsibilities. HE.68.R.2.7 Identify how continuous learning leads to personal growth. HE.68.R.2.8 Identify strategies to manage challenges and setbacks.	MA.K12.MTR.1.1 MA.K12.MTR.2.1 MA.K12.MTR.3.1 MA.K12.MTR.4.1 MA.K12.MTR.5.1 MA.K12.MTR.6.1 MA.K12.MTR.7.1

Lesson Plan/ Correlating Content	Benchmark of Focus-Code	Benchmark	Connecting Benchmarks	Integrated MTRs within Student Materials and Teacher Guides
414 Develop Your Skills #2			HE.68.R.2.9 Identify healthy responses to negative peer pressure. HE.68.R.1.1 Demonstrate the ability to respond with empathy in a variety of contexts and situations. HE.6.CEH.3.2 Specify the potential outcomes of each option when making a community health-related decision. HE.6.CH.3.1 Examine the validity of health information and determine the cost benefit of health products and services. HE.6.PHC.3.1 Distinguish between the need for individual or collaborative decision making. HE.6.PHC.4.1 Use valid and reliable information to request access to health products, services, or environments.	
Main Text: 26 Lesson 1.3-4 Resolving Conflicts 191 Lesson 4.13 Exploring Your Self-Image and Self-Esteem - second paragraph 196 Lesson 7.1 Review & Assessment 196 Develop Your Skills #2 213-218 Lesson 4.3-4 Strategies for Coping with Stress 218 Reading Checkpoint, 1 219 Lesson 4.3 Review & Assessment 219 Critical Thinking #1-3 Develop Your Skills #1-3	HE.68.R.4.2	Develop and apply conflict resolution skills in a variety of situations. ***Clarification 1:*** Instruction includes coping, grit, and new learning opportunities.	HE.68.R.4.1 Analyze possible solutions to a problem to determine the best outcome for oneself and others. HE.68.R.4.3 Analyze ways to pursue common goals as a part of a team or group. HE.68.R.4.4 Identify the importance of perseverance when facing difficulty solving a problem. HE.68.R.1.1 Demonstrate the ability to respond with empathy in a variety of contexts and situations.	MA.K12.MTR.1.1 MA.K12.MTR.2.1 MA.K12.MTR.3.1 MA.K12.MTR.4.1 MA.K12.MTR.5.1 MA.K12.MTR.6.1 MA.K12.MTR.7.1

Lesson Plan/ Correlating Content	Benchmark of Focus-Code	Benchmark	Connecting Benchmarks	Integrated MTRs within Student Materials and Teacher Guides
399-402 Lesson 7.1-5 Conflict Resolution Skills			HE.6.PHC.1.4 Describe situations when professional health services may be required. HE.6.PHC.2.2 Identify environmental factors that affect personal health. HE.6.PHC.2.6 Determine how social norms may impact healthy and unhealthy behavior. HE.6.PHC.3.3 Predict the potential outcomes of a health-related decision. HE.6.PHC.3.9 Explore healthy practices and behaviors that will maintain or improve personal health and reduce health risks. HE.6.PHC.4.1 Use valid and reliable information to request access to health products, services, or environments.	
Main Text: 268 Lesson 5.1 Review & Assessment 268 Develop Your Skills #1 285-288 Lesson 5.3-2 Health Effects of Tobacco Use 290 Lesson 5.3-3 Mental, Social, and Legal Consequences 291 Building Your Skills: Community Connections- Resisting Peer Pressure 291 Practice Your Skills 292-293 Lesson 5.3-4Health Effects on Others	HE.68.SUA.4.1	Demonstrate refusal and communication skills in specific scenarios related to underage drinking and illicit drug use. ***Clarification 1:*** Instruction includes not riding in a motor vehicle with a driver who is intoxicated or impaired, peer pressure to vape/smoke or drink prior to the legal age, impact of substance use on academic performance, health risks of substance use.	HE.68.SUA.4.2 Predict the potential short- and long-term impacts on self and others when responding to pressure to use alcohol and/or other drugs. HE.6.CEH.2.1 Identify the impact of health information conveyed to students by the school and community. HE.6.CH.2.1 Illustrate ways health messages and communication techniques can be targeted for different audiences through internet and social media sources. HE.6.PHC.3.2 Specify the potential outcomes of each option when making a personal health-related decision.	MA.K12.MTR.1.1 MA.K12.MTR.2.1 MA.K12.MTR.3.1 MA.K12.MTR.4.1 MA.K12.MTR.5.1 MA.K12.MTR.6.1 MA.K12.MTR.7.1

Lesson Plan/ Correlating Content	Benchmark of Focus-Code	Benchmark	Connecting Benchmarks	Integrated MTRs within Student Materials and Teacher Guides
294 Lesson5.3 Review & Assessment 294 Develop Your Skills #1, 3 294 Differentiation 298-300 Lesson 5.4-2 Health Effects of Alcohol Use 301 Case Study: Kara's Babysitting Conundrum 302, 303 Lesson 5.4-3 Consequences of Alcohol Use 305 Lesson 5.4 Review & Assessment 305 Develop Your Skills #1 320 Building Your Skills: Community Connections -Addiction Prevention 330 Lesson 5.6 Review & Assessment 330 Develop Your Skills #1-2			HE.6.PHC.3.9 Explore healthy practices and behaviors that will maintain or improve personal health and reduce health risks. HE.6.PHC.4.1 Use valid and reliable information to request access to health products, services, or environments.	

Lesson Plan/ Correlating Content	Benchmark of Focus-Code	Benchmark	Connecting Benchmarks	Integrated EEs within Student Materials and Teacher Guides
Main text: 20 Develop Your Skills, #3 20 Differentiation 91 Critical Thinking, #1 319 Lesson 5.6-Introduction-second paragraph 319 Preventing Substance Use, Misuse, and Abuse 323-324 Government Approaches 323-324 Figure 5.6.4 What the Government Is Doing to Prevent Substance Use 360 Lesson 6.3 Knowing Basic First Aid-Introduction-first paragraph 370 Lesson 6.3 Critical Thinking, #1	HE.6.CEH.2.1	Identify the impact of health information conveyed to students by the school and community. ***Clarification 1:*** Instruction includes first-aid education and safety education in school and how it benefits students. ***Clarification 2:*** Instruction includes the impact of substance use prevention programs.	HE.6.CEH.2.2 Investigate changes to societal norms and how they influence health beliefs and behaviors. HE.6.CEH.2.3 Examine how media/social media influences peer and community health behaviors. HE.6.CEH.2.4 Propose ways that technology can influence peer and community health behaviors. HE.6.CH.1.2 Investigate a variety of technologies to gather health information. HE.6.CH.2.1 Illustrate ways health messages and communication techniques can be targeted for different audiences through internet and social media sources. HE.6.CH.3.1 Examine the validity of health information and determine the cost benefit of health products and services. HE.6.PHC.1.4 Describe situations when professional health services may be required. HE.6.PHC.3.4 Use various methods to measure personal health status.	ELA.K12.EE.1.1 ELA.K12.EE.2.1 ELA.K12.EE.3.1 ELA.K12.EE.4.1 ELA.K12.EE.5.1 ELA.K12.EE.6.1
Main Text: 20 Lesson 1.2 Review & Assessment 20 Critical Thinking #1-2 20 Develop Your Skills, #2-3 20 Differentiation 25 1.3-3 Using Refusal Skills- second paragraph	HE.6.CEH.2.2	Investigate changes to societal norms and how they influence health beliefs and behaviors. ***Example:*** Location sharing, creation of designated smoking areas, increased access to community-based activities.	HE.6.CEH.2.1 Identify the impact of health information conveyed to students by the school and community. HE.6.CEH.2.3 Examine how media/social media influences peer and community health behaviors. HE.6.CEH.2.4 Propose ways that technology can influence peer and community health behaviors.	ELA.K12.EE.1.1 ELA.K12.EE.2.1 ELA.K12.EE.3.1 ELA.K12.EE.4.1 ELA.K12.EE.5.1 ELA.K12.EE.6.1

Lesson Plan/ Correlating Content	Benchmark of Focus-Code	Benchmark	Connecting Benchmarks	Integrated EEs within Student Materials and Teacher Guides
264 5.1-2 Factors Affecting Substance Use & Addition-Family, second paragraph 265 5.1-2 Factors Affecting Substance Use & Addition- Peer Pressure, third paragraph **Companion Text** 22 Dealing with Sexual Pressure 22 Using Refusal Skills 22 Figure 8.2.7 Words for Resisting Sexual Pressure			HE.6.CH.2.1 Illustrate ways health messages and communication techniques can be targeted for different audiences through internet and social media sources. HE.6.PHC.2.1 Analyze how media/social media influences personal and peer thoughts, feelings, and health behaviors. HE.6.PHC.2.3 Examine how friends and peers influence the health of adolescents.	
Main Text: 17 Building Your Skills: The Power of Social Media to Inspire 20 Develop Your Skills, #3 20 Differentiation 58 Building Your Skills: Health in the Media 91 Lesson 2.3 Review & Assessment 91 Critical Thinking, #1 91 Develop Your Skills, #2 141 Lesson 3.2-3 Malnutrition, first full paragraph 144 Building Your Skills: Making Healthy Food Choices 165-167 Lesson 3.4-1 Getting Enough Physical Activity; Factors That Influence Physical Activity 175 Lesson 3.4 Review & Assessment: 175 Critical Thinking #2	HE.6.CEH.2.4	Propose ways that technology can influence peer and community health behaviors. ***Clarification 1:*** Instruction includes how internet and social media apps influence nutrition and physical activity.	HE.6.CEH.2.1 Identify the impact of health information conveyed to students by the school and community. HE.6.CEH.2.2 Investigate changes to societal norms and how they influence health beliefs and behaviors. HE.6.CEH.2.3 Examine how media/social media influences peer and community health behaviors. HE.6.CH.1.2 Investigate a variety of technologies to gather health information. HE.6.CH.2.1 Illustrate ways health messages and communication techniques can be targeted for different audiences through internet and social media sources. HE.6.PHC.1.3 Examine the importance of assuming responsibility for personal reproductive health behaviors. HE.6.PHC.2.1 Analyze how media/social media influences personal and peer thoughts, feelings, and health behaviors. HE.6.PHC.2.2	ELA.K12.EE.1.1 ELA.K12.EE.2.1 ELA.K12.EE.3.1 ELA.K12.EE.4.1 ELA.K12.EE.5.1 ELA.K12.EE.6.1

Lesson Plan/ Correlating Content	Benchmark of Focus-Code	Benchmark	Connecting Benchmarks	Integrated EEs within Student Materials and Teacher Guides
265-267 Lesson 5.1-2 Factors Affecting Substance Use and Addition- Media Messages 350 Case Study: Brianna's Social Media Challenge 420 Building Your Skills: Making Friends Online			Identify environmental factors that affect personal health. HE.6.PHC.4.1 Use valid and reliable information to request access to health products, services, or environments.	
Main Text: 22-23 Making Healthy Decisions 143-147 Skills for Following a Healthy Eating Pattern 150 Case Study: Theo's Taste in Food 150 3.2–4 Reading Checkpoint 151 Critical Thinking 151 Develop Your Skills, #1,3 151 Differentiation 247 Lesson 4.6 Review & Assessment 247 Develop Your Skills #2 268 Lesson 5.1 Review & Assessment 268 Develop Your Skills #1 267 Building Your Skills: Mental Health Connections- Making Healthy Decisions 301 Case Studt: Kara's Babysitting Conundrum 353 Thinking Before You Post 358 Develop Your Skills, #1	HE.6.CEH.3.1	Choose healthy alternatives over unhealthy alternatives when making a decision. ***Example:*** Saying no to drugs, eating a balanced diet over fast food, exercising daily ***Clarification 1:*** Instruction includes practicing responsible behavior such as treating others with respect.	HE.6.CEH.3.2 Specify the potential outcomes of each option when making a community health-related decision. HE.6.CEH.4.1 Describe how the community can influence and support others to make positive health choices. HE.6.PHC.2.3 Examine how friends and peers influence the health of adolescents. HE.6.PHC.3.2 Specify the potential outcomes of each option when making a personal health-related decision. HE.68.SUA.4.1 Demonstrate refusal and communication skills in specific scenarios related to underage drinking and illicit drug use.	ELA.K12.EE.1.1 ELA.K12.EE.2.1 ELA.K12.EE.3.1 ELA.K12.EE.4.1 ELA.K12.EE.5.1 ELA.K12.EE.6.1

Lesson Plan/ Correlating Content	Benchmark of Focus-Code	Benchmark	Connecting Benchmarks	Integrated EEs within Student Materials and Teacher Guides
Main Text: 66 Lesson 2.1 Review & Assessment: 66 Develop Your Skills #2 106 Lesson 2.4 Review & Assessment 106 Critical Thinking, #1-3 106 Develop Your Skills #3 106 Differentiation 207 Lesson 4.2 Review & Assessment 207 Develop Your Skills #3 241 Case Study: Asher's Quest to Win 305 Lesson 5.4 Review & Assessment 305 Develop Your Skills #3 358 Lesson 6.2 Review & Assessment 358 Develop Your Skills #2 370 Lesson 6.3 Review & Assessment 370 Develop Your Skills #2 381 Building Your Skills: Community Connections-Advocating for the Environment	HE.6.CEH.4.1	Describe how the community can influence and support others to make positive health choices. ***Example:*** Bike trails, recreational areas, health-related community events.	HE.6.CEH.4.2 State a health-enhancing position on a topic and support it with accurate information. HE.6.CH.1.1 Examine how appropriate health care can promote personal health. HE.6.CH.2.1 Illustrate ways health messages and communication techniques can be targeted for different audiences through internet and social media sources. HE.6.PHC.2.1 Analyze how media/social media influences personal and peer thoughts, feelings, and health behaviors. HE.6.PHC.2.2 Identify environmental factors that affect personal health. HE.6.PHC.2.3 Examine how friends and peers influence the health of adolescents. HE.6.PHC.3.9 Explore healthy practices and behaviors that will maintain or improve personal health and reduce health risks.	ELA.K12.EE.1.1 ELA.K12.EE.2.1 ELA.K12.EE.3.1 ELA.K12.EE.4.1 ELA.K12.EE.5.1 ELA.K12.EE.6.1
Main Text: 66 Lesson 2.1 Review & Assessment 66 Develop Your Skills #2 106 Lesson 2.4 Review & Assessment 106 Develop Your Skills #3 122 Lesson 2.5 Review & Assessment 122 Develop Your Skills #2 175 Lesson 3.4 Review & Assessment 175 Develop Your Skills #2 196 Lesson 4.1 Review & Assessment	HE.6.CEH.4.2	State a health-enhancing position on a topic and support it with accurate information. ***Example:*** Health-enhancing positions may include tobacco and vaping laws, zero-tolerance policies, and bullying rules.	HE.6.CEH.4.1 Describe how the community can influence and support others to make positive health choices. HE.6.PHC.1.1 Describe how the physical, mental social, and intellectual dimensions of health are interrelated. HE.6.PHC.1.3 Examine the importance of assuming responsibility for personal reproductive health behaviors. HE.6.PHC.2.2 Identify environmental factors that affect personal health HE.6.PHC.3.3	ELA.K12.EE.1.1 ELA.K12.EE.2.1 ELA.K12.EE.3.1 ELA.K12.EE.4.1 ELA.K12.EE.5.1 ELA.K12.EE.6.1

Lesson Plan/ Correlating Content	Benchmark of Focus-Code	Benchmark	Connecting Benchmarks	Integrated EEs within Student Materials and Teacher Guides
196 Develop Your Skills #3 256 Lesson 4.7 Review & Assessment 256 Develop Your Skills #2 258 Develop Your Skills, #2 280 Advocating for an Opioid-Free Life 281 Develop Your Skills, #3 294 Lesson 5.3 Review & Assessment 294 Develop Your Skills #1 345 Lesson 6.1 Review & Assessment 345 Develop Your Skills #3 **Companion text:** 56 Case Study: Aarav and Rajesh: Boys Will Be Boys 69 Develop Your Skills, #2			Predict the potential outcomes of a health-related decision. HE.6.CH.1.2 Investigate a variety of technologies to gather health information. HE.6.CH.3.1 Examine the validity of health information and determine the cost benefit of health products and services.	
Main Text: 7-8 Lesson 1.1-2 How Healthcare Promotes Personal Health 10 Lesson 1.1 Review & Assessment 10 Critical Thinking #2 69 Lesson 2.2-1 Caring for Mouth and Teeth- second full paragraph 71 Lesson 2.2 Teeth Misalignment & Impacted Wisdom Teeth- second and fourth paragraphs 72 f Lesson 2.2 Teeth Misalignment & Impacted Wisdom Teeth- first paragraph 103-105 Lesson 2.4-4 Preventing Infectious Diseases- Vaccines	HE.6.CH.1.1	Examine how appropriate health care can promote personal health. ***Clarification 1:*** Instruction includes following recommended visits to health care providers, such as pediatrician and dentist.	HE.6.CH.1.2 Investigate a variety of technologies to gather health information. HE.6.CH.1.3 Identify available resources and services needed to attain a personal health goal. HE.6.PHC.1.3 Examine the importance of assuming responsibility for personal reproductive health behaviors. HE.6.PHC.2.7 Explain how body systems are impacted by hereditary factors and infectious diseases. HE.6.PHC.3.9 Explore healthy practices and behaviors that will maintain or improve personal health and reduce health risks. HE.6.CEH.4.1 Describe how the community can influence and support others to make positive health choices.	ELA.K12.EE.1.1 ELA.K12.EE.2.1 ELA.K12.EE.3.1 ELA.K12.EE.4.1 ELA.K12.EE.5.1 ELA.K12.EE.6.1

Lesson Plan/ Correlating Content	Benchmark of Focus-Code	Benchmark	Connecting Benchmarks	Integrated EEs within Student Materials and Teacher Guides
103 Develop Your Skills 103 Case Study: Brian Fights off Infections 116-121 Lesson 2.5-4 Treating Noninfectious Diseases; Preventing Noninfectious Diseases				
Main Text: 58 Building Your Skills: Digital Connections- Health in the Media 84 Lesson 2.3-4 Strategies for Getting Enough Sleep- fourth paragraph 84 Figure 2.3.5 Apps and Devices to Improve Sleep 91 Develop Your Skills, #2-3 116 Lesson 2.5-4 paragraph following bullets 144 Lesson 3.2- 4 Think About Calories -last paragraph-BMI 166-167 Figure 3.4.2 Types of Fitness Apps 167 Figure 3.4.3 Taking Your Pulse 168 3.4–3 Reading Checkpoint #1-2 360-361 definition of *first aid*; Figure 6.3.2 Preparing for First Aid 223 Infograph - Managing Anxiety	HE.6.CH.1.2	Investigate a variety of technologies to gather health information. ***Clarification 1:*** Technologies include a thermometer, scale, blood pressure machine, and other health related tools. ***Clarification 2:*** Technologies may include television, internet, social media, and health-related apps.	HE.6.CH.1.1 Examine how appropriate health care can promote personal health. HE.6.CH.1.3 Identify available resources and services needed to attain a personal health goal. HE.6.CH.3.1 Examine the validity of health information and determine the cost benefit of health products and services. HE.6.CEH.2.4 Propose ways that technology can influence peer and community health behaviors. HE.6.PHC.2.1 Analyze how media/social media influences personal and peer thoughts, feelings, and health behaviors. HE.6.PHC.3.6 Determine strategies and skills needed to attain a personal health goal. HE.6.PHC.3.9 Explore healthy practices and behaviors that will maintain or improve personal health and reduce health risks.	ELA.K12.EE.1.1 ELA.K12.EE.2.1 ELA.K12.EE.3.1 ELA.K12.EE.4.1 ELA.K12.EE.5.1 ELA.K12.EE.6.1
Main Text: 29 Lesson 1.3-5 Accessing and Evaluating Health Information and Services - first and second paragraphs 240 Lesson 4.6-1 Factors Affecting Body Image- Media and Society	HE.6.CH.2.1	Illustrate ways health messages and communication techniques can be targeted for different audiences through internet and social media sources.	HE.6.CH.3.1 Examine the validity of health information and determine the cost benefit of health products and services. HE.6.CEH.2.4 Propose ways that technology can influence peer and community health behaviors.	ELA.K12.EE.1.1 ELA.K12.EE.2.1 ELA.K12.EE.3.1 ELA.K12.EE.4.1 ELA.K12.EE.5.1 ELA.K12.EE.6.1

Lesson Plan/ Correlating Content	Benchmark of Focus-Code	Benchmark	Connecting Benchmarks	Integrated EEs within Student Materials and Teacher Guides
265 Lesson 5.1-2 Factors Affecting Substance Use and Addition- Media Messages, third paragraph 265 Figure 5.1.8 Types of Ads to Which Young People Are Exposed 268 Develop Your Skills, #2 268 Differentiation 322 Lesson 2.1 Review & Assessment 322 Think Critically 322 Figure 5.6.3 Analyzing Advertisements 330 Critical Thinking, #2		***Clarification 1:*** Instruction includes how social media platforms use algorithms to target specific audiences to promote products or services.	HE.6.CH.3.1 Examine the validity of health information and determine the cost benefit of health products and services. HE.6.PHC.2.1 Analyze how media/social media influences personal and peer thoughts, feelings, and health behaviors.	
Main Text: 27-30 Accessing and Evaluating Health Information and Services 30 Figure 1.3.8 Health and Safety Information 58 Building Your Skills: Digital Connections: Health in the Media 83 Case Study: Ava's Wake-Up Routine, 196 Develop Your Skills #1 106 Critical Thinking, #2-3 106 Develop Your Skills, #2 106 Differentiation 219 Develop Your Skills, #1 237 Develop Your Skills, #2 237 Differentiation 305 Lesson 5.4 Review & Assessment 305 Develop Your Skills #2 322 Think Critically	HE.6.CH.3.1	Examine the validity of health information and determine the cost benefit of health products and services. ***Clarification 1:*** Instruction includes determining criteria function, directions for use, competence of providers, and costs.	HE.6.CH.3.1 Examine the validity of health information and determine the cost benefit of health products and services. HE.6.CEH.3.2 Specify the potential outcomes of each option when making a community health-related decision. HE.6.CEH.2.2 Investigate changes to societal norms and how they influence health beliefs and behaviors. HE.68.R.2.2 Demonstrate responsible decision-making that considers multiple perspectives. HE.6.PHC.3.3 Predict the potential outcomes of a health-related decision. HE.6.PHC.4.1 Use valid and reliable information to request access to health products, services, or environments.	ELA.K12.EE.1.1 ELA.K12.EE.2.1 ELA.K12.EE.3.1 ELA.K12.EE.4.1 ELA.K12.EE.5.1 ELA.K12.EE.6.1

Lesson Plan/ Correlating Content	Benchmark of Focus-Code	Benchmark	Connecting Benchmarks	Integrated EEs within Student Materials and Teacher Guides
370 Lesson 6.3 Review & Assessment 370 Develop Your Skills #2				
Main Text: 5-6 Lesson 1.1 How the Parts of Health Are Interrelated; infographic 10 Critical Thinking, #1 10 Differentiation 22-23 Lesson 1.3-1 Making Healthy Decisions, first paragraph 23 Figure 1.3.1 The Decision-Making Process 48 Develop Your Skills, #2 48 Differentiation 79-80 Lesson 2.3-1 The Importance of Sleep 125 Lesson 3.1 Introduction 151 Lesson 3.2 Review & Assessment 151 Critical Thinking #1 153-155 Lesson 3.3-1 The Benefits of Physical Activity 163 Lesson 3.3 Review and Assessment 163 Develop Your Skills #1 196 Lesson 4.1 Review and Assessment 196 Critical Thinking #2	HE.6.PHC.1.1	Describe how the physical, mental social, and intellectual dimensions of health are interrelated. ***Clarification 1:*** Instruction includes nutrition, sleep, physical stamina, and hunger. ***Clarification 2:*** Instruction includes mental alertness, interpersonal conflicts, mental stress, and solving problems.	HE.6.PHC.1.2 Identify personal health problems and concerns common to adolescents including reproductive development. HE.6.PHC.1.3 Examine the importance of assuming responsibility for personal reproductive health behaviors. HE.6.PHC.1.4 Describe situations when professional health services may be required. HE.6.PHC.2.2 Identify environmental factors that affect personal health. HE.6.PHC.2.4 Examine how family and culture influence the health of adolescents. HE.6.PHC.2.6 Determine how social norms may impact healthy and unhealthy behavior. HE.6.PHC.3.6 Determine strategies and skills needed to attain a personal health goal. HE.6.PHC.3.9 Explore healthy practices and behaviors that will maintain or improve personal health and reduce health risks. HE.6.CH.1.1 Examine how appropriate health care can promote personal health.	ELA.K12.EE.1.1 ELA.K12.EE.2.1 ELA.K12.EE.3.1 ELA.K12.EE.4.1 ELA.K12.EE.5.1 ELA.K12.EE.6.1

Lesson Plan/ Correlating Content	Benchmark of Focus-Code	Benchmark	Connecting Benchmarks	Integrated EEs within Student Materials and Teacher Guides
210 Lesson 4.3-2 Types of Stress- sixth paragraph 215 Lesson 4.3-4 Strategies for Coping with Stress- Take Care of Yourself 217-218 Lesson 4.3-4 Strategies for Coping with Stress- Use Relaxation Techniques 300 Lesson 5.4-2 Health Effects of Alcohol Use - third paragraph 302 Lesson 5.4-3 Health Effects of Alcohol Use - Consequences of Alcohol Use 390 Lesson 7.1-1 The Importance of Relationships -first and second paragraphs 399 Lesson 7.1-5 Conflict Resolution Skills, fourth paragraph				
Main Text: 57 Lesson 2.1-1 Acne 122 Develop Your Skills, #3 122 Differentiation 242-245 Lesson 4.6-2 Disordered Eating and Eating Disorders 248-255 Lesson 4.7 Preventing Suicide **Companion text:** 2-13 Changes During Puberty 13 Critical Thinking, #1-2 13 Develop Your Skills, #1-3 13 Differentiation	HE.6.PHC.1.2	Identify personal health problems and concerns common to adolescents including reproductive development. ***Clarification 1:*** Instruction includes acne, eating disorders, depression, suicidal ideations, and puberty.	HE.6.PHC.1.1 Describe how the physical, mental social, and intellectual dimensions of health are interrelated. HE.6.PHC.1.3 Examine the importance of assuming responsibility for personal reproductive health behaviors. HE.6.PHC.1.4 Describe situations when professional health services may be required. HE.6.PHC.2.3 Examine how friends and peers influence the health of adolescents. HE.6.PHC.2.4 Examine how family and culture influence the health of adolescents. HE.6.PHC.3.4 Use various methods to measure personal health status.	ELA.K12.EE.1.1 ELA.K12.EE.2.1 ELA.K12.EE.3.1 ELA.K12.EE.4.1 ELA.K12.EE.5.1 ELA.K12.EE.6.1

Lesson Plan/ Correlating Content	Benchmark of Focus-Code	Benchmark	Connecting Benchmarks	Integrated EEs within Student Materials and Teacher Guides
			HE.6.PHC.3.9 Explore healthy practices and behaviors that will maintain or improve personal health and reduce health risks. HE.6.CEH.2.1 Identify the impact of health information conveyed to students by the school and community.	
Main Text: 7-8 Lesson 1.1-2 How Healthcare Promotes Personal Health 54-65 Lesson 2.1 Caring for Your Skin, Hair, and Nails 67-76 Lesson 2.2 Keeping Your Mouth, Eyes, and Ears Healthy 77 Lesson 2.2 Review and Assessment 77 Critical Thinking #2 116 Lesson 2.5-4 fourth paragraph 136 Lesson 3.2-1 fourth paragraph 165 Lesson 3.4 – Introduction- second paragraph 168-174 Lesson 3..4-4 Setting and Reaching Your Goals; Designing Your Workouts 291 Building Your Skills: Community Connections- Resisting Peer Pressure 389-392 Lesson 7.1-1 The Importance of Relationships; Healthy Versus Unhealthy Relationships 403 Lesson 7.1 Review & Assessment 403 Develop Your Skills #2 410-413 Lesson 7.2-3 Maintaining Healthy Relationships with Parents or	HE.6.PHC.1.3	Examine the importance of assuming responsibility for personal reproductive health behaviors. ***Clarification 1:*** Instruction includes hygiene, physical activity, nutrition, and medical/dental checkups. ***Clarification 2:*** Instruction includes resisting peer pressure and developing healthy relationships.	HE.6.PHC.1.1 Describe how the physical, mental social, and intellectual dimensions of health are interrelated. HE.6.PHC.1.2 Identify personal health problems and concerns common to adolescents including reproductive development. HE.6.PHC.1.4 Describe situations when professional health services may be required. HE.6.PHC.2.3 Examine how friends and peers influence the health of adolescents. HE.6.PHC.2.4 Examine how family and culture influence the health of adolescents HE.6.PHC.2.5 Recognize how personal health choices can affect hereditary risk factors. HE.6.PHC.3.4 Use various methods to measure personal health status. HE.6.PHC.3.7 Monitor progress toward attaining a personal health goal. HE.6.PHC.3.9 Explore healthy practices and behaviors that will maintain or improve personal health and reduce health risks. HE.6.PHC.4.1 Use valid and reliable information to request access to health products, services, or environments.	ELA.K12.EE.1.1 ELA.K12.EE.2.1 ELA.K12.EE.3.1 ELA.K12.EE.4.1 ELA.K12.EE.5.1 ELA.K12.EE.6.1

Lesson Plan/ Correlating Content	Benchmark of Focus-Code	Benchmark	Connecting Benchmarks	Integrated EEs within Student Materials and Teacher Guides
Guardians; Relationships with Siblings; Changes in Family Relationships 414 Lesson 7.2 Review & Assessment 414 Critical Thinking #2 419-421 Lesson 7.3-2 Strategies for Building Healthy Friendships 427 Lesson 7.3 Review & Assessment 427 Develop Your Skills #1-3 **Companion Text** 2-13 Lesson 8.1 Changes During Puberty 2-13 Lesson 8.1 Chances During Puberty 3 8.1.1 Physical Development 4-5 Differences in Puberty Development 4 Case Study- Akiko Zeals Left Behind: Practice 5 Male Puberty 5-8 Female Puberty 6 Infograph - Puberty What to Expect 8 Intellectual Development 9-10 Emotional and Social Development 10-12 Health Issues in Young People 10 Figure 8-1.4 Decision making Process 11 Building Your skills - Community Connect: Peer Pressure Throughout			HE.6.CH.1.1 Examine how appropriate health care can promote personal health. HE.6.CH.3.1 Examine the validity of health information and determine the cost benefit of health products and services. HE.68.R.4.2 Develop and apply conflict resolution skills in a variety of situations.	

Lesson Plan/ Correlating Content	Benchmark of Focus-Code	Benchmark	Connecting Benchmarks	Integrated EEs within Student Materials and Teacher Guides
the Life Span; Practice Your Skills- Make Decisions 13 Critical Thinking - #1, #2 13 Develop Your Skills - #1, #2, #3 13 Differentiation				
Main Text: 95-98 Lesson 2.4-2 Common Infectious Diseases, 103-105 Lesson 2.4-4 Preventing Infectious Diseases- Vaccines 106 Critical Thinking, #2 106 Differentiation 181-183 Lesson 3.5-4 Use Caution in Hot and Cold Weather; Treat Injuries 232 Practice Your Skills 232 4.5–1 Reading Checkpoint 248-255 Lesson 4.7 Preventing Suicide 259-262 Lesson 5.1 Introduction - paragraph with *substance use disorder* key term; Stages of Substance Use Disorders 362-369 Lesson 6.3 -Provide Treatment for Common Injuries; Respond to Medical Emergencies **Companion text:** 52-55 Lesson 9.2 Intimate Partner Violence; Child Abuse 59 Lesson 9.2-5 Get Help and Treatment	HE.6.PHC.1.4	Describe situations when professional health services may be required. ***Clarification 1:*** Instruction includes injuries, influenza, and depression. ***Clarification 2:*** Instruction includes substance use and abuse, child abuse, and domestic violence.	HE.6.PHC.1.1 Describe how the physical, mental social, and intellectual dimensions of health are interrelated. HE.6.PHC.1.2 Identify personal health problems and concerns common to adolescents including reproductive development. HE.6.PHC.1.3 Examine the importance of assuming responsibility for personal reproductive health behaviors. HE.6.PHC.3.1 Distinguish between the need for individual or collaborative decision making. HE.6.PHC.3.3 Predict the potential outcomes of a health-related decision. HE.6.PHC.3.9 Explore healthy practices and behaviors that will maintain or improve personal health and reduce health risks. HE.6.PHC.4.1 Use valid and reliable information to request access to health products, services, or environments. HE.6.CH.1.1 Examine how appropriate health care can promote personal health. HE.6.CEH.2.1 Identify the impact of health information conveyed to students by the school and community.	ELA.K12.EE.1.1 ELA.K12.EE.2.1 ELA.K12.EE.3.1 ELA.K12.EE.4.1 ELA.K12.EE.5.1 ELA.K12.EE.6.1

Lesson Plan/ Correlating Content	Benchmark of Focus-Code	Benchmark	Connecting Benchmarks	Integrated EEs within Student Materials and Teacher Guides
Main Text: 17 Building Your Skills: Digital Connections- The Power of Social Media to Inspire 265 Lesson 5.1-2 Factors Affecting Substance Use and Addiction- Media Messages 322 Lesson 5.6 Think Critically 175 Lesson 3.4 Review & Assessment 175 Critical Thinking #2 239-240 Lesson 4.6 Social Environment; Media and Society 247 Lesson 4.6 Review & Assessment 247 Develop Your Skills #2 268 Develop Your Skills, #2 268 Differentiation 350 Case Study: Brianna's Social Media Challenge 417 Lesson 7.3-1 Types of Friendships - first and second full paragraphs	HE.6.PHC.2.1	Analyze how media/social media influences personal and peer thoughts, feelings, and health behaviors. ***Example:*** Social media dependence affecting friendships and body image influence. ***Clarification 1:*** Instruction includes marketing strategies to appeal to specific audiences. ***Clarification 2:*** Instruction includes misconception of "friends" online versus friendship in real life. ***Clarification 3:*** Instruction includes the awareness of artificial intelligence algorithms online.	HE.6.PHC.2.2 Identify environmental factors that affect personal health. HE.6.PHC.2.3 Examine how friends and peers influence the health of adolescents. HE.6.PHC.2.4 Examine how family and culture influence the health of adolescents. HE.6.PHC.2.5 Recognize how personal health choices can affect hereditary risk factors. HE.6.PHC.2.6 Determine how social norms may impact healthy and unhealthy behavior. HE.6.PHC.2.7 Explain how body systems are impacted by hereditary factors and infectious diseases. HE.6.PHC.2.8 Describe legal and ethical behaviors when using the internet and social media. HE.6.PHC.3.2 Specify the potential outcomes of each option when making a personal health-related decision. HE.6.PHC.3.8 Examine the likelihood of injury or illness if engaging in unhealthy/risky behaviors. HE.6.PHC.3.9 Explore healthy practices and behaviors that will maintain or improve personal health and reduce health risks. HE.6.CEH.4.1 Describe how the community can influence and support others to make positive health choices. HE.6.CH.1.2 Investigate a variety of technologies to gather health information.	ELA.K12.EE.1.1 ELA.K12.EE.2.1 ELA.K12.EE.3.1 ELA.K12.EE.4.1 ELA.K12.EE.5.1 ELA.K12.EE.6.1

Lesson Plan/ Correlating Content	Benchmark of Focus-Code	Benchmark	Connecting Benchmarks	Integrated EEs within Student Materials and Teacher Guides
			HE.6.CH.2.1 Illustrate ways health messages and communication techniques can be targeted for different audiences through internet and social media sources.	
Main Text: 15-17 Lesson 1.2-3 Environmental Factors 106 Critical Thinking, #1-3 106 Develop Your Skills, 1, 2, 3 109 Lesson 2.5-2 Risk Factors for Noninfectious Diseases- third paragraph 147-148 Lesson 3.2 Practice Food Safety 191 Figure 4.1.5 Internal and External Factors Affecting Self-Esteem 209 Figure 4.3.1 Sources of Stress 249-251 Figure 4.7.1; Risk Factors of Suicide 292-293 Lesson 5.3-4 Health Effects on Others 354-356 Lesson 6.2-4 Staying Safe on the Road - Pedestrian Safety; Vehicle Safety 372-375 Lesson 6.4 Introduction; Air Pollution; Water Pollution	HE.6.PHC.2.2	Identify environmental factors that affect personal health. ***Clarification 1:*** Instruction includes contaminated food, air, and water quality. ***Clarification 2:*** Instruction includes availability of sidewalks and road hazards.	HE.6.PHC.2.1 Analyze how media/social media influences personal and peer thoughts, feelings, and health behaviors. HE.6.PHC.2.3 Examine how friends and peers influence the health of adolescents. HE.6.PHC.2.4 Examine how family and culture influence the health of adolescents. HE.6.PHC.2.5 Recognize how personal health choices can affect hereditary risk factors. HE.6.PHC.2.6 Determine how social norms may impact healthy and unhealthy behavior. HE.6.PHC.2.7 Explain how body systems are impacted by hereditary factors and infectious diseases. HE.6.PHC.2.8 Describe legal and ethical behaviors when using the internet and social media. HE.6.PHC.3.9 Explore healthy practices and behaviors that will maintain or improve personal health and reduce health risks. HE.6.PHC.4.1 Use valid and reliable information to request access to health products, services, or environments.	ELA.K12.EE.1.1 ELA.K12.EE.2.1 ELA.K12.EE.3.1 ELA.K12.EE.4.1 ELA.K12.EE.5.1 ELA.K12.EE.6.1

Lesson Plan/ Correlating Content	Benchmark of Focus-Code	Benchmark	Connecting Benchmarks	Integrated EEs within Student Materials and Teacher Guides
Main Text: 16-17 Lesson 1.2 Environmental Factors - Social Environment 20 Lesson 1.2 Review & Assessment 20 Develop Your Skills #2-3 20 Differentiation 26 Lesson 1.3-4 Resolving Conflicts 190 Lesson 4.1-3 Factors That Affect Self-Esteem 209 Figure 4.3.1 Sources of Stress 239-240 4.6-1 Factors Affecting Body Image -Social Environment; Media and Society 250-251 Lesson 4.7 Environmental Risk Factors 264-267 Lesson 5.1-2 Factors Affecting Substance Use and Addition- Family; Peer Pressure; Media Messages 330 Critical Thinking, #2 330 Develop Your Skills, #1-3 330 Differentiation **Companion text:** 40 Building Your Skills: Digital Connections- Rumor Has It	HE.6.PHC.2.3	Examine how friends and peers influence the health of adolescents. ***Clarification 1:*** Instruction includes media, social media, and spreading rumors. ***Clarification 2:*** Instruction includes conflict resolution skills.	HE.6.PHC.2.1 Analyze how media/social media influences personal and peer thoughts, feelings, and health behaviors. HE.6.PHC.2.2 Identify environmental factors that affect personal health. HE.6.PHC.2.4 Examine how family and culture influence the health of adolescents. HE.6.PHC.2.5 Recognize how personal health choices can affect hereditary risk factors. HE.6.PHC.2.6 Determine how social norms may impact healthy and unhealthy behavior. HE.6.PHC.2.7 Explain how body systems are impacted by hereditary factors and infectious diseases. HE.6.PHC.2.8 Describe legal and ethical behaviors when using the internet and social media. HE.6.PHC.1.1 Describe how the physical, mental social, and intellectual dimensions of health are interrelated. HE.6.PHC.3.2 Specify the potential outcomes of each option when making a personal health-related decision HE.6.PHC.3.9 Explore healthy practices and behaviors that will maintain or improve personal health and reduce health risks. HE.6.PHC.4.1 Use valid and reliable information to request access to health products, services, or environments.	ELA.K12.EE.1.1 ELA.K12.EE.2.1 ELA.K12.EE.3.1 ELA.K12.EE.4.1 ELA.K12.EE.5.1 ELA.K12.EE.6.1

Lesson Plan/ Correlating Content	Benchmark of Focus-Code	Benchmark	Connecting Benchmarks	Integrated EEs within Student Materials and Teacher Guides
			HE.6.CEH.2.1 Identify the impact of health information conveyed to students by the school and community. HE.6.CH.2.1 Illustrate ways health messages and communication techniques can be targeted for different audiences through internet and social media sources. HE.68.R.4.2 Develop and apply conflict resolution skills in a variety of situations.	
Main Text: 16 Lesson 1.2-3 Environmental Factors - Social Environment 18 1.2-4 Reading Checkpoint #2 147-148 Lesson 3.2 Understand Food Preferences; Figure 3.2.11 Factors That Influence Food Preferences 150 Practice Your Skills, #1-4 150 3.2–4 Reading Checkpoint, #2 166-167 Lesson 3.4-2 Factors That Influence Physical Activity-Social Factors; Community Resources and Income 390 Lesson 7.1-1 The Importance of Relationships - first three paragraphs 405-407 Lesson 7.2-1 Functions of Family Relationships 409-410 Lesson 7.2-Relationships with Parents or Guardians - paragraph starting “Parents or guardians often set rules…”; third and fourth bullets 414 Lesson 7.2 Review & Assessment 414 Develop Your Skills #1	HE.6.PHC.2.4	Examine how family and culture influence the health of adolescents. ***Clarification 1:*** Instruction includes family rules, family diet, and physical activity. ***Clarification 2:*** Instruction includes how family relationships impact behaviors.	HE.6.PHC.2.1 Analyze how media/social media influences personal and peer thoughts, feelings, and health behaviors. HE.6.PHC.2.2 Identify environmental factors that affect personal health. HE.6.PHC.2.3 Examine how friends and peers influence the health of adolescents. HE.6.PHC.2.5 Recognize how personal health choices can affect hereditary risk factors. HE.6.PHC.2.6 Determine how social norms may impact healthy and unhealthy behavior. HE.6.PHC.2.7 Explain how body systems are impacted by hereditary factors and infectious diseases. HE.6.PHC.2.8 Describe legal and ethical behaviors when using the internet and social media. HE.6.PHC.1.3 Examine the importance of assuming responsibility for personal reproductive health behaviors.	ELA.K12.EE.1.1 ELA.K12.EE.2.1 ELA.K12.EE.3.1 ELA.K12.EE.4.1 ELA.K12.EE.5.1 ELA.K12.EE.6.1

Lesson Plan/ Correlating Content	Benchmark of Focus-Code	Benchmark	Connecting Benchmarks	Integrated EEs within Student Materials and Teacher Guides
			HE.6.PHC.3.1 Distinguish between the need for individual or collaborative decision making. HE.6.PHC.3.9 Explore healthy practices and behaviors that will maintain or improve personal health and reduce health risks. HE.6.PHC.4.1 Use valid and reliable information to request access to health products, services, or environments. HE.68.R.4.2 Develop and apply conflict resolution skills in a variety of situations.	
Main Text: 59 Lesson 2.1-1 Skin- Suntans, Sunburns, and Skin Cancer third and fourth paragraphs 109 Lesson 2.5-2 Risk Factors for Noninfectious Diseases - first paragraph 109 Figure 2.5.2 Role of Genes in Noninfectious Diseases 110-116 Lesson 2.5-3 Common Noninfectious Diseases 256 Develop Your Skills, #3 256 Differentiation	HE.6.PHC.2.7	Explain how body systems are impacted by hereditary factors and infectious diseases. ***Clarification 1:*** Instruction includes hereditary diseases, such as sickle cell disease, cancer, and heart disease. ***Clarification 2:*** Instruction includes how medical conditions, such as asthma, allergies, diabetes, and Cystic Fibrosis, are exacerbated by infectious diseases.	HE.6.PHC.2.1 Analyze how media/social media influences personal and peer thoughts, feelings, and health behaviors. HE.6.PHC.2.2 Identify environmental factors that affect personal health. HE.6.PHC.2.3 Examine how friends and peers influence the health of adolescents. HE.6.PHC.2.4 Examine how family and culture influence the health of adolescents. HE.6.PHC.2.5 Recognize how personal health choices can affect hereditary risk factors. HE.6.PHC.2.6 Determine how social norms may impact healthy and unhealthy behavior. HE.6.PHC.2.8 Describe legal and ethical behaviors when using the internet and social media. HE.6.PHC.1.3	ELA.K12.EE.1.1 ELA.K12.EE.2.1 ELA.K12.EE.3.1 ELA.K12.EE.4.1 ELA.K12.EE.5.1 ELA.K12.EE.6.1

Lesson Plan/ Correlating Content	Benchmark of Focus-Code	Benchmark	Connecting Benchmarks	Integrated EEs within Student Materials and Teacher Guides
			Examine the importance of assuming responsibility for personal reproductive health behaviors. HE.6.PHC.1.2 Identify personal health problems and concerns common to adolescents including reproductive development. HE.6.PHC.3.9 Explore healthy practices and behaviors that will maintain or improve personal health and reduce health risks. HE.6.PHC.4.1 Use valid and reliable information to request access to health products, services, or environments. HE.6.CH.1.1 Examine how appropriate health care can promote personal health. HE.6.CH.3.1 Examine the validity of health information and determine the cost benefit of health products and services.	
Main Text: 22 Lesson 1.3-1 Making Healthy Decisions- paragraph starting "You may want to seek…" 195 Lesson 4.1-4 Assessing Your Mental and Emotional Health -last paragraph 218 Lesson 4.3 -4 Strategies for Coping with Stress - second and third paragraphs 252 Lesson 4.7-2 Take Steps to Help Prevent Suicide - paragraph starting "Take any mentions of…" 256 Lesson 4.7 Review & Assessment 256 Critical Thinking #1	HE.6.PHC.3.1	Distinguish between the need for individual or collaborative decision making. ***Clarification 1:*** Instruction includes considering the severity of the situation and personal skills. ***Clarification 2:*** Instruction includes considering when someone is a danger to self or others.	HE.6.PHC.3.2 Specify the potential outcomes of each option when making a personal health-related decision. HE.6.PHC.3.3 Predict the potential outcomes of a health-related decision. HE.6.PHC.3.4 Use various methods to measure personal health status. HE.6.PHC.3.5 Develop an individual goal to adopt, maintain, or improve a personal health practice. HE.6.PHC.3.6 Determine strategies and skills needed to attain a personal health goal. HE.6.PHC.3.7 Monitor progress toward attaining a personal health	ELA.K12.EE.1.1 ELA.K12.EE.2.1 ELA.K12.EE.3.1 ELA.K12.EE.4.1 ELA.K12.EE.5.1 ELA.K12.EE.6.1

Lesson Plan/ Correlating Content	Benchmark of Focus-Code	Benchmark	Connecting Benchmarks	Integrated EEs within Student Materials and Teacher Guides
267 Making Healthy Decisions 267 Differentiation			goal. HE.6.PHC.3.8 Examine the likelihood of injury or illness if engaging in unhealthy/risky behaviors. HE.6.PHC.3.9 Explore healthy practices and behaviors that will maintain or improve personal health and reduce health risks. HE.6.PHC.2.2 Identify environmental factors that affect personal health. HE.6.PHC.4.1 Use valid and reliable information to request access to health products, services, or environments. HE.6.CEH.2.1 Identify the impact of health information conveyed to students by the school and community. HE.68.R.4.2 Develop and apply conflict resolution skills in a variety of situations.	
Main Text: 22-23 Lesson 1.3-1 Making Healthy Decisions 151 Develop Your Skills, #3 184 Lesson 3.5 Review & Assessment 184 Develop Your Skills #1 259 5.1–1 Stages of Substance Use Disorders 267 Making Healthy Decisions 267 Differentiation	HE.6.PHC.3.2	Specify the potential outcomes of each option when making a personal health-related decision. ***Clarification 1:*** Instruction includes physical, social, financial, and legal consequences. ***Clarification 2:*** Instruction includes emergency preparedness.	HE.6.PHC.3.1 Distinguish between the need for individual or collaborative decision making. HE.6.PHC.3.3 Predict the potential outcomes of a health-related decision. HE.6.PHC.3.4 Use various methods to measure personal health status. HE.6.PHC.3.5 Develop an individual goal to adopt, maintain, or improve a personal health practice. HE.6.PHC.3.6 Determine strategies and skills needed to attain a	ELA.K12.EE.1.1 ELA.K12.EE.2.1 ELA.K12.EE.3.1 ELA.K12.EE.4.1 ELA.K12.EE.5.1 ELA.K12.EE.6.1

Lesson Plan/ Correlating Content	Benchmark of Focus-Code	Benchmark	Connecting Benchmarks	Integrated EEs within Student Materials and Teacher Guides
285-288 Lesson 5.3-2 Health Effects of Tobacco Use 294 Lesson 5.3 Review and Assessment 294 Critical Thinking #1 298-300 Lesson 5.4-2 Health Effects of Alcohol Use 302 Lesson 5.4-3 Consequences of Alcohol Use 337-342 Lesson 6.1-4 Fire Prevention and Safety; Emergency Preparedness			personal health goal. HE.6.PHC.3.7 Monitor progress toward attaining a personal health goal. HE.6.PHC.3.8 Examine the likelihood of injury or illness if engaging in unhealthy/risky behaviors. HE.6.PHC.3.9 Explore healthy practices and behaviors that will maintain or improve personal health and reduce health risks. HE.6.PHC.2.2 Identify environmental factors that affect personal health. HE.6.PHC.2.3 Examine how friends and peers influence the health of adolescents. HE.6.PHC.2.8 Describe legal and ethical behaviors when using the internet and social media. HE.6.PHC.4.1 Use valid and reliable information to request access to health products, services, or environments. HE.6.CEH.2.1 Identify the impact of health information conveyed to students by the school and community.	
Main Text: 22-23 Lesson 1.3-1 -Making Healthy Decisions 109 Lesson 2.5-2 Risk Factors for Noninfectious Diseases - second paragraph 125 Lesson 3.1 Introduction - fourth through last paragraph	HE.6.PHC.3.3	Predict the potential outcomes of a health-related decision. ***Clarification 1:*** Instruction includes negative outcomes of not following safety guidelines and being inactive. ***Clarification 2:*** Instruction includes positive outcomes of eating healthy and being physically active.	HE.6.PHC.3.1 Distinguish between the need for individual or collaborative decision making. HE.6.PHC.3.2 Specify the potential outcomes of each option when making a personal health-related decision. HE.6.PHC.3.4 Use various methods to measure personal health status.	ELA.K12.EE.1.1 ELA.K12.EE.2.1 ELA.K12.EE.3.1 ELA.K12.EE.4.1 ELA.K12.EE.5.1 ELA.K12.EE.6.1

Lesson Plan/ Correlating Content	Benchmark of Focus-Code	Benchmark	Connecting Benchmarks	Integrated EEs within Student Materials and Teacher Guides
140-142 Lesson 3.2-3 Malnutrition 151 Develop Your Skills, #3 153-155 Lesson 3.3-1 The Benefits of Physical Activity 156 Lesson 3.3-1 Reading Checkpoint #1 178 Lesson 3.5 Prevent Injuries-second paragraph 267 Making Healthy Decisions 267 Differentiation			HE.6.PHC.3.5 Develop an individual goal to adopt, maintain, or improve a personal health practice. HE.6.PHC.3.6 Determine strategies and skills needed to attain a personal health goal. HE.6.PHC.3.7 Monitor progress toward attaining a personal health goal. HE.6.PHC.3.8 Examine the likelihood of injury or illness if engaging in unhealthy/risky behaviors. HE.6.PHC.3.9 Explore healthy practices and behaviors that will maintain or improve personal health and reduce health risks. HE.6.PHC.1.2 Identify personal health problems and concerns common to adolescents including reproductive development. HE.6.PHC.1.3 Examine the importance of assuming responsibility for personal reproductive health behaviors. HE.6.PHC.2.2 Identify environmental factors that affect personal health. HE.6.PHC.4.1 Use valid and reliable information to request access to health products, services, or environments. HE.6.CEH.3.2 Specify the potential outcomes of each option when making a community health-related decision. HE.6.CH.3.1 Examine the validity of health information and determine the cost benefit of health products and services.	

Lesson Plan/ Correlating Content	Benchmark of Focus-Code	Benchmark	Connecting Benchmarks	Integrated EEs within Student Materials and Teacher Guides
Main Text: 116 Lesson 2.5-4 Treating Noninfectious Diseases - second paragraph 122 Develop Your Skills, #3 122 Differentiation 144 Lesson 3.2 Think About Calories - last paragraph 144 Building Your Skills: Digital Connections - Making Healthy Food Choices 157 Lesson 3.3 Health-Related Fitness - Muscle Strength- paragraph starting "You can measure…" 158/160 Lesson 3.3 Health-Related Fitness- Body Composition 166 Lesson 3.4-2 Factors That Influence Physical Activity – Technology 167 Figure 3.4.3 Taking Your Pulse 175 Lesson 3.4 Review & Assessment 175 Develop Your Skills #3 193 Questions to Help Assess Mental and Emotional Health - Infographic 213-218 Lesson 4.3-4 Strategies for Coping with Stress 219 Lesson 4.3 Review & Assessment 219 Critical Thinking #2, Develop Your Skills #1-3 370 Lesson 6.3 Review & Assessment 370 Develop Your Skills #3	HE.6.PHC.3.4	Use various methods to measure personal health status. ***Clarification 1:*** Instruction includes body composition, surveys, heart-rate monitors, pedometer, blood pressure cuff, and other clinical measurements. ***Clarification 2:*** Instruction includes stress-management techniques, such as breathing exercises and journaling.	HE.6.PHC.3.1 Distinguish between the need for individual or collaborative decision making. HE.6.PHC.3.2 Specify the potential outcomes of each option when making a personal health-related decision. HE.6.PHC.3.3 Predict the potential outcomes of a health-related decision. HE.6.PHC.3.5 Develop an individual goal to adopt, maintain, or improve a personal health practice. HE.6.PHC.3.6 Determine strategies and skills needed to attain a personal health goal. HE.6.PHC.3.7 Monitor progress toward attaining a personal health goal. HE.6.PHC.3.8 Examine the likelihood of injury or illness if engaging in unhealthy/risky behaviors. HE.6.PHC.3.9 Explore healthy practices and behaviors that will maintain or improve personal health and reduce health risks. HE.6.PHC.4.1 Use valid and reliable information to request access to health products, services, or environments. HE.6.CH.1.1 Examine how appropriate health care can promote personal health. HE.6.CH.1.2 Investigate a variety of technologies to gather health information.	ELA.K12.EE.1.1 ELA.K12.EE.2.1 ELA.K12.EE.3.1 ELA.K12.EE.4.1 ELA.K12.EE.5.1 ELA.K12.EE.6.1

Lesson Plan/ Correlating Content	Benchmark of Focus-Code	Benchmark	Connecting Benchmarks	Integrated EEs within Student Materials and Teacher Guides
			HE.6.CH.3.1 Examine the validity of health information and determine the cost benefit of health products and services.	
Main Text: 23-24 Lesson 1.3-2 Setting and Achieving Goals 72 Building Your Skills: Mental Health Connection-Caring for Your Mouth, Eyes, and Ears 144 Building Your Skills: Digital Connections- Making Healthy Food Choices 168-171 Lesson 3.4-4 Setting and Reaching Your Goals 351 Lesson 6.2-3 Staying Safe on the Internet - third paragraph 370 Lesson 6.3 Review & Assessment 370 Develop Your Skills #3 **Companion text:** Lesson 9.1 Bullying and Cyberbullying 36 Reading ands Note taking Activity 37-38 9.1.1 What Is Violent Behaviore? 37-38 Figure 9.11 Risk Factor's for Violent Behavior 38-41 Lesson 9.1-2 Bullying and Cyberbullying 39 Figure 91.2 Forms of Bullying 39 Figure 91.3 Why Does Bullying Happen?	HE.6.PHC.3.5	Develop an individual goal to adopt, maintain, or improve a personal health practice. ***Clarification 1:*** Instruction includes physical activity, eating habits, and personal hygiene. ***Clarification 2:*** Instruction includes safety habits, internet use/safety, and bullying-prevention strategies.	HE.6.PHC.3.1 Distinguish between the need for individual or collaborative decision making. HE.6.PHC.3.2 Specify the potential outcomes of each option when making a personal health-related decision. HE.6.PHC.3.3 Predict the potential outcomes of a health-related decision. HE.6.PHC.3.4 Use various methods to measure personal health status. HE.6.PHC.3.6 Determine strategies and skills needed to attain a personal health goal. HE.6.PHC.3.7 Monitor progress toward attaining a personal health goal. HE.6.PHC.3.8 Examine the likelihood of injury or illness if engaging in unhealthy/risky behaviors. HE.6.PHC.3.9 Explore healthy practices and behaviors that will maintain or improve personal health and reduce health risks. HE.6.PHC.1.1 Describe how the physical, mental social, and intellectual dimensions of health are interrelated. HE.6.PHC.2.2 Identify environmental factors that affect personal health. HE.6.PHC.2.8 Describe legal and ethical behaviors when using the internet and social media.	ELA.K12.EE.1.1 ELA.K12.EE.2.1 ELA.K12.EE.3.1 ELA.K12.EE.4.1 ELA.K12.EE.5.1 ELA.K12.EE.6.1

Lesson Plan/ Correlating Content	Benchmark of Focus-Code	Benchmark	Connecting Benchmarks	Integrated EEs within Student Materials and Teacher Guides
40 Build Your Skills - Digital Connections - Practice You- Skills - Health - Enhancing Behaviors 41 Figure 9.14 What is Cyberbullying? 41 9.1-2 Reading Checkpoint # 1 - 2 42 9.1.3 Consequences of and Bullying and Cyberbullying? 42 Figure 9.1.5. Signs of Bullying or Cyberbullying 43 Infograph- How to Spot Cyberbullying 44-45 9.1-4 Strategies for Responding to Bullying or Cyberbullying 43 Figure 9.1.6 Ways to Be an Upstander 46-47 9.1-5 Bullying and Cyberbullying Prevention 46 Figure 9.1.7 Build Your Confidence 47 Figure 91.8 Think Betare Yav Post 48 Critical Thinking #1-3 48 Develop Your skills #1-3 48 Differentiation			HE.6.PHC.4.1 Use valid and reliable information to request access to health products, services, or environments. HE.6.CH.3.1 Examine the validity of health information and determine the cost benefit of health products and services.	
Main Text: 23-24 Lesson 1.3-2 Setting and Achieving Goals 144 Building Your Skills: Digital Connections- Making Healthy Food Choices 167-171 Figure 3.4.2; Types of Fitness Apps 175 Develop Your Skills, #1	HE.6.PHC.3.6	Determine strategies and skills needed to attain a personal health goal. ***Clarification 1:*** Instruction includes journaling, daily checklists, identify peer supports, injury-prevention measures, and use of health-related apps.	HE.6.PHC.3.1 Distinguish between the need for individual or collaborative decision making. HE.6.PHC.3.2 Specify the potential outcomes of each option when making a personal health-related decision. HE.6.PHC.3.3 Predict the potential outcomes of a health-related decision. HE.6.PHC.3.4 Use various methods to measure personal health status.	ELA.K12.EE.1.1 ELA.K12.EE.2.1 ELA.K12.EE.3.1 ELA.K12.EE.4.1 ELA.K12.EE.5.1 ELA.K12.EE.6.1

Lesson Plan/ Correlating Content	Benchmark of Focus-Code	Benchmark	Connecting Benchmarks	Integrated EEs within Student Materials and Teacher Guides
213 Lesson 4.3-4 Strategies for Coping with Stress- Express Your Feelings 219 Develop Your Skills, #1, 3 219 Differentiation 370 Lesson 6.3 Review & Assessment: 370 Develop Your Skills #3			HE.6.PHC.3.5 Develop an individual goal to adopt, maintain, or improve a personal health practice. HE.6.PHC.3.7 Monitor progress toward attaining a personal health goal. HE.6.PHC.3.8 Examine the likelihood of injury or illness if engaging in unhealthy/risky behaviors. HE.6.PHC.3.9 Explore healthy practices and behaviors that will maintain or improve personal health and reduce health risks. HE.6.PHC.4.1 Use valid and reliable information to request access to health products, services, or environments. HE.6.PHC.2.2 Identify environmental factors that affect personal health. HE.6.CH.3.1 Examine the validity of health information and determine the cost benefit of health products and services.	
Main Text: 23-24 Lesson 1.3-2 Setting and Achieving Goals 24 Figure 1.3.2 Reading Checkpoint #1-2 34 Critical Thinking #3 34 Develop Your Skills, #1-3 34 Differentiation 144 Building Your Skills: Digital Connections- Making Healthy Food Choices	HE.6.PHC.3.7	Monitor progress toward attaining a personal health goal. ***Clarification 1:*** Instruction includes use of checklists, logs, pedometers, websites, and health monitoring apps.	HE.6.PHC.3.1 Distinguish between the need for individual or collaborative decision making. HE.6.PHC.3.2 Specify the potential outcomes of each option when making a personal health-related decision. HE.6.PHC.3.3 Predict the potential outcomes of a health-related decision. HE.6.PHC.3.4 Use various methods to measure personal health status. HE.6.PHC.3.5 Develop an individual goal to adopt, maintain, or improve a personal health practice.	ELA.K12.EE.1.1 ELA.K12.EE.2.1 ELA.K12.EE.3.1 ELA.K12.EE.4.1 ELA.K12.EE.5.1 ELA.K12.EE.6.1

Lesson Plan/ Correlating Content	Benchmark of Focus-Code	Benchmark	Connecting Benchmarks	Integrated EEs within Student Materials and Teacher Guides
167-171 Figure 3.4.2; Types of Fitness Apps 169 Building Your Skills: Mental Health Connections: Be SMART, Stay Motivated 171 Leson 3.4-4 Setting and Reaching Your Goals- Record Your Progress 166 Technology 177 Be Respectful 213 Express Your Feelings 337 Lesson 6.1-4 Fire Prevention and Safety - last paragraph 338 Figure 6.1.6 Fire Safety Inspection Checklist 345 Develop Your Skills #1 345 Differentiation 414 Develop Your Skills, #1 414 Differentiation			HE.6.PHC.3.6 Determine strategies and skills needed to attain a personal health goal. HE.6.PHC.3.8 Examine the likelihood of injury or illness if engaging in unhealthy/risky behaviors. HE.6.PHC.3.9 Explore healthy practices and behaviors that will maintain or improve personal health and reduce health risks. HE.6.PHC.4.1 Use valid and reliable information to request access to health products, services, or environments. HE.6.PHC.2.2 Identify environmental factors that affect personal health. HE.6.CH.1.2 Investigate a variety of technologies to gather health information. HE.6.CH.3.1 Examine the validity of health information and determine the cost benefit of health products and services.	
Main Text: 32 Practice Your Skills, #1-6 32 Differentiation 140-142 Lesson 3.2-3 Malnutrition 153-154 Lesson 3.3-1 paragraph starting “Getting physical activity promotes…” 154 Figure 3.3.1 Moderate Physical Activity Reduces Risk Factors for... 285-288 Lesson 5.3-2 Health Effects of Tobacco Use	HE.6.PHC.3.8	Examine the likelihood of injury or illness if engaging in unhealthy/risky behaviors. ***Clarification 1:*** Instruction includes disease related to poor nutrition and inactivity. ***Clarification 2:*** Instruction includes cancer and chronic lung disease related to tobacco use. ***Clarification 3:*** Instruction includes injuries caused from failure to follow safety guidelines.	HE.6.PHC.3.1 Distinguish between the need for individual or collaborative decision making. HE.6.PHC.3.2 Specify the potential outcomes of each option when making a personal health-related decision. HE.6.PHC.3.3 Predict the potential outcomes of a health-related decision. HE.6.PHC.3.4 Use various methods to measure personal health status. HE.6.PHC.3.5 Develop an individual goal to adopt, maintain, or improve a personal health practice.	ELA.K12.EE.1.1 ELA.K12.EE.2.1 ELA.K12.EE.3.1 ELA.K12.EE.4.1 ELA.K12.EE.5.1 ELA.K12.EE.6.1

Lesson Plan/ Correlating Content	Benchmark of Focus-Code	Benchmark	Connecting Benchmarks	Integrated EEs within Student Materials and Teacher Guides
333-336 Lesson 6.1 Fall Prevention; Poisoning Prevention; Weapons Safety 354-357 Lesson 6.2-4 Staying Safe on the Road; Lesson 6.2-5 Staying Safe in the Water 358 Lesson 6.2 Review & Assessment 358 Develop Your Skills #3			HE.6.PHC.3.6 Determine strategies and skills needed to attain a personal health goal. HE.6.PHC.3.7 Monitor progress toward attaining a personal health goal. HE.6.PHC.3.9 Explore healthy practices and behaviors that will maintain or improve personal health and reduce health risks. HE.6.PHC.1.3 Examine the importance of assuming responsibility for personal reproductive health behaviors. HE.6.PHC.1.4 Describe situations when professional health services may be required. HE.6.PHC.2.4 Examine how family and culture influence the health of adolescents. HE.6.PHC.2.5 Recognize how personal health choices can affect hereditary risk factors. HE.6.PHC.2.6 Determine how social norms may impact healthy and unhealthy behavior. HE.6.PHC.4.1 Use valid and reliable information to request access to health products, services, or environments. HE.6.CEH.2.2 Investigate changes to societal norms and how they influence health beliefs and behaviors.	

Lesson Plan/ Correlating Content	Benchmark of Focus-Code	Benchmark	Connecting Benchmarks	Integrated EEs within Student Materials and Teacher Guides
Main Text: 17 Building Your Skills: Digital Connections- The Power of Social Media to Inspire 54-65 Lesson 2.1 Caring for Your Skin, Hair, and Nails 67-77 Lesson 2.2 Keeping Your Mouth, Eyes, and Ears Healthy 84-90 Lesson 2.3-4 Strategies for Getting Enough Sleep 122 Develop Your Skills, #3 122 Differentiation 165 Lesson 3.4-1 Getting Enough Physical Activity 167-174 Lesson 3.4-3 Checking Your Fitness Level; Lesson 3.4-4 Setting and Reaching Your Goals; Lesson 3.4-5 Designing Your Workouts 319-324 Lesson 5.6-1 Preventing Substance Use, Misuse, and Abuse 350-353 Lesson 6.2-3 Staying Safe on the Internet 397-402 lesson 7.1-4 Ways to Communicate Effectively; Lesson 7.1-5 Conflict Resolution Skills 403 Lesson 7.1 Review & Assessment 403 Develop Your Skills #1	HE.6.PHC.3.9	Explore healthy practices and behaviors that will maintain or improve personal health and reduce health risks. ***Clarification 1:*** Instruction includes internal influences, such as hygiene, sleep, and fitness. ***Clarification 2:*** Instruction includes external influences, such as healthy relationship skills, influences of advertising, social media, and internet safety. ***Clarification 3:*** Instruction includes abstaining from risky behaviors.	HE.6.PHC.3.1 Distinguish between the need for individual or collaborative decision making. HE.6.PHC.3.2 Specify the potential outcomes of each option when making a personal health-related decision. HE.6.PHC.3.3 Predict the potential outcomes of a health-related decision. HE.6.PHC.3.4 Use various methods to measure personal health status. HE.6.PHC.3.5 Develop an individual goal to adopt, maintain, or improve a personal health practice. HE.6.PHC.3.6 Determine strategies and skills needed to attain a personal health goal. HE.6.PHC.3.7 Monitor progress toward attaining a personal health goal. HE.6.PHC.3.8 Examine the likelihood of injury or illness if engaging in unhealthy/risky behaviors. HE.6.PHC.1.3 Examine the importance of assuming responsibility for personal reproductive health behaviors. HE.6.PHC.1.4 Describe situations when professional health services may be required. HE.6.PHC.2.3 Examine how friends and peers influence the health of adolescents. HE.6.PHC.2.4 Examine how family and culture influence the health of adolescents.	ELA.K12.EE.1.1 ELA.K12.EE.2.1 ELA.K12.EE.3.1 ELA.K12.EE.4.1 ELA.K12.EE.5.1 ELA.K12.EE.6.1

Lesson Plan/ Correlating Content	Benchmark of Focus-Code	Benchmark	Connecting Benchmarks	Integrated EEs within Student Materials and Teacher Guides
			HE.6.PHC.2.5 Recognize how personal health choices can affect hereditary risk factors. HE.6.PHC.4.1 Use valid and reliable information to request access to health products, services, or environments. HE.6.CEH.2.1 Identify the impact of health information conveyed to students by the school and community. HE.6.CEH.2.2 Investigate changes to societal norms and how they influence health beliefs and behaviors. HE.6.CEH.4.1 Describe how the community can influence and support others to make positive health choices. HE.6.CH.2.1 Illustrate ways health messages and communication techniques can be targeted for different audiences through internet and social media sources. HE.6.CH.3.1 Examine the validity of health information and determine the cost benefit of health products and services.	

Lesson Plan/ Correlating Content	Benchmark of Focus-Code	Benchmark	Connecting Benchmarks	Integrated EEs within Student Materials and Teacher Guides
Main Text: 27-33 Lesson 1.3-5 Accessing and Evaluating Health Information and Services 166 Lesson 3.4-2 Factors That Influence Physical Activity- paragraph starting "Many communities have…" 218 Lesson 4.3-3 Strategies for Coping with Stress - third paragraph 237 Develop Your Skills, #2 237 Differentiation 253 Figure 4.7.4 Suicide Prevention Resources 354-355 Lesson 6.2-4 Staying Safe on the Road- second bullet 358 Lesson 6.2 Review & Assessment 358 Develop Your Skills #2 381 Building Your Skills: Community Connections - Advocating for the Environment	HE.6.PHC.4.1	Use valid and reliable information to request access to health products, services, or environments. ***Clarification 1:*** Instruction includes requesting sidewalks and accessing recreational areas.	HE.6.PHC.1.1 Describe how the physical, mental social, and intellectual dimensions of health are interrelated. HE.6.PHC.3.3 Predict the potential outcomes of a health-related decision. HE.6.PHC.3.9 Explore healthy practices and behaviors that will maintain or improve personal health and reduce health risks. HE.6.CEH.2.1 Identify the impact of health information conveyed to students by the school and community. HE.6.CEH.2.2 Investigate changes to societal norms and how they influence health beliefs and behaviors. HE.6.CEH.3.2 Specify the potential outcomes of each option when making a community health-related decision. HE.6.CEH.4.2 State a health-enhancing position on a topic and support it with accurate information. HE.6.CH.2.1 Illustrate ways health messages and communication techniques can be targeted for different audiences through internet and social media sources. HE.6.CH.3.1 Examine the validity of health information and determine the cost benefit of health products and services.	ELA.K12.EE.1.1 ELA.K12.EE.2.1 ELA.K12.EE.3.1 ELA.K12.EE.4.1 ELA.K12.EE.5.1 ELA.K12.EE.6.1

Lesson Plan/ Correlating Content	Benchmark of Focus-Code	Benchmark	Connecting Benchmarks	Integrated EEs within Student Materials and Teacher Guides
Main Text: 204-206 Lesson 4.2-3 Having Emotional Intelligence - Have Empathy 205 Building Your Skills, #1-3 206 4.2-3 Reading Checkpoint, #1-2 207 Lesson 4.2 Review & Assessment 207 Develop Your Skills #1-3 397-399 Lesson 7.1-4 Ways to Communicate Effectively 401 Lesson 7.1-5 Conflict Resolution Skills Negotiation #4 403 Lesson 7.1 Review & Assessment 403 Develop Your Skills #1	HE.68.R.1.1	Demonstrate the ability to respond with empathy in a variety of contexts and situations. ***Clarification 1:*** Instruction includes identifying others' feelings, perspectives, circumstances, experiences, and active listening.	HE.68.R.1.2 Describe the importance of empathy, kindness, honesty and trust in building and sustaining relationships. HE.68.R.1.3 Identify sources of relational conflicts and healthy approaches to conflict resolutions. HE.6.PHC.1.4 Describe situations when professional health services may be required. HE.6.PHC.2.5 Recognize how personal health choices can affect hereditary risk factors.	ELA.K12.EE.1.1 ELA.K12.EE.2.1 ELA.K12.EE.3.1 ELA.K12.EE.4.1 ELA.K12.EE.5.1 ELA.K12.EE.6.1
Main Text: 22 Lesson 1.3-1 -Making Healthy Decisions 26 Lesson 1.3-4 Resolving Conflicts - second paragraph; Figure 1.3.4 Conflict Resolution Skills 204-206 Lesson 4.2-3 Having Emotional Intelligence - Have Empathy 400-401 Lesson 7.1-5 Conflict Resolution Skills Negotiation #1-4 401 Figure 7.1.10 Negotiation Process 400 Negotiation 403 Develop Your Skills, #1, 2 403 Differentiation 414 Lesson 7.2 Review & Assessment	HE.68.R.2.2	Demonstrate responsible decision-making that considers multiple perspective.	HE.68.R.2.1 Discuss how character is shaped by attitudes, decisions and actions. HE.68.R.2.3 Describe the importance of following school and community laws and rules. HE.68.R.2.4 Monitor progress toward attaining a personal goal. HE.68.R.2.5 Explain strategies and skills needed to assess progress and maintenance of a challenging personal goal. HE.68.R.2.6 Describe how personal goals can vary with changing abilities, priorities, and responsibilities. HE.68.R.2.7 Identify how continuous learning leads to personal growth. HE.68.R.2.8 Identify strategies to manage challenges and setbacks.	ELA.K12.EE.1.1 ELA.K12.EE.2.1 ELA.K12.EE.3.1 ELA.K12.EE.4.1 ELA.K12.EE.5.1 ELA.K12.EE.6.1

Lesson Plan/ Correlating Content	Benchmark of Focus-Code	Benchmark	Connecting Benchmarks	Integrated EEs within Student Materials and Teacher Guides
414 Develop Your Skills #2			HE.68.R.2.9 Identify healthy responses to negative peer pressure. HE.68.R.1.1 Demonstrate the ability to respond with empathy in a variety of contexts and situations. HE.6.CEH.3.2 Specify the potential outcomes of each option when making a community health-related decision. HE.6.CH.3.1 Examine the validity of health information and determine the cost benefit of health products and services. HE.6.PHC.3.1 Distinguish between the need for individual or collaborative decision making. HE.6.PHC.4.1 Use valid and reliable information to request access to health products, services, or environments.	
Main Text: 26 Lesson 1.3-4 Resolving Conflicts 191 Lesson 4.13 Exploring Your Self-Image and Self-Esteem - second paragraph 196 Lesson 7.1 Review & Assessment 196 Develop Your Skills #2 213-218 Lesson 4.3-4 Strategies for Coping with Stress 218 Reading Checkpoint, 1 219 Lesson 4.3 Review & Assessment 219 Critical Thinking #1-3 Develop Your Skills #1-3	HE.68.R.4.2	Develop and apply conflict resolution skills in a variety of situations. ***Clarification 1:*** Instruction includes coping, grit, and new learning opportunities.	HE.68.R.4.1 Analyze possible solutions to a problem to determine the best outcome for oneself and others. HE.68.R.4.3 Analyze ways to pursue common goals as a part of a team or group. HE.68.R.4.4 Identify the importance of perseverance when facing difficulty solving a problem. HE.68.R.1.1 Demonstrate the ability to respond with empathy in a variety of contexts and situations.	ELA.K12.EE.1.1 ELA.K12.EE.2.1 ELA.K12.EE.3.1 ELA.K12.EE.4.1 ELA.K12.EE.5.1 ELA.K12.EE.6.1

Lesson Plan/ Correlating Content	Benchmark of Focus-Code	Benchmark	Connecting Benchmarks	Integrated EEs within Student Materials and Teacher Guides
399-402 Lesson 7.1-5 Conflict Resolution Skills			HE.6.PHC.1.4 Describe situations when professional health services may be required. HE.6.PHC.2.2 Identify environmental factors that affect personal health. HE.6.PHC.2.6 Determine how social norms may impact healthy and unhealthy behavior. HE.6.PHC.3.3 Predict the potential outcomes of a health-related decision. HE.6.PHC.3.9 Explore healthy practices and behaviors that will maintain or improve personal health and reduce health risks. HE.6.PHC.4.1 Use valid and reliable information to request access to health products, services, or environments.	
Main Text: 268 Lesson 5.1 Review & Assessment 268 Develop Your Skills #1 285-288 Lesson 5.3-2 Health Effects of Tobacco Use 290 Lesson 5.3-3 Mental, Social, and Legal Consequences 291 Building Your Skills: Community Connections- Resisting Peer Pressure 291 Practice Your Skills 292-293 Lesson 5.3-4Health Effects on Others	HE.68.SUA.4.1	Demonstrate refusal and communication skills in specific scenarios related to underage drinking and illicit drug use. ***Clarification 1:*** Instruction includes not riding in a motor vehicle with a driver who is intoxicated or impaired, peer pressure to vape/smoke or drink prior to the legal age, impact of substance use on academic performance, health risks of substance use.	HE.68.SUA.4.2 Predict the potential short- and long-term impacts on self and others when responding to pressure to use alcohol and/or other drugs. HE.6.CEH.2.1 Identify the impact of health information conveyed to students by the school and community. HE.6.CH.2.1 Illustrate ways health messages and communication techniques can be targeted for different audiences through internet and social media sources. HE.6.PHC.3.2 Specify the potential outcomes of each option when making a personal health-related decision.	ELA.K12.EE.1.1 ELA.K12.EE.2.1 ELA.K12.EE.3.1 ELA.K12.EE.4.1 ELA.K12.EE.5.1 ELA.K12.EE.6.1

Lesson Plan/ Correlating Content	Benchmark of Focus-Code	Benchmark	Connecting Benchmarks	Integrated EEs within Student Materials and Teacher Guides
294 Lesson5.3 Review & Assessment 294 Develop Your Skills #1, 3 294 Differentiation 298-300 Lesson 5.4-2 Health Effects of Alcohol Use 301 Case Study: Kara's Babysitting Conundrum 302, 303 Lesson 5.4-3 Consequences of Alcohol Use 305 Lesson 5.4 Review & Assessment 305 Develop Your Skills #1 320 Building Your Skills: Community Connections -Addiction Prevention 330 Lesson 5.6 Review & Assessment 330 Develop Your Skills #1-2			HE.6.PHC.3.9 Explore healthy practices and behaviors that will maintain or improve personal health and reduce health risks. HE.6.PHC.4.1 Use valid and reliable information to request access to health products, services, or environments.	

Lesson Plan/ Correlating Content	Benchmark of Focus-Code	Benchmark	Connecting Benchmarks	Integrated ELDs within Student Materials and Teacher Guides
Main text: 20 Develop Your Skills, #3 20 Differentiation 91 Critical Thinking, #1 319 Lesson 5.6-Introduction-second paragraph 319 Preventing Substance Use, Misuse, and Abuse 323-324 Government Approaches 323-324 Figure 5.6.4 What the Government Is Doing to Prevent Substance Use 360 Lesson 6.3 Knowing Basic First Aid-Introduction-first paragraph 370 Lesson 6.3 Critical Thinking, #1	HE.6.CEH.2.1	Identify the impact of health information conveyed to students by the school and community. ***Clarification 1:*** Instruction includes first-aid education and safety education in school and how it benefits students. ***Clarification 2:*** Instruction includes the impact of substance use prevention programs.	HE.6.CEH.2.2 Investigate changes to societal norms and how they influence health beliefs and behaviors. HE.6.CEH.2.3 Examine how media/social media influences peer and community health behaviors. HE.6.CEH.2.4 Propose ways that technology can influence peer and community health behaviors. HE.6.CH.1.2 Investigate a variety of technologies to gather health information. HE.6.CH.2.1 Illustrate ways health messages and communication techniques can be targeted for different audiences through internet and social media sources. HE.6.CH.3.1 Examine the validity of health information and determine the cost benefit of health products and services. HE.6.PHC.1.4 Describe situations when professional health services may be required. HE.6.PHC.3.4 Use various methods to measure personal health status.	ELD.K12.ELL.SI.1
Main Text: 20 Lesson 1.2 Review & Assessment 20 Critical Thinking #1-2 20 Develop Your Skills, #2-3 20 Differentiation 25 1.3-3 Using Refusal Skills- second paragraph	HE.6.CEH.2.2	Investigate changes to societal norms and how they influence health beliefs and behaviors. ***Example:*** Location sharing, creation of designated smoking areas, increased access to community-based activities.	HE.6.CEH.2.1 Identify the impact of health information conveyed to students by the school and community. HE.6.CEH.2.3 Examine how media/social media influences peer and community health behaviors. HE.6.CEH.2.4 Propose ways that technology can influence peer and community health behaviors.	ELD.K12.ELL.SI.1

Lesson Plan/ Correlating Content	Benchmark of Focus-Code	Benchmark	Connecting Benchmarks	Integrated ELDs within Student Materials and Teacher Guides
264 5.1-2 Factors Affecting Substance Use & Addition-Family, second paragraph 265 5.1-2 Factors Affecting Substance Use & Addition- Peer Pressure, third paragraph **Companion Text** 22 Dealing with Sexual Pressure 22 Using Refusal Skills 22 Figure 8.2.7 Words for Resisting Sexual Pressure			HE.6.CH.2.1 Illustrate ways health messages and communication techniques can be targeted for different audiences through internet and social media sources. HE.6.PHC.2.1 Analyze how media/social media influences personal and peer thoughts, feelings, and health behaviors. HE.6.PHC.2.3 Examine how friends and peers influence the health of adolescents.	
Main Text: 17 Building Your Skills: The Power of Social Media to Inspire 20 Develop Your Skills, #3 20 Differentiation 58 Building Your Skills: Health in the Media 91 Lesson 2.3 Review & Assessment 91 Critical Thinking, #1 91 Develop Your Skills, #2 141 Lesson 3.2-3 Malnutrition, first full paragraph 144 Building Your Skills: Making Healthy Food Choices 165-167 Lesson 3.4-1 Getting Enough Physical Activity; Factors That Influence Physical Activity 175 Lesson 3.4 Review & Assessment: 175 Critical Thinking #2	HE.6.CEH.2.4	Propose ways that technology can influence peer and community health behaviors. ***Clarification 1:*** Instruction includes how internet and social media apps influence nutrition and physical activity.	HE.6.CEH.2.1 Identify the impact of health information conveyed to students by the school and community. HE.6.CEH.2.2 Investigate changes to societal norms and how they influence health beliefs and behaviors. HE.6.CEH.2.3 Examine how media/social media influences peer and community health behaviors. HE.6.CH.1.2 Investigate a variety of technologies to gather health information. HE.6.CH.2.1 Illustrate ways health messages and communication techniques can be targeted for different audiences through internet and social media sources. HE.6.PHC.1.3 Examine the importance of assuming responsibility for personal reproductive health behaviors. HE.6.PHC.2.1 Analyze how media/social media influences personal and peer thoughts, feelings, and health behaviors. HE.6.PHC.2.2	ELD.K12.ELL.SI.1

Lesson Plan/ Correlating Content	Benchmark of Focus-Code	Benchmark	Connecting Benchmarks	Integrated ELDs within Student Materials and Teacher Guides
265-267 Lesson 5.1-2 Factors Affecting Substance Use and Addition- Media Messages 350 Case Study: Brianna's Social Media Challenge 420 Building Your Skills: Making Friends Online			Identify environmental factors that affect personal health. HE.6.PHC.4.1 Use valid and reliable information to request access to health products, services, or environments.	
Main Text: 22-23 Making Healthy Decisions 143-147 Skills for Following a Healthy Eating Pattern 150 Case Study: Theo's Taste in Food 150 3.2–4 Reading Checkpoint 151 Critical Thinking 151 Develop Your Skills, #1,3 151 Differentiation 247 Lesson 4.6 Review & Assessment 247 Develop Your Skills #2 268 Lesson 5.1 Review & Assessment 268 Develop Your Skills #1 267 Building Your Skills: Mental Health Connections- Making Healthy Decisions 301 Case Studt: Kara's Babysitting Conundrum 353 Thinking Before You Post 358 Develop Your Skills, #1	HE.6.CEH.3.1	Choose healthy alternatives over unhealthy alternatives when making a decision. ***Example:*** Saying no to drugs, eating a balanced diet over fast food, exercising daily ***Clarification 1:*** Instruction includes practicing responsible behavior such as treating others with respect.	HE.6.CEH.3.2 Specify the potential outcomes of each option when making a community health-related decision. HE.6.CEH.4.1 Describe how the community can influence and support others to make positive health choices. HE.6.PHC.2.3 Examine how friends and peers influence the health of adolescents. HE.6.PHC.3.2 Specify the potential outcomes of each option when making a personal health-related decision. HE.68.SUA.4.1 Demonstrate refusal and communication skills in specific scenarios related to underage drinking and illicit drug use.	ELD.K12.ELL.SI.1

Lesson Plan/ Correlating Content	Benchmark of Focus-Code	Benchmark	Connecting Benchmarks	Integrated ELDs within Student Materials and Teacher Guides
Main Text: 66 Lesson 2.1 Review & Assessment: 66 Develop Your Skills #2 106 Lesson 2.4 Review & Assessment 106 Critical Thinking, #1-3 106 Develop Your Skills #3 106 Differentiation 207 Lesson 4.2 Review & Assessment 207 Develop Your Skills #3 241 Case Study: Asher's Quest to Win 305 Lesson 5.4 Review & Assessment 305 Develop Your Skills #3 358 Lesson 6.2 Review & Assessment 358 Develop Your Skills #2 370 Lesson 6.3 Review & Assessment 370 Develop Your Skills #2 381 Building Your Skills: Community Connections-Advocating for the Environment	HE.6.CEH.4.1	Describe how the community can influence and support others to make positive health choices. ***Example:*** Bike trails, recreational areas, health-related community events.	HE.6.CEH.4.2 State a health-enhancing position on a topic and support it with accurate information. HE.6.CH.1.1 Examine how appropriate health care can promote personal health. HE.6.CH.2.1 Illustrate ways health messages and communication techniques can be targeted for different audiences through internet and social media sources. HE.6.PHC.2.1 Analyze how media/social media influences personal and peer thoughts, feelings, and health behaviors. HE.6.PHC.2.2 Identify environmental factors that affect personal health. HE.6.PHC.2.3 Examine how friends and peers influence the health of adolescents. HE.6.PHC.3.9 Explore healthy practices and behaviors that will maintain or improve personal health and reduce health risks.	ELD.K12.ELL.SI.1
Main Text: 66 Lesson 2.1 Review & Assessment 66 Develop Your Skills #2 106 Lesson 2.4 Review & Assessment 106 Develop Your Skills #3 122 Lesson 2.5 Review & Assessment 122 Develop Your Skills #2 175 Lesson 3.4 Review & Assessment 175 Develop Your Skills #2 196 Lesson 4.1 Review & Assessment	HE.6.CEH.4.2	State a health-enhancing position on a topic and support it with accurate information. ***Example:*** Health-enhancing positions may include tobacco and vaping laws, zero-tolerance policies, and bullying rules.	HE.6.CEH.4.1 Describe how the community can influence and support others to make positive health choices. HE.6.PHC.1.1 Describe how the physical, mental social, and intellectual dimensions of health are interrelated. HE.6.PHC.1.3 Examine the importance of assuming responsibility for personal reproductive health behaviors. HE.6.PHC.2.2 Identify environmental factors that affect personal health HE.6.PHC.3.3	ELD.K12.ELL.SI.1

Lesson Plan/ Correlating Content	Benchmark of Focus-Code	Benchmark	Connecting Benchmarks	Integrated ELDs within Student Materials and Teacher Guides
196 Develop Your Skills #3 256 Lesson 4.7 Review & Assessment 256 Develop Your Skills #2 258 Develop Your Skills, #2 280 Advocating for an Opioid-Free Life 281 Develop Your Skills, #3 294 Lesson 5.3 Review & Assessment 294 Develop Your Skills #1 345 Lesson 6.1 Review & Assessment 345 Develop Your Skills #3 **Companion text:** 56 Case Study: Aarav and Rajesh: Boys Will Be Boys 69 Develop Your Skills, #2			Predict the potential outcomes of a health-related decision. HE.6.CH.1.2 Investigate a variety of technologies to gather health information. HE.6.CH.3.1 Examine the validity of health information and determine the cost benefit of health products and services.	
Main Text: 7-8 Lesson 1.1-2 How Healthcare Promotes Personal Health 10 Lesson 1.1 Review & Assessment 10 Critical Thinking #2 69 Lesson 2.2-1 Caring for Mouth and Teeth- second full paragraph 71 Lesson 2.2 Teeth Misalignment & Impacted Wisdom Teeth- second and fourth paragraphs 72 f Lesson 2.2 Teeth Misalignment & Impacted Wisdom Teeth- first paragraph 103-105 Lesson 2.4-4 Preventing Infectious Diseases- Vaccines	HE.6.CH.1.1	Examine how appropriate health care can promote personal health. ***Clarification 1:*** Instruction includes following recommended visits to health care providers, such as pediatrician and dentist.	HE.6.CH.1.2 Investigate a variety of technologies to gather health information. HE.6.CH.1.3 Identify available resources and services needed to attain a personal health goal. HE.6.PHC.1.3 Examine the importance of assuming responsibility for personal reproductive health behaviors. HE.6.PHC.2.7 Explain how body systems are impacted by hereditary factors and infectious diseases. HE.6.PHC.3.9 Explore healthy practices and behaviors that will maintain or improve personal health and reduce health risks. HE.6.CEH.4.1 Describe how the community can influence and support others to make positive health choices.	ELD.K12.ELL.SI.1

Lesson Plan/ Correlating Content	Benchmark of Focus-Code	Benchmark	Connecting Benchmarks	Integrated ELDs within Student Materials and Teacher Guides
103 Develop Your Skills 103 Case Study: Brian Fights off Infections 116-121 Lesson 2.5-4 Treating Noninfectious Diseases; Preventing Noninfectious Diseases				
Main Text: 58 Building Your Skills: Digital Connections- Health in the Media 84 Lesson 2.3-4 Strategies for Getting Enough Sleep- fourth paragraph 84 Figure 2.3.5 Apps and Devices to Improve Sleep 91 Develop Your Skills, #2-3 116 Lesson 2.5-4 paragraph following bullets 144 Lesson 3.2- 4 Think About Calories -last paragraph-BMI 166-167 Figure 3.4.2 Types of Fitness Apps 167 Figure 3.4.3 Taking Your Pulse 168 3.4–3 Reading Checkpoint #1-2 360-361 definition of *first aid*; Figure 6.3.2 Preparing for First Aid 223 Infograph - Managing Anxiety	HE.6.CH.1.2	Investigate a variety of technologies to gather health information. ***Clarification 1:*** Technologies include a thermometer, scale, blood pressure machine, and other health related tools. ***Clarification 2:*** Technologies may include television, internet, social media, and health-related apps.	HE.6.CH.1.1 Examine how appropriate health care can promote personal health. HE.6.CH.1.3 Identify available resources and services needed to attain a personal health goal. HE.6.CH.3.1 Examine the validity of health information and determine the cost benefit of health products and services. HE.6.CEH.2.4 Propose ways that technology can influence peer and community health behaviors. HE.6.PHC.2.1 Analyze how media/social media influences personal and peer thoughts, feelings, and health behaviors. HE.6.PHC.3.6 Determine strategies and skills needed to attain a personal health goal. HE.6.PHC.3.9 Explore healthy practices and behaviors that will maintain or improve personal health and reduce health risks.	ELD.K12.ELL.SI.1
Main Text: 29 Lesson 1.3-5 Accessing and Evaluating Health Information and Services - first and second paragraphs 240 Lesson 4.6-1 Factors Affecting Body Image- Media and Society	HE.6.CH.2.1	Illustrate ways health messages and communication techniques can be targeted for different audiences through internet and social media sources.	HE.6.CH.3.1 Examine the validity of health information and determine the cost benefit of health products and services. HE.6.CEH.2.4 Propose ways that technology can influence peer and community health behaviors.	ELD.K12.ELL.SI.1

Lesson Plan/ Correlating Content	Benchmark of Focus-Code	Benchmark	Connecting Benchmarks	Integrated ELDs within Student Materials and Teacher Guides
265 Lesson 5.1-2 Factors Affecting Substance Use and Addition- Media Messages, third paragraph 265 Figure 5.1.8 Types of Ads to Which Young People Are Exposed 268 Develop Your Skills, #2 268 Differentiation 322 Lesson 2.1 Review & Assessment 322 Think Critically 322 Figure 5.6.3 Analyzing Advertisements 330 Critical Thinking, #2		***Clarification 1:*** Instruction includes how social media platforms use algorithms to target specific audiences to promote products or services.	HE.6.CH.3.1 Examine the validity of health information and determine the cost benefit of health products and services. HE.6.PHC.2.1 Analyze how media/social media influences personal and peer thoughts, feelings, and health behaviors.	
Main Text: 27-30 Accessing and Evaluating Health Information and Services 30 Figure 1.3.8 Health and Safety Information 58 Building Your Skills: Digital Connections: Health in the Media 83 Case Study: Ava's Wake-Up Routine, 196 Develop Your Skills #1 106 Critical Thinking, #2-3 106 Develop Your Skills, #2 106 Differentiation 219 Develop Your Skills, #1 237 Develop Your Skills, #2 237 Differentiation 305 Lesson 5.4 Review & Assessment 305 Develop Your Skills #2 322 Think Critically	HE.6.CH.3.1	Examine the validity of health information and determine the cost benefit of health products and services. ***Clarification 1:*** Instruction includes determining criteria function, directions for use, competence of providers, and costs.	HE.6.CH.3.1 Examine the validity of health information and determine the cost benefit of health products and services. HE.6.CEH.3.2 Specify the potential outcomes of each option when making a community health-related decision. HE.6.CEH.2.2 Investigate changes to societal norms and how they influence health beliefs and behaviors. HE.68.R.2.2 Demonstrate responsible decision-making that considers multiple perspectives. HE.6.PHC.3.3 Predict the potential outcomes of a health-related decision. HE.6.PHC.4.1 Use valid and reliable information to request access to health products, services, or environments.	ELD.K12.ELL.SI.1

Lesson Plan/ Correlating Content	Benchmark of Focus-Code	Benchmark	Connecting Benchmarks	Integrated ELDs within Student Materials and Teacher Guides
370 Lesson 6.3 Review & Assessment 370 Develop Your Skills #2				
Main Text: 5-6 Lesson 1.1 How the Parts of Health Are Interrelated; infographic 10 Critical Thinking, #1 10 Differentiation 22-23 Lesson 1.3-1 Making Healthy Decisions, first paragraph 23 Figure 1.3.1 The Decision-Making Process 48 Develop Your Skills, #2 48 Differentiation 79-80 Lesson 2.3-1 The Importance of Sleep 125 Lesson 3.1 Introduction 151 Lesson 3.2 Review & Assessment 151 Critical Thinking #1 153-155 Lesson 3.3-1 The Benefits of Physical Activity 163 Lesson 3.3 Review and Assessment 163 Develop Your Skills #1 196 Lesson 4.1 Review and Assessment 196 Critical Thinking #2	HE.6.PHC.1.1	Describe how the physical, mental social, and intellectual dimensions of health are interrelated. ***Clarification 1:*** Instruction includes nutrition, sleep, physical stamina, and hunger. ***Clarification 2:*** Instruction includes mental alertness, interpersonal conflicts, mental stress, and solving problems.	HE.6.PHC.1.2 Identify personal health problems and concerns common to adolescents including reproductive development. HE.6.PHC.1.3 Examine the importance of assuming responsibility for personal reproductive health behaviors. HE.6.PHC.1.4 Describe situations when professional health services may be required. HE.6.PHC.2.2 Identify environmental factors that affect personal health. HE.6.PHC.2.4 Examine how family and culture influence the health of adolescents. HE.6.PHC.2.6 Determine how social norms may impact healthy and unhealthy behavior. HE.6.PHC.3.6 Determine strategies and skills needed to attain a personal health goal. HE.6.PHC.3.9 Explore healthy practices and behaviors that will maintain or improve personal health and reduce health risks. HE.6.CH.1.1 Examine how appropriate health care can promote personal health.	ELD.K12.ELL.SI.1

Lesson Plan/ Correlating Content	Benchmark of Focus-Code	Benchmark	Connecting Benchmarks	Integrated ELDs within Student Materials and Teacher Guides
210 Lesson 4.3-2 Types of Stress- sixth paragraph 215 Lesson 4.3-4 Strategies for Coping with Stress- Take Care of Yourself 217-218 Lesson 4.3-4 Strategies for Coping with Stress- Use Relaxation Techniques 300 Lesson 5.4-2 Health Effects of Alcohol Use - third paragraph 302 Lesson 5.4-3 Health Effects of Alcohol Use - Consequences of Alcohol Use 390 Lesson 7.1-1 The Importance of Relationships -first and second paragraphs 399 Lesson 7.1-5 Conflict Resolution Skills, fourth paragraph				
Main Text: 57 Lesson 2.1-1 Acne 122 Develop Your Skills, #3 122 Differentiation 242-245 Lesson 4.6-2 Disordered Eating and Eating Disorders 248-255 Lesson 4.7 Preventing Suicide **Companion text:** 2-13 Changes During Puberty 13 Critical Thinking, #1-2 13 Develop Your Skills, #1-3 13 Differentiation	HE.6.PHC.1.2	Identify personal health problems and concerns common to adolescents including reproductive development. ***Clarification 1:*** Instruction includes acne, eating disorders, depression, suicidal ideations, and puberty.	HE.6.PHC.1.1 Describe how the physical, mental social, and intellectual dimensions of health are interrelated. HE.6.PHC.1.3 Examine the importance of assuming responsibility for personal reproductive health behaviors. HE.6.PHC.1.4 Describe situations when professional health services may be required. HE.6.PHC.2.3 Examine how friends and peers influence the health of adolescents. HE.6.PHC.2.4 Examine how family and culture influence the health of adolescents. HE.6.PHC.3.4 Use various methods to measure personal health status.	ELD.K12.ELL.SI.1

Lesson Plan/ Correlating Content	Benchmark of Focus-Code	Benchmark	Connecting Benchmarks	Integrated ELDs within Student Materials and Teacher Guides
			HE.6.PHC.3.9 Explore healthy practices and behaviors that will maintain or improve personal health and reduce health risks. HE.6.CEH.2.1 Identify the impact of health information conveyed to students by the school and community.	
Main Text: 7-8 Lesson 1.1-2 How Healthcare Promotes Personal Health 54-65 Lesson 2.1 Caring for Your Skin, Hair, and Nails 67-76 Lesson 2.2 Keeping Your Mouth, Eyes, and Ears Healthy 77 Lesson 2.2 Review and Assessment 77 Critical Thinking #2 116 Lesson 2.5-4 fourth paragraph 136 Lesson 3.2-1 fourth paragraph 165 Lesson 3.4 – Introduction- second paragraph 168-174 Lesson 3..4-4 Setting and Reaching Your Goals; Designing Your Workouts 291 Building Your Skills: Community Connections- Resisting Peer Pressure 389-392 Lesson 7.1-1 The Importance of Relationships; Healthy Versus Unhealthy Relationships 403 Lesson 7.1 Review & Assessment 403 Develop Your Skills #2 410-413 Lesson 7.2-3 Maintaining Healthy Relationships with Parents or	HE.6.PHC.1.3	Examine the importance of assuming responsibility for personal reproductive health behaviors. ***Clarification 1:*** Instruction includes hygiene, physical activity, nutrition, and medical/dental checkups. ***Clarification 2:*** Instruction includes resisting peer pressure and developing healthy relationships.	HE.6.PHC.1.1 Describe how the physical, mental social, and intellectual dimensions of health are interrelated. HE.6.PHC.1.2 Identify personal health problems and concerns common to adolescents including reproductive development. HE.6.PHC.1.4 Describe situations when professional health services may be required. HE.6.PHC.2.3 Examine how friends and peers influence the health of adolescents. HE.6.PHC.2.4 Examine how family and culture influence the health of adolescents HE.6.PHC.2.5 Recognize how personal health choices can affect hereditary risk factors. HE.6.PHC.3.4 Use various methods to measure personal health status. HE.6.PHC.3.7 Monitor progress toward attaining a personal health goal. HE.6.PHC.3.9 Explore healthy practices and behaviors that will maintain or improve personal health and reduce health risks. HE.6.PHC.4.1 Use valid and reliable information to request access to	ELD.K12.ELL.SI.1

Lesson Plan/ Correlating Content	Benchmark of Focus-Code	Benchmark	Connecting Benchmarks	Integrated ELDs within Student Materials and Teacher Guides
Guardians; Relationships with Siblings; Changes in Family Relationships 414 Lesson 7.2 Review & Assessment 414 Critical Thinking #2 419-421 Lesson 7.3-2 Strategies for Building Healthy Friendships 427 Lesson 7.3 Review & Assessment 427 Develop Your Skills #1-3 **Companion Text** 2-13 Lesson 8.1 Changes During Puberty 2-13 Lesson 8.1 Chances During Puberty 3 8.1.1 Physical Development 4-5 Differences in Puberty Development 4 Case Study- Akiko Zeals Left Behind: Practice 5 Male Puberty 5-8 Female Puberty 6 Infograph - Puberty What to Expect 8 Intellectual Development 9-10 Emotional and Social Development 10-12 Health Issues in Young People 10 Figure 8-1.4 Decision making Process 11 Building Your skills - Community Connect: Peer Pressure Throughout			health products, services, or environments. HE.6.CH.1.1 Examine how appropriate health care can promote personal health. HE.6.CH.3.1 Examine the validity of health information and determine the cost benefit of health products and services. HE.68.R.4.2 Develop and apply conflict resolution skills in a variety of situations.	

Lesson Plan/ Correlating Content	Benchmark of Focus-Code	Benchmark	Connecting Benchmarks	Integrated ELDs within Student Materials and Teacher Guides
the Life Span; Practice Your Skills- Make Decisions 13 Critical Thinking - #1, #2 13 Develop Your Skills - #1, #2, #3 13 Differentiation				
Main Text: 95-98 Lesson 2.4-2 Common Infectious Diseases, 103-105 Lesson 2.4-4 Preventing Infectious Diseases- Vaccines 106 Critical Thinking, #2 106 Differentiation 181-183 Lesson 3.5-4 Use Caution in Hot and Cold Weather; Treat Injuries 232 Practice Your Skills 232 4.5–1 Reading Checkpoint 248-255 Lesson 4.7 Preventing Suicide 259-262 Lesson 5.1 Introduction - paragraph with *substance use disorder* key term; Stages of Substance Use Disorders 362-369 Lesson 6.3 -Provide Treatment for Common Injuries; Respond to Medical Emergencies **Companion text:** 52-55 Lesson 9.2 Intimate Partner Violence; Child Abuse 59 Lesson 9.2-5 Get Help and Treatment	HE.6.PHC.1.4	Describe situations when professional health services may be required. ***Clarification 1:*** Instruction includes injuries, influenza, and depression. ***Clarification 2:*** Instruction includes substance use and abuse, child abuse, and domestic violence.	HE.6.PHC.1.1 Describe how the physical, mental social, and intellectual dimensions of health are interrelated. HE.6.PHC.1.2 Identify personal health problems and concerns common to adolescents including reproductive development. HE.6.PHC.1.3 Examine the importance of assuming responsibility for personal reproductive health behaviors. HE.6.PHC.3.1 Distinguish between the need for individual or collaborative decision making. HE.6.PHC.3.3 Predict the potential outcomes of a health-related decision. HE.6.PHC.3.9 Explore healthy practices and behaviors that will maintain or improve personal health and reduce health risks. HE.6.PHC.4.1 Use valid and reliable information to request access to health products, services, or environments. HE.6.CH.1.1 Examine how appropriate health care can promote personal health. HE.6.CEH.2.1 Identify the impact of health information conveyed to students by the school and community.	ELD.K12.ELL.SI.1

Lesson Plan/ Correlating Content	Benchmark of Focus-Code	Benchmark	Connecting Benchmarks	Integrated ELDs within Student Materials and Teacher Guides
Main Text: 17 Building Your Skills: Digital Connections- The Power of Social Media to Inspire 265 Lesson 5.1-2 Factors Affecting Substance Use and Addiction- Media Messages 322 Lesson 5.6 Think Critically 175 Lesson 3.4 Review & Assessment 175 Critical Thinking #2 239-240 Lesson 4.6 Social Environment; Media and Society 247 Lesson 4.6 Review & Assessment 247 Develop Your Skills #2 268 Develop Your Skills, #2 268 Differentiation 350 Case Study: Brianna's Social Media Challenge 417 Lesson 7.3-1 Types of Friendships - first and second full paragraphs	HE.6.PHC.2.1	Analyze how media/social media influences personal and peer thoughts, feelings, and health behaviors. ***Example:*** Social media dependence affecting friendships and body image influence. ***Clarification 1:*** Instruction includes marketing strategies to appeal to specific audiences. ***Clarification 2:*** Instruction includes misconception of "friends" online versus friendship in real life. ***Clarification 3:*** Instruction includes the awareness of artificial intelligence algorithms online.	HE.6.PHC.2.2 Identify environmental factors that affect personal health. HE.6.PHC.2.3 Examine how friends and peers influence the health of adolescents. HE.6.PHC.2.4 Examine how family and culture influence the health of adolescents. HE.6.PHC.2.5 Recognize how personal health choices can affect hereditary risk factors. HE.6.PHC.2.6 Determine how social norms may impact healthy and unhealthy behavior. HE.6.PHC.2.7 Explain how body systems are impacted by hereditary factors and infectious diseases. HE.6.PHC.2.8 Describe legal and ethical behaviors when using the internet and social media. HE.6.PHC.3.2 Specify the potential outcomes of each option when making a personal health-related decision. HE.6.PHC.3.8 Examine the likelihood of injury or illness if engaging in unhealthy/risky behaviors. HE.6.PHC.3.9 Explore healthy practices and behaviors that will maintain or improve personal health and reduce health risks. HE.6.CEH.4.1 Describe how the community can influence and support others to make positive health choices. HE.6.CH.1.2 Investigate a variety of technologies to gather health information.	ELD.K12.ELL.SI.1

Lesson Plan/ Correlating Content	Benchmark of Focus-Code	Benchmark	Connecting Benchmarks	Integrated ELDs within Student Materials and Teacher Guides
			HE.6.CH.2.1 Illustrate ways health messages and communication techniques can be targeted for different audiences through internet and social media sources.	
Main Text: 15-17 Lesson 1.2-3 Environmental Factors 106 Critical Thinking, #1-3 106 Develop Your Skills, 1, 2, 3 109 Lesson 2.5-2 Risk Factors for Noninfectious Diseases- third paragraph 147-148 Lesson 3.2 Practice Food Safety 191 Figure 4.1.5 Internal and External Factors Affecting Self-Esteem 209 Figure 4.3.1 Sources of Stress 249-251 Figure 4.7.1; Risk Factors of Suicide 292-293 Lesson 5.3-4 Health Effects on Others 354-356 Lesson 6.2-4 Staying Safe on the Road - Pedestrian Safety; Vehicle Safety 372-375 Lesson 6.4 Introduction; Air Pollution; Water Pollution	HE.6.PHC.2.2	Identify environmental factors that affect personal health. ***Clarification 1:*** Instruction includes contaminated food, air, and water quality. ***Clarification 2:*** Instruction includes availability of sidewalks and road hazards.	HE.6.PHC.2.1 Analyze how media/social media influences personal and peer thoughts, feelings, and health behaviors. HE.6.PHC.2.3 Examine how friends and peers influence the health of adolescents. HE.6.PHC.2.4 Examine how family and culture influence the health of adolescents. HE.6.PHC.2.5 Recognize how personal health choices can affect hereditary risk factors. HE.6.PHC.2.6 Determine how social norms may impact healthy and unhealthy behavior. HE.6.PHC.2.7 Explain how body systems are impacted by hereditary factors and infectious diseases. HE.6.PHC.2.8 Describe legal and ethical behaviors when using the internet and social media. HE.6.PHC.3.9 Explore healthy practices and behaviors that will maintain or improve personal health and reduce health risks. HE.6.PHC.4.1 Use valid and reliable information to request access to health products, services, or environments.	ELD.K12.ELL.SI.1

Lesson Plan/ Correlating Content	Benchmark of Focus-Code	Benchmark	Connecting Benchmarks	Integrated ELDs within Student Materials and Teacher Guides
Main Text: 16-17 Lesson 1.2 Environmental Factors - Social Environment 20 Lesson 1.2 Review & Assessment 20 Develop Your Skills #2-3 20 Differentiation 26 Lesson 1.3-4 Resolving Conflicts 190 Lesson 4.1-3 Factors That Affect Self-Esteem 209 Figure 4.3.1 Sources of Stress 239-240 4.6-1 Factors Affecting Body Image -Social Environment; Media and Society 250-251 Lesson 4.7 Environmental Risk Factors 264-267 Lesson 5.1-2 Factors Affecting Substance Use and Addition- Family; Peer Pressure; Media Messages 330 Critical Thinking, #2 330 Develop Your Skills, #1-3 330 Differentiation **Companion text:** 40 Building Your Skills: Digital Connections- Rumor Has It	HE.6.PHC.2.3	Examine how friends and peers influence the health of adolescents. ***Clarification 1:*** Instruction includes media, social media, and spreading rumors. ***Clarification 2:*** Instruction includes conflict resolution skills.	HE.6.PHC.2.1 Analyze how media/social media influences personal and peer thoughts, feelings, and health behaviors. HE.6.PHC.2.2 Identify environmental factors that affect personal health. HE.6.PHC.2.4 Examine how family and culture influence the health of adolescents. HE.6.PHC.2.5 Recognize how personal health choices can affect hereditary risk factors. HE.6.PHC.2.6 Determine how social norms may impact healthy and unhealthy behavior. HE.6.PHC.2.7 Explain how body systems are impacted by hereditary factors and infectious diseases. HE.6.PHC.2.8 Describe legal and ethical behaviors when using the internet and social media. HE.6.PHC.1.1 Describe how the physical, mental social, and intellectual dimensions of health are interrelated. HE.6.PHC.3.2 Specify the potential outcomes of each option when making a personal health-related decision HE.6.PHC.3.9 Explore healthy practices and behaviors that will maintain or improve personal health and reduce health risks. HE.6.PHC.4.1 Use valid and reliable information to request access to health products, services, or environments.	ELD.K12.ELL.SI.1

Lesson Plan/ Correlating Content	Benchmark of Focus-Code	Benchmark	Connecting Benchmarks	Integrated ELDs within Student Materials and Teacher Guides
			HE.6.CEH.2.1 Identify the impact of health information conveyed to students by the school and community. HE.6.CH.2.1 Illustrate ways health messages and communication techniques can be targeted for different audiences through internet and social media sources. HE.68.R.4.2 Develop and apply conflict resolution skills in a variety of situations.	
Main Text: 16 Lesson 1.2-3 Environmental Factors - Social Environment 18 1.2-4 Reading Checkpoint #2 147-148 Lesson 3.2 Understand Food Preferences; Figure 3.2.11 Factors That Influence Food Preferences 150 Practice Your Skills, #1-4 150 3.2–4 Reading Checkpoint, #2 166-167 Lesson 3.4-2 Factors That Influence Physical Activity-Social Factors; Community Resources and Income 390 Lesson 7.1-1 The Importance of Relationships - first three paragraphs 405-407 Lesson 7.2-1 Functions of Family Relationships 409-410 Lesson 7.2-Relationships with Parents or Guardians - paragraph starting “Parents or guardians often set rules…”; third and fourth bullets 414 Lesson 7.2 Review & Assessment 414 Develop Your Skills #1	HE.6.PHC.2.4	Examine how family and culture influence the health of adolescents. ***Clarification 1:*** Instruction includes family rules, family diet, and physical activity. ***Clarification 2:*** Instruction includes how family relationships impact behaviors.	HE.6.PHC.2.1 Analyze how media/social media influences personal and peer thoughts, feelings, and health behaviors. HE.6.PHC.2.2 Identify environmental factors that affect personal health. HE.6.PHC.2.3 Examine how friends and peers influence the health of adolescents. HE.6.PHC.2.5 Recognize how personal health choices can affect hereditary risk factors. HE.6.PHC.2.6 Determine how social norms may impact healthy and unhealthy behavior. HE.6.PHC.2.7 Explain how body systems are impacted by hereditary factors and infectious diseases. HE.6.PHC.2.8 Describe legal and ethical behaviors when using the internet and social media. HE.6.PHC.1.3 Examine the importance of assuming responsibility for personal reproductive health behaviors.	ELD.K12.ELL.SI.1

Lesson Plan/ Correlating Content	Benchmark of Focus-Code	Benchmark	Connecting Benchmarks	Integrated ELDs within Student Materials and Teacher Guides
			HE.6.PHC.3.1 Distinguish between the need for individual or collaborative decision making. HE.6.PHC.3.9 Explore healthy practices and behaviors that will maintain or improve personal health and reduce health risks. HE.6.PHC.4.1 Use valid and reliable information to request access to health products, services, or environments. HE.68.R.4.2 Develop and apply conflict resolution skills in a variety of situations.	
Main Text: 59 Lesson 2.1-1 Skin- Suntans, Sunburns, and Skin Cancer third and fourth paragraphs 109 Lesson 2.5-2 Risk Factors for Noninfectious Diseases - first paragraph 109 Figure 2.5.2 Role of Genes in Noninfectious Diseases 110-116 Lesson 2.5-3 Common Noninfectious Diseases 256 Develop Your Skills, #3 256 Differentiation	HE.6.PHC.2.7	Explain how body systems are impacted by hereditary factors and infectious diseases. ***Clarification 1:*** Instruction includes hereditary diseases, such as sickle cell disease, cancer, and heart disease. ***Clarification 2:*** Instruction includes how medical conditions, such as asthma, allergies, diabetes, and Cystic Fibrosis, are exacerbated by infectious diseases.	HE.6.PHC.2.1 Analyze how media/social media influences personal and peer thoughts, feelings, and health behaviors. HE.6.PHC.2.2 Identify environmental factors that affect personal health. HE.6.PHC.2.3 Examine how friends and peers influence the health of adolescents. HE.6.PHC.2.4 Examine how family and culture influence the health of adolescents. HE.6.PHC.2.5 Recognize how personal health choices can affect hereditary risk factors. HE.6.PHC.2.6 Determine how social norms may impact healthy and unhealthy behavior.	ELD.K12.ELL.SI.1

Lesson Plan/ Correlating Content	Benchmark of Focus-Code	Benchmark	Connecting Benchmarks	Integrated ELDs within Student Materials and Teacher Guides
			HE.6.PHC.2.8 Describe legal and ethical behaviors when using the internet and social media. HE.6.PHC.1.3 Examine the importance of assuming responsibility for personal reproductive health behaviors. HE.6.PHC.1.2 Identify personal health problems and concerns common to adolescents including reproductive development. HE.6.PHC.3.9 Explore healthy practices and behaviors that will maintain or improve personal health and reduce health risks. HE.6.PHC.4.1 Use valid and reliable information to request access to health products, services, or environments. HE.6.CH.1.1 Examine how appropriate health care can promote personal health. HE.6.CH.3.1 Examine the validity of health information and determine the cost benefit of health products and services.	
Main Text: 22 Lesson 1.3-1 Making Healthy Decisions- paragraph starting "You may want to seek…" 195 Lesson 4.1-4 Assessing Your Mental and Emotional Health -last paragraph 218 Lesson 4.3 -4 Strategies for Coping with Stress - second and third paragraphs	HE.6.PHC.3.1	Distinguish between the need for individual or collaborative decision making. ***Clarification 1:*** Instruction includes considering the severity of the situation and personal skills. ***Clarification 2:*** Instruction includes considering when someone is a danger to self or others.	HE.6.PHC.3.2 Specify the potential outcomes of each option when making a personal health-related decision. HE.6.PHC.3.3 Predict the potential outcomes of a health-related decision. HE.6.PHC.3.4 Use various methods to measure personal health status. HE.6.PHC.3.5 Develop an individual goal to adopt, maintain, or improve a personal health practice.	ELD.K12.ELL.SI.1

Lesson Plan/ Correlating Content	Benchmark of Focus-Code	Benchmark	Connecting Benchmarks	Integrated ELDs within Student Materials and Teacher Guides
252 Lesson 4.7-2 Take Steps to Help Prevent Suicide - paragraph starting "Take any mentions of…" 256 Lesson 4.7 Review & Assessment 256 Critical Thinking #1 267 Making Healthy Decisions 267 Differentiation			HE.6.PHC.3.6 Determine strategies and skills needed to attain a personal health goal. HE.6.PHC.3.7 Monitor progress toward attaining a personal health goal. HE.6.PHC.3.8 Examine the likelihood of injury or illness if engaging in unhealthy/risky behaviors. HE.6.PHC.3.9 Explore healthy practices and behaviors that will maintain or improve personal health and reduce health risks. HE.6.PHC.2.2 Identify environmental factors that affect personal health. HE.6.PHC.4.1 Use valid and reliable information to request access to health products, services, or environments. HE.6.CEH.2.1 Identify the impact of health information conveyed to students by the school and community. HE.68.R.4.2 Develop and apply conflict resolution skills in a variety of situations.	
Main Text: 22-23 Lesson 1.3-1 Making Healthy Decisions 151 Develop Your Skills, #3 184 Lesson 3.5 Review & Assessment 184 Develop Your Skills #1	HE.6.PHC.3.2	Specify the potential outcomes of each option when making a personal health-related decision. ***Clarification 1:*** Instruction includes physical, social, financial, and legal consequences. ***Clarification 2:*** Instruction includes emergency preparedness.	HE.6.PHC.3.1 Distinguish between the need for individual or collaborative decision making. HE.6.PHC.3.3 Predict the potential outcomes of a health-related decision. HE.6.PHC.3.4 Use various methods to measure personal health status.	ELD.K12.ELL.SI.1

Lesson Plan/ Correlating Content	Benchmark of Focus-Code	Benchmark	Connecting Benchmarks	Integrated ELDs within Student Materials and Teacher Guides
259 5.1–1 Stages of Substance Use Disorders 267 Making Healthy Decisions 267 Differentiation 285-288 Lesson 5.3-2 Health Effects of Tobacco Use 294 Lesson 5.3 Review and Assessment 294 Critical Thinking #1 298-300 Lesson 5.4-2 Health Effects of Alcohol Use 302 Lesson 5.4-3 Consequences of Alcohol Use 337-342 Lesson 6.1-4 Fire Prevention and Safety; Emergency Preparedness			HE.6.PHC.3.5 Develop an individual goal to adopt, maintain, or improve a personal health practice. HE.6.PHC.3.6 Determine strategies and skills needed to attain a personal health goal. HE.6.PHC.3.7 Monitor progress toward attaining a personal health goal. HE.6.PHC.3.8 Examine the likelihood of injury or illness if engaging in unhealthy/risky behaviors. HE.6.PHC.3.9 Explore healthy practices and behaviors that will maintain or improve personal health and reduce health risks. HE.6.PHC.2.2 Identify environmental factors that affect personal health. HE.6.PHC.2.3 Examine how friends and peers influence the health of adolescents. HE.6.PHC.2.8 Describe legal and ethical behaviors when using the internet and social media. HE.6.PHC.4.1 Use valid and reliable information to request access to health products, services, or environments. HE.6.CEH.2.1 Identify the impact of health information conveyed to students by the school and community.	
Main Text: 22-23 Lesson 1.3-1 -Making Healthy Decisions	HE.6.PHC.3.3	Predict the potential outcomes of a health-related decision.	HE.6.PHC.3.1 Distinguish between the need for individual or collaborative decision making.	ELD.K12.ELL.SI.1

Lesson Plan/ Correlating Content	Benchmark of Focus-Code	Benchmark	Connecting Benchmarks	Integrated ELDs within Student Materials and Teacher Guides
109 Lesson 2.5-2 Risk Factors for Noninfectious Diseases - second paragraph 125 Lesson 3.1 Introduction - fourth through last paragraph 140-142 Lesson 3.2-3 Malnutrition 151 Develop Your Skills, #3 153-155 Lesson 3.3-1 The Benefits of Physical Activity 156 Lesson 3.3-1 Reading Checkpoint #1 178 Lesson 3.5 Prevent Injuries- second paragraph 267 Making Healthy Decisions 267 Differentiation		***Clarification 1:*** Instruction includes negative outcomes of not following safety guidelines and being inactive. ***Clarification 2:*** Instruction includes positive outcomes of eating healthy and being physically active.	HE.6.PHC.3.2 Specify the potential outcomes of each option when making a personal health-related decision. HE.6.PHC.3.4 Use various methods to measure personal health status. HE.6.PHC.3.5 Develop an individual goal to adopt, maintain, or improve a personal health practice. HE.6.PHC.3.6 Determine strategies and skills needed to attain a personal health goal. HE.6.PHC.3.7 Monitor progress toward attaining a personal health goal. HE.6.PHC.3.8 Examine the likelihood of injury or illness if engaging in unhealthy/risky behaviors. HE.6.PHC.3.9 Explore healthy practices and behaviors that will maintain or improve personal health and reduce health risks. HE.6.PHC.1.2 Identify personal health problems and concerns common to adolescents including reproductive development. HE.6.PHC.1.3 Examine the importance of assuming responsibility for personal reproductive health behaviors. HE.6.PHC.2.2 Identify environmental factors that affect personal health.	

Lesson Plan/ Correlating Content	Benchmark of Focus-Code	Benchmark	Connecting Benchmarks	Integrated ELDs within Student Materials and Teacher Guides
			HE.6.PHC.4.1 Use valid and reliable information to request access to health products, services, or environments. HE.6.CEH.3.2 Specify the potential outcomes of each option when making a community health-related decision. HE.6.CH.3.1 Examine the validity of health information and determine the cost benefit of health products and services.	
Main Text: 116 Lesson 2.5-4 Treating Noninfectious Diseases - second paragraph 122 Develop Your Skills, #3 122 Differentiation 144 Lesson 3.2 Think About Calories - last paragraph 144 Building Your Skills: Digital Connections - Making Healthy Food Choices 157 Lesson 3.3 Health-Related Fitness - Muscle Strength- paragraph starting "You can measure…" 158/160 Lesson 3.3 Health-Related Fitness- Body Composition 166 Lesson 3.4-2 Factors That Influence Physical Activity – Technology 167 Figure 3.4.3 Taking Your Pulse 175 Lesson 3.4 Review & Assessment 175 Develop Your Skills #3	HE.6.PHC.3.4	Use various methods to measure personal health status. ***Clarification 1:*** Instruction includes body composition, surveys, heart-rate monitors, pedometer, blood pressure cuff, and other clinical measurements. ***Clarification 2:*** Instruction includes stress-management techniques, such as breathing exercises and journaling.	HE.6.PHC.3.1 Distinguish between the need for individual or collaborative decision making. HE.6.PHC.3.2 Specify the potential outcomes of each option when making a personal health-related decision. HE.6.PHC.3.3 Predict the potential outcomes of a health-related decision. HE.6.PHC.3.5 Develop an individual goal to adopt, maintain, or improve a personal health practice. HE.6.PHC.3.6 Determine strategies and skills needed to attain a personal health goal. HE.6.PHC.3.7 Monitor progress toward attaining a personal health goal. HE.6.PHC.3.8 Examine the likelihood of injury or illness if engaging in unhealthy/risky behaviors. HE.6.PHC.3.9 Explore healthy practices and behaviors that will maintain or improve personal health and reduce health risks.	ELD.K12.ELL.SI.1

Lesson Plan/ Correlating Content	Benchmark of Focus-Code	Benchmark	Connecting Benchmarks	Integrated ELDs within Student Materials and Teacher Guides
193 Questions to Help Assess Mental and Emotional Health - Infographic 213-218 Lesson 4.3-4 Strategies for Coping with Stress 219 Lesson 4.3 Review & Assessment 219 Critical Thinking #2, Develop Your Skills #1-3 370 Lesson 6.3 Review & Assessment 370 Develop Your Skills #3			HE.6.PHC.4.1 Use valid and reliable information to request access to health products, services, or environments. HE.6.CH.1.1 Examine how appropriate health care can promote personal health. HE.6.CH.1.2 Investigate a variety of technologies to gather health information. HE.6.CH.3.1 Examine the validity of health information and determine the cost benefit of health products and services.	
Main Text: 23-24 Lesson 1.3-2 Setting and Achieving Goals 72 Building Your Skills: Mental Health Connection-Caring for Your Mouth, Eyes, and Ears 144 Building Your Skills: Digital Connections- Making Healthy Food Choices 168-171 Lesson 3.4-4 Setting and Reaching Your Goals 351 Lesson 6.2-3 Staying Safe on the Internet - third paragraph 370 Lesson 6.3 Review & Assessment 370 Develop Your Skills #3 **Companion text:** Lesson 9.1 Bullying and Cyberbullying 36 Reading ands Note taking Activity 37-38 9.1.1 What Is Violent Behaviore?	HE.6.PHC.3.5	Develop an individual goal to adopt, maintain, or improve a personal health practice. ***Clarification 1:*** Instruction includes physical activity, eating habits, and personal hygiene. ***Clarification 2:*** Instruction includes safety habits, internet use/safety, and bullying-prevention strategies.	HE.6.PHC.3.1 Distinguish between the need for individual or collaborative decision making. HE.6.PHC.3.2 Specify the potential outcomes of each option when making a personal health-related decision. HE.6.PHC.3.3 Predict the potential outcomes of a health-related decision. HE.6.PHC.3.4 Use various methods to measure personal health status. HE.6.PHC.3.6 Determine strategies and skills needed to attain a personal health goal. HE.6.PHC.3.7 Monitor progress toward attaining a personal health goal. HE.6.PHC.3.8 Examine the likelihood of injury or illness if engaging in unhealthy/risky behaviors. HE.6.PHC.3.9 Explore healthy practices and behaviors that will maintain or improve personal health and reduce health risks.	ELD.K12.ELL.SI.1

Lesson Plan/ Correlating Content	Benchmark of Focus-Code	Benchmark	Connecting Benchmarks	Integrated ELDs within Student Materials and Teacher Guides
37-38 Figure 9.11 Risk Factor's for Violent Behavior 38-41 Lesson 9.1-2 Bullying and Cyberbullying 39 Figure 91.2 Forms of Bullying 39 Figure 91.3 Why Does Bullying Happen? 40 Build Your Skills - Digital Connections - Practice You- Skills - Health - Enhancing Behaviors 41 Figure 9.14 What is Cyberbullying? 41 9.1-2 Reading Checkpoint # 1 - 2 42 9.1.3 Consequences of and Bullying and Cyberbullying? 42 Figure 9.1.5. Signs of Bullying or Cyberbullying 43 Infograph- How to Spot Cyberbullying 44-45 9.1-4 Strategies for Responding to Bullying or Cyberbullying 43 Figure 9.1.6 Ways to Be an Upstander 46-47 9.1-5 Bullying and Cyberbullying Prevention 46 Figure 9.1.7 Build Your Confidence 47 Figure 91.8 Think Betare Yav Post 48 Critical Thinking #1-3 48 Develop Your skills #1-3 48 Differentiation			HE.6.PHC.1.1 Describe how the physical, mental social, and intellectual dimensions of health are interrelated. HE.6.PHC.2.2 Identify environmental factors that affect personal health. HE.6.PHC.2.8 Describe legal and ethical behaviors when using the internet and social media. HE.6.PHC.4.1 Use valid and reliable information to request access to health products, services, or environments. HE.6.CH.3.1 Examine the validity of health information and determine the cost benefit of health products and services.	

Lesson Plan/ Correlating Content	Benchmark of Focus-Code	Benchmark	Connecting Benchmarks	Integrated ELDs within Student Materials and Teacher Guides
Main Text: 23-24 Lesson 1.3-2 Setting and Achieving Goals 144 Building Your Skills: Digital Connections- Making Healthy Food Choices 167-171 Figure 3.4.2; Types of Fitness Apps 175 Develop Your Skills, #1 213 Lesson 4.3-4 Strategies for Coping with Stress- Express Your Feelings 219 Develop Your Skills, #1, 3 219 Differentiation 370 Lesson 6.3 Review & Assessment: 370 Develop Your Skills #3	HE.6.PHC.3.6	Determine strategies and skills needed to attain a personal health goal. ***Clarification 1:*** Instruction includes journaling, daily checklists, identify peer supports, injury-prevention measures, and use of health-related apps.	HE.6.PHC.3.1 Distinguish between the need for individual or collaborative decision making. HE.6.PHC.3.2 Specify the potential outcomes of each option when making a personal health-related decision. HE.6.PHC.3.3 Predict the potential outcomes of a health-related decision. HE.6.PHC.3.4 Use various methods to measure personal health status. HE.6.PHC.3.5 Develop an individual goal to adopt, maintain, or improve a personal health practice. HE.6.PHC.3.7 Monitor progress toward attaining a personal health goal. HE.6.PHC.3.8 Examine the likelihood of injury or illness if engaging in unhealthy/risky behaviors. HE.6.PHC.3.9 Explore healthy practices and behaviors that will maintain or improve personal health and reduce health risks. HE.6.PHC.4.1 Use valid and reliable information to request access to health products, services, or environments. HE.6.PHC.2.2 Identify environmental factors that affect personal health. HE.6.CH.3.1 Examine the validity of health information and determine the cost benefit of health products and services.	ELD.K12.ELL.SI.1
Main Text: 23-24 Lesson 1.3-2 Setting and Achieving Goals	HE.6.PHC.3.7	Monitor progress toward attaining a personal health goal.	HE.6.PHC.3.1 Distinguish between the need for individual or collaborative decision making.	ELD.K12.ELL.SI.1

Lesson Plan/ Correlating Content	Benchmark of Focus-Code	Benchmark	Connecting Benchmarks	Integrated ELDs within Student Materials and Teacher Guides
24 Figure 1.3.2 Reading Checkpoint #1-2 34 Critical Thinking #3 34 Develop Your Skills, #1-3 34 Differentiation 144 Building Your Skills: Digital Connections- Making Healthy Food Choices 167-171 Figure 3.4.2; Types of Fitness Apps 169 Building Your Skills: Mental Health Connections: Be SMART, Stay Motivated 171 Leson 3.4-4 Setting and Reaching Your Goals- Record Your Progress 166 Technology 177 Be Respectful 213 Express Your Feelings 337 Lesson 6.1-4 Fire Prevention and Safety - last paragraph 338 Figure 6.1.6 Fire Safety Inspection Checklist 345 Develop Your Skills #1 345 Differentiation 414 Develop Your Skills, #1 414 Differentiation		***Clarification 1:*** Instruction includes use of checklists, logs, pedometers, websites, and health monitoring apps.	HE.6.PHC.3.2 Specify the potential outcomes of each option when making a personal health-related decision. HE.6.PHC.3.3 Predict the potential outcomes of a health-related decision. HE.6.PHC.3.4 Use various methods to measure personal health status. HE.6.PHC.3.5 Develop an individual goal to adopt, maintain, or improve a personal health practice. HE.6.PHC.3.6 Determine strategies and skills needed to attain a personal health goal. HE.6.PHC.3.8 Examine the likelihood of injury or illness if engaging in unhealthy/risky behaviors. HE.6.PHC.3.9 Explore healthy practices and behaviors that will maintain or improve personal health and reduce health risks. HE.6.PHC.4.1 Use valid and reliable information to request access to health products, services, or environments. HE.6.PHC.2.2 Identify environmental factors that affect personal health. HE.6.CH.1.2 Investigate a variety of technologies to gather health information. HE.6.CH.3.1 Examine the validity of health information and determine the cost benefit of health products and services.	

Lesson Plan/ Correlating Content	Benchmark of Focus-Code	Benchmark	Connecting Benchmarks	Integrated ELDs within Student Materials and Teacher Guides
Main Text: 32 Practice Your Skills, #1-6 32 Differentiation 140-142 Lesson 3.2-3 Malnutrition 153-154 Lesson 3.3-1 paragraph starting "Getting physical activity promotes…" 154 Figure 3.3.1 Moderate Physical Activity Reduces Risk Factors for... 285-288 Lesson 5.3-2 Health Effects of Tobacco Use 333-336 Lesson 6.1 Fall Prevention; Poisoning Prevention; Weapons Safety 354-357 Lesson 6.2-4 Staying Safe on the Road; Lesson 6.2-5 Staying Safe in the Water 358 Lesson 6.2 Review & Assessment 358 Develop Your Skills #3	HE.6.PHC.3.8	Examine the likelihood of injury or illness if engaging in unhealthy/risky behaviors. ***Clarification 1:*** Instruction includes disease related to poor nutrition and inactivity. ***Clarification 2:*** Instruction includes cancer and chronic lung disease related to tobacco use. ***Clarification 3:*** Instruction includes injuries caused from failure to follow safety guidelines.	HE.6.PHC.3.1 Distinguish between the need for individual or collaborative decision making. HE.6.PHC.3.2 Specify the potential outcomes of each option when making a personal health-related decision. HE.6.PHC.3.3 Predict the potential outcomes of a health-related decision. HE.6.PHC.3.4 Use various methods to measure personal health status. HE.6.PHC.3.5 Develop an individual goal to adopt, maintain, or improve a personal health practice. HE.6.PHC.3.6 Determine strategies and skills needed to attain a personal health goal. HE.6.PHC.3.7 Monitor progress toward attaining a personal health goal. HE.6.PHC.3.9 Explore healthy practices and behaviors that will maintain or improve personal health and reduce health risks. HE.6.PHC.1.3 Examine the importance of assuming responsibility for personal reproductive health behaviors. HE.6.PHC.1.4 Describe situations when professional health services may be required.	ELD.K12.ELL.SI.1

Lesson Plan/ Correlating Content	Benchmark of Focus-Code	Benchmark	Connecting Benchmarks	Integrated ELDs within Student Materials and Teacher Guides
			HE.6.PHC.2.4 Examine how family and culture influence the health of adolescents. HE.6.PHC.2.5 Recognize how personal health choices can affect hereditary risk factors. HE.6.PHC.2.6 Determine how social norms may impact healthy and unhealthy behavior. HE.6.PHC.4.1 Use valid and reliable information to request access to health products, services, or environments. HE.6.CEH.2.2 Investigate changes to societal norms and how they influence health beliefs and behaviors.	
Main Text: 17 Building Your Skills: Digital Connections- The Power of Social Media to Inspire 54-65 Lesson 2.1 Caring for Your Skin, Hair, and Nails 67-77 Lesson 2.2 Keeping Your Mouth, Eyes, and Ears Healthy 84-90 Lesson 2.3-4 Strategies for Getting Enough Sleep 122 Develop Your Skills, #3 122 Differentiation 165 Lesson 3.4-1 Getting Enough Physical Activity 167-174 Lesson 3.4-3 Checking Your Fitness Level; Lesson 3.4-4 Setting and Reaching Your Goals; Lesson 3.4-5 Designing Your Workouts	HE.6.PHC.3.9	Explore healthy practices and behaviors that will maintain or improve personal health and reduce health risks. ***Clarification 1:*** Instruction includes internal influences, such as hygiene, sleep, and fitness. ***Clarification 2:*** Instruction includes external influences, such as healthy relationship skills, influences of advertising, social media, and internet safety. ***Clarification 3:*** Instruction includes abstaining from risky behaviors.	HE.6.PHC.3.1 Distinguish between the need for individual or collaborative decision making. HE.6.PHC.3.2 Specify the potential outcomes of each option when making a personal health-related decision. HE.6.PHC.3.3 Predict the potential outcomes of a health-related decision. HE.6.PHC.3.4 Use various methods to measure personal health status. HE.6.PHC.3.5 Develop an individual goal to adopt, maintain, or improve a personal health practice. HE.6.PHC.3.6 Determine strategies and skills needed to attain a personal health goal. HE.6.PHC.3.7 Monitor progress toward attaining a personal health goal.	ELD.K12.ELL.SI.1

Lesson Plan/ Correlating Content	Benchmark of Focus-Code	Benchmark	Connecting Benchmarks	Integrated ELDs within Student Materials and Teacher Guides
319-324 Lesson 5.6-1 Preventing Substance Use, Misuse, and Abuse 350-353 Lesson 6.2-3 Staying Safe on the Internet 397-402 lesson 7.1-4 Ways to Communicate Effectively; Lesson 7.1-5 Conflict Resolution Skills 403 Lesson 7.1 Review & Assessment 403 Develop Your Skills #1			HE.6.PHC.3.8 Examine the likelihood of injury or illness if engaging in unhealthy/risky behaviors. HE.6.PHC.1.3 Examine the importance of assuming responsibility for personal reproductive health behaviors. HE.6.PHC.1.4 Describe situations when professional health services may be required. HE.6.PHC.2.3 Examine how friends and peers influence the health of adolescents. HE.6.PHC.2.4 Examine how family and culture influence the health of adolescents. HE.6.PHC.2.5 Recognize how personal health choices can affect hereditary risk factors. HE.6.PHC.4.1 Use valid and reliable information to request access to health products, services, or environments. HE.6.CEH.2.1 Identify the impact of health information conveyed to students by the school and community. HE.6.CEH.2.2 Investigate changes to societal norms and how they influence health beliefs and behaviors. HE.6.CEH.4.1 Describe how the community can influence and support others to make positive health choices. HE.6.CH.2.1 Illustrate ways health messages and communication techniques can be targeted for different audiences through internet and social media sources. HE.6.CH.3.1	

Lesson Plan/ Correlating Content	Benchmark of Focus-Code	Benchmark	Connecting Benchmarks	Integrated ELDs within Student Materials and Teacher Guides
			Examine the validity of health information and determine the cost benefit of health products and services.	

Lesson Plan/ Correlating Content	Benchmark of Focus-Code	Benchmark	Connecting Benchmarks	Integrated ELDs within Student Materials and Teacher Guides
Main Text: 27-33 Lesson 1.3-5 Accessing and Evaluating Health Information and Services 166 Lesson 3.4-2 Factors That Influence Physical Activity- paragraph starting "Many communities have…" 218 Lesson 4.3-3 Strategies for Coping with Stress - third paragraph 237 Develop Your Skills, #2 237 Differentiation 253 Figure 4.7.4 Suicide Prevention Resources 354-355 Lesson 6.2-4 Staying Safe on the Road- second bullet 358 Lesson 6.2 Review & Assessment 358 Develop Your Skills #2 381 Building Your Skills: Community Connections - Advocating for the Environment	HE.6.PHC.4.1	Use valid and reliable information to request access to health products, services, or environments. ***Clarification 1:*** Instruction includes requesting sidewalks and accessing recreational areas.	HE.6.PHC.1.1 Describe how the physical, mental social, and intellectual dimensions of health are interrelated. HE.6.PHC.3.3 Predict the potential outcomes of a health-related decision. HE.6.PHC.3.9 Explore healthy practices and behaviors that will maintain or improve personal health and reduce health risks. HE.6.CEH.2.1 Identify the impact of health information conveyed to students by the school and community. HE.6.CEH.2.2 Investigate changes to societal norms and how they influence health beliefs and behaviors. HE.6.CEH.3.2 Specify the potential outcomes of each option when making a community health-related decision. HE.6.CEH.4.2 State a health-enhancing position on a topic and support it with accurate information. HE.6.CH.2.1 Illustrate ways health messages and communication techniques can be targeted for different audiences through internet and social media sources. HE.6.CH.3.1 Examine the validity of health information and determine the cost benefit of health products and services.	ELD.K12.ELL.SI.1

Lesson Plan/ Correlating Content	Benchmark of Focus-Code	Benchmark	Connecting Benchmarks	Integrated ELDs within Student Materials and Teacher Guides
Main Text: 204-206 Lesson 4.2-3 Having Emotional Intelligence - Have Empathy 205 Building Your Skills, #1-3 206 4.2-3 Reading Checkpoint, #1-2 207 Lesson 4.2 Review & Assessment 207 Develop Your Skills #1-3 397-399 Lesson 7.1-4 Ways to Communicate Effectively 401 Lesson 7.1-5 Conflict Resolution Skills Negotiation #4 403 Lesson 7.1 Review & Assessment 403 Develop Your Skills #1	HE.68.R.1.1	Demonstrate the ability to respond with empathy in a variety of contexts and situations. ***Clarification 1:*** Instruction includes identifying others' feelings, perspectives, circumstances, experiences, and active listening.	HE.68.R.1.2 Describe the importance of empathy, kindness, honesty and trust in building and sustaining relationships. HE.68.R.1.3 Identify sources of relational conflicts and healthy approaches to conflict resolutions. HE.6.PHC.1.4 Describe situations when professional health services may be required. HE.6.PHC.2.5 Recognize how personal health choices can affect hereditary risk factors.	ELD.K12.ELL.SI.1
Main Text: 22 Lesson 1.3-1 -Making Healthy Decisions 26 Lesson 1.3-4 Resolving Conflicts - second paragraph; Figure 1.3.4 Conflict Resolution Skills 204-206 Lesson 4.2-3 Having Emotional Intelligence - Have Empathy 400-401 Lesson 7.1-5 Conflict Resolution Skills Negotiation #1-4 401 Figure 7.1.10 Negotiation Process 400 Negotiation 403 Develop Your Skills, #1, 2 403 Differentiation 414 Lesson 7.2 Review & Assessment	HE.68.R.2.2	Demonstrate responsible decision-making that considers multiple perspective.	HE.68.R.2.1 Discuss how character is shaped by attitudes, decisions and actions. HE.68.R.2.3 Describe the importance of following school and community laws and rules. HE.68.R.2.4 Monitor progress toward attaining a personal goal. HE.68.R.2.5 Explain strategies and skills needed to assess progress and maintenance of a challenging personal goal. HE.68.R.2.6 Describe how personal goals can vary with changing abilities, priorities, and responsibilities. HE.68.R.2.7 Identify how continuous learning leads to personal growth. HE.68.R.2.8 Identify strategies to manage challenges and setbacks.	ELD.K12.ELL.SI.1

Lesson Plan/ Correlating Content	Benchmark of Focus-Code	Benchmark	Connecting Benchmarks	Integrated ELDs within Student Materials and Teacher Guides
414 Develop Your Skills #2			HE.68.R.2.9 Identify healthy responses to negative peer pressure. HE.68.R.1.1 Demonstrate the ability to respond with empathy in a variety of contexts and situations. HE.6.CEH.3.2 Specify the potential outcomes of each option when making a community health-related decision. HE.6.CH.3.1 Examine the validity of health information and determine the cost benefit of health products and services. HE.6.PHC.3.1 Distinguish between the need for individual or collaborative decision making. HE.6.PHC.4.1 Use valid and reliable information to request access to health products, services, or environments.	
Main Text: 26 Lesson 1.3-4 Resolving Conflicts 191 Lesson 4.13 Exploring Your Self-Image and Self-Esteem - second paragraph 196 Lesson 7.1 Review & Assessment 196 Develop Your Skills #2 213-218 Lesson 4.3-4 Strategies for Coping with Stress 218 Reading Checkpoint, 1 219 Lesson 4.3 Review & Assessment 219 Critical Thinking #1-3 Develop Your Skills #1-3	HE.68.R.4.2	Develop and apply conflict resolution skills in a variety of situations. ***Clarification 1:*** Instruction includes coping, grit, and new learning opportunities.	HE.68.R.4.1 Analyze possible solutions to a problem to determine the best outcome for oneself and others. HE.68.R.4.3 Analyze ways to pursue common goals as a part of a team or group. HE.68.R.4.4 Identify the importance of perseverance when facing difficulty solving a problem. HE.68.R.1.1 Demonstrate the ability to respond with empathy in a variety of contexts and situations.	ELD.K12.ELL.SI.1

Lesson Plan/ Correlating Content	Benchmark of Focus-Code	Benchmark	Connecting Benchmarks	Integrated ELDs within Student Materials and Teacher Guides
399-402 Lesson 7.1-5 Conflict Resolution Skills			HE.6.PHC.1.4 Describe situations when professional health services may be required. HE.6.PHC.2.2 Identify environmental factors that affect personal health. HE.6.PHC.2.6 Determine how social norms may impact healthy and unhealthy behavior. HE.6.PHC.3.3 Predict the potential outcomes of a health-related decision. HE.6.PHC.3.9 Explore healthy practices and behaviors that will maintain or improve personal health and reduce health risks. HE.6.PHC.4.1 Use valid and reliable information to request access to health products, services, or environments.	
Main Text: 268 Lesson 5.1 Review & Assessment 268 Develop Your Skills #1 285-288 Lesson 5.3-2 Health Effects of Tobacco Use 290 Lesson 5.3-3 Mental, Social, and Legal Consequences 291 Building Your Skills: Community Connections- Resisting Peer Pressure 291 Practice Your Skills 292-293 Lesson 5.3-4Health Effects on Others	HE.68.SUA.4.1	Demonstrate refusal and communication skills in specific scenarios related to underage drinking and illicit drug use. ***Clarification 1:*** Instruction includes not riding in a motor vehicle with a driver who is intoxicated or impaired, peer pressure to vape/smoke or drink prior to the legal age, impact of substance use on academic performance, health risks of substance use.	HE.68.SUA.4.2 Predict the potential short- and long-term impacts on self and others when responding to pressure to use alcohol and/or other drugs. HE.6.CEH.2.1 Identify the impact of health information conveyed to students by the school and community. HE.6.CH.2.1 Illustrate ways health messages and communication techniques can be targeted for different audiences through internet and social media sources. HE.6.PHC.3.2 Specify the potential outcomes of each option when making a personal health-related decision.	ELD.K12.ELL.SI.1

Lesson Plan/ Correlating Content	Benchmark of Focus-Code	Benchmark	Connecting Benchmarks	Integrated ELDs within Student Materials and Teacher Guides
294 Lesson5.3 Review & Assessment 294 Develop Your Skills #1, 3 294 Differentiation 298-300 Lesson 5.4-2 Health Effects of Alcohol Use 301 Case Study: Kara's Babysitting Conundrum 302, 303 Lesson 5.4-3 Consequences of Alcohol Use 305 Lesson 5.4 Review & Assessment 305 Develop Your Skills #1 320 Building Your Skills: Community Connections -Addiction Prevention 330 Lesson 5.6 Review & Assessment 330 Develop Your Skills #1-2			HE.6.PHC.3.9 Explore healthy practices and behaviors that will maintain or improve personal health and reduce health risks. HE.6.PHC.4.1 Use valid and reliable information to request access to health products, services, or environments.	