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 8 204-206 Have Empathy 205 Building Your Skills-Community Connections-Being Thankful Makes You Healthier 206 Figure 4.2.7 Try to recognize and understand someone else's feelings. 206 4.2–3 Reading Checkpoint, #1-2 207 Lesson 4.2 Review Assessment 207 Critical Thinking, #1-3 207 Develop Your Skills #1-3 397-399 Ways to Communicate Effectively 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.8.CEH.2.1 Analyze how the school and community may influence adolescent health. HE.68.R.4.2 Develop and apply conflict resolution skills in a variety of 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
Florida Health Skills for Middle School: Grade 8 26 Resolving Conflicts 191 Factors That Affect Self-Esteem; first and second paragraphs 196 Develop Your Skills #2 213-218 Strategies for Coping with Stress 218 Reading Checkpoint, #1, 2 219 Critical Thinking #1-3 219 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.	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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399-402 Conflict Resolution Skills			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. HE.8.CEH.2.1 Analyze how the school and community may influence adolescent health. HE.8.CEH.3.1 Investigate community strategies to reduce or prevent injuries and other adolescent health problems. HE.8.PHC.2.2 Analyze the influence of personal values, attitudes, and beliefs about individual health practices and behaviors. HE.8.PHC.2.6 Describe the influence of culture on health beliefs,			

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			practices, and behaviors. HE.8.PHC.3.9 Apply healthy practices and behaviors that will maintain or improve personal health and reduce health risks.			
Florida Health Skills for Middle School: Grade 8 32 Your School Environment 31-33 Communicating Health Information 34 Develop Your Skills #1 99-105 Preventing Infectious Diseases 106 Critical Thinking #1-2 106 Develop Your Skills, #3 147 Understand Food Preferences; second paragraph 165 Getting Enough Physical Activity; last paragraph 166 Community Resources and Income 175 Develop Your Skills #2 191 Figure 4.1.5 Internal and External Factors Affecting Self-Esteem 207 Develop Your Skills #2-3 231 Recognize When You Need Help; last two paragraphs 237 Develop Your Skills #2	HE.8.CEH.2.1	Analyze how the school and community may influence adolescent health. ***Clarification 1:*** Instruction includes practices and resources in the school and community that may lead to better health outcomes for adolescents.	HE.8.CEH.2.2 Critique school and public health policies that influence health promotion and disease prevention. HE.8.CEH.2.3 Analyze how media/social media influences community health behaviors. HE.8.CEH.2.4 Predict how environmental factors affect community health. HE.8.CEH.3.2 Anticipate how injury or illness stemming from unhealthy or risky behaviors impacts the community. HE.8.CEH.3.3 Categorize healthy	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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247 Critical Thinking #3 249 Figure 4.7.1 Risk Factors of Suicide 250-251 Environmental Risk Factors 253 Figure 4.7.4 Suicide Prevention Resources 305 Develop Your Skills #3 323-324 Government Approaches 327-328 Support Groups 336 Weapons Safety; first full paragraph 348 Staying Safe at School; second paragraph 358 Critical Thinking #1 402 Mediation 403 Develop Your Skills #2 **Reproductive Health, Relationships, and Abstinence (Companion):** 60 Develop Your Skills #2			and unhealthy alternatives to community health-related issues or problems. HE.8.CEH.4.3 Work cooperatively to advocate for healthy individuals, peers, families, and schools. HE.8.CH.3.1 Analyze the accessibility, validity, and reliability of products and services that enhance home, school, and community health. HE.8.PHC.2.4 Assess the role of the beliefs of friends and peers on the health of adolescents. HE.8.PHC.2.5 Assess the role of the beliefs of family and culture on the health of adolescents. HE.8.PHC.2.8 Explain how the perceptions of norms influence healthy and unhealthy behaviors.			

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Florida Health Skills for Middle School: Grade 8 348 Staying Safe at School; second and fifth paragraphs 348 6.2–1 Reading Checkpoint, # 1, 2 354-356 Staying Safe on the Road 356 6.2–4 Reading Checkpoint, #2 356 Develop Your Skills, #2 377-378 Society's Actions to Protect the Environment **Reproductive Health, Relationships, and Abstinence (Companion):** 62-63 School Violence; starting at the paragraph "Schools have policies…" 63 9.3–1 Reading Checkpoint, #2	HE.8.CEH.2.2	Critique school and public health policies that influence health promotion and disease prevention. ***Clarification 1:*** Instruction includes rules and policies enforced by the school and community that may lead to better health outcomes.	HE.8.CEH.2.1 Analyze how the school and community may influence adolescent health. HE.8.CEH.2.3 Analyze how media/social media influences community health behaviors. HE.8.CEH.2.4 Predict how environmental factors affect community health. HE.8.CEH.3.2 Anticipate how injury or illness stemming from unhealthy or risky behaviors impacts the community. HE.8.CEH.3.3 Categorize healthy and unhealthy alternatives to community health-related issues or problems. HE.8.CEH.4.3 Work cooperatively to advocate for healthy individuals, peers, families, and schools.	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.8.PHC.1.1 Analyze how the physical, mental, social, and intellectual dimensions of personal health are interrelated. HE.8.PHC.2.3 Predict how environmental factors affect personal health. HE.8.PHC.3.6 Investigate personal strategies to reduce or prevent injuries and other adolescent health problems. HE.8.PHC.4.1 Promote ways to acquire health services, products and or environments based on accurate and truthful information.			
Florida Health Skills for Middle School: Grade 8 32 Choosing Abstinence; first paragraph 32 Figure 8.3.7 Using the Decision-Making Process to Practice Abstinence 32 Practice Your Skills, #1-6	HE.8.CEH.3.2	Anticipate how injury or illness stemming from unhealthy or risky behaviors impacts the community. ***Clarification 1:*** Instruction includes death or injury from car crashes and underage drinking/distracted driving.	HE.8.CEH.3.1 Investigate community strategies to reduce or prevent injuries and other adolescent health problems. HE.8.CEH.3.2 Anticipate how injury or illness stemming	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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32 Differentiation 254-255 Provide Help for Survivors 303 Alcohol Use and Risky Behaviors; second paragraph 308 Mental, Social, and Legal Consequences; last paragraph 308 Figure 5.5.2 Link Between Depression and Drug Abuse 356 Vehicle Safety; second bullet		***Clarification 2:*** Instruction includes infections and disease from poor personal health practices.	from unhealthy or risky behaviors impacts the community. HE.8.CEH.2.1 Analyze how the school and community may influence adolescent health. HE.8.CEH.4.3 Work cooperatively to advocate for healthy individuals, peers, families, and schools. HE.8.CH.3.1 Analyze the accessibility, validity, and reliability of products and services that enhance home, school, and community health. HE.8.PHC.2.4 Assess the role of the beliefs of friends and peers on the health of adolescents. HE.8.PHC.2.8 Explain how the perceptions of norms influence healthy and unhealthy behaviors.			

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			HE.8.PHC.3.2 Compile the potential outcomes of each option when making a health-related decision. HE.8.PHC.3.6 Investigate personal strategies to reduce or prevent injuries and other adolescent health problems. HE.8.PHC.3.9 Apply healthy practices and behaviors that will maintain or improve personal health and reduce health risks.			
Florida Health Skills for Middle School: Grade 8 32 Building Your Skills: Community Connections, Your School Environment 32 Practice Your Skills, #1-6 33 Figure 1.3.10 Examples of Community Resources 267 Making Healthy Decisions 305 Develop Your Skills #3 381 Advocating for the Environment	HE.8.CEH.3.3	Categorize healthy and unhealthy alternatives to community health-related issues or problems.	HE.8.CEH.3.1 Investigate community strategies to reduce or prevent injuries and other adolescent health problems. HE.8.CEH.3.2 Anticipate how injury or illness stemming from unhealthy or risky behaviors impacts the community. HE.8.CEH.2.1 Analyze how the school and community may	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
			influence adolescent health. HE.8.CEH.2.2 Critique school and public health policies that influence health promotion and disease prevention. HE.8.CEH.4.3 Work cooperatively to advocate for healthy individuals, peers, families, and schools. HE.8.CH.2.1 Evaluate ways consumer health messages and communication techniques can be targeted for different audiences. HE.8.CH.3.1 Analyze the accessibility, validity, and reliability of products and services that enhance home, school, and community health. HE.8.CH.3.2 Analyze valid and reliable health services and the cost of products.			

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			HE.8.PHC.2.8 Explain how the perceptions of norms influence healthy and unhealthy behaviors.			
Florida Health Skills for Middle School: Grade 8 32 Practice Your Skills, #1-6 319-320 Build Healthy Relationships 328-329 Helping Someone with a Substance Use Disorder 330 Develop Your Skills #2 **Reproductive Health, Relationships, and Abstinence (Companion):** 20-23 Abstinence	HE.8.CEH.4.1	Promote positive health choices with the influence and support of others. ***Clarification 1:*** Instruction includes promotion of sexual abstinence and substance use prevention.	HE.8.CEH.4.1 Promote positive health choices with the influence and support of others. HE.8.CEH.4.2 Justify a health-enhancing position on a topic and support it with accurate information. HE.8.CEH.4.3 Work cooperatively to advocate for healthy individuals, peers, families, and schools. HE.8.CH.2.2 Research marketing strategies behind health-related media/social media messages. HE.8.CH.3.1 Analyze the accessibility, validity, and reliability of products and services that enhance home, school, and community 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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			HE.8.CH.3.2 Analyze valid and reliable health services and the cost of products. HE.8.CEH.2.1 Analyze how the school and community may influence adolescent health. HE.8.PHC.3.9 Apply healthy practices and behaviors that will maintain or improve personal health and reduce health risks.			
Florida Health Skills for Middle School: Grade 8 32 Practice Your Skills, #1-6 66 Develop Your Skills #2-3 106 Develop Your Skills #3 175 Develop Your Skills #2 358 Develop Your Skills #2	HE.8.CEH.4.2	Justify a health-enhancing position on a topic and support it with accurate information.	HE.8.CEH.4.1 Promote positive health choices with the influence and support of others. HE.8.CEH.4.3 Work cooperatively to advocate for healthy individuals, peers, families, and schools. HE.8.CEH.2.1 Analyze how the school and community may influence adolescent 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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			HE.8.CEH.2.2 Critique school and public health policies that influence health promotion and disease prevention. HE.8.CH.1.2 Compare and contrast a variety of technologies to gather health information. HE.8.PHC.2.4 Assess the role of the beliefs of friends and peers on the health of adolescents. HE.8.PHC.2.8 Explain how the perceptions of norms influence healthy and unhealthy behaviors. HE.8.PHC.3.1 Determine when health-related situations require the application of a thoughtful prepared plan of action. HE.8.PHC.3.2 Compile the potential outcomes of each option when making a health-related decision.			

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			HE.8.PHC.3.4 Evaluate the outcomes of a health-related decision. HE.8.PHC.4.1 Promote ways to acquire health services, products and or environments based on accurate and truthful information.			
Florida Health Skills for Middle School: Grade 8 32 Your School Environment 34 Develop Your Skills #1 66 Develop Your Skills, #1-3 247 Critical Thinking #3 319 Build Healthy Relationships; fifth paragraph 319 Figure 5.6.1 Characteristics of Healthy Friendships Versus Unhealthy Friendships 323-324 Government Approaches 345 Develop Your Skills #3 381 Advocating for the Environment	HE.8.CEH.4.3	Work cooperatively to advocate for healthy individuals, peers, families, and schools. ***Clarification 1:*** Instruction includes promotion of community initiatives, such as media or prevention campaigns. ***Clarification 2:*** Instruction includes participation in school community wellness and organizations.	HE.8.CEH.4.1 Promote positive health choices with the influence and support of others. HE.8.CEH.4.2 Justify 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 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 8 7 How Healthcare Promotes Personal Health; first paragraph	HE.8.CH.1.1	Analyze how appropriate health care can influence personal health. ***Clarification 1:*** Instruction includes going to a medical	HE.8.CH.1.2 Compare and contrast 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	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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10 Critical Thinking #2 98-99 Treating Infectious Diseases 103-105 Vaccines 103 Practice Your Skills 116-121 Treating Noninfectious Diseases; Preventing Noninfectious Diseases		professional for prevention and treatment of illness.	HE.8.CH.2.3 Analyze the influence of technology on personal and family health. HE.8.CH.3.2 Analyze valid and reliable health services and the cost of products. HE.8.PHC.1.1 Analyze how the physical, mental, social, and intellectual dimensions of personal health are interrelated. HE.8.PHC.1.2 Identify major chronic diseases that impact human body systems. HE.8.PHC.1.3 Assess the importance of assuming responsibility for personal health behaviors. HE.8.PHC.2.3 Predict how environmental factors affect personal health.	MA.K12.MTR.7.1		

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			HE.8.PHC.2.7 Explore how heredity and family history can affect personal health. HE.8.PHC.3.9 Apply healthy practices and behaviors that will maintain or improve personal health and reduce health risks.			
Florida Health Skills for Middle School: Grade 8 58 Health in the Media 84 Set and Follow a Schedule; fourth paragraph 84 Figure 2.3.5 Apps and Devices to Improve Sleep 91 Develop Your Skills, #2-3 166-167 Technology 168 Reading Checkpoint 3.4-3 #1-2 223 infographic	HE.8.CH.1.2	Compare and contrast a variety of technologies to gather health information. ***Clarification 1:*** Instruction includes identifying appropriate technologies under a variety of circumstances.	HE.8.CH.1.1 Analyze how appropriate health care can influence personal health. HE.8.CH.2.3 Analyze the influence of technology on personal and family health. HE.8.CEH.4.2 Justify a health-enhancing position on a topic and support it with accurate information. HE.8.PHC.3.7 Design 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	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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Florida Health Skills for Middle School: Grade 8 240 Media and Society 240 Figure 4.6.2 What is Weight Stigma? 265 Media Messages 265 Figure 5.1.8 Types of Ads to Which Young People Are Exposed 268 Develop Your Skills, #2-6 268 Differentiation 330 Critical Thinking, #2 322 Think Critically; fourth paragraph 322 Figure 5.6.3 Analyzing Advertisements	HE.8.CH.2.1	Evaluate ways consumer health messages and communication techniques can be targeted for different audiences. ***Clarification 1:*** Instruction includes how organizations/companies use a variety of public service announcements, celebrities, social media posts, and platforms.	HE.8.CH.2.2 Research marketing strategies behind health-related media/social media messages. HE.8.CH.2.3 Analyze the influence of technology on personal and family health. HE.8.CEH.2.1 Analyze how the school and community may influence adolescent health. HE.8.CEH.3.3 Categorize healthy and unhealthy alternatives to community health-related issues or problems. HE.8.CEH.4.1 Promote positive health choices with the influence and support of others. HE.8.CH.3.1 Analyze the accessibility, validity, and reliability 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

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			products and services that enhance home, school, and community health. HE.8.CH.3.2 Analyze valid and reliable health services and the cost of products. HE.8.PHC.2.8 Explain how the perceptions of norms influence healthy and unhealthy behaviors.			
Florida Health Skills for Middle School: Grade 8 240 Media and Society 240 Figure 4.6.2 What is Weight Stigma? 265-267 Media Messages 265 Figure 5.1.8 Types of Ads to Which Young People Are Exposed 268 Develop Your Skills, #2 268 Differentiation 322 Think Critically 322 Figure 5.6.3 Analyzing Advertisements	HE.8.CH.2.2	Research marketing strategies behind health-related media/social media messages. ***Clarification 1:*** Instruction includes identifying and researching strategies that media companies use to create trends.	HE.8.CH.2.1 Evaluate ways consumer health messages and communication techniques can be targeted for different audiences. HE.8.CH.2.3 Analyze the influence of technology on personal and family health. HE.8.CEH.2.1 Analyze how the school and community may influence adolescent health. HE.8.CEH.3.3 Categorize healthy	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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			and unhealthy alternatives to community health-related issues or problems. HE.8.CEH.4.1 Promote positive health choices with the influence and support of others. HE.8.CH.3.1 Analyze the accessibility, validity, and reliability of products and services that enhance home, school, and community health. HE.8.CH.3.2 Analyze valid and reliable health services and the cost of products. HE.8.PHC.2.8 Explain how the perceptions of norms influence healthy and unhealthy behaviors.			
Florida Health Skills for Middle School: Grade 8 91 Develop Your Skills #2 91 Differentiation 122 Develop Your Skills #1	HE.8.CH.2.3	Analyze the influence of technology on personal and family health. ***Clarification 1:*** Instruction includes social marketing for health information. ***Clarification 2:***	HE.8.CH.2.1 Evaluate ways consumer health messages and communication techniques can be targeted for different audiences.	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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136 Guidelines for Forming a Healthy Eating Pattern; fifth paragraph 137 MyPlate Food Guidance System; fourth paragraph 166-167 Technology 175 Critical Thinking #2 323-324 Government Approaches; fourth and fifth paragraphs 323 Figure 5.6.4 What the Government is Doing to Prevent Substance Use.		Instruction includes how technology can positively and negatively influence personal and family health behaviors.	HE.8.CH.2.2 Research marketing strategies behind health-related media/social media messages. HE.8.CEH.4.1 Promote positive health choices with the influence and support of others. HE.8.CH.1.1 Analyze how appropriate health care can influence personal health. HE.8.CH.1.2 Compare and contrast a variety of technologies to gather health information. HE.8.CH.3.1 Analyze the accessibility, validity, and reliability of products and services that enhance home, school, and community health. HE.8.CH.4.2 Recommend a variety of technologies to gather health information.			

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			HE.8.PHC.1.1 Analyze how the physical, mental, social, and intellectual dimensions of personal health are interrelated. HE.8.PHC.2.5 Assess the role of the beliefs of family and culture on the health of adolescents.			
Florida Health Skills for Middle School: Grade 8 27-30 Accessing and Evaluating Health Information and Services 31 1.3-5 Reading Checkpoint, #1-2 32 Practice Your Skills, #1 58 Health in the Media 196 Develop Your Skills #1 219 Develop Your Skills #1 237 Develop Your Skills #2 305 Develop Your Skills #2 322 Think Critically 370 Develop Your Skills #2	HE.8.CH.3.1	Analyze the accessibility, validity, and reliability of products and services that enhance home, school, and community health.	HE.8.CH.3.2 Analyze valid and reliable health services and the cost of products. HE.8.CH.2.1 Evaluate ways consumer health messages and communication techniques can be targeted for different audiences. HE.8.CH.2.2 Research marketing strategies behind health-related media/social media messages. HE.8.CEH.2.1 Analyze how the school and community may influence adolescent 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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			HE.8.CEH.3.2 Anticipate how injury or illness stemming from unhealthy or risky behaviors impacts the community. HE.8.CEH.3.3 Categorize healthy and unhealthy alternatives to community health-related issues or problems. HE.8.CEH.4.1 Promote positive health choices with the influence and support of others. HE.8.CEH.4.3 Work cooperatively to advocate for healthy individuals, peers, families, and schools HE.8.PHC.3.5 Determine situations when specific professional health services or providers may be required. HE.8.PHC.4.1 Promote ways to acquire health services, products and or environments			

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			based on accurate and truthful information.			
Florida Health Skills for Middle School: Grade 8 30 Evaluating Health-Claim Articles 106 Develop Your Skills #2 237 Develop Your Skills #2 237 Differentiation 322 Think Critically 370 Develop Your Skills #2 219 Develop Your Skills #1	HE.8.CH.3.2	Analyze valid and reliable health services and the cost of products. ***Clarification 1:*** Instruction includes reviewing a variety of resources including advertisements, health-claim articles, and personal claims.	HE.8.CH.3.1 Analyze the accessibility, validity, and reliability of products and services that enhance home, school, and community health. HE.8.CH.1.1 Analyze how appropriate health care can influence personal health. HE.8.CH.2.1 Evaluate ways consumer health messages and communication techniques can be targeted for different audiences. HE.8.CH.2.2 Research marketing strategies behind health-related media/social media messages. HE.8.CEH.2.1 Analyze how the school and community may influence adolescent 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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			HE.8.CEH.4.2 Justify a health-enhancing position on a topic and support it with accurate information. HE.8.PHC.2.6 Describe the influence of culture on health beliefs, practices, and behaviors. HE.8.PHC.3.5 Determine situations when specific professional health services or providers may be required. HE.8.PHC.4.1 Promote ways to acquire health services, products and or environments based on accurate and truthful information.			
Florida Health Skills for Middle School: Grade 8 5-6 How the Parts of Health Are Interrelated; infographic 10 Critical Thinking 10 Differentiation 79-80 The Importance of Sleep 190 Factors That Affect Self-Esteem; fourth paragraph 196 Critical Thinking #2	HE.8.PHC.1.1	Analyze how the physical, mental, social, and intellectual dimensions of personal health are interrelated. ***Clarification 1:*** Instruction includes the relationship between sleeping and studying for tests. ***Clarification 2:***	HE.8.PHC.1.2 Identify major chronic diseases that impact human body systems. HE.8.PHC.1.3 Assess the importance of assuming responsibility for personal 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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356 Vehicle Safety; fourth bullet **Reproductive Health, Relationships, and Abstinence (Companion):** 42 Consequences of Bullying and Cyberbullying ; fourth bullet 48 Develop Your Skills, #2 48 Differentiation 52 Intimate Partner Violence; second full paragraph 64 Human Trafficking; last paragraph		Instruction includes the relationship between road rage and vehicular crashes. ***Clarification 3:*** Instruction includes the relationship between bullying, dating violence, human trafficking and self-esteem.	HE.8.PHC.1.4 Assess personal health practices. HE.8.PHC.2.2 Analyze the influence of personal values, attitudes, and beliefs about individual health practices and behaviors. HE.8.PHC.2.6 Describe the influence of culture on health beliefs, practices, and behaviors. HE.8.PHC.4.1 Promote ways to acquire health services, products and or environments based on accurate and truthful information. HE.8.CEH.2.1 Analyze how the school and community may influence adolescent health. HE.8.CEH.2.2 Critique school and public health policies that influence health promotion and disease prevention.			

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			HE.8.CEH.3.2 Anticipate how injury or illness stemming from unhealthy or risky behaviors impacts the community. HE.8.CH.1.1 Analyze how appropriate health care can influence personal health. HE.8.CH.3.1 Analyze the accessibility, validity, and reliability of products and services that enhance home, school, and community health.			
Florida Health Skills for Middle School: Grade 8 110-116 Common Noninfectious Diseases 122 Critical Thinking, #2 122 Develop Your Thinking, #1-3 122 Differentiation	HE.8.PHC.1.2	Identify major chronic diseases that impact human body systems. ***Clarification 1:*** Instruction includes cancer, hypertension and coronary artery disease, asthma, and diabetes.	HE.8.PHC.1.1 Analyze how the physical, mental, social, and intellectual dimensions of personal health are interrelated. HE.8.PHC.1.3 Assess the importance of assuming responsibility for personal health behaviors. HE.8.PHC.1.4 Assess 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
			health practices. HE.8.CH.1.1 Analyze how appropriate health care can influence personal health. HE.8.PHC.2.3 Predict how environmental factors affect personal health. HE.8.PHC.2.7 Explore how heredity and family history can affect personal health. HE.8.PHC.3.9 Apply healthy practices and behaviors that will maintain or improve personal health and reduce health risks.			
Florida Health Skills for Middle School: Grade 8 7 How Healthcare Promotes Personal Health 54-65 Caring for Your Skin, Hair, and Nails 116 Treating Noninfectious Diseases; fourth paragraph 122 Develop Your Thinking, #1-3 122 Differentiation	HE.8.PHC.1.3	Assess the importance of assuming responsibility for personal health behaviors. ***Clarification 1:*** Instruction includes teen pregnancy, sexually transmitted infections STI, and abstinence to prevent STIs. ***Clarification 2:*** Instruction includes diet, physical activity, hygiene.	HE.8.PHC.1.1 Analyze how the physical, mental, social, and intellectual dimensions of personal health are interrelated. HE.8.PHC.1.2 Identify major chronic diseases that impact human body systems.	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
136 Guidelines for Forming a Healthy Eating Pattern; fourth paragraph 165 Getting Enough Physical Activity; second paragraph 168-174 Setting and Reaching Your Goals; Designing Your Workouts 389-392 The Importance of Relationships; Healthy Versus Unhealthy Relationships 403 Develop Your Skills #2 **Reproductive Health, Relationships, and Abstinence (Companion):** 21 first full sentence 25 Develop Your Skills #1			HE.8.PHC.1.4 Assess personal health practices. HE.8.CH.1.1 Analyze how appropriate health care can influence personal health. HE.8.CEH.4.1 Promote positive health choices with the influence and support of others. HE.8.PHC.2.3 Predict how environmental factors affect personal health. HE.8.PHC.2.8 Explain how the perceptions of norms influence healthy and unhealthy behaviors. HE.8.PHC.2.9 Describe how personal health goals can vary with changing abilities, priorities, and responsibilities. HE.8.PHC.3.2 Compile the potential outcomes of each option when making a health-related decision.			

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			HE.8.PHC.3.6 Investigate personal strategies to reduce or prevent injuries and other adolescent health problems.			
Florida Health Skills for Middle School: Grade 8 86 Analyzing a Sleep-Wake Schedule 122 Develop Your Skills, #3 122 Differentiation 167-168 Checking Your Fitness Level 358 Develop Your Skills #2 390-392 Healthy Versus Unhealthy Relationships 396 Be Assertive 403 Develop Your Skills #3	HE.8.PHC.1.4	Assess personal health practices. ***Clarification 1:*** Instruction includes physical activity and sleep habits. ***Clarification 2:*** Instruction includes interpersonal skills. ***Clarification 3:*** Instruction includes risky behavior and injury prevention.	HE.8.PHC.1.1 Analyze how the physical, mental, social, and intellectual dimensions of personal health are interrelated. HE.8.PHC.1.2 Identify major chronic diseases that impact human body systems. HE.8.PHC.1.3 Assess the importance of assuming responsibility for personal health behaviors. HE.8.PHC.2.5 Assess the role of the beliefs of family and culture on the health of adolescents. HE.8.PHC.2.9 Describe how personal health goals can vary with changing abilities, priorities, and	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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			responsibilities. HE.8.PHC.3.7 Design an individual goal to adopt, maintain, or improve a personal health practice. HE.8.PHC.3.8 Apply strategies and skills needed to attain a personal health goal. HE.8.PHC.3.9 Apply healthy practices and behaviors that will maintain or improve personal health and reduce health risks. HE.8.CEH.3.2 Anticipate how injury or illness stemming from unhealthy or risky behaviors impacts the community. HE.8.CH.2.3 Analyze the influence of technology on personal and family health.			
Florida Health Skills for Middle School: Grade 8	HE.8.PHC.2.2	Analyze the influence of personal values, attitudes, and beliefs about individual	HE.8.PHC.2.1 Analyze the influences of	MA.K12.MTR.1.1 MA.K12.MTR.2.1 MA.K12.MTR.3.1	ELA.K12.EE.1.1 ELA.K12.EE.2.1 ELA.K12.EE.3.1	ELD.K12.ELL.SI.1

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20 Critical Thinking #1-2 20 Develop Your Skills, #2-3 20 Differentiation 22 Making Healthy Decisions; bullets 25 Using Refusal Skills; second paragraph 189 Exploring Your Self-Image and Self-Esteem; third and fourth paragraphs 192 Internal and External Factors Affecting Self-Esteem; first and second paragraphs 192 Figure 4.1.6 Changing Negative Self-Talk to Positive Self-Talk		health practices and behaviors. ***Clarification 1:*** Instruction includes social conformity, desires, and impulses. ***Clarification 2:*** Instruction includes how a healthy level of self-respect deters unhealthy choices and behaviors.	media/social media on physical, emotional, and social health. HE.8.PHC.2.3 Predict how environmental factors affect personal health. HE.8.PHC.2.4 Assess the role of the beliefs of friends and peers on the health of adolescents. HE.8.PHC.2.5 Assess the role of the beliefs of family and culture on the health of adolescents. HE.8.PHC.2.6 Describe the influence of culture on health beliefs, practices, and behaviors. HE.8.PHC.2.7 Explore how heredity and family history can affect personal health. HE.8.PHC.2.8 Explain how the perceptions of norms influence healthy and unhealthy behaviors.	MA.K12.MTR.4.1 MA.K12.MTR.5.1 MA.K12.MTR.6.1 MA.K12.MTR.7.1	ELA.K12.EE.4.1 ELA.K12.EE.5.1 ELA.K12.EE.6.1	

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			HE.8.PHC.2.9 Describe how personal health goals can vary with changing abilities, priorities, and responsibilities. HE.8.PHC.2.10 Explain the impact of cyberbullying and inappropriate use of social media on personal wellness. HE.8.PHC.1.1 Analyze how the physical, mental, social, and intellectual dimensions of personal health are interrelated. HE.8.PHC.3.9 Apply healthy practices and behaviors that will maintain or improve personal health and reduce health risks. HE.8.CEH.2.1 Analyze how the school and community may influence adolescent health. HE.8.CEH.3.1 Investigate			

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			community strategies to reduce or prevent injuries and other adolescent health problems.			
Florida Health Skills for Middle School: Grade 8 15-17 Environmental Factors 20 Develop Your Skills, #2 20 Differentiation 109 Risk Factors for Noninfectious Diseases; third paragraph 181 Use Caution in Hot and Cold Weather; third paragraph 209 Figure 4.3.1 Sources of Stress 222 What Causes Mental Illnesses?; first bullet 249 Figure 4.7.1 Risk Factors of Suicide 250-251 Environmental Risk Factors 335-336 Weapons Safety 340 Emergency Preparedness; fifth paragraph 348 Staying Safe at School; third paragraph 355 Pedestrian Safety; third, sixth and twelfth bullets 372-375 introduction; Air Pollution; Water Pollution 372 Figure 6.4.1 Humans and the Environment Affect One Another	HE.8.PHC.2.3	Predict how environmental factors affect personal health. ***Clarification 1:*** Instruction includes heat index, air, and water quality. ***Clarification 2:*** Instruction includes streetlights and signs. ***Clarification 3:*** Instruction includes bullying, gangs, and weapons in the community.	HE.8.PHC.2.1 Analyze the influences of media/social media on physical, emotional, and social health. HE.8.PHC.2.2 Analyze the influence of personal values, attitudes, and beliefs about individual health practices and behaviors. HE.8.PHC.2.4 Assess the role of the beliefs of friends and peers on the health of adolescents. HE.8.PHC.2.5 Assess the role of the beliefs of family and culture on the health of adolescents. HE.8.PHC.2.6 Describe the influence of culture on health beliefs, practices, and 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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Reproductive Health, Relationships, and Abstinence (Companion): 38-44 Figure 9.1.1; Bullying and Cyberbullying; Consequences of Bullying and Cyberbullying 63-64 Gang Violence 66-67 Homicide and Terrorism			HE.8.PHC.2.7 Explore how heredity and family history can affect personal health. HE.8.PHC.2.8 Explain how the perceptions of norms influence healthy and unhealthy behaviors. HE.8.PHC.2.9 Describe how personal health goals can vary with changing abilities, priorities, and responsibilities. HE.8.PHC.2.10 Explain the impact of cyberbullying and inappropriate use of social media on personal wellness. HE.8.PHC.1.1 Analyze how the physical, mental, social, and intellectual dimensions of personal health are interrelated. HE.8.PHC.1.2 Identify major chronic diseases that impact human body			

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			systems. HE.8.PHC.1.3 Assess the importance of assuming responsibility for personal health behaviors. HE.8.PHC.3.4 Evaluate the outcomes of a health-related decision. HE.8.PHC.3.6 Investigate personal strategies to reduce or prevent injuries and other adolescent health problems. HE.8.PHC.3.9 Apply healthy practices and behaviors that will maintain or improve personal health and reduce health risks. HE.8.PHC.4.1 Promote ways to acquire health services, products and or environments based on accurate and truthful information.			

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Florida Health Skills for Middle School: Grade 8 16-17 Social Environment; The Power of Social Media to Inspire 20 Develop Your Skills, #2 20 Differentiation 25 Using Refusal Skills; second paragraph 143 Skills for Following a Healthy Eating Pattern; fourth paragraph 190 Factors That Affect Self-Esteem; fourth paragraph 192 Low Self-Esteem; last paragraph 239-240 Social Environment 308 Effects of Drugs on Body Systems 308 Figure 5.5.2 Link Between Depression and Drug Abuse 311 Commonly Used Drugs; first paragraph 330 Critical Thinking #2 330 Develop Your Skills, #1-3 330 Differentiation	HE.8.PHC.2.4	Assess the role of the beliefs of friends and peers on the health of adolescents. ***Clarification 1:*** Instruction includes drug-use myths. ***Clarification 2:*** Instruction includes perception of healthy body composition. ***Clarification 3:*** Instruction includes energy drink myths.	HE.8.PHC.2.1 Analyze the influences of media/social media on physical, emotional, and social health. HE.8.PHC.2.2 Analyze the influence of personal values, attitudes, and beliefs about individual health practices and behaviors. HE.8.PHC.2.3 Predict how environmental factors affect personal health. HE.8.PHC.2.5 Assess the role of the beliefs of family and culture on the health of adolescents. HE.8.PHC.2.6 Describe the influence of culture on health beliefs, practices, and behaviors. HE.8.PHC.2.7 Explore how heredity and family history can affect 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	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.8.PHC.2.8 Explain how the perceptions of norms influence healthy and unhealthy behaviors. HE.8.PHC.2.9 Describe how personal health goals can vary with changing abilities, priorities, and responsibilities. HE.8.PHC.2.10 Explain the impact of cyberbullying and inappropriate use of social media on personal wellness. HE.8.CEH.2.1 Analyze how the school and community may influence adolescent health. HE.8.CEH.3.2 Anticipate how injury or illness stemming from unhealthy or risky behaviors impacts the community. HE.8.CEH.3.3 Categorize healthy and unhealthy alternatives to community health-			

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			related issues or problems. HE.8.CEH.4.3 Work cooperatively to advocate for healthy individuals, peers, families, and schools. HE.8.CH.2.2 Research marketing strategies behind health-related media/social media messages. HE.8.CH.2.3 Analyze the influence of technology on personal and family health. HE.8.CH.3.1 Analyze the accessibility, validity, and reliability of products and services that enhance home, school, and community health.			
Florida Health Skills for Middle School: Grade 8 16 Social Environment 18 1.2-3 Reading Checkpoint #2 143 Choose Nutrient-Dense Foods; last two paragraphs 147-148 Understand Food Preferences	HE.8.PHC.2.5	Assess the role of the beliefs of family and culture on the health of adolescents. ***Clarification 1:*** Instruction includes impact of alternative medical care and family religious beliefs on health practices.	HE.8.PHC.2.1 Analyze the influences of media/social media on physical, emotional, and social health. HE.8.PHC.2.2 Analyze the influence	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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148 Figure 3.2.11 Factors That Influence Food Preferences 150 Practice Your Skills #1-4 150 Reading Checkpoint, #2 166 Social Factors; Community Resources and Income 389-390 The Importance of Relationships; first three paragraphs			of personal values, attitudes, and beliefs about individual health practices and behaviors. HE.8.PHC.2.3 Predict how environmental factors affect personal health. HE.8.PHC.2.4 Assess the role of the beliefs of friends and peers on the health of adolescents. HE.8.PHC.2.6 Describe the influence of culture on health beliefs, practices, and behaviors. HE.8.PHC.2.7 Explore how heredity and family history can affect personal health. HE.8.PHC.2.8 Explain how the perceptions of norms influence healthy and unhealthy behaviors. HE.8.PHC.2.9 Describe how personal health goals can vary with			

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			changing abilities, priorities, and responsibilities. HE.8.PHC.2.10 Explain the impact of cyberbullying and inappropriate use of social media on personal wellness. HE.8.PHC.1.3 Assess the importance of assuming responsibility for personal health behaviors. HE.8.PHC.3.9 Apply healthy practices and behaviors that will maintain or improve personal health and reduce health risks. HE.8.CH.2.3 Analyze the influence of technology on personal and family health.			
Florida Health Skills for Middle School: Grade 8 16 Social Environment 18 1.2-3 Reading Checkpoint #2 148 Figure 3.2.11	HE.8.PHC.2.6	Describe the influence of culture on health beliefs, practices, and behaviors.	HE.8.PHC.2.1 Analyze the influences of media/social media on physical, emotional, and social 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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Factors That Influence Food Preferences 191 Figure 4.1.5 Internal and External Factors Affecting Self-Esteem 191 Building Your Skills-Mental Health Connections-How You Can Build Your Self-Esteem 191 Practice Your Skills 191 Differentiation 233 Overcome Barriers; first paragraph 233 Figure 4.5.2 Stigma About Mental Illnesses			HE.8.PHC.2.2 Analyze the influence of personal values, attitudes, and beliefs about individual health practices and behaviors. HE.8.PHC.2.3 Predict how environmental factors affect personal health. HE.8.PHC.2.4 Assess the role of the beliefs of friends and peers on the health of adolescents. HE.8.PHC.2.6 Describe the influence of culture on health beliefs, practices, and behaviors. HE.8.PHC.2.7 Explore how heredity and family history can affect personal health. HE.8.PHC.2.8 Explain how the perceptions of norms influence healthy and unhealthy behaviors. HE.8.PHC.2.9 Describe how			

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			personal health goals can vary with changing abilities, priorities, and responsibilities. HE.8.PHC.2.10 Explain the impact of cyberbullying and inappropriate use of social media on personal wellness. HE.8.PHC.1.3 Assess the importance of assuming responsibility for personal health behaviors. HE.8.PHC.3.9 Apply healthy practices and behaviors that will maintain or improve personal health and reduce health risks. HE.8.CH.2.3 Analyze the influence of technology on personal and family health.			
Florida Health Skills for Middle School: Grade 8 13-14 Genetic Factors 108-109 Risk Factors for Noninfectious Diseases; first paragraph	HE.8.PHC.2.7	Explore how heredity and family history can affect personal health. ***Clarification 1:*** Instruction includes sickle cell disease, heart disease, diabetes, and mental health.	HE.8.PHC.2.1 Analyze the influences of media/social media on physical, emotional, and social 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

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
109 Figure 2.5.2 Role of Genes in Noninfectious Diseases 109 2.5–2 Reading Checkpoint 114 Type 2 Diabetes Mellitus; fourth paragraph 121 Family History 221 What Causes Mental Illnesses?; first bullet 250 Environmental Risk Factors; eighth paragraph 262-263 Genetic Factors			HE.8.PHC.2.2 Analyze the influence of personal values, attitudes, and beliefs about individual health practices and behaviors. HE.8.PHC.2.3 Predict how environmental factors affect personal health. HE.8.PHC.2.4 Assess the role of the beliefs of friends and peers on the health of adolescents. HE.8.PHC.2.5 Assess the role of the beliefs of family and culture on the health of adolescents. HE.8.PHC.2.6 Describe the influence of culture on health beliefs, practices, and behaviors. HE.8.PHC.2.8 Explain how the perceptions of norms influence healthy and unhealthy behaviors. HE.8.PHC.2.9 Describe how			

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			personal health goals can vary with changing abilities, priorities, and responsibilities. HE.8.PHC.2.10 Explain the impact of cyberbullying and inappropriate use of social media on personal wellness. HE.8.PHC.1.2 Identify major chronic diseases that impact human body systems. HE.8.PHC.1.3 Assess the importance of assuming responsibility for personal health behaviors. HE.8.PHC.3.4 Evaluate the outcomes of a health-related decision. HE.8.PHC.3.6 Investigate personal strategies to reduce or prevent injuries and other adolescent health problems. HE.8.PHC.3.9			

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
			Apply healthy practices and behaviors that will maintain or improve personal health and reduce health risks.			
Florida Health Skills for Middle School: Grade 8 20 Critical Thinking #2 20 Develop Your Skills, #3 20 Differentiation 25 Using Refusal Skills; second paragraph 264 Family; first two paragraphs 264-267 Peer Pressure; Media Messages **Reproductive Health, Relationships, and Abstinence (Companion):** 22 Dealing with Sexual Pressure; first paragraph 22 Figure 8.2.7 Words for Resisting Sexual Pressure	HE.8.PHC.2.8	Explain how the perceptions of norms influence healthy and unhealthy behaviors.	HE.8.PHC.2.1 Analyze the influences of media/social media on physical, emotional, and social health. HE.8.PHC.2.2 Analyze the influence of personal values, attitudes, and beliefs about individual health practices and behaviors. HE.8.PHC.2.3 Predict how environmental factors affect personal health. HE.8.PHC.2.4 Assess the role of the beliefs of friends and peers on the health of adolescents. HE.8.PHC.2.5 Assess the role of the beliefs of family and culture on the health of adolescents. HE.8.PHC.2.6 Describe 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

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
			influence of culture on health beliefs, practices, and behaviors. HE.8.PHC.2.7 Explore how heredity and family history can affect personal health. HE.8.PHC.2.9 Describe how personal health goals can vary with changing abilities, priorities, and responsibilities. HE.8.PHC.2.10 Explain the impact of cyberbullying and inappropriate use of social media on personal wellness. HE.8.PHC.3.6 Investigate personal strategies to reduce or prevent injuries and other adolescent health problems. HE.8.PHC.3.7 Design an individual goal to adopt, maintain, or improve a personal health practice. HE.8.PHC.3.8			

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			Apply strategies and skills needed to attain a personal health goal. HE.8.PHC.3.9 Apply healthy practices and behaviors that will maintain or improve personal health and reduce health risks. HE.8.CEH.2.1 Analyze how the school and community may influence adolescent health. HE.8.CEH.3.2 Anticipate how injury or illness stemming from unhealthy or risky behaviors impacts the community. HE.8.CEH.4.3 Work cooperatively to advocate for healthy individuals, peers, families, and schools.			
Florida Health Skills for Middle School: Grade 8 23-24 Setting and Achieving Goals 143 Choose Nutrient-Dense Foods; third and fifth paragraphs 144 Think About Calories	HE.8.PHC.2.9	Describe how personal health goals can vary with changing abilities, priorities, and responsibilities. ***Clarification 1:*** Instruction includes weight reduction, cost of healthier food, availability of exercise	HE.8.PHC.2.1 Analyze the influences of media/social media on physical, emotional, and social 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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151 Critical Thinking, #1 166 Community Resources and Income 167 3.4-2 Reading Checkpoint 168 Setting and Reaching Your Goals seventh; paragraph 169 Practice Your Skills 169 Differentiation		equipment, and general health.	HE.8.PHC.2.2 Analyze the influence of personal values, attitudes, and beliefs about individual health practices and behaviors. HE.8.PHC.2.3 Predict how environmental factors affect personal health. HE.8.PHC.2.4 Assess the role of the beliefs of friends and peers on the health of adolescents. HE.8.PHC.2.5 Assess the role of the beliefs of family and culture on the health of adolescents. HE.8.PHC.2.6 Describe the influence of culture on health beliefs, practices, and behaviors. HE.8.PHC.2.7 Explore how heredity and family history can affect personal health. HE.8.PHC.2.8 Explain how the			

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			perceptions of norms influence healthy and unhealthy behaviors. HE.8.PHC.2.10 Explain the impact of cyberbullying and inappropriate use of social media on personal wellness. HE.8.PHC.1.3 Assess the importance of assuming responsibility for personal health behaviors. HE.8.PHC.1.4 Assess personal health practices. HE.8.PHC.3.6 Investigate personal strategies to reduce or prevent injuries and other adolescent health problems. HE.8.PHC.3.7 Design an individual goal to adopt, maintain, or improve a personal health practice. HE.8.PHC.3.8 Apply strategies and skills needed to attain a personal			

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
			health goal. HE.8.PHC.3.9 Apply healthy practices and behaviors that will maintain or improve personal health and reduce health risks. HE.8.CH.3.1 Analyze the accessibility, validity, and reliability of products and services that enhance home, school, and community health.			
Florida Health Skills for Middle School: Grade 8 23-24 Setting and Achieving Goals starting at "To reach a goal you set…" 151 Develop Your Skills #3 324-328 Treating Substance Use Misuse, and Abuse 391-392 The Emotional Impact of a Relationship; first full paragraph 391 Figure 7.1.3 Examples of Interpersonal Skills 403 Develop Your Skills #2 403 Differentiation **Reproductive Health, Relationships, and Abstinence (Companion):**	HE.8.PHC.3.1	Determine when health-related situations require the application of a thoughtful prepared plan of action. ***Clarification 1:*** Instruction includes consumption of alcohol, use of marijuana, and prescription drug abuse. ***Clarification 2:*** Instruction includes prevention of dating violence.	HE.8.PHC.3.2 Compile the potential outcomes of each option when making a health-related decision. HE.8.PHC.3.3 Distinguish when individual or collaborative decision-making is appropriate. HE.8.PHC.3.4 Evaluate the outcomes of a health-related decision. HE.8.PHC.3.5 Determine 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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58-59 Report Abuse; Get Help and Treatment			when specific professional health services or providers may be required. HE.8.PHC.3.6 Investigate personal strategies to reduce or prevent injuries and other adolescent health problems. HE.8.PHC.3.7 Design an individual goal to adopt, maintain, or improve a personal health practice. HE.8.PHC.3.8 Apply strategies and skills needed to attain a personal health goal. HE.8.PHC.3.9 Apply healthy practices and behaviors that will maintain or improve personal health and reduce health risks. HE.8.PHC.1.3 Assess the importance of assuming responsibility for personal health behaviors.			

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			HE.8.PHC.2.2 Analyze the influence of personal values, attitudes, and beliefs about individual health practices and behaviors. HE.8.PHC.2.4 Assess the role of the beliefs of friends and peers on the health of adolescents HE.8.PHC.2.6 Describe the influence of culture on health beliefs, practices, and behaviors. HE.8.PHC.2.8 Explain how the perceptions of norms influence healthy and unhealthy behaviors. HE.8.CEH.2.1 Analyze how the school and community may influence adolescent health.			
Florida Health Skills for Middle School: Grade 8 22-23 Making Healthy Decisions 178-179 Prevent Injuries 184 Develop Your Skills #1	HE.8.PHC.3.2	Compile the potential outcomes of each option when making a health-related decision. ***Clarification 1:*** Instruction includes consequences related to	HE.8.PHC.3.1 Determine when health-related situations require the application of a thoughtful prepared plan of action.	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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259-262 Stages of Substance Use Disorders 267 Making Healthy Decisions 267 Practice Your Skills 267 Differentiation 302 Consequences of Alcohol Use 307-308 Health Effects of Drug Use **Reproductive Health, Relationships, and Abstinence (Companion):** 20-21 Figure 8.2.5 Reasons Young People Choose Abstinence		injury, addiction, and reproductive health. ***Clarification 2:*** Instruction includes consequences related to legal, social, and financial ramifications.	HE.8.PHC.3.3 Distinguish when individual or collaborative decision-making is appropriate. HE.8.PHC.3.4 Evaluate the outcomes of a health-related decision. HE.8.PHC.3.5 Determine situations when specific professional health services or providers may be required. HE.8.PHC.3.6 Investigate personal strategies to reduce or prevent injuries and other adolescent health problems. HE.8.PHC.3.7 Design an individual goal to adopt, maintain, or improve a personal health practice. HE.8.PHC.3.8 Apply strategies and skills needed to attain a personal health goal. HE.8.PHC.3.9			

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			Apply healthy practices and behaviors that will maintain or improve personal health and reduce health risks. HE.8.PHC.2.3 Predict how environmental factors affect personal health. HE.8.PHC.2.4 Assess the role of the beliefs of friends and peers on the health of adolescents. HE.8.PHC.2.8 Explain how the perceptions of norms influence healthy and unhealthy behaviors. HE.8.PHC.2.9 Describe how personal health goals can vary with changing abilities, priorities, and responsibilities.			
Florida Health Skills for Middle School: Grade 8 22 Making Healthy Decisions; last paragraph 151 Develop Your Skills #3	HE.8.PHC.3.3	Distinguish when individual or collaborative decision-making is appropriate. ***Clarification 1:*** Instruction includes pressure to consume alcohol, self-	HE.8.PHC.3.1 Determine when health-related situations require the application of a thoughtful prepared plan of action.	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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195 Assessing Your Mental and Emotional Health; last paragraph 218 Seek Professional Help When Needed; last paragraph 235 Helping Someone with a Mental Illness 252 Take Steps to Help Prevent Suicide; fifth paragraph 256 Critical Thinking #1 267 Making Healthy Decisions 267 Differentiation		injury, weight management, and mental-health concerns.	HE.8.PHC.3.2 Compile the potential outcomes of each option when making a health-related decision. HE.8.PHC.3.4 Evaluate the outcomes of a health-related decision. HE.8.PHC.3.5 Determine situations when specific professional health services or providers may be required. HE.8.PHC.3.6 Investigate personal strategies to reduce or prevent injuries and other adolescent health problems. HE.8.PHC.3.7 Design an individual goal to adopt, maintain, or improve a personal health practice. HE.8.PHC.3.8 Apply strategies and skills needed to attain a personal health goal. HE.8.PHC.3.9 Apply healthy			

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			practices and behaviors that will maintain or improve personal health and reduce health risks. HE.8.PHC.2.3 Predict how environmental factors affect personal health. HE.8.PHC.2.4 Assess the role of the beliefs of friends and peers on the health of adolescents. HE.8.PHC.2.6 Describe the influence of culture on health beliefs, practices, and behaviors. HE.8.PHC.2.8 Explain how the perceptions of norms influence healthy and unhealthy behaviors. HE.68.R.4.2 Develop and apply conflict resolution skills in a variety of situations. HE.8.CEH.3.2 Anticipate how injury or illness stemming from unhealthy or			

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			risky behaviors impacts the community. HE.8.CEH.4.3 Work cooperatively to advocate for healthy individuals, peers, families, and schools. HE.8.CH.2.1 Evaluate ways consumer health messages and communication techniques can be targeted for different audiences. HE.8.CH.2.2 Research marketing strategies behind health-related media/social media messages. HE.8.CH.3.1 Analyze the accessibility, validity, and reliability of products and services that enhance home, school, and community health. HE.8.CH.3.2 Analyze valid and reliable health services and the cost of products.			

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Florida Health Skills for Middle School: Grade 8 22-23 Making Healthy Decisions 54-65 Caring for Your Skin, Hair, and Nails 66 Develop Your Skills #3 66 Differentiation 140-142 Malnutrition 144-146 Think About Calories 146 Figure 3.2.9 Recommended Daily Calorie Intake 259-262 Stages of Substance Use Disorders 300 Brain Development 333-342 Fall Prevention; Poisoning Prevention; Weapons Safety; Fire Prevention and Safety; Emergency Preparedness **Reproductive Health, Relationships, and Abstinence (Companion):** 10-11 Health Issues in Young People	HE.8.PHC.3.4	Evaluate the outcomes of a health-related decision. ***Clarification 1:*** Instruction includes substance use and abuse outcomes such as addiction and brain damage. ***Clarification 2:*** Instruction includes weight management from proper nutrition and exercise. ***Clarification 3:*** Instruction includes disease prevention from personal hygiene practices and reproductive health. ***Clarification 4:*** Instruction includes injury prevention from safety practices.	HE.8.PHC.3.1 Determine when health-related situations require the application of a thoughtful prepared plan of action. HE.8.PHC.3.2Compile the potential outcomes of each option when making a health-related decision. HE.8.PHC.3.3Distinguish when individual or collaborative decision-making is appropriate. HE.8.PHC.3.5Determine situations when specific professional health services or providers may be required. HE.8.PHC.3.6Investigate personal strategies to reduce or prevent injuries and other adolescent health problems. HE.8.PHC.3.7 Design an individual goal to adopt, maintain, or improve a personal health practice. HE.8.PHC.3.8 Apply strategies and	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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			skills needed to attain a personal health goal. HE.8.PHC.3.9 Apply healthy practices and behaviors that will maintain or improve personal health and reduce health risks. HE.8.PHC.2.4 Assess the role of the beliefs of friends and peers on the health of adolescents. HE.8.PHC.2.5 Assess the role of the beliefs of family and culture on the health of adolescents. HE.8.PHC.2.6 Describe the influence of culture on health beliefs, practices, and behaviors. HE.8.PHC.2.7 Explore how heredity and family history can affect personal health. HE.8.CH.2.1 Evaluate ways consumer health messages and			

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			communication techniques can be targeted for different audiences. HE.8.CH.2.2 Research marketing strategies behind health-related media/social media messages. HE.8.CH.2.3 Analyze the influence of technology on personal and family health. HE.8.CEH.3.2 Anticipate how injury or illness stemming from unhealthy or risky behaviors impacts the community. HE.8.CEH.3.3 Categorize healthy and unhealthy alternatives to community health-related issues or problems.			
Florida Health Skills for Middle School: Grade 8 96 Common Infectious Diseases second, fourth, and seventh; paragraphs 97 Pinkeye; fifth paragraph	HE.8.PHC.3.5	Determine situations when specific professional health services or providers may be required. ***Clarification 1:***	HE.8.PHC.3.1 Determine when health-related situations require the application of a thoughtful prepared plan of action.	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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97 Figure 2.4.5 Symptoms of Pinkeye 97-98 COVID-19 first paragraph 98-99 Treating Infectious Diseases 106 Critical Thinking #2 106 Differentiation 182-183 Treat Injuries 231 Recognize When You Need Help 232 Practice Your Skills 232 4.5-1 Reading Checkpoint 237 Develop Your Skills #1 **Reproductive Health, Relationships, and Abstinence (Companion):** 58-59 Report Abuse; Get Help and Treatment 60 Develop Your Skills #3 65 Human Trafficking; last paragraph 65 Figure 9.3.4 Signs of Human Trafficking 69 Critical Thinking #2		Instruction includes head injuries, infections, depression, human trafficking, and abuse.	HE.8.PHC.3.2 Compile the potential outcomes of each option when making a health-related decision. HE.8.PHC.3.3 Distinguish when individual or collaborative decision-making is appropriate. HE.8.PHC.3.4 Evaluate the outcomes of a health-related decision. HE.8.PHC.3.6 Investigate personal strategies to reduce or prevent injuries and other adolescent health problems. HE.8.PHC.3.7 Design an individual goal to adopt, maintain, or improve a personal health practice. HE.8.PHC.3.8 Apply strategies and skills needed to attain a personal health goal. HE.8.PHC.3.9			

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			Apply healthy practices and behaviors that will maintain or improve personal health and reduce health risks. HE.8.PHC.1.2 Identify major chronic diseases that impact human body systems. HE.8.PHC.2.3 Predict how environmental factors affect personal health. HE.8.PHC.2.6 Describe the influence of culture on health beliefs, practices, and behaviors. HE.8.CEH.2.2 Critique school and public health policies that influence health promotion and disease prevention. HE.8.CH.1.1 Analyze how appropriate health care can influence personal health. HE.8.CH.3.1 Analyze the			

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			accessibility, validity, and reliability of products and services that enhance home, school, and community health. HE.8.CH.3.2 Analyze valid and reliable health services and the cost of products.			
Florida Health Skills for Middle School: Grade 8 28-29 Accessing Valid Information 33 Communicating Health Information; first bullet 33 Figure 1.3.10 Examples of Community Resources 34 Develop Your Skills #1 226-227 Major Depressive Disorder 234-235 Find Treatment 349 Staying Safe in Public Places and Social Situations; second paragraph 349 Figure 6.2.3 Staying Safe in Public Places 358 Develop Your Skills #3 397-402 Ways to Communicate Effectively; Conflict Resolution Skills 403 Develop Your Skills #1 -3 403Differentiation	HE.8.PHC.3.6	Investigate personal strategies to reduce or prevent injuries and other adolescent health problems. ***Clarification 1:*** Instruction includes recognize signs and symptoms of depression, accessing resources, avoiding unsafe areas, and healthy relationship skills.	HE.8.PHC.3.1 Determine when health-related situations require the application of a thoughtful prepared plan of action. HE.8.PHC.3.2 Compile the potential outcomes of each option when making a health-related decision. HE.8.PHC.3.3 Distinguish when individual or collaborative decision-making is appropriate. HE.8.PHC.3.4 Evaluate the outcomes of a health-related decision. HE.8.PHC.3.5	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
			Determine situations when specific professional health services or providers may be required. HE.8.PHC.3.7 Design an individual goal to adopt, maintain, or improve a personal health practice. HE.8.PHC.3.8 Apply strategies and skills needed to attain a personal health goal. HE.8.PHC.3.9 Apply healthy practices and behaviors that will maintain or improve personal health and reduce health risks. HE.8.PHC.1.3 Assess the importance of assuming responsibility for personal health behaviors. HE.8.PHC.1.4 Assess personal health practices. HE.8.PHC.2.3 Predict how environmental			

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			factors affect personal health. HE.8.PHC.2.8 Explain how the perceptions of norms influence healthy and unhealthy behaviors. HE.8.PHC.2.9 Describe how personal health goals can vary with changing abilities, priorities, and responsibilities. HE.8.CEH.2.2 Critique school and public health policies that influence health promotion and disease prevention. HE.8.CEH.3.2 Anticipate how injury or illness stemming from unhealthy or risky behaviors impacts the community. HE.8.CH.3.1 Analyze the accessibility, validity, and reliability of products and services that enhance home, school, and 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
			HE.8.CH.3.2 Analyze valid and reliable health services and the cost of products.			
Florida Health Skills for Middle School: Grade 8 23-24 Setting and Achieving Goals 24 1.3–2 Reading Checkpoint, #1-2 84-90 Strategies for Getting Enough Sleep 86 Analyzing a Sleep-Wake Schedule 144 Making Healthy Food Choices 151 Critical Thinking, #1-2 168-171 Setting and Reaching Your Goals 169 Practice Your Skills, #1-5 169 Differentiation	HE.8.PHC.3.7	Design an individual goal to adopt, maintain, or improve a personal health practice. ***Clarification 1:*** Instruction includes physical activity, eating habits, and sleep habits.	HE.8.PHC.3.1 Determine when health-related situations require the application of a thoughtful prepared plan of action. HE.8.PHC.3.2 Compile the potential outcomes of each option when making a health-related decision. HE.8.PHC.3.3 Distinguish when individual or collaborative decision-making is appropriate. HE.8.PHC.3.4 Evaluate the outcomes of a health-related decision. HE.8.PHC.3.5 Determine situations when specific professional health services or providers may be required. HE.8.PHC.3.6 Investigate personal strategies to reduce	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
			or prevent injuries and other adolescent health problems. HE.8.PHC.3.8 Apply strategies and skills needed to attain a personal health goal. HE.8.PHC.3.9 Apply healthy practices and behaviors that will maintain or improve personal health and reduce health risks. HE.8.PHC.1.3 Assess the importance of assuming responsibility for personal health behaviors. HE.8.PHC.1.4 Assess personal health practices. HE.8.PHC.2.9 Describe how personal health goals can vary with changing abilities, priorities, and responsibilities. HE.8.CH.3.1 Analyze the accessibility, validity,			

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
			and reliability of products and services that enhance home, school, and community health.			
Florida Health Skills for Middle School: Grade 8 23-24 Setting and Achieving Goals 144 Making Healthy Food Choices 168-171 Setting and Reaching Your Goals 175 Develop Your Skills #1	HE.8.PHC.3.8	Apply strategies and skills needed to attain a personal health goal. ***Clarification 1:*** Instruction includes physical activity and nutrition modification. ***Clarification 2:*** Instruction includes use of health apps.	HE.8.PHC.3.1 Determine when health-related situations require the application of a thoughtful prepared plan of action. HE.8.PHC.3.2 Compile the potential outcomes of each option when making a health-related decision. HE.8.PHC.3.3 Distinguish when individual or collaborative decision-making is appropriate. HE.8.PHC.3.4 Evaluate the outcomes of a health-related decision. HE.8.PHC.3.5 Determine situations when specific professional health services or providers 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	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.8.PHC.3.6 Investigate personal strategies to reduce or prevent injuries and other adolescent health problems. HE.8.PHC.3.7 Design an individual goal to adopt, maintain, or improve a personal health practice. HE.8.PHC.3.9 Apply healthy practices and behaviors that will maintain or improve personal health and reduce health risks. HE.8.PHC.1.3 Assess the importance of assuming responsibility for personal health behaviors. HE.8.PHC.1.4 Assess personal health practices. HE.8.PHC.2.2 Analyze the influence of personal values, attitudes, and beliefs about individual health practices and behaviors.			

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			HE.8.PHC.2.9 Describe how personal health goals can vary with changing abilities, priorities, and responsibilities. HE.8.PHC.4.1 Promote ways to acquire health services, products and or environments based on accurate and truthful information. HE.8.CH.1.2 Compare and contrast a variety of technologies to gather health information.			
Florida Health Skills for Middle School: Grade 8 17 The Power of Social Media to Inspire 23-24 Setting and Achieving Goals 52 Develop Your Skills #3 54-65 Caring for Your Skin, Hair, and Nails 84-90 Strategies for Getting Enough Sleep 122 Develop Your Skills #3 143-150 Skills for Following a Healthy Eating Pattern	HE.8.PHC.3.9	Apply healthy practices and behaviors that will maintain or improve personal health and reduce health risks. ***Clarification 1:*** Instruction includes participating in various physical activities, setting healthy goals, making healthy food choices, adequate sleep patterns. ***Clarification 2:*** Instruction includes fostering healthy relationships, resisting negative peer	HE.8.PHC.3.1 Determine when health-related situations require the application of a thoughtful prepared plan of action. HE.8.PHC.3.2 Compile the potential outcomes of each option when making a health-related decision. HE.8.PHC.3.3 Distinguish when	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
164-174 Getting Enough Physical Activity 229 Develop Your Skills #2 264-265 Peer Pressure 319-324 Preventing Substance Use, Misuse, and Abuse 330 Develop Your Skills #1 350-353 Staying Safe on the Internet 397-402 Ways to Communicate Effectively; Conflict Resolution Skills 403 Develop Your Skills #1 **Reproductive Health, Relationships, and Abstinence (Companion):** 5-8 Male Puberty; Female Puberty 20-23 Abstinence		pressure, and reproductive health practices. ***Clarification 3:*** Instruction includes practicing internet safety. ***Clarification 4:*** Instruction includes limiting screentime to reduce the risk of musculoskeletal conditions caused by prolonged use of devices	individual or collaborative decision-making is appropriate. HE.8.PHC.3.4 Evaluate the outcomes of a health-related decision. HE.8.PHC.3.5 Determine situations when specific professional health services or providers may be required. HE.8.PHC.3.6 Investigate personal strategies to reduce or prevent injuries and other adolescent health problems. HE.8.PHC.3.7 Design an individual goal to adopt, maintain, or improve a personal health practice. HE.8.PHC.3.8 Apply strategies and skills needed to attain a personal health goal. HE.8.PHC.1.3 Assess the importance of			

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			assuming responsibility for personal health behaviors. HE.8.PHC.2.3 Predict how environmental factors affect personal health. HE.8.PHC.2.9 Describe how personal health goals can vary with changing abilities, priorities, and responsibilities. HE.8.PHC.4.1 Promote ways to acquire health services, products and or environments based on accurate and truthful information. HE.8.CEH.2.2 Critique school and public health policies that influence health promotion and disease prevention. HE.8.CEH.4.1 Promote positive health choices with the influence and support of others.			

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			HE.8.CH.1.1 Analyze how appropriate health care can influence personal health. HE.8.CH.1.2 Compare and contrast a variety of technologies to gather health information. HE.8.CH.3.1 Analyze the accessibility, validity, and reliability of products and services that enhance home, school, and community health. HE.8.CH.3.2 Analyze valid and reliable health services and the cost of products.			

Florida Health Skills for Middle School: Grade 8 27-33 Accessing and Evaluating Health Information and Services; Communicating Health Information 58 Health in the Media 83 Ava's Wake-Up Routine 149 Enlist Support 166 Community Resources and Income 167 3.4-2 Reading Checkpoint 167 Differentiation 196 Develop Your Skills #1 218 Seek Professional Help When Needed 231 Recognize When You Need Help 237 Develop Your Skills #2 253-254 Figure 4.7.4; Advocate for Mental Health 305 Develop Your Skills #2 355 first sentence 358 Develop Your Skills #2 370 Develop Your Skills #2 381 Advocating for the Environment	HE.8.PHC.4.1	Promote ways to acquire health services, products and or environments based on accurate and truthful information. ***Clarification 1:*** Instruction includes advocating for one's own health, wellbeing, and quality of life.	HE.8.PHC.4.2 Identify strategies to combat cyberbullying and online harassment. HE.8.PHC.1.3 Assess the importance of assuming responsibility for personal health behaviors. HE.8.PHC.3.1 Determine when health-related situations require the application of a thoughtful prepared plan of action. HE.8.PHC.3.5 Determine situations when specific professional health services or providers may be required. HE.8.CEH.2.1 Analyze how the school and community may influence adolescent health. HE.8.CEH.2.2 Critique school and public health policies that influence health promotion and disease prevention. HE.8.CEH.4.2 Justify 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

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
			on a topic and support it with accurate information. HE.8.CH.1.2 Compare and contrast a variety of technologies to gather health information. HE.8.CH.2.1 Evaluate ways consumer health messages and communication techniques can be targeted for different audiences. HE.8.CH.3.1 Analyze the accessibility, validity, and reliability of products and services that enhance home, school, and community health. HE.8.CH.3.2 Analyze valid and reliable health services and the cost of products			

Lesson Plan/Correlating Content	Benchmark of Focus-Code	Benchmark	Connecting Benchmarks	Integrated MTRs within Student Materials and Teacher Guides
Main Text: 204-206 Have Empathy 205 Building Your Skills-Community Connections-Being Thankful Makes You Healthier 206 Figure 4.2.7 Try to recognize and understand someone else's feelings. 206 4.2–3 Reading Checkpoint, #1-2 207 Lesson 4.2 Review Assessment 207 Critical Thinking, #1-3 207 Develop Your Skills #1-3 397-399 Ways to Communicate Effectively 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.8.CEH.2.1 Analyze how the school and community may influence adolescent health. HE.68.R.4.2 Develop and apply conflict resolution skills in a variety of 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
Main Text: 26 Resolving Conflicts 191 Factors That Affect Self-Esteem; first and second paragraphs 196 Develop Your Skills #2 213-218 Strategies for Coping with Stress 218 Reading Checkpoint, #1, 2 219 Critical Thinking #1-3 219 Develop Your Skills #1-3 399-402 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. HE.8.CEH.2.1 Analyze how the school and community may influence adolescent health. HE.8.CEH.3.1 Investigate community strategies to reduce or prevent injuries and other adolescent health problems.	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.8.PHC.2.2 Analyze the influence of personal values, attitudes, and beliefs about individual health practices and behaviors. HE.8.PHC.2.6 Describe the influence of culture on health beliefs, practices, and behaviors. HE.8.PHC.3.9 Apply healthy practices and behaviors that will maintain or improve personal health and reduce health risks.	
Main Text: 32 Your School Environment 31-33 Communicating Health Information 34 Develop Your Skills #1 99-105 Preventing Infectious Diseases 106 Critical Thinking #1-2 106 Develop Your Skills, #3 147 Understand Food Preferences; second paragraph 165 Getting Enough Physical Activity; last paragraph 166 Community Resources and Income 175 Develop Your Skills #2 191 Figure 4.1.5 Internal and External Factors Affecting Self-Esteem 207 Develop Your Skills #2-3 231 Recognize When You Need Help; last two paragraphs 237 Develop Your Skills #2 247 Critical Thinking #3	HE.8.CEH.2.1	Analyze how the school and community may influence adolescent health. ***Clarification 1:*** Instruction includes practices and resources in the school and community that may lead to better health outcomes for adolescents.	HE.8.CEH.2.2 Critique school and public health policies that influence health promotion and disease prevention. HE.8.CEH.2.3 Analyze how media/social media influences community health behaviors. HE.8.CEH.2.4 Predict how environmental factors affect community health. HE.8.CEH.3.2 Anticipate how injury or illness stemming from unhealthy or risky behaviors impacts the community. HE.8.CEH.3.3 Categorize healthy and unhealthy alternatives to community health-related issues or problems. HE.8.CEH.4.3 Work cooperatively to advocate for healthy individuals, peers, families, and schools. HE.8.CH.3.1 Analyze the accessibility, validity, and reliability of products and services that enhance home, school, and community 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
249 Figure 4.7.1 Risk Factors of Suicide 250-251 Environmental Risk Factors 253 Figure 4.7.4 Suicide Prevention Resources 305 Develop Your Skills #3 323-324 Government Approaches 327-328 Support Groups 336 Weapons Safety; first full paragraph 348 Staying Safe at School; second paragraph 358 Critical Thinking #1 402 Mediation 403 Develop Your Skills #2 **Companion Text:** 60 Develop Your Skills #2			HE.8.PHC.2.4 Assess the role of the beliefs of friends and peers on the health of adolescents. HE.8.PHC.2.5 Assess the role of the beliefs of family and culture on the health of adolescents. HE.8.PHC.2.8 Explain how the perceptions of norms influence healthy and unhealthy behaviors.	
Main Text: 348 Staying Safe at School; second and fifth paragraphs 348 6.2–1 Reading Checkpoint, # 1, 2 354-356 Staying Safe on the Road 356 6.2–4 Reading Checkpoint, #2 356 Develop Your Skills, #2 377-378 Society's Actions to Protect the Environment **Companion Text:** 62-63 School Violence; starting at the paragraph "Schools have policies…" 63 9.3–1 Reading Checkpoint, #2	HE.8.CEH.2.2	Critique school and public health policies that influence health promotion and disease prevention. ***Clarification 1:*** Instruction includes rules and policies enforced by the school and community that may lead to better health outcomes.	HE.8.CEH.2.1 Analyze how the school and community may influence adolescent health. HE.8.CEH.2.3 Analyze how media/social media influences community health behaviors. HE.8.CEH.2.4 Predict how environmental factors affect community health. HE.8.CEH.3.2 Anticipate how injury or illness stemming from unhealthy or risky behaviors impacts the community. HE.8.CEH.3.3 Categorize healthy and unhealthy alternatives to community health-related issues or problems.	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.8.CEH.4.3 Work cooperatively to advocate for healthy individuals, peers, families, and schools. HE.8.PHC.1.1 Analyze how the physical, mental, social, and intellectual dimensions of personal health are interrelated. HE.8.PHC.2.3 Predict how environmental factors affect personal health. HE.8.PHC.3.6 Investigate personal strategies to reduce or prevent injuries and other adolescent health problems. HE.8.PHC.4.1 Promote ways to acquire health services, products and or environments based on accurate and truthful information.	
Main Text: 32 Choosing Abstinence; first paragraph 32 Figure 8.3.7 Using the Decision-Making Process to Practice Abstinence 32 Practice Your Skills, #1-6 32 Differentiation 254-255 Provide Help for Survivors 303 Alcohol Use and Risky Behaviors; second paragraph 308 Mental, Social, and Legal Consequences; last paragraph 308 Figure 5.5.2 Link Between Depression and Drug Abuse 356 Vehicle Safety; second bullet	HE.8.CEH.3.2	Anticipate how injury or illness stemming from unhealthy or risky behaviors impacts the community. ***Clarification 1:*** Instruction includes death or injury from car crashes and underage drinking/distracted driving. ***Clarification 2:*** Instruction includes infections and disease from poor personal health practices.	HE.8.CEH.3.1 Investigate community strategies to reduce or prevent injuries and other adolescent health problems. HE.8.CEH.3.2 Anticipate how injury or illness stemming from unhealthy or risky behaviors impacts the community. HE.8.CEH.2.1 Analyze how the school and community may influence adolescent health. HE.8.CEH.4.3 Work cooperatively to advocate for healthy individuals, peers, families, and schools. HE.8.CH.3.1 Analyze the accessibility, validity, and reliability of products and services that enhance home, school, and community health. HE.8.PHC.2.4 Assess the role of the beliefs of friends and peers on 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

Lesson Plan/Correlating Content	Benchmark of Focus-Code	Benchmark	Connecting Benchmarks	Integrated MTRs within Student Materials and Teacher Guides
			health of adolescents. HE.8.PHC.2.8 Explain how the perceptions of norms influence healthy and unhealthy behaviors. HE.8.PHC.3.2 Compile the potential outcomes of each option when making a health-related decision. HE.8.PHC.3.6 Investigate personal strategies to reduce or prevent injuries and other adolescent health problems. HE.8.PHC.3.9 Apply healthy practices and behaviors that will maintain or improve personal health and reduce health risks.	
Main Text: 32 Building Your Skills: Community Connections, Your School Environment 32 Practice Your Skills, #1-6 33 Figure 1.3.10 Examples of Community Resources 267 Making Healthy Decisions 305 Develop Your Skills #3 381 Advocating for the Environment	HE.8.CEH.3.3	Categorize healthy and unhealthy alternatives to community health-related issues or problems.	HE.8.CEH.3.1 Investigate community strategies to reduce or prevent injuries and other adolescent health problems. HE.8.CEH.3.2 Anticipate how injury or illness stemming from unhealthy or risky behaviors impacts the community. HE.8.CEH.2.1 Analyze how the school and community may influence adolescent health. HE.8.CEH.2.2 Critique school and public health policies that influence health promotion and disease prevention. HE.8.CEH.4.3 Work cooperatively to advocate for healthy individuals, peers, families, and schools.	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.8.CH.2.1 Evaluate ways consumer health messages and communication techniques can be targeted for different audiences. HE.8.CH.3.1 Analyze the accessibility, validity, and reliability of products and services that enhance home, school, and community health. HE.8.CH.3.2 Analyze valid and reliable health services and the cost of products. HE.8.PHC.2.8 Explain how the perceptions of norms influence healthy and unhealthy behaviors.	
Main Text: 32 Practice Your Skills, #1-6 319-320 Build Healthy Relationships 328-329 Helping Someone with a Substance Use Disorder 330 Develop Your Skills #2 **Companion Text:** 20-23 Abstinence	HE.8.CEH.4.1	Promote positive health choices with the influence and support of others. ***Clarification 1:*** Instruction includes promotion of sexual abstinence and substance use prevention.	HE.8.CEH.4.1 Promote positive health choices with the influence and support of others. HE.8.CEH.4.2 Justify a health-enhancing position on a topic and support it with accurate information. HE.8.CEH.4.3 Work cooperatively to advocate for healthy individuals, peers, families, and schools. HE.8.CH.2.2 Research marketing strategies behind health-related media/social media messages. HE.8.CH.3.1 Analyze the accessibility, validity, and reliability of products and services that enhance home, school, and community health. HE.8.CH.3.2	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
			Analyze valid and reliable health services and the cost of products. HE.8.CEH.2.1 Analyze how the school and community may influence adolescent health. HE.8.PHC.3.9 Apply healthy practices and behaviors that will maintain or improve personal health and reduce health risks.	
Main Text: 32 Practice Your Skills, #1-6 66 Develop Your Skills #2-3 106 Develop Your Skills #3 175 Develop Your Skills #2 358 Develop Your Skills #2	HE.8.CEH.4.2	Justify a health-enhancing position on a topic and support it with accurate information.	HE.8.CEH.4.1 Promote positive health choices with the influence and support of others. HE.8.CEH.4.3 Work cooperatively to advocate for healthy individuals, peers, families, and schools. HE.8.CEH.2.1 Analyze how the school and community may influence adolescent health. HE.8.CEH.2.2 Critique school and public health policies that influence health promotion and disease prevention. HE.8.CH.1.2 Compare and contrast a variety of technologies to gather health information. HE.8.PHC.2.4 Assess the role of the beliefs of friends and peers on the health of adolescents. HE.8.PHC.2.8 Explain how the perceptions of norms influence healthy and unhealthy behaviors. HE.8.PHC.3.1	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
			Determine when health-related situations require the application of a thoughtful prepared plan of action. HE.8.PHC.3.2 Compile the potential outcomes of each option when making a health-related decision. HE.8.PHC.3.4 Evaluate the outcomes of a health-related decision. HE.8.PHC.4.1 Promote ways to acquire health services, products and or environments based on accurate and truthful information.	
Main Text: 32 Your School Environment 34 Develop Your Skills #1 66 Develop Your Skills, #1-3 247 Critical Thinking #3 319 Build Healthy Relationships; fifth paragraph 319 Figure 5.6.1 Characteristics of Healthy Friendships Versus Unhealthy Friendships 323-324 Government Approaches 345 Develop Your Skills #3 381 Advocating for the Environment	HE.8.CEH.4.3	Work cooperatively to advocate for healthy individuals, peers, families, and schools. ***Clarification 1:*** Instruction includes promotion of community initiatives, such as media or prevention campaigns. ***Clarification 2:*** Instruction includes participation in school community wellness and organizations.	HE.8.CEH.4.1 Promote positive health choices with the influence and support of others. HE.8.CEH.4.2 Justify 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 MA.K12.MTR.7.1
Main Text: 7 How Healthcare Promotes Personal Health; first paragraph 10 Critical Thinking #2 98-99 Treating Infectious Diseases 103-105 Vaccines 103 Practice Your Skills	HE.8.CH.1.1	Analyze how appropriate health care can influence personal health. ***Clarification 1:*** Instruction includes going to a medical professional for prevention and treatment of illness.	HE.8.CH.1.2 Compare and contrast a variety of technologies to gather health information. HE.8.CH.2.3 Analyze the influence of technology on personal and family health. HE.8.CH.3.2	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
116-121 Treating Noninfectious Diseases; Preventing Noninfectious Diseases			Analyze valid and reliable health services and the cost of products. HE.8.PHC.1.1 Analyze how the physical, mental, social, and intellectual dimensions of personal health are interrelated. HE.8.PHC.1.2 Identify major chronic diseases that impact human body systems. HE.8.PHC.1.3 Assess the importance of assuming responsibility for personal health behaviors. HE.8.PHC.2.3 Predict how environmental factors affect personal health. HE.8.PHC.2.7 Explore how heredity and family history can affect personal health. HE.8.PHC.3.9 Apply healthy practices and behaviors that will maintain or improve personal health and reduce health risks.	
Main Text: 58 Health in the Media 84 Set and Follow a Schedule; fourth paragraph 84 Figure 2.3.5 Apps and Devices to Improve Sleep 91 Develop Your Skills, #2-3 166-167 Technology 168 Reading Checkpoint 3.4-3 #1-2 223 infographic	HE.8.CH.1.2	Compare and contrast a variety of technologies to gather health information. ***Clarification 1:*** Instruction includes identifying appropriate technologies under a variety of circumstances.	HE.8.CH.1.1 Analyze how appropriate health care can influence personal health. HE.8.CH.2.3 Analyze the influence of technology on personal and family health. HE.8.CEH.4.2 Justify a health-enhancing position on a topic and support it with accurate information. HE.8.PHC.3.7 Design 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
Main Text: 240 Media and Society 240 Figure 4.6.2 What is Weight Stigma? 265 Media Messages 265 Figure 5.1.8 Types of Ads to Which Young People Are Exposed 268 Develop Your Skills, #2-6 268 Differentiation 330 Critical Thinking, #2 322 Think Critically; fourth paragraph 322 Figure 5.6.3 Analyzing Advertisements	HE.8.CH.2.1	Evaluate ways consumer health messages and communication techniques can be targeted for different audiences. ***Clarification 1:*** Instruction includes how organizations/companies use a variety of public service announcements, celebrities, social media posts, and platforms.	HE.8.CH.2.2 Research marketing strategies behind health-related media/social media messages. HE.8.CH.2.3 Analyze the influence of technology on personal and family health. HE.8.CEH.2.1 Analyze how the school and community may influence adolescent health. HE.8.CEH.3.3 Categorize healthy and unhealthy alternatives to community health-related issues or problems. HE.8.CEH.4.1 Promote positive health choices with the influence and support of others. HE.8.CH.3.1 Analyze the accessibility, validity, and reliability of products and services that enhance home, school, and community health. HE.8.CH.3.2 Analyze valid and reliable health services and the cost of products. HE.8.PHC.2.8 Explain how the perceptions of norms influence healthy and unhealthy 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
Main Text: 240 Media and Society 240 Figure 4.6.2 What is Weight Stigma? 265-267 Media Messages	HE.8.CH.2.2	Research marketing strategies behind health-related media/social media messages. ***Clarification 1:*** Instruction includes identifying and researching strategies that media companies use to create trends.	HE.8.CH.2.1 Evaluate ways consumer health messages and communication techniques can be targeted for different audiences. HE.8.CH.2.3 Analyze the influence of technology on personal and family 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
265 Figure 5.1.8 Types of Ads to Which Young People Are Exposed 268 Develop Your Skills, #2 268 Differentiation 322 Think Critically 322 Figure 5.6.3 Analyzing Advertisements			HE.8.CEH.2.1 Analyze how the school and community may influence adolescent health. HE.8.CEH.3.3 Categorize healthy and unhealthy alternatives to community health-related issues or problems. HE.8.CEH.4.1 Promote positive health choices with the influence and support of others. HE.8.CH.3.1 Analyze the accessibility, validity, and reliability of products and services that enhance home, school, and community health. HE.8.CH.3.2 Analyze valid and reliable health services and the cost of products. HE.8.PHC.2.8 Explain how the perceptions of norms influence healthy and unhealthy behaviors.	
Main Text: 91 Develop Your Skills #2 91 Differentiation 122 Develop Your Skills #1 136 Guidelines for Forming a Healthy Eating Pattern; fifth paragraph 137 MyPlate Food Guidance System; fourth paragraph 166-167 Technology 175 Critical Thinking #2 323-324 Government Approaches; fourth and fifth paragraphs	HE.8.CH.2.3	Analyze the influence of technology on personal and family health. ***Clarification 1:*** Instruction includes social marketing for health information. ***Clarification 2:*** Instruction includes how technology can positively and negatively influence personal and family health behaviors.	HE.8.CH.2.1 Evaluate ways consumer health messages and communication techniques can be targeted for different audiences. HE.8.CH.2.2 Research marketing strategies behind health-related media/social media messages. HE.8.CEH.4.1 Promote positive health choices with the influence and support of others. HE.8.CH.1.1 Analyze how appropriate health care can influence 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
323 Figure 5.6.4 What the Government is Doing to Prevent Substance Use.			HE.8.CH.1.2 Compare and contrast a variety of technologies to gather health information. HE.8.CH.3.1 Analyze the accessibility, validity, and reliability of products and services that enhance home, school, and community health. HE.8.CH.4.2 Recommend a variety of technologies to gather health information. HE.8.PHC.1.1 Analyze how the physical, mental, social, and intellectual dimensions of personal health are interrelated. HE.8.PHC.2.5 Assess the role of the beliefs of family and culture on the health of adolescents.	
Main Text: 27-30 Accessing and Evaluating Health Information and Services 31 1.3-5 Reading Checkpoint, #1-2 32 Practice Your Skills, #1 58 Health in the Media 196 Develop Your Skills #1 219 Develop Your Skills #1 237 Develop Your Skills #2 305 Develop Your Skills #2 322 Think Critically 370 Develop Your Skills #2	HE.8.CH.3.1	Analyze the accessibility, validity, and reliability of products and services that enhance home, school, and community health.	HE.8.CH.3.2 Analyze valid and reliable health services and the cost of products. HE.8.CH.2.1 Evaluate ways consumer health messages and communication techniques can be targeted for different audiences. HE.8.CH.2.2 Research marketing strategies behind health-related media/social media messages. HE.8.CEH.2.1 Analyze how the school and community may influence adolescent health HE.8.CEH.3.2 Anticipate how injury or illness stemming from unhealthy or risky behaviors impacts the 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
			HE.8.CEH.3.3 Categorize healthy and unhealthy alternatives to community health-related issues or problems. HE.8.CEH.4.1 Promote positive health choices with the influence and support of others. HE.8.CEH.4.3 Work cooperatively to advocate for healthy individuals, peers, families, and schools HE.8.PHC.3.5 Determine situations when specific professional health services or providers may be required. HE.8.PHC.4.1 Promote ways to acquire health services, products and or environments based on accurate and truthful information.	
Main Text: 30 Evaluating Health-Claim Articles 106 Develop Your Skills #2 237 Develop Your Skills #2 237 Differentiation 322 Think Critically 370 Develop Your Skills #2 219 Develop Your Skills #1	HE.8.CH.3.2	Analyze valid and reliable health services and the cost of products. ***Clarification 1:*** Instruction includes reviewing a variety of resources including advertisements, health-claim articles, and personal claims.	HE.8.CH.3.1 Analyze the accessibility, validity, and reliability of products and services that enhance home, school, and community health. HE.8.CH.1.1 Analyze how appropriate health care can influence personal health. HE.8.CH.2.1 Evaluate ways consumer health messages and communication techniques can be targeted for different audiences. HE.8.CH.2.2 Research marketing strategies behind health-related media/social media messages. HE.8.CEH.2.1 Analyze how the school and community may influence adolescent 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
			HE.8.CEH.4.2 Justify a health-enhancing position on a topic and support it with accurate information. HE.8.PHC.2.6 Describe the influence of culture on health beliefs, practices, and behaviors. HE.8.PHC.3.5 Determine situations when specific professional health services or providers may be required. HE.8.PHC.4.1 Promote ways to acquire health services, products and or environments based on accurate and truthful information.	
Main Text: 5-6 How the Parts of Health Are Interrelated; infographic 10 Critical Thinking 10 Differentiation 79-80 The Importance of Sleep 190 Factors That Affect Self-Esteem; fourth paragraph 196 Critical Thinking #2 356 Vehicle Safety; fourth bullet **Companion Text:** 42 Consequences of Bullying and Cyberbullying ; fourth bullet 48 Develop Your Skills, #2 48 Differentiation 52 Intimate Partner Violence; second full paragraph 64 Human Trafficking; last paragraph	HE.8.PHC.1.1	Analyze how the physical, mental, social, and intellectual dimensions of personal health are interrelated. ***Clarification 1:*** Instruction includes the relationship between sleeping and studying for tests. ***Clarification 2:*** Instruction includes the relationship between road rage and vehicular crashes. ***Clarification 3:*** Instruction includes the relationship between bullying, dating violence, human trafficking and self-esteem.	HE.8.PHC.1.2 Identify major chronic diseases that impact human body systems. HE.8.PHC.1.3 Assess the importance of assuming responsibility for personal health behaviors. HE.8.PHC.1.4 Assess personal health practices. HE.8.PHC.2.2 Analyze the influence of personal values, attitudes, and beliefs about individual health practices and behaviors. HE.8.PHC.2.6 Describe the influence of culture on health beliefs, practices, and behaviors. HE.8.PHC.4.1 Promote ways to acquire health services, products and or environments based on accurate and truthful 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.8.CEH.2.1 Analyze how the school and community may influence adolescent health. HE.8.CEH.2.2 Critique school and public health policies that influence health promotion and disease prevention. HE.8.CEH.3.2 Anticipate how injury or illness stemming from unhealthy or risky behaviors impacts the community. HE.8.CH.1.1 Analyze how appropriate health care can influence personal health. HE.8.CH.3.1 Analyze the accessibility, validity, and reliability of products and services that enhance home, school, and community health.	
Main Text: 110-116 Common Noninfectious Diseases 122 Critical Thinking, #2 122 Develop Your Thinking, #1-3 122 Differentiation	HE.8.PHC.1.2	Identify major chronic diseases that impact human body systems. ***Clarification 1:*** Instruction includes cancer, hypertension and coronary artery disease, asthma, and diabetes.	HE.8.PHC.1.1 Analyze how the physical, mental, social, and intellectual dimensions of personal health are interrelated. HE.8.PHC.1.3 Assess the importance of assuming responsibility for personal health behaviors. HE.8.PHC.1.4 Assess personal health practices. HE.8.CH.1.1 Analyze how appropriate health care can influence personal health. HE.8.PHC.2.3 Predict how environmental factors affect 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
			HE.8.PHC.2.7 Explore how heredity and family history can affect personal health. HE.8.PHC.3.9 Apply healthy practices and behaviors that will maintain or improve personal health and reduce health risks.	
Main Text: 7 How Healthcare Promotes Personal Health 54-65 Caring for Your Skin, Hair, and Nails 116 Treating Noninfectious Diseases; fourth paragraph 122 Develop Your Thinking, #1-3 122 Differentiation 136 Guidelines for Forming a Healthy Eating Pattern; fourth paragraph 165 Getting Enough Physical Activity; second paragraph 168-174 Setting and Reaching Your Goals; Designing Your Workouts 389-392 The Importance of Relationships; Healthy Versus Unhealthy Relationships 403 Develop Your Skills #2 **Companion Text:** 21 first full sentence 25 Develop Your Skills #1	HE.8.PHC.1.3	Assess the importance of assuming responsibility for personal health behaviors. ***Clarification 1:*** Instruction includes teen pregnancy, sexually transmitted infections STI, and abstinence to prevent STIs. ***Clarification 2:*** Instruction includes diet, physical activity, hygiene.	HE.8.PHC.1.1 Analyze how the physical, mental, social, and intellectual dimensions of personal health are interrelated. HE.8.PHC.1.2 Identify major chronic diseases that impact human body systems. HE.8.PHC.1.4 Assess personal health practices. HE.8.CH.1.1 Analyze how appropriate health care can influence personal health. HE.8.CEH.4.1 Promote positive health choices with the influence and support of others. HE.8.PHC.2.3 Predict how environmental factors affect personal health. HE.8.PHC.2.8 Explain how the perceptions of norms influence healthy and unhealthy behaviors. HE.8.PHC.2.9 Describe how personal health goals can vary with changing abilities, priorities, and responsibilities. HE.8.PHC.3.2 Compile the potential outcomes of each option when making a health-related decision. HE.8.PHC.3.6	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

Lesson Plan/Correlating Content	Benchmark of Focus-Code	Benchmark	Connecting Benchmarks	Integrated MTRs within Student Materials and Teacher Guides
			Investigate personal strategies to reduce or prevent injuries and other adolescent health problems.	
Main Text: 86 Analyzing a Sleep-Wake Schedule 122 Develop Your Skills, #3 122 Differentiation 167-168 Checking Your Fitness Level 358 Develop Your Skills #2 390-392 Healthy Versus Unhealthy Relationships 396 Be Assertive 403 Develop Your Skills #3	HE.8.PHC.1.4	Assess personal health practices. ***Clarification 1:*** Instruction includes physical activity and sleep habits. ***Clarification 2:*** Instruction includes interpersonal skills. ***Clarification 3:*** Instruction includes risky behavior and injury prevention.	HE.8.PHC.1.1 Analyze how the physical, mental, social, and intellectual dimensions of personal health are interrelated. HE.8.PHC.1.2 Identify major chronic diseases that impact human body systems. HE.8.PHC.1.3 Assess the importance of assuming responsibility for personal health behaviors. HE.8.PHC.2.5 Assess the role of the beliefs of family and culture on the health of adolescents. HE.8.PHC.2.9 Describe how personal health goals can vary with changing abilities, priorities, and responsibilities. HE.8.PHC.3.7 Design an individual goal to adopt, maintain, or improve a personal health practice. HE.8.PHC.3.8 Apply strategies and skills needed to attain a personal health goal. HE.8.PHC.3.9 Apply healthy practices and behaviors that will maintain or improve personal health and reduce health risks. HE.8.CEH.3.2 Anticipate how injury or illness stemming from unhealthy or risky behaviors impacts the community. HE.8.CH.2.3 Analyze the influence of technology on personal and family 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
Main Text: 20 Critical Thinking #1-2 20 Develop Your Skills, #2-3 20 Differentiation 22 Making Healthy Decisions; bullets 25 Using Refusal Skills; second paragraph 189 Exploring Your Self-Image and Self-Esteem; third and fourth paragraphs 192 Internal and External Factors Affecting Self-Esteem; first and second paragraphs 192 Figure 4.1.6 Changing Negative Self-Talk to Positive Self-Talk	HE.8.PHC.2.2	Analyze the influence of personal values, attitudes, and beliefs about individual health practices and behaviors. ***Clarification 1:*** Instruction includes social conformity, desires, and impulses. ***Clarification 2:*** Instruction includes how a healthy level of self-respect deters unhealthy choices and behaviors.	HE.8.PHC.2.1 Analyze the influences of media/social media on physical, emotional, and social health. HE.8.PHC.2.3 Predict how environmental factors affect personal health. HE.8.PHC.2.4 Assess the role of the beliefs of friends and peers on the health of adolescents. HE.8.PHC.2.5 Assess the role of the beliefs of family and culture on the health of adolescents. HE.8.PHC.2.6 Describe the influence of culture on health beliefs, practices, and behaviors. HE.8.PHC.2.7 Explore how heredity and family history can affect personal health. HE.8.PHC.2.8 Explain how the perceptions of norms influence healthy and unhealthy behaviors. HE.8.PHC.2.9 Describe how personal health goals can vary with changing abilities, priorities, and responsibilities. HE.8.PHC.2.10 Explain the impact of cyberbullying and inappropriate use of social media on personal wellness. HE.8.PHC.1.1 Analyze how the physical, mental, social, and intellectual dimensions of personal health are interrelated. HE.8.PHC.3.9 Apply 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
			HE.8.CEH.2.1 Analyze how the school and community may influence adolescent health. HE.8.CEH.3.1 Investigate community strategies to reduce or prevent injuries and other adolescent health problems.	
Main Text: 15-17 Environmental Factors 20 Develop Your Skills, #2 20 Differentiation 109 Risk Factors for Noninfectious Diseases; third paragraph 181 Use Caution in Hot and Cold Weather; third paragraph 209 Figure 4.3.1 Sources of Stress 222 What Causes Mental Illnesses?; first bullet 249 Figure 4.7.1 Risk Factors of Suicide 250-251 Environmental Risk Factors 335-336 Weapons Safety 340 Emergency Preparedness; fifth paragraph 348 Staying Safe at School; third paragraph 355 Pedestrian Safety; third, sixth and twelfth bullets 372-375 introduction; Air Pollution; Water Pollution 372 Figure 6.4.1 Humans and the Environment Affect One Another	HE.8.PHC.2.3	Predict how environmental factors affect personal health. ***Clarification 1:*** Instruction includes heat index, air, and water quality. ***Clarification 2:*** Instruction includes streetlights and signs. ***Clarification 3:*** Instruction includes bullying, gangs, and weapons in the community.	HE.8.PHC.2.1 Analyze the influences of media/social media on physical, emotional, and social health. HE.8.PHC.2.2 Analyze the influence of personal values, attitudes, and beliefs about individual health practices and behaviors. HE.8.PHC.2.4 Assess the role of the beliefs of friends and peers on the health of adolescents. HE.8.PHC.2.5 Assess the role of the beliefs of family and culture on the health of adolescents. HE.8.PHC.2.6 Describe the influence of culture on health beliefs, practices, and behaviors. HE.8.PHC.2.7 Explore how heredity and family history can affect personal health. HE.8.PHC.2.8 Explain how the perceptions of norms influence healthy and unhealthy behaviors. HE.8.PHC.2.9 Describe how personal health 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

Lesson Plan/Correlating Content	Benchmark of Focus-Code	Benchmark	Connecting Benchmarks	Integrated MTRs within Student Materials and Teacher Guides
Companion Text: 38-44 Figure 9.1.1; Bullying and Cyberbullying; Consequences of Bullying and Cyberbullying 63-64 Gang Violence 66-67 Homicide and Terrorism			HE.8.PHC.2.10 Explain the impact of cyberbullying and inappropriate use of social media on personal wellness. HE.8.PHC.1.1 Analyze how the physical, mental, social, and intellectual dimensions of personal health are interrelated. HE.8.PHC.1.2 Identify major chronic diseases that impact human body systems. HE.8.PHC.1.3 Assess the importance of assuming responsibility for personal health behaviors. HE.8.PHC.3.4 Evaluate the outcomes of a health-related decision. HE.8.PHC.3.6 Investigate personal strategies to reduce or prevent injuries and other adolescent health problems. HE.8.PHC.3.9 Apply healthy practices and behaviors that will maintain or improve personal health and reduce health risks. HE.8.PHC.4.1 Promote ways to acquire health services, products and or environments based on accurate and truthful information.	
Main Text: 16-17 Social Environment; The Power of Social Media to Inspire 20 Develop Your Skills, #2 20 Differentiation 25 Using Refusal Skills; second paragraph 143 Skills for Following a	HE.8.PHC.2.4	Assess the role of the beliefs of friends and peers on the health of adolescents. ***Clarification 1:*** Instruction includes drug-use myths. ***Clarification 2:*** Instruction includes perception of healthy body composition.	HE.8.PHC.2.1 Analyze the influences of media/social media on physical, emotional, and social health. HE.8.PHC.2.2 Analyze the influence of personal values, attitudes, and beliefs about individual health practices and behaviors. HE.8.PHC.2.3 Predict how environmental factors affect personal health. HE.8.PHC.2.5	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
Healthy Eating Pattern; fourth paragraph 190 Factors That Affect Self-Esteem; fourth paragraph 192 Low Self-Esteem; last paragraph 239-240 Social Environment 308 Effects of Drugs on Body Systems 308 Figure 5.5.2 Link Between Depression and Drug Abuse 311 Commonly Used Drugs; first paragraph 330 Critical Thinking #2 330 Develop Your Skills, #1-3 330 Differentiation		***Clarification 3:*** Instruction includes energy drink myths.	Assess the role of the beliefs of family and culture on the health of adolescents. HE.8.PHC.2.6 Describe the influence of culture on health beliefs, practices, and behaviors. HE.8.PHC.2.7 Explore how heredity and family history can affect personal health. HE.8.PHC.2.8 Explain how the perceptions of norms influence healthy and unhealthy behaviors. HE.8.PHC.2.9 Describe how personal health goals can vary with changing abilities, priorities, and responsibilities. HE.8.PHC.2.10 Explain the impact of cyberbullying and inappropriate use of social media on personal wellness. HE.8.CEH.2.1 Analyze how the school and community may influence adolescent health. HE.8.CEH.3.2 Anticipate how injury or illness stemming from unhealthy or risky behaviors impacts the community. HE.8.CEH.3.3 Categorize healthy and unhealthy alternatives to community health-related issues or problems. HE.8.CEH.4.3 Work cooperatively to advocate for healthy individuals, peers, families, and schools. HE.8.CH.2.2 Research marketing strategies behind health-related media/social media messages.	

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			HE.8.CH.2.3 Analyze the influence of technology on personal and family health. HE.8.CH.3.1 Analyze the accessibility, validity, and reliability of products and services that enhance home, school, and community health.	
Main Text: 16 Social Environment 18 1.2-3 Reading Checkpoint #2 143 Choose Nutrient-Dense Foods; last two paragraphs 147-148 Understand Food Preferences 148 Figure 3.2.11 Factors That Influence Food Preferences 150 Practice Your Skills #1-4 150 Reading Checkpoint, #2 166 Social Factors; Community Resources and Income 389-390 The Importance of Relationships; first three paragraphs	HE.8.PHC.2.5	Assess the role of the beliefs of family and culture on the health of adolescents. ***Clarification 1:*** Instruction includes impact of alternative medical care and family religious beliefs on health practices.	HE.8.PHC.2.1 Analyze the influences of media/social media on physical, emotional, and social health. HE.8.PHC.2.2 Analyze the influence of personal values, attitudes, and beliefs about individual health practices and behaviors. HE.8.PHC.2.3 Predict how environmental factors affect personal health. HE.8.PHC.2.4 Assess the role of the beliefs of friends and peers on the health of adolescents. HE.8.PHC.2.6 Describe the influence of culture on health beliefs, practices, and behaviors. HE.8.PHC.2.7 Explore how heredity and family history can affect personal health. HE.8.PHC.2.8 Explain how the perceptions of norms influence healthy and unhealthy behaviors. HE.8.PHC.2.9 Describe how personal health goals can vary with changing abilities, priorities, and responsibilities. HE.8.PHC.2.10 Explain the impact of cyberbullying and inappropriate use of social media on personal wellness.	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.8.PHC.1.3 Assess the importance of assuming responsibility for personal health behaviors. HE.8.PHC.3.9 Apply healthy practices and behaviors that will maintain or improve personal health and reduce health risks. HE.8.CH.2.3 Analyze the influence of technology on personal and family health.	
Main Text: 16 Social Environment 18 1.2-3 Reading Checkpoint #2 148 Figure 3.2.11 Factors That Influence Food Preferences 191 Figure 4.1.5 Internal and External Factors Affecting Self-Esteem 191 Building Your Skills-Mental Health Connections-How You Can Build Your Self-Esteem 191 Practice Your Skills 191 Differentiation 233 Overcome Barriers; first paragraph 233 Figure 4.5.2 Stigma About Mental Illnesses	HE.8.PHC.2.6	Describe the influence of culture on health beliefs, practices, and behaviors.	HE.8.PHC.2.1 Analyze the influences of media/social media on physical, emotional, and social health. HE.8.PHC.2.2 Analyze the influence of personal values, attitudes, and beliefs about individual health practices and behaviors. HE.8.PHC.2.3 Predict how environmental factors affect personal health. HE.8.PHC.2.4 Assess the role of the beliefs of friends and peers on the health of adolescents. HE.8.PHC.2.6 Describe the influence of culture on health beliefs, practices, and behaviors. HE.8.PHC.2.7 Explore how heredity and family history can affect personal health. HE.8.PHC.2.8 Explain how the perceptions of norms influence healthy and unhealthy behaviors. HE.8.PHC.2.9 Describe how personal health 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

Lesson Plan/Correlating Content	Benchmark of Focus-Code	Benchmark	Connecting Benchmarks	Integrated MTRs within Student Materials and Teacher Guides
			HE.8.PHC.2.10 Explain the impact of cyberbullying and inappropriate use of social media on personal wellness. HE.8.PHC.1.3 Assess the importance of assuming responsibility for personal health behaviors. HE.8.PHC.3.9 Apply healthy practices and behaviors that will maintain or improve personal health and reduce health risks. HE.8.CH.2.3 Analyze the influence of technology on personal and family health.	
Main Text: 13-14 Genetic Factors 108-109 Risk Factors for Noninfectious Diseases; first paragraph 109 Figure 2.5.2 Role of Genes in Noninfectious Diseases 109 2.5–2 Reading Checkpoint 114 Type 2 Diabetes Mellitus; fourth paragraph 121 Family History 221 What Causes Mental Illnesses?; first bullet 250 Environmental Risk Factors; eighth paragraph 262-263 Genetic Factors	HE.8.PHC.2.7	Explore how heredity and family history can affect personal health. ***Clarification 1:*** Instruction includes sickle cell disease, heart disease, diabetes, and mental health.	HE.8.PHC.2.1 Analyze the influences of media/social media on physical, emotional, and social health. HE.8.PHC.2.2 Analyze the influence of personal values, attitudes, and beliefs about individual health practices and behaviors. HE.8.PHC.2.3 Predict how environmental factors affect personal health. HE.8.PHC.2.4 Assess the role of the beliefs of friends and peers on the health of adolescents. HE.8.PHC.2.5 Assess the role of the beliefs of family and culture on the health of adolescents. HE.8.PHC.2.6 Describe the influence of culture on health beliefs, practices, and behaviors. HE.8.PHC.2.8 Explain how the perceptions of norms influence healthy and unhealthy 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.8.PHC.2.9 Describe how personal health goals can vary with changing abilities, priorities, and responsibilities. HE.8.PHC.2.10 Explain the impact of cyberbullying and inappropriate use of social media on personal wellness. HE.8.PHC.1.2 Identify major chronic diseases that impact human body systems. HE.8.PHC.1.3 Assess the importance of assuming responsibility for personal health behaviors. HE.8.PHC.3.4 Evaluate the outcomes of a health-related decision. HE.8.PHC.3.6 Investigate personal strategies to reduce or prevent injuries and other adolescent health problems. HE.8.PHC.3.9 Apply healthy practices and behaviors that will maintain or improve personal health and reduce health risks.	
Main Text: 20 Critical Thinking #2 20 Develop Your Skills, #3 20 Differentiation 25 Using Refusal Skills; second paragraph 264 Family; first two paragraphs 264-267 Peer Pressure; Media Messages **Companion Text:**	HE.8.PHC.2.8	Explain how the perceptions of norms influence healthy and unhealthy behaviors.	HE.8.PHC.2.1 Analyze the influences of media/social media on physical, emotional, and social health. HE.8.PHC.2.2 Analyze the influence of personal values, attitudes, and beliefs about individual health practices and behaviors. HE.8.PHC.2.3 Predict how environmental factors affect personal health. HE.8.PHC.2.4 Assess the role of the beliefs of friends and peers on the health of adolescents.	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
22 Dealing with Sexual Pressure; first paragraph 22 Figure 8.2.7 Words for Resisting Sexual Pressure			HE.8.PHC.2.5 Assess the role of the beliefs of family and culture on the health of adolescents. HE.8.PHC.2.6 Describe the influence of culture on health beliefs, practices, and behaviors. HE.8.PHC.2.7 Explore how heredity and family history can affect personal health. HE.8.PHC.2.9 Describe how personal health goals can vary with changing abilities, priorities, and responsibilities. HE.8.PHC.2.10 Explain the impact of cyberbullying and inappropriate use of social media on personal wellness. HE.8.PHC.3.6 Investigate personal strategies to reduce or prevent injuries and other adolescent health problems. HE.8.PHC.3.7 Design an individual goal to adopt, maintain, or improve a personal health practice. HE.8.PHC.3.8 Apply strategies and skills needed to attain a personal health goal. HE.8.PHC.3.9 Apply healthy practices and behaviors that will maintain or improve personal health and reduce health risks. HE.8.CEH.2.1 Analyze how the school and community may influence adolescent health.	

Lesson Plan/Correlating Content	Benchmark of Focus-Code	Benchmark	Connecting Benchmarks	Integrated MTRs within Student Materials and Teacher Guides
			HE.8.CEH.3.2 Anticipate how injury or illness stemming from unhealthy or risky behaviors impacts the community. HE.8.CEH.4.3 Work cooperatively to advocate for healthy individuals, peers, families, and schools.	
Main Text: 23-24 Setting and Achieving Goals 143 Choose Nutrient-Dense Foods; third and fifth paragraphs 144 Think About Calories 151 Critical Thinking, #1 166 Community Resources and Income 167 3.4-2 Reading Checkpoint 168 Setting and Reaching Your Goals seventh; paragraph 169 Practice Your Skills 169 Differentiation	HE.8.PHC.2.9	Describe how personal health goals can vary with changing abilities, priorities, and responsibilities. ***Clarification 1:*** Instruction includes weight reduction, cost of healthier food, availability of exercise equipment, and general health.	HE.8.PHC.2.1 Analyze the influences of media/social media on physical, emotional, and social health. HE.8.PHC.2.2 Analyze the influence of personal values, attitudes, and beliefs about individual health practices and behaviors. HE.8.PHC.2.3 Predict how environmental factors affect personal health. HE.8.PHC.2.4 Assess the role of the beliefs of friends and peers on the health of adolescents. HE.8.PHC.2.5 Assess the role of the beliefs of family and culture on the health of adolescents. HE.8.PHC.2.6 Describe the influence of culture on health beliefs, practices, and behaviors. HE.8.PHC.2.7 Explore how heredity and family history can affect 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
			HE.8.PHC.2.8 Explain how the perceptions of norms influence healthy and unhealthy behaviors. HE.8.PHC.2.10 Explain the impact of cyberbullying and inappropriate use of social media on personal wellness. HE.8.PHC.1.3 Assess the importance of assuming responsibility for personal health behaviors. HE.8.PHC.1.4 Assess personal health practices. HE.8.PHC.3.6 Investigate personal strategies to reduce or prevent injuries and other adolescent health problems. HE.8.PHC.3.7 Design an individual goal to adopt, maintain, or improve a personal health practice. HE.8.PHC.3.8 Apply strategies and skills needed to attain a personal health goal. HE.8.PHC.3.9 Apply healthy practices and behaviors that will maintain or improve personal health and reduce health risks. HE.8.CH.3.1 Analyze the accessibility, validity, and reliability of products and services that enhance home, school, and community health.	
Main Text: 23-24 Setting and Achieving Goals starting at "To reach a goal you set…" 151 Develop Your Skills #3 324-328 Treating Substance Use	HE.8.PHC.3.1	Determine when health-related situations require the application of a thoughtful prepared plan of action. ***Clarification 1:***	HE.8.PHC.3.2 Compile the potential outcomes of each option when making a health-related decision. HE.8.PHC.3.3 Distinguish when individual or collaborative decision-making is appropriate.	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

Lesson Plan/Correlating Content	Benchmark of Focus-Code	Benchmark	Connecting Benchmarks	Integrated MTRs within Student Materials and Teacher Guides
Misuse, and Abuse 391-392 The Emotional Impact of a Relationship; first full paragraph 391 Figure 7.1.3 Examples of Interpersonal Skills 403 Develop Your Skills #2 403 Differentiation **Companion Text:** 58-59 Report Abuse; Get Help and Treatment		Instruction includes consumption of alcohol, use of marijuana, and prescription drug abuse. ***Clarification 2:*** Instruction includes prevention of dating violence.	HE.8.PHC.3.4 Evaluate the outcomes of a health-related decision. HE.8.PHC.3.5 Determine situations when specific professional health services or providers may be required. HE.8.PHC.3.6 Investigate personal strategies to reduce or prevent injuries and other adolescent health problems. HE.8.PHC.3.7 Design an individual goal to adopt, maintain, or improve a personal health practice. HE.8.PHC.3.8 Apply strategies and skills needed to attain a personal health goal. HE.8.PHC.3.9 Apply healthy practices and behaviors that will maintain or improve personal health and reduce health risks. HE.8.PHC.1.3 Assess the importance of assuming responsibility for personal health behaviors. HE.8.PHC.2.2 Analyze the influence of personal values, attitudes, and beliefs about individual health practices and behaviors. HE.8.PHC.2.4 Assess the role of the beliefs of friends and peers on the health of adolescents HE.8.PHC.2.6 Describe the influence of culture on health beliefs, practices, and behaviors.	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.8.PHC.2.8 Explain how the perceptions of norms influence healthy and unhealthy behaviors. HE.8.CEH.2.1 Analyze how the school and community may influence adolescent health.	
Main Text: 22-23 Making Healthy Decisions 178-179 Prevent Injuries 184 Develop Your Skills #1 259-262 Stages of Substance Use Disorders 267 Making Healthy Decisions 267 Practice Your Skills 267 Differentiation 302 Consequences of Alcohol Use 307-308 Health Effects of Drug Use **Companion Text:** 20-21 Figure 8.2.5 Reasons Young People Choose Abstinence	HE.8.PHC.3.2	Compile the potential outcomes of each option when making a health-related decision. ***Clarification 1:*** Instruction includes consequences related to injury, addiction, and reproductive health. ***Clarification 2:*** Instruction includes consequences related to legal, social, and financial ramifications.	HE.8.PHC.3.1 Determine when health-related situations require the application of a thoughtful prepared plan of action. HE.8.PHC.3.3 Distinguish when individual or collaborative decision-making is appropriate. HE.8.PHC.3.4 Evaluate the outcomes of a health-related decision. HE.8.PHC.3.5 Determine situations when specific professional health services or providers may be required. HE.8.PHC.3.6 Investigate personal strategies to reduce or prevent injuries and other adolescent health problems. HE.8.PHC.3.7 Design an individual goal to adopt, maintain, or improve a personal health practice. HE.8.PHC.3.8 Apply strategies and skills needed to attain a personal health goal. HE.8.PHC.3.9 Apply healthy practices and behaviors that will maintain or improve personal health and reduce health risks. HE.8.PHC.2.3 Predict how environmental factors affect 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
			HE.8.PHC.2.4 Assess the role of the beliefs of friends and peers on the health of adolescents. HE.8.PHC.2.8 Explain how the perceptions of norms influence healthy and unhealthy behaviors. HE.8.PHC.2.9 Describe how personal health goals can vary with changing abilities, priorities, and responsibilities.	
Main Text: 22 Making Healthy Decisions; last paragraph 151 Develop Your Skills #3 195 Assessing Your Mental and Emotional Health; last paragraph 218 Seek Professional Help When Needed; last paragraph 235 Helping Someone with a Mental Illness 252 Take Steps to Help Prevent Suicide; fifth paragraph 256 Critical Thinking #1 267 Making Healthy Decisions 267 Differentiation	HE.8.PHC.3.3	Distinguish when individual or collaborative decision-making is appropriate. ***Clarification 1:*** Instruction includes pressure to consume alcohol, self-injury, weight management, and mental-health concerns.	HE.8.PHC.3.1 Determine when health-related situations require the application of a thoughtful prepared plan of action. HE.8.PHC.3.2 Compile the potential outcomes of each option when making a health-related decision. HE.8.PHC.3.4 Evaluate the outcomes of a health-related decision. HE.8.PHC.3.5 Determine situations when specific professional health services or providers may be required. HE.8.PHC.3.6 Investigate personal strategies to reduce or prevent injuries and other adolescent health problems. HE.8.PHC.3.7 Design an individual goal to adopt, maintain, or improve a personal health practice. HE.8.PHC.3.8 Apply strategies and skills needed to attain a personal health goal. HE.8.PHC.3.9 Apply 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
			HE.8.PHC.2.3 Predict how environmental factors affect personal health. HE.8.PHC.2.4 Assess the role of the beliefs of friends and peers on the health of adolescents. HE.8.PHC.2.6 Describe the influence of culture on health beliefs, practices, and behaviors. HE.8.PHC.2.8 Explain how the perceptions of norms influence healthy and unhealthy behaviors. HE.68.R.4.2 Develop and apply conflict resolution skills in a variety of situations. HE.8.CEH.3.2 Anticipate how injury or illness stemming from unhealthy or risky behaviors impacts the community. HE.8.CEH.4.3 Work cooperatively to advocate for healthy individuals, peers, families, and schools. HE.8.CH.2.1 Evaluate ways consumer health messages and communication techniques can be targeted for different audiences. HE.8.CH.2.2 Research marketing strategies behind health-related media/social media messages. HE.8.CH.3.1 Analyze the accessibility, validity, and reliability of products and services that enhance home, school, and community health.	

Lesson Plan/Correlating Content	Benchmark of Focus-Code	Benchmark	Connecting Benchmarks	Integrated MTRs within Student Materials and Teacher Guides
			HE.8.CH.3.2 Analyze valid and reliable health services and the cost of products.	
Main Text: 22-23 Making Healthy Decisions 54-65 Caring for Your Skin, Hair, and Nails 66 Develop Your Skills #3 66 Differentiation 140-142 Malnutrition 144-146 Think About Calories 146 Figure 3.2.9 Recommended Daily Calorie Intake 259-262 Stages of Substance Use Disorders 300 Brain Development 333-342 Fall Prevention; Poisoning Prevention; Weapons Safety; Fire Prevention and Safety; Emergency Preparedness **Companion Text:** 10-11 Health Issues in Young People	HE.8.PHC.3.4	Evaluate the outcomes of a health-related decision. ***Clarification 1:*** Instruction includes substance use and abuse outcomes such as addiction and brain damage. ***Clarification 2:*** Instruction includes weight management from proper nutrition and exercise. ***Clarification 3:*** Instruction includes disease prevention from personal hygiene practices and reproductive health. ***Clarification 4:*** Instruction includes injury prevention from safety practices.	HE.8.PHC.3.1 Determine when health-related situations require the application of a thoughtful prepared plan of action. HE.8.PHC.3.2Compile the potential outcomes of each option when making a health-related decision. HE.8.PHC.3.3Distinguish when individual or collaborative decision-making is appropriate. HE.8.PHC.3.5Determine situations when specific professional health services or providers may be required. HE.8.PHC.3.6Investigate personal strategies to reduce or prevent injuries and other adolescent health problems. HE.8.PHC.3.7 Design an individual goal to adopt, maintain, or improve a personal health practice. HE.8.PHC.3.8 Apply strategies and skills needed to attain a personal health goal. HE.8.PHC.3.9 Apply healthy practices and behaviors that will maintain or improve personal health and reduce health risks. HE.8.PHC.2.4 Assess the role of the beliefs of friends and peers on the health of adolescents. HE.8.PHC.2.5 Assess the role of the beliefs of family and culture on the health of adolescents. HE.8.PHC.2.6 Describe the influence of culture on health beliefs, practices, and 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.8.PHC.2.7 Explore how heredity and family history can affect personal health. HE.8.CH.2.1 Evaluate ways consumer health messages and communication techniques can be targeted for different audiences. HE.8.CH.2.2 Research marketing strategies behind health-related media/social media messages. HE.8.CH.2.3 Analyze the influence of technology on personal and family health. HE.8.CEH.3.2 Anticipate how injury or illness stemming from unhealthy or risky behaviors impacts the community. HE.8.CEH.3.3 Categorize healthy and unhealthy alternatives to community health-related issues or problems.	
Main Text: 96 Common Infectious Diseases second, fourth, and seventh; paragraphs 97 Pinkeye; fifth paragraph 97 Figure 2.4.5 Symptoms of Pinkeye 97-98 COVID-19 first paragraph 98-99 Treating Infectious Diseases 106 Critical Thinking #2 106 Differentiation 182-183 Treat Injuries 231 Recognize When You Need Help 232 Practice Your Skills	HE.8.PHC.3.5	Determine situations when specific professional health services or providers may be required. ***Clarification 1:*** Instruction includes head injuries, infections, depression, human trafficking, and abuse.	HE.8.PHC.3.1 Determine when health-related situations require the application of a thoughtful prepared plan of action. HE.8.PHC.3.2 Compile the potential outcomes of each option when making a health-related decision. HE.8.PHC.3.3 Distinguish when individual or collaborative decision-making is appropriate. HE.8.PHC.3.4 Evaluate the outcomes of a health-related decision. HE.8.PHC.3.6 Investigate personal strategies to reduce or prevent injuries and other adolescent health problems.	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
232 4.5-1 Reading Checkpoint 237 Develop Your Skills #1 **Companion Text:** 58-59 Report Abuse; Get Help and Treatment 60 Develop Your Skills #3 65 Human Trafficking; last paragraph 65 Figure 9.3.4 Signs of Human Trafficking 69 Critical Thinking #2			HE.8.PHC.3.7 Design an individual goal to adopt, maintain, or improve a personal health practice. HE.8.PHC.3.8 Apply strategies and skills needed to attain a personal health goal. HE.8.PHC.3.9 Apply healthy practices and behaviors that will maintain or improve personal health and reduce health risks. HE.8.PHC.1.2 Identify major chronic diseases that impact human body systems. HE.8.PHC.2.3 Predict how environmental factors affect personal health. HE.8.PHC.2.6 Describe the influence of culture on health beliefs, practices, and behaviors. HE.8.CEH.2.2 Critique school and public health policies that influence health promotion and disease prevention. HE.8.CH.1.1 Analyze how appropriate health care can influence personal health. HE.8.CH.3.1 Analyze the accessibility, validity, and reliability of products and services that enhance home, school, and community health. HE.8.CH.3.2 Analyze valid and reliable health services and the cost of products.	

Lesson Plan/Correlating Content	Benchmark of Focus-Code	Benchmark	Connecting Benchmarks	Integrated MTRs within Student Materials and Teacher Guides
Main Text: 28-29 Accessing Valid Information 33 Communicating Health Information; first bullet 33 Figure 1.3.10 Examples of Community Resources 34 Develop Your Skills #1 226-227 Major Depressive Disorder 234-235 Find Treatment 349 Staying Safe in Public Places and Social Situations; second paragraph 349 Figure 6.2.3 Staying Safe in Public Places 358 Develop Your Skills #3 397-402 Ways to Communicate Effectively; Conflict Resolution Skills 403 Develop Your Skills #1 -3 403Differentiation	HE.8.PHC.3.6	Investigate personal strategies to reduce or prevent injuries and other adolescent health problems. ***Clarification 1:*** Instruction includes recognize signs and symptoms of depression, accessing resources, avoiding unsafe areas, and healthy relationship skills.	HE.8.PHC.3.1 Determine when health-related situations require the application of a thoughtful prepared plan of action. HE.8.PHC.3.2 Compile the potential outcomes of each option when making a health-related decision. HE.8.PHC.3.3 Distinguish when individual or collaborative decision-making is appropriate. HE.8.PHC.3.4 Evaluate the outcomes of a health-related decision. HE.8.PHC.3.5 Determine situations when specific professional health services or providers may be required. HE.8.PHC.3.7 Design an individual goal to adopt, maintain, or improve a personal health practice. HE.8.PHC.3.8 Apply strategies and skills needed to attain a personal health goal. HE.8.PHC.3.9 Apply healthy practices and behaviors that will maintain or improve personal health and reduce health risks. HE.8.PHC.1.3 Assess the importance of assuming responsibility for personal health behaviors. HE.8.PHC.1.4 Assess personal health practices. HE.8.PHC.2.3 Predict how environmental factors affect 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
			HE.8.PHC.2.8 Explain how the perceptions of norms influence healthy and unhealthy behaviors. HE.8.PHC.2.9 Describe how personal health goals can vary with changing abilities, priorities, and responsibilities. HE.8.CEH.2.2 Critique school and public health policies that influence health promotion and disease prevention. HE.8.CEH.3.2 Anticipate how injury or illness stemming from unhealthy or risky behaviors impacts the community. HE.8.CH.3.1 Analyze the accessibility, validity, and reliability of products and services that enhance home, school, and community health. HE.8.CH.3.2 Analyze valid and reliable health services and the cost of products.	
Main Text: 23-24 Setting and Achieving Goals 24 1.3–2 Reading Checkpoint, #1-2 84-90 Strategies for Getting Enough Sleep 86 Analyzing a Sleep-Wake Schedule 144 Making Healthy Food Choices 151 Critical Thinking, #1-2 168-171 Setting and Reaching Your Goals 169 Practice Your Skills, #1-5 169 Differentiation	HE.8.PHC.3.7	Design an individual goal to adopt, maintain, or improve a personal health practice. ***Clarification 1:*** Instruction includes physical activity, eating habits, and sleep habits.	HE.8.PHC.3.1 Determine when health-related situations require the application of a thoughtful prepared plan of action. HE.8.PHC.3.2 Compile the potential outcomes of each option when making a health-related decision. HE.8.PHC.3.3 Distinguish when individual or collaborative decision-making is appropriate. HE.8.PHC.3.4 Evaluate the outcomes of a health-related decision. HE.8.PHC.3.5 Determine situations when specific professional health services or providers 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.8.PHC.3.6 Investigate personal strategies to reduce or prevent injuries and other adolescent health problems. HE.8.PHC.3.8 Apply strategies and skills needed to attain a personal health goal. HE.8.PHC.3.9 Apply healthy practices and behaviors that will maintain or improve personal health and reduce health risks. HE.8.PHC.1.3 Assess the importance of assuming responsibility for personal health behaviors. HE.8.PHC.1.4 Assess personal health practices. HE.8.PHC.2.9 Describe how personal health goals can vary with changing abilities, priorities, and responsibilities. HE.8.CH.3.1 Analyze the accessibility, validity, and reliability of products and services that enhance home, school, and community health.	
Main Text: 23-24 Setting and Achieving Goals 144 Making Healthy Food Choices 168-171 Setting and Reaching Your Goals 175 Develop Your Skills #1	HE.8.PHC.3.8	Apply strategies and skills needed to attain a personal health goal. ***Clarification 1:*** Instruction includes physical activity and nutrition modification. ***Clarification 2:*** Instruction includes use of health apps.	HE.8.PHC.3.1 Determine when health-related situations require the application of a thoughtful prepared plan of action. HE.8.PHC.3.2 Compile the potential outcomes of each option when making a health-related decision. HE.8.PHC.3.3 Distinguish when individual or collaborative decision-making is appropriate.	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.8.PHC.3.4 Evaluate the outcomes of a health-related decision. HE.8.PHC.3.5 Determine situations when specific professional health services or providers may be required. HE.8.PHC.3.6 Investigate personal strategies to reduce or prevent injuries and other adolescent health problems. HE.8.PHC.3.7 Design an individual goal to adopt, maintain, or improve a personal health practice. HE.8.PHC.3.9 Apply healthy practices and behaviors that will maintain or improve personal health and reduce health risks. HE.8.PHC.1.3 Assess the importance of assuming responsibility for personal health behaviors. HE.8.PHC.1.4 Assess personal health practices. HE.8.PHC.2.2 Analyze the influence of personal values, attitudes, and beliefs about individual health practices and behaviors. HE.8.PHC.2.9 Describe how personal health goals can vary with changing abilities, priorities, and responsibilities. HE.8.PHC.4.1 Promote ways to acquire health services, products and or environments based on accurate and truthful information. HE.8.CH.1.2	

Lesson Plan/Correlating Content	Benchmark of Focus-Code	Benchmark	Connecting Benchmarks	Integrated MTRs within Student Materials and Teacher Guides
			Compare and contrast a variety of technologies to gather health information.	
Main Text: 17 The Power of Social Media to Inspire 23-24 Setting and Achieving Goals 52 Develop Your Skills #3 54-65 Caring for Your Skin, Hair, and Nails 84-90 Strategies for Getting Enough Sleep 122 Develop Your Skills #3 143-150 Skills for Following a Healthy Eating Pattern 164-174 Getting Enough Physical Activity 229 Develop Your Skills #2 264-265 Peer Pressure 319-324 Preventing Substance Use, Misuse, and Abuse 330 Develop Your Skills #1 350-353 Staying Safe on the Internet 397-402 Ways to Communicate Effectively; Conflict Resolution Skills 403 Develop Your Skills #1 **Companion Text:** 5-8 Male Puberty; Female Puberty 20-23 Abstinence	HE.8.PHC.3.9	Apply healthy practices and behaviors that will maintain or improve personal health and reduce health risks. ***Clarification 1:*** Instruction includes participating in various physical activities, setting healthy goals, making healthy food choices, adequate sleep patterns. ***Clarification 2:*** Instruction includes fostering healthy relationships, resisting negative peer pressure, and reproductive health practices. ***Clarification 3:*** Instruction includes practicing internet safety. ***Clarification 4:*** Instruction includes limiting screentime to reduce the risk of musculoskeletal conditions caused by prolonged use of devices	HE.8.PHC.3.1 Determine when health-related situations require the application of a thoughtful prepared plan of action. HE.8.PHC.3.2 Compile the potential outcomes of each option when making a health-related decision. HE.8.PHC.3.3 Distinguish when individual or collaborative decision-making is appropriate. HE.8.PHC.3.4 Evaluate the outcomes of a health-related decision. HE.8.PHC.3.5 Determine situations when specific professional health services or providers may be required. HE.8.PHC.3.6 Investigate personal strategies to reduce or prevent injuries and other adolescent health problems. HE.8.PHC.3.7 Design an individual goal to adopt, maintain, or improve a personal health practice. HE.8.PHC.3.8 Apply strategies and skills needed to attain a personal health goal. HE.8.PHC.1.3 Assess the importance of assuming responsibility for personal health behaviors. HE.8.PHC.2.3 Predict how environmental factors affect 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
			HE.8.PHC.2.9 Describe how personal health goals can vary with changing abilities, priorities, and responsibilities. HE.8.PHC.4.1 Promote ways to acquire health services, products and or environments based on accurate and truthful information. HE.8.CEH.2.2 Critique school and public health policies that influence health promotion and disease prevention. HE.8.CEH.4.1 Promote positive health choices with the influence and support of others. HE.8.CH.1.1 Analyze how appropriate health care can influence personal health. HE.8.CH.1.2 Compare and contrast a variety of technologies to gather health information. HE.8.CH.3.1 Analyze the accessibility, validity, and reliability of products and services that enhance home, school, and community health. HE.8.CH.3.2 Analyze valid and reliable health services and the cost of products.	

Lesson Plan/Correlating Content	Benchmark of Focus-Code	Benchmark	Connecting Benchmarks	Integrated MTRs within Student Materials and Teacher Guides
Main Text: 27-33 Accessing and Evaluating Health Information and Services; Communicating Health Information 58 Health in the Media 83 Ava's Wake-Up Routine 149 Enlist Support 166 Community Resources and Income 167 3.4-2 Reading Checkpoint 167 Differentiation 196 Develop Your Skills #1 218 Seek Professional Help When Needed 231 Recognize When You Need Help 237 Develop Your Skills #2 253-254 Figure 4.7.4; Advocate for Mental Health 305 Develop Your Skills #2 355 first sentence 358 Develop Your Skills #2 370 Develop Your Skills #2 381 Advocating for the Environment	HE.8.PHC.4.1	Promote ways to acquire health services, products and or environments based on accurate and truthful information. ***Clarification 1:*** Instruction includes advocating for one's own health, wellbeing, and quality of life.	HE.8.PHC.4.2 Identify strategies to combat cyberbullying and online harassment. HE.8.PHC.1.3 Assess the importance of assuming responsibility for personal health behaviors. HE.8.PHC.3.1 Determine when health-related situations require the application of a thoughtful prepared plan of action. HE.8.PHC.3.5 Determine situations when specific professional health services or providers may be required. HE.8.CEH.2.1 Analyze how the school and community may influence adolescent health. HE.8.CEH.2.2 Critique school and public health policies that influence health promotion and disease prevention. HE.8.CEH.4.2 Justify a health-enhancing position on a topic and support it with accurate information. HE.8.CH.1.2 Compare and contrast a variety of technologies to gather health information. HE.8.CH.2.1 Evaluate ways consumer health messages and communication techniques can be targeted for different audiences. HE.8.CH.3.1 Analyze the accessibility, validity, and reliability of products and services that enhance home, school, and community health. HE.8.CH.3.2 Analyze valid and reliable health services and the cost of 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

Lesson Plan/Correlating Content	Benchmark of Focus-Code	Benchmark	Connecting Benchmarks	Integrated EEs within Student Materials and Teacher Guides
Main Text: 204-206 Have Empathy 205 Building Your Skills-Community Connections-Being Thankful Makes You Healthier 206 Figure 4.2.7 Try to recognize and understand someone else's feelings. 206 4.2–3 Reading Checkpoint, #1-2 207 Lesson 4.2 Review Assessment 207 Critical Thinking, #1-3 207 Develop Your Skills #1-3 397-399 Ways to Communicate Effectively 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.8.CEH.2.1 Analyze how the school and community may influence adolescent health. HE.68.R.4.2 Develop and apply conflict resolution skills in a variety of 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
Main Text: 26 Resolving Conflicts 191 Factors That Affect Self-Esteem; first and second paragraphs 196 Develop Your Skills #2 213-218 Strategies for Coping with Stress 218 Reading Checkpoint, #1, 2 219 Critical Thinking #1-3 219 Develop Your Skills #1-3 399-402 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. HE.8.CEH.2.1 Analyze how the school and community may influence adolescent health. HE.8.CEH.3.1 Investigate community strategies to reduce or prevent injuries and other adolescent health problems.	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.8.PHC.2.2 Analyze the influence of personal values, attitudes, and beliefs about individual health practices and behaviors. HE.8.PHC.2.6 Describe the influence of culture on health beliefs, practices, and behaviors. HE.8.PHC.3.9 Apply healthy practices and behaviors that will maintain or improve personal health and reduce health risks.	
Main Text: 32 Your School Environment 31-33 Communicating Health Information 34 Develop Your Skills #1 99-105 Preventing Infectious Diseases 106 Critical Thinking #1-2 106 Develop Your Skills, #3 147 Understand Food Preferences; second paragraph 165 Getting Enough Physical Activity; last paragraph 166 Community Resources and Income 175 Develop Your Skills #2 191 Figure 4.1.5 Internal and External Factors Affecting Self-Esteem 207 Develop Your Skills #2-3 231 Recognize When You Need Help; last two paragraphs 237 Develop Your Skills #2 247 Critical Thinking #3	HE.8.CEH.2.1	Analyze how the school and community may influence adolescent health. ***Clarification 1:*** Instruction includes practices and resources in the school and community that may lead to better health outcomes for adolescents.	HE.8.CEH.2.2 Critique school and public health policies that influence health promotion and disease prevention. HE.8.CEH.2.3 Analyze how media/social media influences community health behaviors. HE.8.CEH.2.4 Predict how environmental factors affect community health. HE.8.CEH.3.2 Anticipate how injury or illness stemming from unhealthy or risky behaviors impacts the community. HE.8.CEH.3.3 Categorize healthy and unhealthy alternatives to community health-related issues or problems. HE.8.CEH.4.3 Work cooperatively to advocate for healthy individuals, peers, families, and schools. HE.8.CH.3.1 Analyze the accessibility, validity, and reliability of products and services that enhance home, school, and community 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
249 Figure 4.7.1 Risk Factors of Suicide 250-251 Environmental Risk Factors 253 Figure 4.7.4 Suicide Prevention Resources 305 Develop Your Skills #3 323-324 Government Approaches 327-328 Support Groups 336 Weapons Safety; first full paragraph 348 Staying Safe at School; second paragraph 358 Critical Thinking #1 402 Mediation 403 Develop Your Skills #2 **Companion Text:** 60 Develop Your Skills #2			HE.8.PHC.2.4 Assess the role of the beliefs of friends and peers on the health of adolescents. HE.8.PHC.2.5 Assess the role of the beliefs of family and culture on the health of adolescents. HE.8.PHC.2.8 Explain how the perceptions of norms influence healthy and unhealthy behaviors.	
Main Text: 348 Staying Safe at School; second and fifth paragraphs 348 6.2–1 Reading Checkpoint, # 1, 2 354-356 Staying Safe on the Road 356 6.2–4 Reading Checkpoint, #2 356 Develop Your Skills, #2 377-378 Society's Actions to Protect the Environment **Companion Text:** 62-63 School Violence; starting at the paragraph "Schools have policies…" 63 9.3–1 Reading Checkpoint, #2	HE.8.CEH.2.2	Critique school and public health policies that influence health promotion and disease prevention. ***Clarification 1:*** Instruction includes rules and policies enforced by the school and community that may lead to better health outcomes.	HE.8.CEH.2.1 Analyze how the school and community may influence adolescent health. HE.8.CEH.2.3 Analyze how media/social media influences community health behaviors. HE.8.CEH.2.4 Predict how environmental factors affect community health. HE.8.CEH.3.2 Anticipate how injury or illness stemming from unhealthy or risky behaviors impacts the community. HE.8.CEH.3.3 Categorize healthy and unhealthy alternatives to community health-related issues or problems.	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.8.CEH.4.3 Work cooperatively to advocate for healthy individuals, peers, families, and schools. HE.8.PHC.1.1 Analyze how the physical, mental, social, and intellectual dimensions of personal health are interrelated. HE.8.PHC.2.3 Predict how environmental factors affect personal health. HE.8.PHC.3.6 Investigate personal strategies to reduce or prevent injuries and other adolescent health problems. HE.8.PHC.4.1 Promote ways to acquire health services, products and or environments based on accurate and truthful information.	
Main Text: 32 Choosing Abstinence; first paragraph 32 Figure 8.3.7 Using the Decision-Making Process to Practice Abstinence 32 Practice Your Skills, #1-6 32 Differentiation 254-255 Provide Help for Survivors 303 Alcohol Use and Risky Behaviors; second paragraph 308 Mental, Social, and Legal Consequences; last paragraph 308 Figure 5.5.2 Link Between Depression and Drug Abuse 356 Vehicle Safety; second bullet	HE.8.CEH.3.2	Anticipate how injury or illness stemming from unhealthy or risky behaviors impacts the community. ***Clarification 1:*** Instruction includes death or injury from car crashes and underage drinking/distracted driving. ***Clarification 2:*** Instruction includes infections and disease from poor personal health practices.	HE.8.CEH.3.1 Investigate community strategies to reduce or prevent injuries and other adolescent health problems. HE.8.CEH.3.2 Anticipate how injury or illness stemming from unhealthy or risky behaviors impacts the community. HE.8.CEH.2.1 Analyze how the school and community may influence adolescent health. HE.8.CEH.4.3 Work cooperatively to advocate for healthy individuals, peers, families, and schools. HE.8.CH.3.1 Analyze the accessibility, validity, and reliability of products and services that enhance home, school, and community health. HE.8.PHC.2.4 Assess the role of the beliefs of friends and peers on the	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
			health of adolescents. HE.8.PHC.2.8 Explain how the perceptions of norms influence healthy and unhealthy behaviors. HE.8.PHC.3.2 Compile the potential outcomes of each option when making a health-related decision. HE.8.PHC.3.6 Investigate personal strategies to reduce or prevent injuries and other adolescent health problems. HE.8.PHC.3.9 Apply healthy practices and behaviors that will maintain or improve personal health and reduce health risks.	
Main Text: 32 Building Your Skills: Community Connections, Your School Environment 32 Practice Your Skills, #1-6 33 Figure 1.3.10 Examples of Community Resources 267 Making Healthy Decisions 305 Develop Your Skills #3 381 Advocating for the Environment	HE.8.CEH.3.3	Categorize healthy and unhealthy alternatives to community health-related issues or problems.	HE.8.CEH.3.1 Investigate community strategies to reduce or prevent injuries and other adolescent health problems. HE.8.CEH.3.2 Anticipate how injury or illness stemming from unhealthy or risky behaviors impacts the community. HE.8.CEH.2.1 Analyze how the school and community may influence adolescent health. HE.8.CEH.2.2 Critique school and public health policies that influence health promotion and disease prevention. HE.8.CEH.4.3 Work cooperatively to advocate for healthy individuals, peers, families, and schools.	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.8.CH.2.1 Evaluate ways consumer health messages and communication techniques can be targeted for different audiences. HE.8.CH.3.1 Analyze the accessibility, validity, and reliability of products and services that enhance home, school, and community health. HE.8.CH.3.2 Analyze valid and reliable health services and the cost of products. HE.8.PHC.2.8 Explain how the perceptions of norms influence healthy and unhealthy behaviors.	
Main Text: 32 Practice Your Skills, #1-6 319-320 Build Healthy Relationships 328-329 Helping Someone with a Substance Use Disorder 330 Develop Your Skills #2 **Companion Text:** 20-23 Abstinence	HE.8.CEH.4.1	Promote positive health choices with the influence and support of others. ***Clarification 1:*** Instruction includes promotion of sexual abstinence and substance use prevention.	HE.8.CEH.4.1 Promote positive health choices with the influence and support of others. HE.8.CEH.4.2 Justify a health-enhancing position on a topic and support it with accurate information. HE.8.CEH.4.3 Work cooperatively to advocate for healthy individuals, peers, families, and schools. HE.8.CH.2.2 Research marketing strategies behind health-related media/social media messages. HE.8.CH.3.1 Analyze the accessibility, validity, and reliability of products and services that enhance home, school, and community health. HE.8.CH.3.2	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
			Analyze valid and reliable health services and the cost of products. HE.8.CEH.2.1 Analyze how the school and community may influence adolescent health. HE.8.PHC.3.9 Apply healthy practices and behaviors that will maintain or improve personal health and reduce health risks.	
Main Text: 32 Practice Your Skills, #1-6 66 Develop Your Skills #2-3 106 Develop Your Skills #3 175 Develop Your Skills #2 358 Develop Your Skills #2	HE.8.CEH.4.2	Justify a health-enhancing position on a topic and support it with accurate information.	HE.8.CEH.4.1 Promote positive health choices with the influence and support of others. HE.8.CEH.4.3 Work cooperatively to advocate for healthy individuals, peers, families, and schools. HE.8.CEH.2.1 Analyze how the school and community may influence adolescent health. HE.8.CEH.2.2 Critique school and public health policies that influence health promotion and disease prevention. HE.8.CH.1.2 Compare and contrast a variety of technologies to gather health information. HE.8.PHC.2.4 Assess the role of the beliefs of friends and peers on the health of adolescents. HE.8.PHC.2.8 Explain how the perceptions of norms influence healthy and unhealthy behaviors. HE.8.PHC.3.1	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

Lesson Plan/Correlating Content	Benchmark of Focus-Code	Benchmark	Connecting Benchmarks	Integrated EEs within Student Materials and Teacher Guides
			Determine when health-related situations require the application of a thoughtful prepared plan of action. HE.8.PHC.3.2 Compile the potential outcomes of each option when making a health-related decision. HE.8.PHC.3.4 Evaluate the outcomes of a health-related decision. HE.8.PHC.4.1 Promote ways to acquire health services, products and or environments based on accurate and truthful information.	
Main Text: 32 Your School Environment 34 Develop Your Skills #1 66 Develop Your Skills, #1-3 247 Critical Thinking #3 319 Build Healthy Relationships; fifth paragraph 319 Figure 5.6.1 Characteristics of Healthy Friendships Versus Unhealthy Friendships 323-324 Government Approaches 345 Develop Your Skills #3 381 Advocating for the Environment	HE.8.CEH.4.3	Work cooperatively to advocate for healthy individuals, peers, families, and schools. ***Clarification 1:*** Instruction includes promotion of community initiatives, such as media or prevention campaigns. ***Clarification 2:*** Instruction includes participation in school community wellness and organizations.	HE.8.CEH.4.1 Promote positive health choices with the influence and support of others. HE.8.CEH.4.2 Justify a health-enhancing position on a topic and support it with accurate 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
Main Text: 7 How Healthcare Promotes Personal Health; first paragraph 10 Critical Thinking #2 98-99 Treating Infectious Diseases 103-105 Vaccines 103 Practice Your Skills	HE.8.CH.1.1	Analyze how appropriate health care can influence personal health. ***Clarification 1:*** Instruction includes going to a medical professional for prevention and treatment of illness.	HE.8.CH.1.2 Compare and contrast a variety of technologies to gather health information. HE.8.CH.2.3 Analyze the influence of technology on personal and family health. HE.8.CH.3.2	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
116-121 Treating Noninfectious Diseases; Preventing Noninfectious Diseases			Analyze valid and reliable health services and the cost of products. HE.8.PHC.1.1 Analyze how the physical, mental, social, and intellectual dimensions of personal health are interrelated. HE.8.PHC.1.2 Identify major chronic diseases that impact human body systems. HE.8.PHC.1.3 Assess the importance of assuming responsibility for personal health behaviors. HE.8.PHC.2.3 Predict how environmental factors affect personal health. HE.8.PHC.2.7 Explore how heredity and family history can affect personal health. HE.8.PHC.3.9 Apply healthy practices and behaviors that will maintain or improve personal health and reduce health risks.	
Main Text: 58 Health in the Media 84 Set and Follow a Schedule; fourth paragraph 84 Figure 2.3.5 Apps and Devices to Improve Sleep 91 Develop Your Skills, #2-3 166-167 Technology 168 Reading Checkpoint 3.4-3 #1-2 223 infographic	HE.8.CH.1.2	Compare and contrast a variety of technologies to gather health information. ***Clarification 1:*** Instruction includes identifying appropriate technologies under a variety of circumstances.	HE.8.CH.1.1 Analyze how appropriate health care can influence personal health. HE.8.CH.2.3 Analyze the influence of technology on personal and family health. HE.8.CEH.4.2 Justify a health-enhancing position on a topic and support it with accurate information. HE.8.PHC.3.7 Design 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
Main Text: 240 Media and Society 240 Figure 4.6.2 What is Weight Stigma? 265 Media Messages 265 Figure 5.1.8 Types of Ads to Which Young People Are Exposed 268 Develop Your Skills, #2-6 268 Differentiation 330 Critical Thinking, #2 322 Think Critically; fourth paragraph 322 Figure 5.6.3 Analyzing Advertisements	HE.8.CH.2.1	Evaluate ways consumer health messages and communication techniques can be targeted for different audiences. ***Clarification 1:*** Instruction includes how organizations/companies use a variety of public service announcements, celebrities, social media posts, and platforms.	HE.8.CH.2.2 Research marketing strategies behind health-related media/social media messages. HE.8.CH.2.3 Analyze the influence of technology on personal and family health. HE.8.CEH.2.1 Analyze how the school and community may influence adolescent health. HE.8.CEH.3.3 Categorize healthy and unhealthy alternatives to community health-related issues or problems. HE.8.CEH.4.1 Promote positive health choices with the influence and support of others. HE.8.CH.3.1 Analyze the accessibility, validity, and reliability of products and services that enhance home, school, and community health. HE.8.CH.3.2 Analyze valid and reliable health services and the cost of products. HE.8.PHC.2.8 Explain how the perceptions of norms influence healthy and unhealthy 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
Main Text: 240 Media and Society 240 Figure 4.6.2 What is Weight Stigma? 265-267 Media Messages	HE.8.CH.2.2	Research marketing strategies behind health-related media/social media messages. ***Clarification 1:*** Instruction includes identifying and researching strategies that media companies use to create trends.	HE.8.CH.2.1 Evaluate ways consumer health messages and communication techniques can be targeted for different audiences. HE.8.CH.2.3 Analyze the influence of technology on personal and family 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
265 Figure 5.1.8 Types of Ads to Which Young People Are Exposed 268 Develop Your Skills, #2 268 Differentiation 322 Think Critically 322 Figure 5.6.3 Analyzing Advertisements			HE.8.CEH.2.1 Analyze how the school and community may influence adolescent health. HE.8.CEH.3.3 Categorize healthy and unhealthy alternatives to community health-related issues or problems. HE.8.CEH.4.1 Promote positive health choices with the influence and support of others. HE.8.CH.3.1 Analyze the accessibility, validity, and reliability of products and services that enhance home, school, and community health. HE.8.CH.3.2 Analyze valid and reliable health services and the cost of products. HE.8.PHC.2.8 Explain how the perceptions of norms influence healthy and unhealthy behaviors.	
Main Text: 91 Develop Your Skills #2 91 Differentiation 122 Develop Your Skills #1 136 Guidelines for Forming a Healthy Eating Pattern; fifth paragraph 137 MyPlate Food Guidance System; fourth paragraph 166-167 Technology 175 Critical Thinking #2 323-324 Government Approaches; fourth and fifth paragraphs	HE.8.CH.2.3	Analyze the influence of technology on personal and family health. ***Clarification 1:*** Instruction includes social marketing for health information. ***Clarification 2:*** Instruction includes how technology can positively and negatively influence personal and family health behaviors.	HE.8.CH.2.1 Evaluate ways consumer health messages and communication techniques can be targeted for different audiences. HE.8.CH.2.2 Research marketing strategies behind health-related media/social media messages. HE.8.CEH.4.1 Promote positive health choices with the influence and support of others. HE.8.CH.1.1 Analyze how appropriate health care can influence 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
323 Figure 5.6.4 What the Government is Doing to Prevent Substance Use.			HE.8.CH.1.2 Compare and contrast a variety of technologies to gather health information. HE.8.CH.3.1 Analyze the accessibility, validity, and reliability of products and services that enhance home, school, and community health. HE.8.CH.4.2 Recommend a variety of technologies to gather health information. HE.8.PHC.1.1 Analyze how the physical, mental, social, and intellectual dimensions of personal health are interrelated. HE.8.PHC.2.5 Assess the role of the beliefs of family and culture on the health of adolescents.	
Main Text: 27-30 Accessing and Evaluating Health Information and Services 31 1.3-5 Reading Checkpoint, #1-2 32 Practice Your Skills, #1 58 Health in the Media 196 Develop Your Skills #1 219 Develop Your Skills #1 237 Develop Your Skills #2 305 Develop Your Skills #2 322 Think Critically 370 Develop Your Skills #2	HE.8.CH.3.1	Analyze the accessibility, validity, and reliability of products and services that enhance home, school, and community health.	HE.8.CH.3.2 Analyze valid and reliable health services and the cost of products. HE.8.CH.2.1 Evaluate ways consumer health messages and communication techniques can be targeted for different audiences. HE.8.CH.2.2 Research marketing strategies behind health-related media/social media messages. HE.8.CEH.2.1 Analyze how the school and community may influence adolescent health HE.8.CEH.3.2 Anticipate how injury or illness stemming from unhealthy or risky behaviors impacts the 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
			HE.8.CEH.3.3 Categorize healthy and unhealthy alternatives to community health-related issues or problems. HE.8.CEH.4.1 Promote positive health choices with the influence and support of others. HE.8.CEH.4.3 Work cooperatively to advocate for healthy individuals, peers, families, and schools HE.8.PHC.3.5 Determine situations when specific professional health services or providers may be required. HE.8.PHC.4.1 Promote ways to acquire health services, products and or environments based on accurate and truthful information.	
Main Text: 30 Evaluating Health-Claim Articles 106 Develop Your Skills #2 237 Develop Your Skills #2 237 Differentiation 322 Think Critically 370 Develop Your Skills #2 219 Develop Your Skills #1	HE.8.CH.3.2	Analyze valid and reliable health services and the cost of products. ***Clarification 1:*** Instruction includes reviewing a variety of resources including advertisements, health-claim articles, and personal claims.	HE.8.CH.3.1 Analyze the accessibility, validity, and reliability of products and services that enhance home, school, and community health. HE.8.CH.1.1 Analyze how appropriate health care can influence personal health. HE.8.CH.2.1 Evaluate ways consumer health messages and communication techniques can be targeted for different audiences. HE.8.CH.2.2 Research marketing strategies behind health-related media/social media messages. HE.8.CEH.2.1 Analyze how the school and community may influence adolescent 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
			HE.8.CEH.4.2 Justify a health-enhancing position on a topic and support it with accurate information. HE.8.PHC.2.6 Describe the influence of culture on health beliefs, practices, and behaviors. HE.8.PHC.3.5 Determine situations when specific professional health services or providers may be required. HE.8.PHC.4.1 Promote ways to acquire health services, products and or environments based on accurate and truthful information.	
Main Text: 5-6 How the Parts of Health Are Interrelated; infographic 10 Critical Thinking 10 Differentiation 79-80 The Importance of Sleep 190 Factors That Affect Self-Esteem; fourth paragraph 196 Critical Thinking #2 356 Vehicle Safety; fourth bullet **Companion Text:** 42 Consequences of Bullying and Cyberbullying ; fourth bullet 48 Develop Your Skills, #2 48 Differentiation 52 Intimate Partner Violence; second full paragraph 64 Human Trafficking; last paragraph	HE.8.PHC.1.1	Analyze how the physical, mental, social, and intellectual dimensions of personal health are interrelated. ***Clarification 1:*** Instruction includes the relationship between sleeping and studying for tests. ***Clarification 2:*** Instruction includes the relationship between road rage and vehicular crashes. ***Clarification 3:*** Instruction includes the relationship between bullying, dating violence, human trafficking and self-esteem.	HE.8.PHC.1.2 Identify major chronic diseases that impact human body systems. HE.8.PHC.1.3 Assess the importance of assuming responsibility for personal health behaviors. HE.8.PHC.1.4 Assess personal health practices. HE.8.PHC.2.2 Analyze the influence of personal values, attitudes, and beliefs about individual health practices and behaviors. HE.8.PHC.2.6 Describe the influence of culture on health beliefs, practices, and behaviors. HE.8.PHC.4.1 Promote ways to acquire health services, products and or environments based on accurate and truthful 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.8.CEH.2.1 Analyze how the school and community may influence adolescent health. HE.8.CEH.2.2 Critique school and public health policies that influence health promotion and disease prevention. HE.8.CEH.3.2 Anticipate how injury or illness stemming from unhealthy or risky behaviors impacts the community. HE.8.CH.1.1 Analyze how appropriate health care can influence personal health. HE.8.CH.3.1 Analyze the accessibility, validity, and reliability of products and services that enhance home, school, and community health.	
Main Text: 110-116 Common Noninfectious Diseases 122 Critical Thinking, #2 122 Develop Your Thinking, #1-3 122 Differentiation	HE.8.PHC.1.2	Identify major chronic diseases that impact human body systems. ***Clarification 1:*** Instruction includes cancer, hypertension and coronary artery disease, asthma, and diabetes.	HE.8.PHC.1.1 Analyze how the physical, mental, social, and intellectual dimensions of personal health are interrelated. HE.8.PHC.1.3 Assess the importance of assuming responsibility for personal health behaviors. HE.8.PHC.1.4 Assess personal health practices. HE.8.CH.1.1 Analyze how appropriate health care can influence personal health. HE.8.PHC.2.3 Predict how environmental factors affect 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
			HE.8.PHC.2.7 Explore how heredity and family history can affect personal health. HE.8.PHC.3.9 Apply healthy practices and behaviors that will maintain or improve personal health and reduce health risks.	
Main Text: 7 How Healthcare Promotes Personal Health 54-65 Caring for Your Skin, Hair, and Nails 116 Treating Noninfectious Diseases; fourth paragraph 122 Develop Your Thinking, #1-3 122 Differentiation 136 Guidelines for Forming a Healthy Eating Pattern; fourth paragraph 165 Getting Enough Physical Activity; second paragraph 168-174 Setting and Reaching Your Goals; Designing Your Workouts 389-392 The Importance of Relationships; Healthy Versus Unhealthy Relationships 403 Develop Your Skills #2 **Companion Text:** 21 first full sentence 25 Develop Your Skills #1	HE.8.PHC.1.3	Assess the importance of assuming responsibility for personal health behaviors. ***Clarification 1:*** Instruction includes teen pregnancy, sexually transmitted infections STI, and abstinence to prevent STIs. ***Clarification 2:*** Instruction includes diet, physical activity, hygiene.	HE.8.PHC.1.1 Analyze how the physical, mental, social, and intellectual dimensions of personal health are interrelated. HE.8.PHC.1.2 Identify major chronic diseases that impact human body systems. HE.8.PHC.1.4 Assess personal health practices. HE.8.CH.1.1 Analyze how appropriate health care can influence personal health. HE.8.CEH.4.1 Promote positive health choices with the influence and support of others. HE.8.PHC.2.3 Predict how environmental factors affect personal health. HE.8.PHC.2.8 Explain how the perceptions of norms influence healthy and unhealthy behaviors. HE.8.PHC.2.9 Describe how personal health goals can vary with changing abilities, priorities, and responsibilities. HE.8.PHC.3.2 Compile the potential outcomes of each option when making a health-related decision. HE.8.PHC.3.6	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
			Investigate personal strategies to reduce or prevent injuries and other adolescent health problems.	
Main Text: 86 Analyzing a Sleep-Wake Schedule 122 Develop Your Skills, #3 122 Differentiation 167-168 Checking Your Fitness Level 358 Develop Your Skills #2 390-392 Healthy Versus Unhealthy Relationships 396 Be Assertive 403 Develop Your Skills #3	HE.8.PHC.1.4	Assess personal health practices. ***Clarification 1:*** Instruction includes physical activity and sleep habits. ***Clarification 2:*** Instruction includes interpersonal skills. ***Clarification 3:*** Instruction includes risky behavior and injury prevention.	HE.8.PHC.1.1 Analyze how the physical, mental, social, and intellectual dimensions of personal health are interrelated. HE.8.PHC.1.2 Identify major chronic diseases that impact human body systems. HE.8.PHC.1.3 Assess the importance of assuming responsibility for personal health behaviors. HE.8.PHC.2.5 Assess the role of the beliefs of family and culture on the health of adolescents. HE.8.PHC.2.9 Describe how personal health goals can vary with changing abilities, priorities, and responsibilities. HE.8.PHC.3.7 Design an individual goal to adopt, maintain, or improve a personal health practice. HE.8.PHC.3.8 Apply strategies and skills needed to attain a personal health goal. HE.8.PHC.3.9 Apply healthy practices and behaviors that will maintain or improve personal health and reduce health risks. HE.8.CEH.3.2 Anticipate how injury or illness stemming from unhealthy or risky behaviors impacts the community. HE.8.CH.2.3 Analyze the influence of technology on personal and family 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
Main Text: 20 Critical Thinking #1-2 20 Develop Your Skills, #2-3 20 Differentiation 22 Making Healthy Decisions; bullets 25 Using Refusal Skills; second paragraph 189 Exploring Your Self-Image and Self-Esteem; third and fourth paragraphs 192 Internal and External Factors Affecting Self-Esteem; first and second paragraphs 192 Figure 4.1.6 Changing Negative Self-Talk to Positive Self-Talk	HE.8.PHC.2.2	Analyze the influence of personal values, attitudes, and beliefs about individual health practices and behaviors. ***Clarification 1:*** Instruction includes social conformity, desires, and impulses. ***Clarification 2:*** Instruction includes how a healthy level of self-respect deters unhealthy choices and behaviors.	HE.8.PHC.2.1 Analyze the influences of media/social media on physical, emotional, and social health. HE.8.PHC.2.3 Predict how environmental factors affect personal health. HE.8.PHC.2.4 Assess the role of the beliefs of friends and peers on the health of adolescents. HE.8.PHC.2.5 Assess the role of the beliefs of family and culture on the health of adolescents. HE.8.PHC.2.6 Describe the influence of culture on health beliefs, practices, and behaviors. HE.8.PHC.2.7 Explore how heredity and family history can affect personal health. HE.8.PHC.2.8 Explain how the perceptions of norms influence healthy and unhealthy behaviors. HE.8.PHC.2.9 Describe how personal health goals can vary with changing abilities, priorities, and responsibilities. HE.8.PHC.2.10 Explain the impact of cyberbullying and inappropriate use of social media on personal wellness. HE.8.PHC.1.1 Analyze how the physical, mental, social, and intellectual dimensions of personal health are interrelated. HE.8.PHC.3.9 Apply 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

Lesson Plan/Correlating Content	Benchmark of Focus-Code	Benchmark	Connecting Benchmarks	Integrated EEs within Student Materials and Teacher Guides
			HE.8.CEH.2.1 Analyze how the school and community may influence adolescent health. HE.8.CEH.3.1 Investigate community strategies to reduce or prevent injuries and other adolescent health problems.	
Main Text: 15-17 Environmental Factors 20 Develop Your Skills, #2 20 Differentiation 109 Risk Factors for Noninfectious Diseases; third paragraph 181 Use Caution in Hot and Cold Weather; third paragraph 209 Figure 4.3.1 Sources of Stress 222 What Causes Mental Illnesses?; first bullet 249 Figure 4.7.1 Risk Factors of Suicide 250-251 Environmental Risk Factors 335-336 Weapons Safety 340 Emergency Preparedness; fifth paragraph 348 Staying Safe at School; third paragraph 355 Pedestrian Safety; third, sixth and twelfth bullets 372-375 introduction; Air Pollution; Water Pollution 372 Figure 6.4.1 Humans and the Environment Affect One Another	HE.8.PHC.2.3	Predict how environmental factors affect personal health. ***Clarification 1:*** Instruction includes heat index, air, and water quality. ***Clarification 2:*** Instruction includes streetlights and signs. ***Clarification 3:*** Instruction includes bullying, gangs, and weapons in the community.	HE.8.PHC.2.1 Analyze the influences of media/social media on physical, emotional, and social health. HE.8.PHC.2.2 Analyze the influence of personal values, attitudes, and beliefs about individual health practices and behaviors. HE.8.PHC.2.4 Assess the role of the beliefs of friends and peers on the health of adolescents. HE.8.PHC.2.5 Assess the role of the beliefs of family and culture on the health of adolescents. HE.8.PHC.2.6 Describe the influence of culture on health beliefs, practices, and behaviors. HE.8.PHC.2.7 Explore how heredity and family history can affect personal health. HE.8.PHC.2.8 Explain how the perceptions of norms influence healthy and unhealthy behaviors. HE.8.PHC.2.9 Describe how personal health goals can vary with changing abilities, priorities, and responsibilities.	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
Companion Text: 38-44 Figure 9.1.1; Bullying and Cyberbullying; Consequences of Bullying and Cyberbullying 63-64 Gang Violence 66-67 Homicide and Terrorism			HE.8.PHC.2.10 Explain the impact of cyberbullying and inappropriate use of social media on personal wellness. HE.8.PHC.1.1 Analyze how the physical, mental, social, and intellectual dimensions of personal health are interrelated. HE.8.PHC.1.2 Identify major chronic diseases that impact human body systems. HE.8.PHC.1.3 Assess the importance of assuming responsibility for personal health behaviors. HE.8.PHC.3.4 Evaluate the outcomes of a health-related decision. HE.8.PHC.3.6 Investigate personal strategies to reduce or prevent injuries and other adolescent health problems. HE.8.PHC.3.9 Apply healthy practices and behaviors that will maintain or improve personal health and reduce health risks. HE.8.PHC.4.1 Promote ways to acquire health services, products and or environments based on accurate and truthful information.	
Main Text: 16-17 Social Environment; The Power of Social Media to Inspire 20 Develop Your Skills, #2 20 Differentiation 25 Using Refusal Skills; second paragraph 143 Skills for Following a	HE.8.PHC.2.4	Assess the role of the beliefs of friends and peers on the health of adolescents. ***Clarification 1:*** Instruction includes drug-use myths. ***Clarification 2:*** Instruction includes perception of healthy body composition.	HE.8.PHC.2.1 Analyze the influences of media/social media on physical, emotional, and social health. HE.8.PHC.2.2 Analyze the influence of personal values, attitudes, and beliefs about individual health practices and behaviors. HE.8.PHC.2.3 Predict how environmental factors affect personal health. HE.8.PHC.2.5	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
Healthy Eating Pattern; fourth paragraph 190 Factors That Affect Self-Esteem; fourth paragraph 192 Low Self-Esteem; last paragraph 239-240 Social Environment 308 Effects of Drugs on Body Systems 308 Figure 5.5.2 Link Between Depression and Drug Abuse 311 Commonly Used Drugs; first paragraph 330 Critical Thinking #2 330 Develop Your Skills, #1-3 330 Differentiation		***Clarification 3:*** Instruction includes energy drink myths.	Assess the role of the beliefs of family and culture on the health of adolescents. HE.8.PHC.2.6 Describe the influence of culture on health beliefs, practices, and behaviors. HE.8.PHC.2.7 Explore how heredity and family history can affect personal health. HE.8.PHC.2.8 Explain how the perceptions of norms influence healthy and unhealthy behaviors. HE.8.PHC.2.9 Describe how personal health goals can vary with changing abilities, priorities, and responsibilities. HE.8.PHC.2.10 Explain the impact of cyberbullying and inappropriate use of social media on personal wellness. HE.8.CEH.2.1 Analyze how the school and community may influence adolescent health. HE.8.CEH.3.2 Anticipate how injury or illness stemming from unhealthy or risky behaviors impacts the community. HE.8.CEH.3.3 Categorize healthy and unhealthy alternatives to community health-related issues or problems. HE.8.CEH.4.3 Work cooperatively to advocate for healthy individuals, peers, families, and schools. HE.8.CH.2.2 Research marketing strategies behind health-related media/social media messages.	

Lesson Plan/Correlating Content	Benchmark of Focus-Code	Benchmark	Connecting Benchmarks	Integrated EEs within Student Materials and Teacher Guides
			HE.8.CH.2.3 Analyze the influence of technology on personal and family health. HE.8.CH.3.1 Analyze the accessibility, validity, and reliability of products and services that enhance home, school, and community health.	
Main Text: 16 Social Environment 18 1.2-3 Reading Checkpoint #2 143 Choose Nutrient-Dense Foods; last two paragraphs 147-148 Understand Food Preferences 148 Figure 3.2.11 Factors That Influence Food Preferences 150 Practice Your Skills #1-4 150 Reading Checkpoint, #2 166 Social Factors; Community Resources and Income 389-390 The Importance of Relationships; first three paragraphs	HE.8.PHC.2.5	Assess the role of the beliefs of family and culture on the health of adolescents. ***Clarification 1:*** Instruction includes impact of alternative medical care and family religious beliefs on health practices.	HE.8.PHC.2.1 Analyze the influences of media/social media on physical, emotional, and social health. HE.8.PHC.2.2 Analyze the influence of personal values, attitudes, and beliefs about individual health practices and behaviors. HE.8.PHC.2.3 Predict how environmental factors affect personal health. HE.8.PHC.2.4 Assess the role of the beliefs of friends and peers on the health of adolescents. HE.8.PHC.2.6 Describe the influence of culture on health beliefs, practices, and behaviors. HE.8.PHC.2.7 Explore how heredity and family history can affect personal health. HE.8.PHC.2.8 Explain how the perceptions of norms influence healthy and unhealthy behaviors. HE.8.PHC.2.9 Describe how personal health goals can vary with changing abilities, priorities, and responsibilities. HE.8.PHC.2.10 Explain the impact of cyberbullying and inappropriate use of social media on personal wellness.	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.8.PHC.1.3 Assess the importance of assuming responsibility for personal health behaviors. HE.8.PHC.3.9 Apply healthy practices and behaviors that will maintain or improve personal health and reduce health risks. HE.8.CH.2.3 Analyze the influence of technology on personal and family health.	
Main Text: 16 Social Environment 18 1.2-3 Reading Checkpoint #2 148 Figure 3.2.11 Factors That Influence Food Preferences 191 Figure 4.1.5 Internal and External Factors Affecting Self-Esteem 191 Building Your Skills-Mental Health Connections-How You Can Build Your Self-Esteem 191 Practice Your Skills 191 Differentiation 233 Overcome Barriers; first paragraph 233 Figure 4.5.2 Stigma About Mental Illnesses	HE.8.PHC.2.6	Describe the influence of culture on health beliefs, practices, and behaviors.	HE.8.PHC.2.1 Analyze the influences of media/social media on physical, emotional, and social health. HE.8.PHC.2.2 Analyze the influence of personal values, attitudes, and beliefs about individual health practices and behaviors. HE.8.PHC.2.3 Predict how environmental factors affect personal health. HE.8.PHC.2.4 Assess the role of the beliefs of friends and peers on the health of adolescents. HE.8.PHC.2.6 Describe the influence of culture on health beliefs, practices, and behaviors. HE.8.PHC.2.7 Explore how heredity and family history can affect personal health. HE.8.PHC.2.8 Explain how the perceptions of norms influence healthy and unhealthy behaviors. HE.8.PHC.2.9 Describe how personal health goals can vary with changing abilities, priorities, and responsibilities.	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.8.PHC.2.10 Explain the impact of cyberbullying and inappropriate use of social media on personal wellness. HE.8.PHC.1.3 Assess the importance of assuming responsibility for personal health behaviors. HE.8.PHC.3.9 Apply healthy practices and behaviors that will maintain or improve personal health and reduce health risks. HE.8.CH.2.3 Analyze the influence of technology on personal and family health.	
Main Text: 13-14 Genetic Factors 108-109 Risk Factors for Noninfectious Diseases; first paragraph 109 Figure 2.5.2 Role of Genes in Noninfectious Diseases 109 2.5–2 Reading Checkpoint 114 Type 2 Diabetes Mellitus; fourth paragraph 121 Family History 221 What Causes Mental Illnesses?; first bullet 250 Environmental Risk Factors; eighth paragraph 262-263 Genetic Factors	HE.8.PHC.2.7	Explore how heredity and family history can affect personal health. ***Clarification 1:*** Instruction includes sickle cell disease, heart disease, diabetes, and mental health.	HE.8.PHC.2.1 Analyze the influences of media/social media on physical, emotional, and social health. HE.8.PHC.2.2 Analyze the influence of personal values, attitudes, and beliefs about individual health practices and behaviors. HE.8.PHC.2.3 Predict how environmental factors affect personal health. HE.8.PHC.2.4 Assess the role of the beliefs of friends and peers on the health of adolescents. HE.8.PHC.2.5 Assess the role of the beliefs of family and culture on the health of adolescents. HE.8.PHC.2.6 Describe the influence of culture on health beliefs, practices, and behaviors. HE.8.PHC.2.8 Explain how the perceptions of norms influence healthy and unhealthy 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.8.PHC.2.9 Describe how personal health goals can vary with changing abilities, priorities, and responsibilities. HE.8.PHC.2.10 Explain the impact of cyberbullying and inappropriate use of social media on personal wellness. HE.8.PHC.1.2 Identify major chronic diseases that impact human body systems. HE.8.PHC.1.3 Assess the importance of assuming responsibility for personal health behaviors. HE.8.PHC.3.4 Evaluate the outcomes of a health-related decision. HE.8.PHC.3.6 Investigate personal strategies to reduce or prevent injuries and other adolescent health problems. HE.8.PHC.3.9 Apply healthy practices and behaviors that will maintain or improve personal health and reduce health risks.	
Main Text: 20 Critical Thinking #2 20 Develop Your Skills, #3 20 Differentiation 25 Using Refusal Skills; second paragraph 264 Family; first two paragraphs 264-267 Peer Pressure; Media Messages **Companion Text:**	HE.8.PHC.2.8	Explain how the perceptions of norms influence healthy and unhealthy behaviors.	HE.8.PHC.2.1 Analyze the influences of media/social media on physical, emotional, and social health. HE.8.PHC.2.2 Analyze the influence of personal values, attitudes, and beliefs about individual health practices and behaviors. HE.8.PHC.2.3 Predict how environmental factors affect personal health. HE.8.PHC.2.4 Assess the role of the beliefs of friends and peers on 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
22 Dealing with Sexual Pressure; first paragraph 22 Figure 8.2.7 Words for Resisting Sexual Pressure			HE.8.PHC.2.5 Assess the role of the beliefs of family and culture on the health of adolescents. HE.8.PHC.2.6 Describe the influence of culture on health beliefs, practices, and behaviors. HE.8.PHC.2.7 Explore how heredity and family history can affect personal health. HE.8.PHC.2.9 Describe how personal health goals can vary with changing abilities, priorities, and responsibilities. HE.8.PHC.2.10 Explain the impact of cyberbullying and inappropriate use of social media on personal wellness. HE.8.PHC.3.6 Investigate personal strategies to reduce or prevent injuries and other adolescent health problems. HE.8.PHC.3.7 Design an individual goal to adopt, maintain, or improve a personal health practice. HE.8.PHC.3.8 Apply strategies and skills needed to attain a personal health goal. HE.8.PHC.3.9 Apply healthy practices and behaviors that will maintain or improve personal health and reduce health risks. HE.8.CEH.2.1 Analyze how the school and community may influence adolescent health.	

Lesson Plan/Correlating Content	Benchmark of Focus-Code	Benchmark	Connecting Benchmarks	Integrated EEs within Student Materials and Teacher Guides
			HE.8.CEH.3.2 Anticipate how injury or illness stemming from unhealthy or risky behaviors impacts the community. HE.8.CEH.4.3 Work cooperatively to advocate for healthy individuals, peers, families, and schools.	
Main Text: 23-24 Setting and Achieving Goals 143 Choose Nutrient-Dense Foods; third and fifth paragraphs 144 Think About Calories 151 Critical Thinking, #1 166 Community Resources and Income 167 3.4-2 Reading Checkpoint 168 Setting and Reaching Your Goals seventh; paragraph 169 Practice Your Skills 169 Differentiation	HE.8.PHC.2.9	Describe how personal health goals can vary with changing abilities, priorities, and responsibilities. ***Clarification 1:*** Instruction includes weight reduction, cost of healthier food, availability of exercise equipment, and general health.	HE.8.PHC.2.1 Analyze the influences of media/social media on physical, emotional, and social health. HE.8.PHC.2.2 Analyze the influence of personal values, attitudes, and beliefs about individual health practices and behaviors. HE.8.PHC.2.3 Predict how environmental factors affect personal health. HE.8.PHC.2.4 Assess the role of the beliefs of friends and peers on the health of adolescents. HE.8.PHC.2.5 Assess the role of the beliefs of family and culture on the health of adolescents. HE.8.PHC.2.6 Describe the influence of culture on health beliefs, practices, and behaviors. HE.8.PHC.2.7 Explore how heredity and family history can affect 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
			HE.8.PHC.2.8 Explain how the perceptions of norms influence healthy and unhealthy behaviors. HE.8.PHC.2.10 Explain the impact of cyberbullying and inappropriate use of social media on personal wellness. HE.8.PHC.1.3 Assess the importance of assuming responsibility for personal health behaviors. HE.8.PHC.1.4 Assess personal health practices. HE.8.PHC.3.6 Investigate personal strategies to reduce or prevent injuries and other adolescent health problems. HE.8.PHC.3.7 Design an individual goal to adopt, maintain, or improve a personal health practice. HE.8.PHC.3.8 Apply strategies and skills needed to attain a personal health goal. HE.8.PHC.3.9 Apply healthy practices and behaviors that will maintain or improve personal health and reduce health risks. HE.8.CH.3.1 Analyze the accessibility, validity, and reliability of products and services that enhance home, school, and community health.	
Main Text: 23-24 Setting and Achieving Goals starting at "To reach a goal you set…" 151 Develop Your Skills #3 324-328 Treating Substance Use	HE.8.PHC.3.1	Determine when health-related situations require the application of a thoughtful prepared plan of action. ***Clarification 1:***	HE.8.PHC.3.2 Compile the potential outcomes of each option when making a health-related decision. HE.8.PHC.3.3 Distinguish when individual or collaborative decision-making is appropriate.	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
Misuse, and Abuse 391-392 The Emotional Impact of a Relationship; first full paragraph 391 Figure 7.1.3 Examples of Interpersonal Skills 403 Develop Your Skills #2 403 Differentiation **Companion Text:** 58-59 Report Abuse; Get Help and Treatment		Instruction includes consumption of alcohol, use of marijuana, and prescription drug abuse. ***Clarification 2:*** Instruction includes prevention of dating violence.	HE.8.PHC.3.4 Evaluate the outcomes of a health-related decision. HE.8.PHC.3.5 Determine situations when specific professional health services or providers may be required. HE.8.PHC.3.6 Investigate personal strategies to reduce or prevent injuries and other adolescent health problems. HE.8.PHC.3.7 Design an individual goal to adopt, maintain, or improve a personal health practice. HE.8.PHC.3.8 Apply strategies and skills needed to attain a personal health goal. HE.8.PHC.3.9 Apply healthy practices and behaviors that will maintain or improve personal health and reduce health risks. HE.8.PHC.1.3 Assess the importance of assuming responsibility for personal health behaviors. HE.8.PHC.2.2 Analyze the influence of personal values, attitudes, and beliefs about individual health practices and behaviors. HE.8.PHC.2.4 Assess the role of the beliefs of friends and peers on the health of adolescents HE.8.PHC.2.6 Describe the influence of culture on health beliefs, practices, and behaviors.	

Lesson Plan/Correlating Content	Benchmark of Focus-Code	Benchmark	Connecting Benchmarks	Integrated EEs within Student Materials and Teacher Guides
			HE.8.PHC.2.8 Explain how the perceptions of norms influence healthy and unhealthy behaviors. HE.8.CEH.2.1 Analyze how the school and community may influence adolescent health.	
Main Text: 22-23 Making Healthy Decisions 178-179 Prevent Injuries 184 Develop Your Skills #1 259-262 Stages of Substance Use Disorders 267 Making Healthy Decisions 267 Practice Your Skills 267 Differentiation 302 Consequences of Alcohol Use 307-308 Health Effects of Drug Use **Companion Text:** 20-21 Figure 8.2.5 Reasons Young People Choose Abstinence	HE.8.PHC.3.2	Compile the potential outcomes of each option when making a health-related decision. ***Clarification 1:*** Instruction includes consequences related to injury, addiction, and reproductive health. ***Clarification 2:*** Instruction includes consequences related to legal, social, and financial ramifications.	HE.8.PHC.3.1 Determine when health-related situations require the application of a thoughtful prepared plan of action. HE.8.PHC.3.3 Distinguish when individual or collaborative decision-making is appropriate. HE.8.PHC.3.4 Evaluate the outcomes of a health-related decision. HE.8.PHC.3.5 Determine situations when specific professional health services or providers may be required. HE.8.PHC.3.6 Investigate personal strategies to reduce or prevent injuries and other adolescent health problems. HE.8.PHC.3.7 Design an individual goal to adopt, maintain, or improve a personal health practice. HE.8.PHC.3.8 Apply strategies and skills needed to attain a personal health goal. HE.8.PHC.3.9 Apply healthy practices and behaviors that will maintain or improve personal health and reduce health risks. HE.8.PHC.2.3 Predict how environmental factors affect 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
			HE.8.PHC.2.4 Assess the role of the beliefs of friends and peers on the health of adolescents. HE.8.PHC.2.8 Explain how the perceptions of norms influence healthy and unhealthy behaviors. HE.8.PHC.2.9 Describe how personal health goals can vary with changing abilities, priorities, and responsibilities.	
Main Text: 22 Making Healthy Decisions; last paragraph 151 Develop Your Skills #3 195 Assessing Your Mental and Emotional Health; last paragraph 218 Seek Professional Help When Needed; last paragraph 235 Helping Someone with a Mental Illness 252 Take Steps to Help Prevent Suicide; fifth paragraph 256 Critical Thinking #1 267 Making Healthy Decisions 267 Differentiation	HE.8.PHC.3.3	Distinguish when individual or collaborative decision-making is appropriate. ***Clarification 1:*** Instruction includes pressure to consume alcohol, self-injury, weight management, and mental-health concerns.	HE.8.PHC.3.1 Determine when health-related situations require the application of a thoughtful prepared plan of action. HE.8.PHC.3.2 Compile the potential outcomes of each option when making a health-related decision. HE.8.PHC.3.4 Evaluate the outcomes of a health-related decision. HE.8.PHC.3.5 Determine situations when specific professional health services or providers may be required. HE.8.PHC.3.6 Investigate personal strategies to reduce or prevent injuries and other adolescent health problems. HE.8.PHC.3.7 Design an individual goal to adopt, maintain, or improve a personal health practice. HE.8.PHC.3.8 Apply strategies and skills needed to attain a personal health goal. HE.8.PHC.3.9 Apply 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

Lesson Plan/Correlating Content	Benchmark of Focus-Code	Benchmark	Connecting Benchmarks	Integrated EEs within Student Materials and Teacher Guides
			HE.8.PHC.2.3 Predict how environmental factors affect personal health. HE.8.PHC.2.4 Assess the role of the beliefs of friends and peers on the health of adolescents. HE.8.PHC.2.6 Describe the influence of culture on health beliefs, practices, and behaviors. HE.8.PHC.2.8 Explain how the perceptions of norms influence healthy and unhealthy behaviors. HE.68.R.4.2 Develop and apply conflict resolution skills in a variety of situations. HE.8.CEH.3.2 Anticipate how injury or illness stemming from unhealthy or risky behaviors impacts the community. HE.8.CEH.4.3 Work cooperatively to advocate for healthy individuals, peers, families, and schools. HE.8.CH.2.1 Evaluate ways consumer health messages and communication techniques can be targeted for different audiences. HE.8.CH.2.2 Research marketing strategies behind health-related media/social media messages. HE.8.CH.3.1 Analyze the accessibility, validity, and reliability of products and services that enhance home, school, and community health.	

Lesson Plan/Correlating Content	Benchmark of Focus-Code	Benchmark	Connecting Benchmarks	Integrated EEs within Student Materials and Teacher Guides
			HE.8.CH.3.2 Analyze valid and reliable health services and the cost of products.	
Main Text: 22-23 Making Healthy Decisions 54-65 Caring for Your Skin, Hair, and Nails 66 Develop Your Skills #3 66 Differentiation 140-142 Malnutrition 144-146 Think About Calories 146 Figure 3.2.9 Recommended Daily Calorie Intake 259-262 Stages of Substance Use Disorders 300 Brain Development 333-342 Fall Prevention; Poisoning Prevention; Weapons Safety; Fire Prevention and Safety; Emergency Preparedness **Companion Text:** 10-11 Health Issues in Young People	HE.8.PHC.3.4	Evaluate the outcomes of a health-related decision. ***Clarification 1:*** Instruction includes substance use and abuse outcomes such as addiction and brain damage. ***Clarification 2:*** Instruction includes weight management from proper nutrition and exercise. ***Clarification 3:*** Instruction includes disease prevention from personal hygiene practices and reproductive health. ***Clarification 4:*** Instruction includes injury prevention from safety practices.	HE.8.PHC.3.1 Determine when health-related situations require the application of a thoughtful prepared plan of action. HE.8.PHC.3.2Compile the potential outcomes of each option when making a health-related decision. HE.8.PHC.3.3Distinguish when individual or collaborative decision-making is appropriate. HE.8.PHC.3.5Determine situations when specific professional health services or providers may be required. HE.8.PHC.3.6Investigate personal strategies to reduce or prevent injuries and other adolescent health problems. HE.8.PHC.3.7 Design an individual goal to adopt, maintain, or improve a personal health practice. HE.8.PHC.3.8 Apply strategies and skills needed to attain a personal health goal. HE.8.PHC.3.9 Apply healthy practices and behaviors that will maintain or improve personal health and reduce health risks. HE.8.PHC.2.4 Assess the role of the beliefs of friends and peers on the health of adolescents. HE.8.PHC.2.5 Assess the role of the beliefs of family and culture on the health of adolescents. HE.8.PHC.2.6 Describe the influence of culture on health beliefs, practices, and 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.8.PHC.2.7 Explore how heredity and family history can affect personal health. HE.8.CH.2.1 Evaluate ways consumer health messages and communication techniques can be targeted for different audiences. HE.8.CH.2.2 Research marketing strategies behind health-related media/social media messages. HE.8.CH.2.3 Analyze the influence of technology on personal and family health. HE.8.CEH.3.2 Anticipate how injury or illness stemming from unhealthy or risky behaviors impacts the community. HE.8.CEH.3.3 Categorize healthy and unhealthy alternatives to community health-related issues or problems.	
Main Text: 96 Common Infectious Diseases second, fourth, and seventh; paragraphs 97 Pinkeye; fifth paragraph 97 Figure 2.4.5 Symptoms of Pinkeye 97-98 COVID-19 first paragraph 98-99 Treating Infectious Diseases 106 Critical Thinking #2 106 Differentiation 182-183 Treat Injuries 231 Recognize When You Need Help 232 Practice Your Skills	HE.8.PHC.3.5	Determine situations when specific professional health services or providers may be required. ***Clarification 1:*** Instruction includes head injuries, infections, depression, human trafficking, and abuse.	HE.8.PHC.3.1 Determine when health-related situations require the application of a thoughtful prepared plan of action. HE.8.PHC.3.2 Compile the potential outcomes of each option when making a health-related decision. HE.8.PHC.3.3 Distinguish when individual or collaborative decision-making is appropriate. HE.8.PHC.3.4 Evaluate the outcomes of a health-related decision. HE.8.PHC.3.6 Investigate personal strategies to reduce or prevent injuries and other adolescent health problems.	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
232 4.5-1 Reading Checkpoint 237 Develop Your Skills #1 **Companion Text:** 58-59 Report Abuse; Get Help and Treatment 60 Develop Your Skills #3 65 Human Trafficking; last paragraph 65 Figure 9.3.4 Signs of Human Trafficking 69 Critical Thinking #2			HE.8.PHC.3.7 Design an individual goal to adopt, maintain, or improve a personal health practice. HE.8.PHC.3.8 Apply strategies and skills needed to attain a personal health goal. HE.8.PHC.3.9 Apply healthy practices and behaviors that will maintain or improve personal health and reduce health risks. HE.8.PHC.1.2 Identify major chronic diseases that impact human body systems. HE.8.PHC.2.3 Predict how environmental factors affect personal health. HE.8.PHC.2.6 Describe the influence of culture on health beliefs, practices, and behaviors. HE.8.CEH.2.2 Critique school and public health policies that influence health promotion and disease prevention. HE.8.CH.1.1 Analyze how appropriate health care can influence personal health. HE.8.CH.3.1 Analyze the accessibility, validity, and reliability of products and services that enhance home, school, and community health. HE.8.CH.3.2 Analyze valid and reliable health services and the cost of products.	

Lesson Plan/Correlating Content	Benchmark of Focus-Code	Benchmark	Connecting Benchmarks	Integrated EEs within Student Materials and Teacher Guides
Main Text: 28-29 Accessing Valid Information 33 Communicating Health Information; first bullet 33 Figure 1.3.10 Examples of Community Resources 34 Develop Your Skills #1 226-227 Major Depressive Disorder 234-235 Find Treatment 349 Staying Safe in Public Places and Social Situations; second paragraph 349 Figure 6.2.3 Staying Safe in Public Places 358 Develop Your Skills #3 397-402 Ways to Communicate Effectively; Conflict Resolution Skills 403 Develop Your Skills #1 -3 403Differentiation	HE.8.PHC.3.6	Investigate personal strategies to reduce or prevent injuries and other adolescent health problems. ***Clarification 1:*** Instruction includes recognize signs and symptoms of depression, accessing resources, avoiding unsafe areas, and healthy relationship skills.	HE.8.PHC.3.1 Determine when health-related situations require the application of a thoughtful prepared plan of action. HE.8.PHC.3.2 Compile the potential outcomes of each option when making a health-related decision. HE.8.PHC.3.3 Distinguish when individual or collaborative decision-making is appropriate. HE.8.PHC.3.4 Evaluate the outcomes of a health-related decision. HE.8.PHC.3.5 Determine situations when specific professional health services or providers may be required. HE.8.PHC.3.7 Design an individual goal to adopt, maintain, or improve a personal health practice. HE.8.PHC.3.8 Apply strategies and skills needed to attain a personal health goal. HE.8.PHC.3.9 Apply healthy practices and behaviors that will maintain or improve personal health and reduce health risks. HE.8.PHC.1.3 Assess the importance of assuming responsibility for personal health behaviors. HE.8.PHC.1.4 Assess personal health practices. HE.8.PHC.2.3 Predict how environmental factors affect 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
			HE.8.PHC.2.8 Explain how the perceptions of norms influence healthy and unhealthy behaviors. HE.8.PHC.2.9 Describe how personal health goals can vary with changing abilities, priorities, and responsibilities. HE.8.CEH.2.2 Critique school and public health policies that influence health promotion and disease prevention. HE.8.CEH.3.2 Anticipate how injury or illness stemming from unhealthy or risky behaviors impacts the community. HE.8.CH.3.1 Analyze the accessibility, validity, and reliability of products and services that enhance home, school, and community health. HE.8.CH.3.2 Analyze valid and reliable health services and the cost of products.	
Main Text: 23-24 Setting and Achieving Goals 24 1.3–2 Reading Checkpoint, #1-2 84-90 Strategies for Getting Enough Sleep 86 Analyzing a Sleep-Wake Schedule 144 Making Healthy Food Choices 151 Critical Thinking, #1-2 168-171 Setting and Reaching Your Goals 169 Practice Your Skills, #1-5 169 Differentiation	HE.8.PHC.3.7	Design an individual goal to adopt, maintain, or improve a personal health practice. ***Clarification 1:*** Instruction includes physical activity, eating habits, and sleep habits.	HE.8.PHC.3.1 Determine when health-related situations require the application of a thoughtful prepared plan of action. HE.8.PHC.3.2 Compile the potential outcomes of each option when making a health-related decision. HE.8.PHC.3.3 Distinguish when individual or collaborative decision-making is appropriate. HE.8.PHC.3.4 Evaluate the outcomes of a health-related decision. HE.8.PHC.3.5 Determine situations when specific professional health services or providers may be required.	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.8.PHC.3.6 Investigate personal strategies to reduce or prevent injuries and other adolescent health problems. HE.8.PHC.3.8 Apply strategies and skills needed to attain a personal health goal. HE.8.PHC.3.9 Apply healthy practices and behaviors that will maintain or improve personal health and reduce health risks. HE.8.PHC.1.3 Assess the importance of assuming responsibility for personal health behaviors. HE.8.PHC.1.4 Assess personal health practices. HE.8.PHC.2.9 Describe how personal health goals can vary with changing abilities, priorities, and responsibilities. HE.8.CH.3.1 Analyze the accessibility, validity, and reliability of products and services that enhance home, school, and community health.	
Main Text: 23-24 Setting and Achieving Goals 144 Making Healthy Food Choices 168-171 Setting and Reaching Your Goals 175 Develop Your Skills #1	HE.8.PHC.3.8	Apply strategies and skills needed to attain a personal health goal. ***Clarification 1:*** Instruction includes physical activity and nutrition modification. ***Clarification 2:*** Instruction includes use of health apps.	HE.8.PHC.3.1 Determine when health-related situations require the application of a thoughtful prepared plan of action. HE.8.PHC.3.2 Compile the potential outcomes of each option when making a health-related decision. HE.8.PHC.3.3 Distinguish when individual or collaborative decision-making is appropriate.	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.8.PHC.3.4 Evaluate the outcomes of a health-related decision. HE.8.PHC.3.5 Determine situations when specific professional health services or providers may be required. HE.8.PHC.3.6 Investigate personal strategies to reduce or prevent injuries and other adolescent health problems. HE.8.PHC.3.7 Design an individual goal to adopt, maintain, or improve a personal health practice. HE.8.PHC.3.9 Apply healthy practices and behaviors that will maintain or improve personal health and reduce health risks. HE.8.PHC.1.3 Assess the importance of assuming responsibility for personal health behaviors. HE.8.PHC.1.4 Assess personal health practices. HE.8.PHC.2.2 Analyze the influence of personal values, attitudes, and beliefs about individual health practices and behaviors. HE.8.PHC.2.9 Describe how personal health goals can vary with changing abilities, priorities, and responsibilities. HE.8.PHC.4.1 Promote ways to acquire health services, products and or environments based on accurate and truthful information. HE.8.CH.1.2	

Lesson Plan/Correlating Content	Benchmark of Focus-Code	Benchmark	Connecting Benchmarks	Integrated EEs within Student Materials and Teacher Guides
			Compare and contrast a variety of technologies to gather health information.	
Main Text: 17 The Power of Social Media to Inspire 23-24 Setting and Achieving Goals 52 Develop Your Skills #3 54-65 Caring for Your Skin, Hair, and Nails 84-90 Strategies for Getting Enough Sleep 122 Develop Your Skills #3 143-150 Skills for Following a Healthy Eating Pattern 164-174 Getting Enough Physical Activity 229 Develop Your Skills #2 264-265 Peer Pressure 319-324 Preventing Substance Use, Misuse, and Abuse 330 Develop Your Skills #1 350-353 Staying Safe on the Internet 397-402 Ways to Communicate Effectively; Conflict Resolution Skills 403 Develop Your Skills #1 **Companion Text:** 5-8 Male Puberty; Female Puberty 20-23 Abstinence	HE.8.PHC.3.9	Apply healthy practices and behaviors that will maintain or improve personal health and reduce health risks. ***Clarification 1:*** Instruction includes participating in various physical activities, setting healthy goals, making healthy food choices, adequate sleep patterns. ***Clarification 2:*** Instruction includes fostering healthy relationships, resisting negative peer pressure, and reproductive health practices. ***Clarification 3:*** Instruction includes practicing internet safety. ***Clarification 4:*** Instruction includes limiting screentime to reduce the risk of musculoskeletal conditions caused by prolonged use of devices	HE.8.PHC.3.1 Determine when health-related situations require the application of a thoughtful prepared plan of action. HE.8.PHC.3.2 Compile the potential outcomes of each option when making a health-related decision. HE.8.PHC.3.3 Distinguish when individual or collaborative decision-making is appropriate. HE.8.PHC.3.4 Evaluate the outcomes of a health-related decision. HE.8.PHC.3.5 Determine situations when specific professional health services or providers may be required. HE.8.PHC.3.6 Investigate personal strategies to reduce or prevent injuries and other adolescent health problems. HE.8.PHC.3.7 Design an individual goal to adopt, maintain, or improve a personal health practice. HE.8.PHC.3.8 Apply strategies and skills needed to attain a personal health goal. HE.8.PHC.1.3 Assess the importance of assuming responsibility for personal health behaviors. HE.8.PHC.2.3 Predict how environmental factors affect 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
			HE.8.PHC.2.9 Describe how personal health goals can vary with changing abilities, priorities, and responsibilities. HE.8.PHC.4.1 Promote ways to acquire health services, products and or environments based on accurate and truthful information. HE.8.CEH.2.2 Critique school and public health policies that influence health promotion and disease prevention. HE.8.CEH.4.1 Promote positive health choices with the influence and support of others. HE.8.CH.1.1 Analyze how appropriate health care can influence personal health. HE.8.CH.1.2 Compare and contrast a variety of technologies to gather health information. HE.8.CH.3.1 Analyze the accessibility, validity, and reliability of products and services that enhance home, school, and community health. HE.8.CH.3.2 Analyze valid and reliable health services and the cost of products.	

Lesson Plan/Correlating Content	Benchmark of Focus-Code	Benchmark	Connecting Benchmarks	Integrated EEs within Student Materials and Teacher Guides
Main Text: 27-33 Accessing and Evaluating Health Information and Services; Communicating Health Information 58 Health in the Media 83 Ava's Wake-Up Routine 149 Enlist Support 166 Community Resources and Income 167 3.4-2 Reading Checkpoint 167 Differentiation 196 Develop Your Skills #1 218 Seek Professional Help When Needed 231 Recognize When You Need Help 237 Develop Your Skills #2 253-254 Figure 4.7.4; Advocate for Mental Health 305 Develop Your Skills #2 355 first sentence 358 Develop Your Skills #2 370 Develop Your Skills #2 381 Advocating for the Environment	HE.8.PHC.4.1	Promote ways to acquire health services, products and or environments based on accurate and truthful information. ***Clarification 1:*** Instruction includes advocating for one's own health, wellbeing, and quality of life.	HE.8.PHC.4.2 Identify strategies to combat cyberbullying and online harassment. HE.8.PHC.1.3 Assess the importance of assuming responsibility for personal health behaviors. HE.8.PHC.3.1 Determine when health-related situations require the application of a thoughtful prepared plan of action. HE.8.PHC.3.5 Determine situations when specific professional health services or providers may be required. HE.8.CEH.2.1 Analyze how the school and community may influence adolescent health. HE.8.CEH.2.2 Critique school and public health policies that influence health promotion and disease prevention. HE.8.CEH.4.2 Justify a health-enhancing position on a topic and support it with accurate information. HE.8.CH.1.2 Compare and contrast a variety of technologies to gather health information. HE.8.CH.2.1 Evaluate ways consumer health messages and communication techniques can be targeted for different audiences. HE.8.CH.3.1 Analyze the accessibility, validity, and reliability of products and services that enhance home, school, and community health. HE.8.CH.3.2 Analyze valid and reliable health services and the cost of products	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 ELDs within Student Materials and Teacher Guides
Main Text: 204-206 Have Empathy 205 Building Your Skills-Community Connections-Being Thankful Makes You Healthier 206 Figure 4.2.7 Try to recognize and understand someone else's feelings. 206 4.2–3 Reading Checkpoint, #1-2 207 Lesson 4.2 Review Assessment 207 Critical Thinking, #1-3 207 Develop Your Skills #1-3 397-399 Ways to Communicate Effectively 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.8.CEH.2.1 Analyze how the school and community may influence adolescent health. HE.68.R.4.2 Develop and apply conflict resolution skills in a variety of situations.	ELD.K12.ELL.SI.1
Main Text: 26 Resolving Conflicts 191 Factors That Affect Self-Esteem; first and second paragraphs 196 Develop Your Skills #2 213-218 Strategies for Coping with Stress 218 Reading Checkpoint, #1, 2 219 Critical Thinking #1-3 219 Develop Your Skills #1-3 399-402 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. HE.8.CEH.2.1 Analyze how the school and community may influence adolescent health. HE.8.CEH.3.1 Investigate community strategies to reduce or prevent injuries and other adolescent health problems.	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.8.PHC.2.2 Analyze the influence of personal values, attitudes, and beliefs about individual health practices and behaviors. HE.8.PHC.2.6 Describe the influence of culture on health beliefs, practices, and behaviors. HE.8.PHC.3.9 Apply healthy practices and behaviors that will maintain or improve personal health and reduce health risks.	
Main Text: 32 Your School Environment 31-33 Communicating Health Information 34 Develop Your Skills #1 99-105 Preventing Infectious Diseases 106 Critical Thinking #1-2 106 Develop Your Skills, #3 147 Understand Food Preferences; second paragraph 165 Getting Enough Physical Activity; last paragraph 166 Community Resources and Income 175 Develop Your Skills #2 191 Figure 4.1.5 Internal and External Factors Affecting Self-Esteem 207 Develop Your Skills #2-3 231 Recognize When You Need Help; last two paragraphs 237 Develop Your Skills #2 247 Critical Thinking #3	HE.8.CEH.2.1	Analyze how the school and community may influence adolescent health. ***Clarification 1:*** Instruction includes practices and resources in the school and community that may lead to better health outcomes for adolescents.	HE.8.CEH.2.2 Critique school and public health policies that influence health promotion and disease prevention. HE.8.CEH.2.3 Analyze how media/social media influences community health behaviors. HE.8.CEH.2.4 Predict how environmental factors affect community health. HE.8.CEH.3.2 Anticipate how injury or illness stemming from unhealthy or risky behaviors impacts the community. HE.8.CEH.3.3 Categorize healthy and unhealthy alternatives to community health-related issues or problems. HE.8.CEH.4.3 Work cooperatively to advocate for healthy individuals, peers, families, and schools. HE.8.CH.3.1 Analyze the accessibility, validity, and reliability of products and services that enhance home, school, and community 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
249 Figure 4.7.1 Risk Factors of Suicide 250-251 Environmental Risk Factors 253 Figure 4.7.4 Suicide Prevention Resources 305 Develop Your Skills #3 323-324 Government Approaches 327-328 Support Groups 336 Weapons Safety; first full paragraph 348 Staying Safe at School; second paragraph 358 Critical Thinking #1 402 Mediation 403 Develop Your Skills #2 **Companion Text:** 60 Develop Your Skills #2			HE.8.PHC.2.4 Assess the role of the beliefs of friends and peers on the health of adolescents. HE.8.PHC.2.5 Assess the role of the beliefs of family and culture on the health of adolescents. HE.8.PHC.2.8 Explain how the perceptions of norms influence healthy and unhealthy behaviors.	
Main Text: 348 Staying Safe at School; second and fifth paragraphs 348 6.2–1 Reading Checkpoint, # 1, 2 354-356 Staying Safe on the Road 356 6.2–4 Reading Checkpoint, #2 356 Develop Your Skills, #2 377-378 Society's Actions to Protect the Environment **Companion Text:** 62-63 School Violence; starting at the paragraph "Schools have policies…" 63 9.3–1 Reading Checkpoint, #2	HE.8.CEH.2.2	Critique school and public health policies that influence health promotion and disease prevention. ***Clarification 1:*** Instruction includes rules and policies enforced by the school and community that may lead to better health outcomes.	HE.8.CEH.2.1 Analyze how the school and community may influence adolescent health. HE.8.CEH.2.3 Analyze how media/social media influences community health behaviors. HE.8.CEH.2.4 Predict how environmental factors affect community health. HE.8.CEH.3.2 Anticipate how injury or illness stemming from unhealthy or risky behaviors impacts the community. HE.8.CEH.3.3 Categorize healthy and unhealthy alternatives to community health-related issues or problems.	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.8.CEH.4.3 Work cooperatively to advocate for healthy individuals, peers, families, and schools. HE.8.PHC.1.1 Analyze how the physical, mental, social, and intellectual dimensions of personal health are interrelated. HE.8.PHC.2.3 Predict how environmental factors affect personal health. HE.8.PHC.3.6 Investigate personal strategies to reduce or prevent injuries and other adolescent health problems. HE.8.PHC.4.1 Promote ways to acquire health services, products and or environments based on accurate and truthful information.	
Main Text: 32 Choosing Abstinence; first paragraph 32 Figure 8.3.7 Using the Decision-Making Process to Practice Abstinence 32 Practice Your Skills, #1-6 32 Differentiation 254-255 Provide Help for Survivors 303 Alcohol Use and Risky Behaviors; second paragraph 308 Mental, Social, and Legal Consequences; last paragraph 308 Figure 5.5.2 Link Between Depression and Drug Abuse 356 Vehicle Safety; second bullet	HE.8.CEH.3.2	Anticipate how injury or illness stemming from unhealthy or risky behaviors impacts the community. ***Clarification 1:*** Instruction includes death or injury from car crashes and underage drinking/distracted driving. ***Clarification 2:*** Instruction includes infections and disease from poor personal health practices.	HE.8.CEH.3.1 Investigate community strategies to reduce or prevent injuries and other adolescent health problems. HE.8.CEH.3.2 Anticipate how injury or illness stemming from unhealthy or risky behaviors impacts the community. HE.8.CEH.2.1 Analyze how the school and community may influence adolescent health. HE.8.CEH.4.3 Work cooperatively to advocate for healthy individuals, peers, families, and schools. HE.8.CH.3.1 Analyze the accessibility, validity, and reliability of products and services that enhance home, school, and community health. HE.8.PHC.2.4 Assess the role of the beliefs of friends and peers on the	ELD.K12.ELL.SI.1

Lesson Plan/Correlating Content	Benchmark of Focus-Code	Benchmark	Connecting Benchmarks	Integrated ELDs within Student Materials and Teacher Guides
			health of adolescents. HE.8.PHC.2.8 Explain how the perceptions of norms influence healthy and unhealthy behaviors. HE.8.PHC.3.2 Compile the potential outcomes of each option when making a health-related decision. HE.8.PHC.3.6 Investigate personal strategies to reduce or prevent injuries and other adolescent health problems. HE.8.PHC.3.9 Apply healthy practices and behaviors that will maintain or improve personal health and reduce health risks.	
Main Text: 32 Building Your Skills: Community Connections, Your School Environment 32 Practice Your Skills, #1-6 33 Figure 1.3.10 Examples of Community Resources 267 Making Healthy Decisions 305 Develop Your Skills #3 381 Advocating for the Environment	HE.8.CEH.3.3	Categorize healthy and unhealthy alternatives to community health-related issues or problems.	HE.8.CEH.3.1 Investigate community strategies to reduce or prevent injuries and other adolescent health problems. HE.8.CEH.3.2 Anticipate how injury or illness stemming from unhealthy or risky behaviors impacts the community. HE.8.CEH.2.1 Analyze how the school and community may influence adolescent health. HE.8.CEH.2.2 Critique school and public health policies that influence health promotion and disease prevention. HE.8.CEH.4.3 Work cooperatively to advocate for healthy individuals, peers, families, and schools.	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.8.CH.2.1 Evaluate ways consumer health messages and communication techniques can be targeted for different audiences. HE.8.CH.3.1 Analyze the accessibility, validity, and reliability of products and services that enhance home, school, and community health. HE.8.CH.3.2 Analyze valid and reliable health services and the cost of products. HE.8.PHC.2.8 Explain how the perceptions of norms influence healthy and unhealthy behaviors.	
Main Text: 32 Practice Your Skills, #1-6 319-320 Build Healthy Relationships 328-329 Helping Someone with a Substance Use Disorder 330 Develop Your Skills #2 **Companion Text:** 20-23 Abstinence	HE.8.CEH.4.1	Promote positive health choices with the influence and support of others. ***Clarification 1:*** Instruction includes promotion of sexual abstinence and substance use prevention.	HE.8.CEH.4.1 Promote positive health choices with the influence and support of others. HE.8.CEH.4.2 Justify a health-enhancing position on a topic and support it with accurate information. HE.8.CEH.4.3 Work cooperatively to advocate for healthy individuals, peers, families, and schools. HE.8.CH.2.2 Research marketing strategies behind health-related media/social media messages. HE.8.CH.3.1 Analyze the accessibility, validity, and reliability of products and services that enhance home, school, and community health. HE.8.CH.3.2	ELD.K12.ELL.SI.1

Lesson Plan/Correlating Content	Benchmark of Focus-Code	Benchmark	Connecting Benchmarks	Integrated ELDs within Student Materials and Teacher Guides
			Analyze valid and reliable health services and the cost of products. HE.8.CEH.2.1 Analyze how the school and community may influence adolescent health. HE.8.PHC.3.9 Apply healthy practices and behaviors that will maintain or improve personal health and reduce health risks.	
Main Text: 32 Practice Your Skills, #1-6 66 Develop Your Skills #2-3 106 Develop Your Skills #3 175 Develop Your Skills #2 358 Develop Your Skills #2	HE.8.CEH.4.2	Justify a health-enhancing position on a topic and support it with accurate information.	HE.8.CEH.4.1 Promote positive health choices with the influence and support of others. HE.8.CEH.4.3 Work cooperatively to advocate for healthy individuals, peers, families, and schools. HE.8.CEH.2.1 Analyze how the school and community may influence adolescent health. HE.8.CEH.2.2 Critique school and public health policies that influence health promotion and disease prevention. HE.8.CH.1.2 Compare and contrast a variety of technologies to gather health information. HE.8.PHC.2.4 Assess the role of the beliefs of friends and peers on the health of adolescents. HE.8.PHC.2.8 Explain how the perceptions of norms influence healthy and unhealthy behaviors. HE.8.PHC.3.1	ELD.K12.ELL.SI.1

Lesson Plan/Correlating Content	Benchmark of Focus-Code	Benchmark	Connecting Benchmarks	Integrated ELDs within Student Materials and Teacher Guides
			Determine when health-related situations require the application of a thoughtful prepared plan of action. HE.8.PHC.3.2 Compile the potential outcomes of each option when making a health-related decision. HE.8.PHC.3.4 Evaluate the outcomes of a health-related decision. HE.8.PHC.4.1 Promote ways to acquire health services, products and or environments based on accurate and truthful information.	
Main Text: 32 Your School Environment 34 Develop Your Skills #1 66 Develop Your Skills, #1-3 247 Critical Thinking #3 319 Build Healthy Relationships; fifth paragraph 319 Figure 5.6.1 Characteristics of Healthy Friendships Versus Unhealthy Friendships 323-324 Government Approaches 345 Develop Your Skills #3 381 Advocating for the Environment	HE.8.CEH.4.3	Work cooperatively to advocate for healthy individuals, peers, families, and schools. ***Clarification 1:*** Instruction includes promotion of community initiatives, such as media or prevention campaigns. ***Clarification 2:*** Instruction includes participation in school community wellness and organizations.	HE.8.CEH.4.1 Promote positive health choices with the influence and support of others. HE.8.CEH.4.2 Justify a health-enhancing position on a topic and support it with accurate information.	ELD.K12.ELL.SI.1
Main Text: 7 How Healthcare Promotes Personal Health; first paragraph 10 Critical Thinking #2 98-99 Treating Infectious Diseases 103-105 Vaccines 103 Practice Your Skills	HE.8.CH.1.1	Analyze how appropriate health care can influence personal health. ***Clarification 1:*** Instruction includes going to a medical professional for prevention and treatment of illness.	HE.8.CH.1.2 Compare and contrast a variety of technologies to gather health information. HE.8.CH.2.3 Analyze the influence of technology on personal and family health. HE.8.CH.3.2	ELD.K12.ELL.SI.1

Lesson Plan/Correlating Content	Benchmark of Focus-Code	Benchmark	Connecting Benchmarks	Integrated ELDs within Student Materials and Teacher Guides
116-121 Treating Noninfectious Diseases; Preventing Noninfectious Diseases			Analyze valid and reliable health services and the cost of products. HE.8.PHC.1.1 Analyze how the physical, mental, social, and intellectual dimensions of personal health are interrelated. HE.8.PHC.1.2 Identify major chronic diseases that impact human body systems. HE.8.PHC.1.3 Assess the importance of assuming responsibility for personal health behaviors. HE.8.PHC.2.3 Predict how environmental factors affect personal health. HE.8.PHC.2.7 Explore how heredity and family history can affect personal health. HE.8.PHC.3.9 Apply healthy practices and behaviors that will maintain or improve personal health and reduce health risks.	
Main Text: 58 Health in the Media 84 Set and Follow a Schedule; fourth paragraph 84 Figure 2.3.5 Apps and Devices to Improve Sleep 91 Develop Your Skills, #2-3 166-167 Technology 168 Reading Checkpoint 3.4-3 #1-2 223 infographic	HE.8.CH.1.2	Compare and contrast a variety of technologies to gather health information. ***Clarification 1:*** Instruction includes identifying appropriate technologies under a variety of circumstances.	HE.8.CH.1.1 Analyze how appropriate health care can influence personal health. HE.8.CH.2.3 Analyze the influence of technology on personal and family health. HE.8.CEH.4.2 Justify a health-enhancing position on a topic and support it with accurate information. HE.8.PHC.3.7 Design 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
Main Text: 240 Media and Society 240 Figure 4.6.2 What is Weight Stigma? 265 Media Messages 265 Figure 5.1.8 Types of Ads to Which Young People Are Exposed 268 Develop Your Skills, #2-6 268 Differentiation 330 Critical Thinking, #2 322 Think Critically; fourth paragraph 322 Figure 5.6.3 Analyzing Advertisements	HE.8.CH.2.1	Evaluate ways consumer health messages and communication techniques can be targeted for different audiences. ***Clarification 1:*** Instruction includes how organizations/companies use a variety of public service announcements, celebrities, social media posts, and platforms.	HE.8.CH.2.2 Research marketing strategies behind health-related media/social media messages. HE.8.CH.2.3 Analyze the influence of technology on personal and family health. HE.8.CEH.2.1 Analyze how the school and community may influence adolescent health. HE.8.CEH.3.3 Categorize healthy and unhealthy alternatives to community health-related issues or problems. HE.8.CEH.4.1 Promote positive health choices with the influence and support of others. HE.8.CH.3.1 Analyze the accessibility, validity, and reliability of products and services that enhance home, school, and community health. HE.8.CH.3.2 Analyze valid and reliable health services and the cost of products. HE.8.PHC.2.8 Explain how the perceptions of norms influence healthy and unhealthy behaviors.	ELD.K12.ELL.SI.1
Main Text: 240 Media and Society 240 Figure 4.6.2 What is Weight Stigma? 265-267 Media Messages	HE.8.CH.2.2	Research marketing strategies behind health-related media/social media messages. ***Clarification 1:*** Instruction includes identifying and researching strategies that media companies use to create trends.	HE.8.CH.2.1 Evaluate ways consumer health messages and communication techniques can be targeted for different audiences. HE.8.CH.2.3 Analyze the influence of technology on personal and family 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
265 Figure 5.1.8 Types of Ads to Which Young People Are Exposed 268 Develop Your Skills, #2 268 Differentiation 322 Think Critically 322 Figure 5.6.3 Analyzing Advertisements			HE.8.CEH.2.1 Analyze how the school and community may influence adolescent health. HE.8.CEH.3.3 Categorize healthy and unhealthy alternatives to community health-related issues or problems. HE.8.CEH.4.1 Promote positive health choices with the influence and support of others. HE.8.CH.3.1 Analyze the accessibility, validity, and reliability of products and services that enhance home, school, and community health. HE.8.CH.3.2 Analyze valid and reliable health services and the cost of products. HE.8.PHC.2.8 Explain how the perceptions of norms influence healthy and unhealthy behaviors.	
Main Text: 91 Develop Your Skills #2 91 Differentiation 122 Develop Your Skills #1 136 Guidelines for Forming a Healthy Eating Pattern; fifth paragraph 137 MyPlate Food Guidance System; fourth paragraph 166-167 Technology 175 Critical Thinking #2 323-324 Government Approaches; fourth and fifth paragraphs	HE.8.CH.2.3	Analyze the influence of technology on personal and family health. ***Clarification 1:*** Instruction includes social marketing for health information. ***Clarification 2:*** Instruction includes how technology can positively and negatively influence personal and family health behaviors.	HE.8.CH.2.1 Evaluate ways consumer health messages and communication techniques can be targeted for different audiences. HE.8.CH.2.2 Research marketing strategies behind health-related media/social media messages. HE.8.CEH.4.1 Promote positive health choices with the influence and support of others. HE.8.CH.1.1 Analyze how appropriate health care can influence 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
323 Figure 5.6.4 What the Government is Doing to Prevent Substance Use.			HE.8.CH.1.2 Compare and contrast a variety of technologies to gather health information. HE.8.CH.3.1 Analyze the accessibility, validity, and reliability of products and services that enhance home, school, and community health. HE.8.CH.4.2 Recommend a variety of technologies to gather health information. HE.8.PHC.1.1 Analyze how the physical, mental, social, and intellectual dimensions of personal health are interrelated. HE.8.PHC.2.5 Assess the role of the beliefs of family and culture on the health of adolescents.	
Main Text: 27-30 Accessing and Evaluating Health Information and Services 31 1.3-5 Reading Checkpoint, #1-2 32 Practice Your Skills, #1 58 Health in the Media 196 Develop Your Skills #1 219 Develop Your Skills #1 237 Develop Your Skills #2 305 Develop Your Skills #2 322 Think Critically 370 Develop Your Skills #2	HE.8.CH.3.1	Analyze the accessibility, validity, and reliability of products and services that enhance home, school, and community health.	HE.8.CH.3.2 Analyze valid and reliable health services and the cost of products. HE.8.CH.2.1 Evaluate ways consumer health messages and communication techniques can be targeted for different audiences. HE.8.CH.2.2 Research marketing strategies behind health-related media/social media messages. HE.8.CEH.2.1 Analyze how the school and community may influence adolescent health HE.8.CEH.3.2 Anticipate how injury or illness stemming from unhealthy or risky behaviors impacts the 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
			HE.8.CEH.3.3 Categorize healthy and unhealthy alternatives to community health-related issues or problems. HE.8.CEH.4.1 Promote positive health choices with the influence and support of others. HE.8.CEH.4.3 Work cooperatively to advocate for healthy individuals, peers, families, and schools HE.8.PHC.3.5 Determine situations when specific professional health services or providers may be required. HE.8.PHC.4.1 Promote ways to acquire health services, products and or environments based on accurate and truthful information.	
Main Text: 30 Evaluating Health-Claim Articles 106 Develop Your Skills #2 237 Develop Your Skills #2 237 Differentiation 322 Think Critically 370 Develop Your Skills #2 219 Develop Your Skills #1	HE.8.CH.3.2	Analyze valid and reliable health services and the cost of products. ***Clarification 1:*** Instruction includes reviewing a variety of resources including advertisements, health-claim articles, and personal claims.	HE.8.CH.3.1 Analyze the accessibility, validity, and reliability of products and services that enhance home, school, and community health. HE.8.CH.1.1 Analyze how appropriate health care can influence personal health. HE.8.CH.2.1 Evaluate ways consumer health messages and communication techniques can be targeted for different audiences. HE.8.CH.2.2 Research marketing strategies behind health-related media/social media messages. HE.8.CEH.2.1 Analyze how the school and community may influence adolescent 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
			HE.8.CEH.4.2 Justify a health-enhancing position on a topic and support it with accurate information. HE.8.PHC.2.6 Describe the influence of culture on health beliefs, practices, and behaviors. HE.8.PHC.3.5 Determine situations when specific professional health services or providers may be required. HE.8.PHC.4.1 Promote ways to acquire health services, products and or environments based on accurate and truthful information.	
Main Text: 5-6 How the Parts of Health Are Interrelated; infographic 10 Critical Thinking 10 Differentiation 79-80 The Importance of Sleep 190 Factors That Affect Self-Esteem; fourth paragraph 196 Critical Thinking #2 356 Vehicle Safety; fourth bullet **Companion Text:** 42 Consequences of Bullying and Cyberbullying ; fourth bullet 48 Develop Your Skills, #2 48 Differentiation 52 Intimate Partner Violence; second full paragraph 64 Human Trafficking; last paragraph	HE.8.PHC.1.1	Analyze how the physical, mental, social, and intellectual dimensions of personal health are interrelated. ***Clarification 1:*** Instruction includes the relationship between sleeping and studying for tests. ***Clarification 2:*** Instruction includes the relationship between road rage and vehicular crashes. ***Clarification 3:*** Instruction includes the relationship between bullying, dating violence, human trafficking and self-esteem.	HE.8.PHC.1.2 Identify major chronic diseases that impact human body systems. HE.8.PHC.1.3 Assess the importance of assuming responsibility for personal health behaviors. HE.8.PHC.1.4 Assess personal health practices. HE.8.PHC.2.2 Analyze the influence of personal values, attitudes, and beliefs about individual health practices and behaviors. HE.8.PHC.2.6 Describe the influence of culture on health beliefs, practices, and behaviors. HE.8.PHC.4.1 Promote ways to acquire health services, products and or environments based on accurate and truthful 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.8.CEH.2.1 Analyze how the school and community may influence adolescent health. HE.8.CEH.2.2 Critique school and public health policies that influence health promotion and disease prevention. HE.8.CEH.3.2 Anticipate how injury or illness stemming from unhealthy or risky behaviors impacts the community. HE.8.CH.1.1 Analyze how appropriate health care can influence personal health. HE.8.CH.3.1 Analyze the accessibility, validity, and reliability of products and services that enhance home, school, and community health.	
Main Text: 110-116 Common Noninfectious Diseases 122 Critical Thinking, #2 122 Develop Your Thinking, #1-3 122 Differentiation	HE.8.PHC.1.2	Identify major chronic diseases that impact human body systems. ***Clarification 1:*** Instruction includes cancer, hypertension and coronary artery disease, asthma, and diabetes.	HE.8.PHC.1.1 Analyze how the physical, mental, social, and intellectual dimensions of personal health are interrelated. HE.8.PHC.1.3 Assess the importance of assuming responsibility for personal health behaviors. HE.8.PHC.1.4 Assess personal health practices. HE.8.CH.1.1 Analyze how appropriate health care can influence personal health. HE.8.PHC.2.3 Predict how environmental factors affect 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
			HE.8.PHC.2.7 Explore how heredity and family history can affect personal health. HE.8.PHC.3.9 Apply healthy practices and behaviors that will maintain or improve personal health and reduce health risks.	
Main Text: 7 How Healthcare Promotes Personal Health 54-65 Caring for Your Skin, Hair, and Nails 116 Treating Noninfectious Diseases; fourth paragraph 122 Develop Your Thinking, #1-3 122 Differentiation 136 Guidelines for Forming a Healthy Eating Pattern; fourth paragraph 165 Getting Enough Physical Activity; second paragraph 168-174 Setting and Reaching Your Goals; Designing Your Workouts 389-392 The Importance of Relationships; Healthy Versus Unhealthy Relationships 403 Develop Your Skills #2 **Companion Text:** 21 first full sentence 25 Develop Your Skills #1	HE.8.PHC.1.3	Assess the importance of assuming responsibility for personal health behaviors. ***Clarification 1:*** Instruction includes teen pregnancy, sexually transmitted infections STI, and abstinence to prevent STIs. ***Clarification 2:*** Instruction includes diet, physical activity, hygiene.	HE.8.PHC.1.1 Analyze how the physical, mental, social, and intellectual dimensions of personal health are interrelated. HE.8.PHC.1.2 Identify major chronic diseases that impact human body systems. HE.8.PHC.1.4 Assess personal health practices. HE.8.CH.1.1 Analyze how appropriate health care can influence personal health. HE.8.CEH.4.1 Promote positive health choices with the influence and support of others. HE.8.PHC.2.3 Predict how environmental factors affect personal health. HE.8.PHC.2.8 Explain how the perceptions of norms influence healthy and unhealthy behaviors. HE.8.PHC.2.9 Describe how personal health goals can vary with changing abilities, priorities, and responsibilities. HE.8.PHC.3.2 Compile the potential outcomes of each option when making a health-related decision. HE.8.PHC.3.6	ELD.K12.ELL.SI.1

Lesson Plan/Correlating Content	Benchmark of Focus-Code	Benchmark	Connecting Benchmarks	Integrated ELDs within Student Materials and Teacher Guides
			Investigate personal strategies to reduce or prevent injuries and other adolescent health problems.	
Main Text: 86 Analyzing a Sleep-Wake Schedule 122 Develop Your Skills, #3 122 Differentiation 167-168 Checking Your Fitness Level 358 Develop Your Skills #2 390-392 Healthy Versus Unhealthy Relationships 396 Be Assertive 403 Develop Your Skills #3	HE.8.PHC.1.4	Assess personal health practices. ***Clarification 1:*** Instruction includes physical activity and sleep habits. ***Clarification 2:*** Instruction includes interpersonal skills. ***Clarification 3:*** Instruction includes risky behavior and injury prevention.	HE.8.PHC.1.1 Analyze how the physical, mental, social, and intellectual dimensions of personal health are interrelated. HE.8.PHC.1.2 Identify major chronic diseases that impact human body systems. HE.8.PHC.1.3 Assess the importance of assuming responsibility for personal health behaviors. HE.8.PHC.2.5 Assess the role of the beliefs of family and culture on the health of adolescents. HE.8.PHC.2.9 Describe how personal health goals can vary with changing abilities, priorities, and responsibilities. HE.8.PHC.3.7 Design an individual goal to adopt, maintain, or improve a personal health practice. HE.8.PHC.3.8 Apply strategies and skills needed to attain a personal health goal. HE.8.PHC.3.9 Apply healthy practices and behaviors that will maintain or improve personal health and reduce health risks. HE.8.CEH.3.2 Anticipate how injury or illness stemming from unhealthy or risky behaviors impacts the community. HE.8.CH.2.3 Analyze the influence of technology on personal and family 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
Main Text: 20 Critical Thinking #1-2 20 Develop Your Skills, #2-3 20 Differentiation 22 Making Healthy Decisions; bullets 25 Using Refusal Skills; second paragraph 189 Exploring Your Self-Image and Self-Esteem; third and fourth paragraphs 192 Internal and External Factors Affecting Self-Esteem; first and second paragraphs 192 Figure 4.1.6 Changing Negative Self-Talk to Positive Self-Talk	HE.8.PHC.2.2	Analyze the influence of personal values, attitudes, and beliefs about individual health practices and behaviors. ***Clarification 1:*** Instruction includes social conformity, desires, and impulses. ***Clarification 2:*** Instruction includes how a healthy level of self-respect deters unhealthy choices and behaviors.	HE.8.PHC.2.1 Analyze the influences of media/social media on physical, emotional, and social health. HE.8.PHC.2.3 Predict how environmental factors affect personal health. HE.8.PHC.2.4 Assess the role of the beliefs of friends and peers on the health of adolescents. HE.8.PHC.2.5 Assess the role of the beliefs of family and culture on the health of adolescents. HE.8.PHC.2.6 Describe the influence of culture on health beliefs, practices, and behaviors. HE.8.PHC.2.7 Explore how heredity and family history can affect personal health. HE.8.PHC.2.8 Explain how the perceptions of norms influence healthy and unhealthy behaviors. HE.8.PHC.2.9 Describe how personal health goals can vary with changing abilities, priorities, and responsibilities. HE.8.PHC.2.10 Explain the impact of cyberbullying and inappropriate use of social media on personal wellness. HE.8.PHC.1.1 Analyze how the physical, mental, social, and intellectual dimensions of personal health are interrelated. HE.8.PHC.3.9 Apply 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
			HE.8.CEH.2.1 Analyze how the school and community may influence adolescent health. HE.8.CEH.3.1 Investigate community strategies to reduce or prevent injuries and other adolescent health problems.	
Main Text: 15-17 Environmental Factors 20 Develop Your Skills, #2 20 Differentiation 109 Risk Factors for Noninfectious Diseases; third paragraph 181 Use Caution in Hot and Cold Weather; third paragraph 209 Figure 4.3.1 Sources of Stress 222 What Causes Mental Illnesses?; first bullet 249 Figure 4.7.1 Risk Factors of Suicide 250-251 Environmental Risk Factors 335-336 Weapons Safety 340 Emergency Preparedness; fifth paragraph 348 Staying Safe at School; third paragraph 355 Pedestrian Safety; third, sixth and twelfth bullets 372-375 introduction; Air Pollution; Water Pollution 372 Figure 6.4.1 Humans and the Environment Affect One Another	HE.8.PHC.2.3	Predict how environmental factors affect personal health. ***Clarification 1:*** Instruction includes heat index, air, and water quality. ***Clarification 2:*** Instruction includes streetlights and signs. ***Clarification 3:*** Instruction includes bullying, gangs, and weapons in the community.	HE.8.PHC.2.1 Analyze the influences of media/social media on physical, emotional, and social health. HE.8.PHC.2.2 Analyze the influence of personal values, attitudes, and beliefs about individual health practices and behaviors. HE.8.PHC.2.4 Assess the role of the beliefs of friends and peers on the health of adolescents. HE.8.PHC.2.5 Assess the role of the beliefs of family and culture on the health of adolescents. HE.8.PHC.2.6 Describe the influence of culture on health beliefs, practices, and behaviors. HE.8.PHC.2.7 Explore how heredity and family history can affect personal health. HE.8.PHC.2.8 Explain how the perceptions of norms influence healthy and unhealthy behaviors. HE.8.PHC.2.9 Describe how personal health goals can vary with changing abilities, priorities, and responsibilities.	ELD.K12.ELL.SI.1

Lesson Plan/Correlating Content	Benchmark of Focus-Code	Benchmark	Connecting Benchmarks	Integrated ELDs within Student Materials and Teacher Guides
Companion Text: 38-44 Figure 9.1.1; Bullying and Cyberbullying; Consequences of Bullying and Cyberbullying 63-64 Gang Violence 66-67 Homicide and Terrorism			HE.8.PHC.2.10 Explain the impact of cyberbullying and inappropriate use of social media on personal wellness. HE.8.PHC.1.1 Analyze how the physical, mental, social, and intellectual dimensions of personal health are interrelated. HE.8.PHC.1.2 Identify major chronic diseases that impact human body systems. HE.8.PHC.1.3 Assess the importance of assuming responsibility for personal health behaviors. HE.8.PHC.3.4 Evaluate the outcomes of a health-related decision. HE.8.PHC.3.6 Investigate personal strategies to reduce or prevent injuries and other adolescent health problems. HE.8.PHC.3.9 Apply healthy practices and behaviors that will maintain or improve personal health and reduce health risks. HE.8.PHC.4.1 Promote ways to acquire health services, products and or environments based on accurate and truthful information.	
Main Text: 16-17 Social Environment; The Power of Social Media to Inspire 20 Develop Your Skills, #2 20 Differentiation 25 Using Refusal Skills; second paragraph 143 Skills for Following a	HE.8.PHC.2.4	Assess the role of the beliefs of friends and peers on the health of adolescents. ***Clarification 1:*** Instruction includes drug-use myths. ***Clarification 2:*** Instruction includes perception of healthy body composition.	HE.8.PHC.2.1 Analyze the influences of media/social media on physical, emotional, and social health. HE.8.PHC.2.2 Analyze the influence of personal values, attitudes, and beliefs about individual health practices and behaviors. HE.8.PHC.2.3 Predict how environmental factors affect personal health. HE.8.PHC.2.5	ELD.K12.ELL.SI.1

Lesson Plan/Correlating Content	Benchmark of Focus-Code	Benchmark	Connecting Benchmarks	Integrated ELDs within Student Materials and Teacher Guides
Healthy Eating Pattern; fourth paragraph 190 Factors That Affect Self-Esteem; fourth paragraph 192 Low Self-Esteem; last paragraph 239-240 Social Environment 308 Effects of Drugs on Body Systems 308 Figure 5.5.2 Link Between Depression and Drug Abuse 311 Commonly Used Drugs; first paragraph 330 Critical Thinking #2 330 Develop Your Skills, #1-3 330 Differentiation		***Clarification 3:*** Instruction includes energy drink myths.	Assess the role of the beliefs of family and culture on the health of adolescents. HE.8.PHC.2.6 Describe the influence of culture on health beliefs, practices, and behaviors. HE.8.PHC.2.7 Explore how heredity and family history can affect personal health. HE.8.PHC.2.8 Explain how the perceptions of norms influence healthy and unhealthy behaviors. HE.8.PHC.2.9 Describe how personal health goals can vary with changing abilities, priorities, and responsibilities. HE.8.PHC.2.10 Explain the impact of cyberbullying and inappropriate use of social media on personal wellness. HE.8.CEH.2.1 Analyze how the school and community may influence adolescent health. HE.8.CEH.3.2 Anticipate how injury or illness stemming from unhealthy or risky behaviors impacts the community. HE.8.CEH.3.3 Categorize healthy and unhealthy alternatives to community health-related issues or problems. HE.8.CEH.4.3 Work cooperatively to advocate for healthy individuals, peers, families, and schools. HE.8.CH.2.2 Research marketing strategies behind health-related media/social media messages.	

Lesson Plan/Correlating Content	Benchmark of Focus-Code	Benchmark	Connecting Benchmarks	Integrated ELDs within Student Materials and Teacher Guides
			HE.8.CH.2.3 Analyze the influence of technology on personal and family health. HE.8.CH.3.1 Analyze the accessibility, validity, and reliability of products and services that enhance home, school, and community health.	
Main Text: 16 Social Environment 18 1.2-3 Reading Checkpoint #2 143 Choose Nutrient-Dense Foods; last two paragraphs 147-148 Understand Food Preferences 148 Figure 3.2.11 Factors That Influence Food Preferences 150 Practice Your Skills #1-4 150 Reading Checkpoint, #2 166 Social Factors; Community Resources and Income 389-390 The Importance of Relationships; first three paragraphs	HE.8.PHC.2.5	Assess the role of the beliefs of family and culture on the health of adolescents. ***Clarification 1:*** Instruction includes impact of alternative medical care and family religious beliefs on health practices.	HE.8.PHC.2.1 Analyze the influences of media/social media on physical, emotional, and social health. HE.8.PHC.2.2 Analyze the influence of personal values, attitudes, and beliefs about individual health practices and behaviors. HE.8.PHC.2.3 Predict how environmental factors affect personal health. HE.8.PHC.2.4 Assess the role of the beliefs of friends and peers on the health of adolescents. HE.8.PHC.2.6 Describe the influence of culture on health beliefs, practices, and behaviors. HE.8.PHC.2.7 Explore how heredity and family history can affect personal health. HE.8.PHC.2.8 Explain how the perceptions of norms influence healthy and unhealthy behaviors. HE.8.PHC.2.9 Describe how personal health goals can vary with changing abilities, priorities, and responsibilities. HE.8.PHC.2.10 Explain the impact of cyberbullying and inappropriate use of social media on personal wellness.	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.8.PHC.1.3 Assess the importance of assuming responsibility for personal health behaviors. HE.8.PHC.3.9 Apply healthy practices and behaviors that will maintain or improve personal health and reduce health risks. HE.8.CH.2.3 Analyze the influence of technology on personal and family health.	
Main Text: 16 Social Environment 18 1.2-3 Reading Checkpoint #2 148 Figure 3.2.11 Factors That Influence Food Preferences 191 Figure 4.1.5 Internal and External Factors Affecting Self-Esteem 191 Building Your Skills-Mental Health Connections-How You Can Build Your Self-Esteem 191 Practice Your Skills 191 Differentiation 233 Overcome Barriers; first paragraph 233 Figure 4.5.2 Stigma About Mental Illnesses	HE.8.PHC.2.6	Describe the influence of culture on health beliefs, practices, and behaviors.	HE.8.PHC.2.1 Analyze the influences of media/social media on physical, emotional, and social health. HE.8.PHC.2.2 Analyze the influence of personal values, attitudes, and beliefs about individual health practices and behaviors. HE.8.PHC.2.3 Predict how environmental factors affect personal health. HE.8.PHC.2.4 Assess the role of the beliefs of friends and peers on the health of adolescents. HE.8.PHC.2.6 Describe the influence of culture on health beliefs, practices, and behaviors. HE.8.PHC.2.7 Explore how heredity and family history can affect personal health. HE.8.PHC.2.8 Explain how the perceptions of norms influence healthy and unhealthy behaviors. HE.8.PHC.2.9 Describe how personal health goals can vary with changing abilities, priorities, and responsibilities.	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.8.PHC.2.10 Explain the impact of cyberbullying and inappropriate use of social media on personal wellness. HE.8.PHC.1.3 Assess the importance of assuming responsibility for personal health behaviors. HE.8.PHC.3.9 Apply healthy practices and behaviors that will maintain or improve personal health and reduce health risks. HE.8.CH.2.3 Analyze the influence of technology on personal and family health.	
Main Text: 13-14 Genetic Factors 108-109 Risk Factors for Noninfectious Diseases; first paragraph 109 Figure 2.5.2 Role of Genes in Noninfectious Diseases 109 2.5–2 Reading Checkpoint 114 Type 2 Diabetes Mellitus; fourth paragraph 121 Family History 221 What Causes Mental Illnesses?; first bullet 250 Environmental Risk Factors; eighth paragraph 262-263 Genetic Factors	HE.8.PHC.2.7	Explore how heredity and family history can affect personal health. ***Clarification 1:*** Instruction includes sickle cell disease, heart disease, diabetes, and mental health.	HE.8.PHC.2.1 Analyze the influences of media/social media on physical, emotional, and social health. HE.8.PHC.2.2 Analyze the influence of personal values, attitudes, and beliefs about individual health practices and behaviors. HE.8.PHC.2.3 Predict how environmental factors affect personal health. HE.8.PHC.2.4 Assess the role of the beliefs of friends and peers on the health of adolescents. HE.8.PHC.2.5 Assess the role of the beliefs of family and culture on the health of adolescents. HE.8.PHC.2.6 Describe the influence of culture on health beliefs, practices, and behaviors. HE.8.PHC.2.8 Explain how the perceptions of norms influence healthy and unhealthy 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.8.PHC.2.9 Describe how personal health goals can vary with changing abilities, priorities, and responsibilities. HE.8.PHC.2.10 Explain the impact of cyberbullying and inappropriate use of social media on personal wellness. HE.8.PHC.1.2 Identify major chronic diseases that impact human body systems. HE.8.PHC.1.3 Assess the importance of assuming responsibility for personal health behaviors. HE.8.PHC.3.4 Evaluate the outcomes of a health-related decision. HE.8.PHC.3.6 Investigate personal strategies to reduce or prevent injuries and other adolescent health problems. HE.8.PHC.3.9 Apply healthy practices and behaviors that will maintain or improve personal health and reduce health risks.	
Main Text: 20 Critical Thinking #2 20 Develop Your Skills, #3 20 Differentiation 25 Using Refusal Skills; second paragraph 264 Family; first two paragraphs 264-267 Peer Pressure; Media Messages **Companion Text:**	HE.8.PHC.2.8	Explain how the perceptions of norms influence healthy and unhealthy behaviors.	HE.8.PHC.2.1 Analyze the influences of media/social media on physical, emotional, and social health. HE.8.PHC.2.2 Analyze the influence of personal values, attitudes, and beliefs about individual health practices and behaviors. HE.8.PHC.2.3 Predict how environmental factors affect personal health. HE.8.PHC.2.4 Assess the role of the beliefs of friends and peers on the health of adolescents.	ELD.K12.ELL.SI.1

Lesson Plan/Correlating Content	Benchmark of Focus-Code	Benchmark	Connecting Benchmarks	Integrated ELDs within Student Materials and Teacher Guides
22 Dealing with Sexual Pressure; first paragraph 22 Figure 8.2.7 Words for Resisting Sexual Pressure			HE.8.PHC.2.5 Assess the role of the beliefs of family and culture on the health of adolescents. HE.8.PHC.2.6 Describe the influence of culture on health beliefs, practices, and behaviors. HE.8.PHC.2.7 Explore how heredity and family history can affect personal health. HE.8.PHC.2.9 Describe how personal health goals can vary with changing abilities, priorities, and responsibilities. HE.8.PHC.2.10 Explain the impact of cyberbullying and inappropriate use of social media on personal wellness. HE.8.PHC.3.6 Investigate personal strategies to reduce or prevent injuries and other adolescent health problems. HE.8.PHC.3.7 Design an individual goal to adopt, maintain, or improve a personal health practice. HE.8.PHC.3.8 Apply strategies and skills needed to attain a personal health goal. HE.8.PHC.3.9 Apply healthy practices and behaviors that will maintain or improve personal health and reduce health risks. HE.8.CEH.2.1 Analyze how the school and community may influence adolescent health.	

Lesson Plan/Correlating Content	Benchmark of Focus-Code	Benchmark	Connecting Benchmarks	Integrated ELDs within Student Materials and Teacher Guides
			HE.8.CEH.3.2 Anticipate how injury or illness stemming from unhealthy or risky behaviors impacts the community. HE.8.CEH.4.3 Work cooperatively to advocate for healthy individuals, peers, families, and schools.	
Main Text: 23-24 Setting and Achieving Goals 143 Choose Nutrient-Dense Foods; third and fifth paragraphs 144 Think About Calories 151 Critical Thinking, #1 166 Community Resources and Income 167 3.4-2 Reading Checkpoint 168 Setting and Reaching Your Goals seventh; paragraph 169 Practice Your Skills 169 Differentiation	HE.8.PHC.2.9	Describe how personal health goals can vary with changing abilities, priorities, and responsibilities. ***Clarification 1:*** Instruction includes weight reduction, cost of healthier food, availability of exercise equipment, and general health.	HE.8.PHC.2.1 Analyze the influences of media/social media on physical, emotional, and social health. HE.8.PHC.2.2 Analyze the influence of personal values, attitudes, and beliefs about individual health practices and behaviors. HE.8.PHC.2.3 Predict how environmental factors affect personal health. HE.8.PHC.2.4 Assess the role of the beliefs of friends and peers on the health of adolescents. HE.8.PHC.2.5 Assess the role of the beliefs of family and culture on the health of adolescents. HE.8.PHC.2.6 Describe the influence of culture on health beliefs, practices, and behaviors. HE.8.PHC.2.7 Explore how heredity and family history can affect 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
			HE.8.PHC.2.8 Explain how the perceptions of norms influence healthy and unhealthy behaviors. HE.8.PHC.2.10 Explain the impact of cyberbullying and inappropriate use of social media on personal wellness. HE.8.PHC.1.3 Assess the importance of assuming responsibility for personal health behaviors. HE.8.PHC.1.4 Assess personal health practices. HE.8.PHC.3.6 Investigate personal strategies to reduce or prevent injuries and other adolescent health problems. HE.8.PHC.3.7 Design an individual goal to adopt, maintain, or improve a personal health practice. HE.8.PHC.3.8 Apply strategies and skills needed to attain a personal health goal. HE.8.PHC.3.9 Apply healthy practices and behaviors that will maintain or improve personal health and reduce health risks. HE.8.CH.3.1 Analyze the accessibility, validity, and reliability of products and services that enhance home, school, and community health.	
Main Text: 23-24 Setting and Achieving Goals starting at "To reach a goal you set…" 151 Develop Your Skills #3 324-328 Treating Substance Use	HE.8.PHC.3.1	Determine when health-related situations require the application of a thoughtful prepared plan of action. ***Clarification 1:***	HE.8.PHC.3.2 Compile the potential outcomes of each option when making a health-related decision. HE.8.PHC.3.3 Distinguish when individual or collaborative decision-making is appropriate.	ELD.K12.ELL.SI.1

Lesson Plan/Correlating Content	Benchmark of Focus-Code	Benchmark	Connecting Benchmarks	Integrated ELDs within Student Materials and Teacher Guides
Misuse, and Abuse 391-392 The Emotional Impact of a Relationship; first full paragraph 391 Figure 7.1.3 Examples of Interpersonal Skills 403 Develop Your Skills #2 403 Differentiation **Companion Text:** 58-59 Report Abuse; Get Help and Treatment		Instruction includes consumption of alcohol, use of marijuana, and prescription drug abuse. ***Clarification 2:*** Instruction includes prevention of dating violence.	HE.8.PHC.3.4 Evaluate the outcomes of a health-related decision. HE.8.PHC.3.5 Determine situations when specific professional health services or providers may be required. HE.8.PHC.3.6 Investigate personal strategies to reduce or prevent injuries and other adolescent health problems. HE.8.PHC.3.7 Design an individual goal to adopt, maintain, or improve a personal health practice. HE.8.PHC.3.8 Apply strategies and skills needed to attain a personal health goal. HE.8.PHC.3.9 Apply healthy practices and behaviors that will maintain or improve personal health and reduce health risks. HE.8.PHC.1.3 Assess the importance of assuming responsibility for personal health behaviors. HE.8.PHC.2.2 Analyze the influence of personal values, attitudes, and beliefs about individual health practices and behaviors. HE.8.PHC.2.4 Assess the role of the beliefs of friends and peers on the health of adolescents HE.8.PHC.2.6 Describe the influence of culture on health beliefs, practices, and behaviors.	

Lesson Plan/Correlating Content	Benchmark of Focus-Code	Benchmark	Connecting Benchmarks	Integrated ELDs within Student Materials and Teacher Guides
			HE.8.PHC.2.8 Explain how the perceptions of norms influence healthy and unhealthy behaviors. HE.8.CEH.2.1 Analyze how the school and community may influence adolescent health.	
Main Text: 22-23 Making Healthy Decisions 178-179 Prevent Injuries 184 Develop Your Skills #1 259-262 Stages of Substance Use Disorders 267 Making Healthy Decisions 267 Practice Your Skills 267 Differentiation 302 Consequences of Alcohol Use 307-308 Health Effects of Drug Use **Companion Text:** 20-21 Figure 8.2.5 Reasons Young People Choose Abstinence	HE.8.PHC.3.2	Compile the potential outcomes of each option when making a health-related decision. ***Clarification 1:*** Instruction includes consequences related to injury, addiction, and reproductive health. ***Clarification 2:*** Instruction includes consequences related to legal, social, and financial ramifications.	HE.8.PHC.3.1 Determine when health-related situations require the application of a thoughtful prepared plan of action. HE.8.PHC.3.3 Distinguish when individual or collaborative decision-making is appropriate. HE.8.PHC.3.4 Evaluate the outcomes of a health-related decision. HE.8.PHC.3.5 Determine situations when specific professional health services or providers may be required. HE.8.PHC.3.6 Investigate personal strategies to reduce or prevent injuries and other adolescent health problems. HE.8.PHC.3.7 Design an individual goal to adopt, maintain, or improve a personal health practice. HE.8.PHC.3.8 Apply strategies and skills needed to attain a personal health goal. HE.8.PHC.3.9 Apply healthy practices and behaviors that will maintain or improve personal health and reduce health risks. HE.8.PHC.2.3 Predict how environmental factors affect 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
			HE.8.PHC.2.4 Assess the role of the beliefs of friends and peers on the health of adolescents. HE.8.PHC.2.8 Explain how the perceptions of norms influence healthy and unhealthy behaviors. HE.8.PHC.2.9 Describe how personal health goals can vary with changing abilities, priorities, and responsibilities.	
Main Text: 22 Making Healthy Decisions; last paragraph 151 Develop Your Skills #3 195 Assessing Your Mental and Emotional Health; last paragraph 218 Seek Professional Help When Needed; last paragraph 235 Helping Someone with a Mental Illness 252 Take Steps to Help Prevent Suicide; fifth paragraph 256 Critical Thinking #1 267 Making Healthy Decisions 267 Differentiation	HE.8.PHC.3.3	Distinguish when individual or collaborative decision-making is appropriate. ***Clarification 1:*** Instruction includes pressure to consume alcohol, self-injury, weight management, and mental-health concerns.	HE.8.PHC.3.1 Determine when health-related situations require the application of a thoughtful prepared plan of action. HE.8.PHC.3.2 Compile the potential outcomes of each option when making a health-related decision. HE.8.PHC.3.4 Evaluate the outcomes of a health-related decision. HE.8.PHC.3.5 Determine situations when specific professional health services or providers may be required. HE.8.PHC.3.6 Investigate personal strategies to reduce or prevent injuries and other adolescent health problems. HE.8.PHC.3.7 Design an individual goal to adopt, maintain, or improve a personal health practice. HE.8.PHC.3.8 Apply strategies and skills needed to attain a personal health goal. HE.8.PHC.3.9 Apply 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
			HE.8.PHC.2.3 Predict how environmental factors affect personal health. HE.8.PHC.2.4 Assess the role of the beliefs of friends and peers on the health of adolescents. HE.8.PHC.2.6 Describe the influence of culture on health beliefs, practices, and behaviors. HE.8.PHC.2.8 Explain how the perceptions of norms influence healthy and unhealthy behaviors. HE.68.R.4.2 Develop and apply conflict resolution skills in a variety of situations. HE.8.CEH.3.2 Anticipate how injury or illness stemming from unhealthy or risky behaviors impacts the community. HE.8.CEH.4.3 Work cooperatively to advocate for healthy individuals, peers, families, and schools. HE.8.CH.2.1 Evaluate ways consumer health messages and communication techniques can be targeted for different audiences. HE.8.CH.2.2 Research marketing strategies behind health-related media/social media messages. HE.8.CH.3.1 Analyze the accessibility, validity, and reliability of products and services that enhance home, school, and community health.	

Lesson Plan/Correlating Content	Benchmark of Focus-Code	Benchmark	Connecting Benchmarks	Integrated ELDs within Student Materials and Teacher Guides
			HE.8.CH.3.2 Analyze valid and reliable health services and the cost of products.	
Main Text: 22-23 Making Healthy Decisions 54-65 Caring for Your Skin, Hair, and Nails 66 Develop Your Skills #3 66 Differentiation 140-142 Malnutrition 144-146 Think About Calories 146 Figure 3.2.9 Recommended Daily Calorie Intake 259-262 Stages of Substance Use Disorders 300 Brain Development 333-342 Fall Prevention; Poisoning Prevention; Weapons Safety; Fire Prevention and Safety; Emergency Preparedness **Companion Text:** 10-11 Health Issues in Young People	HE.8.PHC.3.4	Evaluate the outcomes of a health-related decision. ***Clarification 1:*** Instruction includes substance use and abuse outcomes such as addiction and brain damage. ***Clarification 2:*** Instruction includes weight management from proper nutrition and exercise. ***Clarification 3:*** Instruction includes disease prevention from personal hygiene practices and reproductive health. ***Clarification 4:*** Instruction includes injury prevention from safety practices.	HE.8.PHC.3.1 Determine when health-related situations require the application of a thoughtful prepared plan of action. HE.8.PHC.3.2Compile the potential outcomes of each option when making a health-related decision. HE.8.PHC.3.3Distinguish when individual or collaborative decision-making is appropriate. HE.8.PHC.3.5Determine situations when specific professional health services or providers may be required. HE.8.PHC.3.6Investigate personal strategies to reduce or prevent injuries and other adolescent health problems. HE.8.PHC.3.7 Design an individual goal to adopt, maintain, or improve a personal health practice. HE.8.PHC.3.8 Apply strategies and skills needed to attain a personal health goal. HE.8.PHC.3.9 Apply healthy practices and behaviors that will maintain or improve personal health and reduce health risks. HE.8.PHC.2.4 Assess the role of the beliefs of friends and peers on the health of adolescents. HE.8.PHC.2.5 Assess the role of the beliefs of family and culture on the health of adolescents. HE.8.PHC.2.6 Describe the influence of culture on health beliefs, practices, and 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.8.PHC.2.7 Explore how heredity and family history can affect personal health. HE.8.CH.2.1 Evaluate ways consumer health messages and communication techniques can be targeted for different audiences. HE.8.CH.2.2 Research marketing strategies behind health-related media/social media messages. HE.8.CH.2.3 Analyze the influence of technology on personal and family health. HE.8.CEH.3.2 Anticipate how injury or illness stemming from unhealthy or risky behaviors impacts the community. HE.8.CEH.3.3 Categorize healthy and unhealthy alternatives to community health-related issues or problems.	
Main Text: 96 Common Infectious Diseases second, fourth, and seventh; paragraphs 97 Pinkeye; fifth paragraph 97 Figure 2.4.5 Symptoms of Pinkeye 97-98 COVID-19 first paragraph 98-99 Treating Infectious Diseases 106 Critical Thinking #2 106 Differentiation 182-183 Treat Injuries 231 Recognize When You Need Help 232 Practice Your Skills	HE.8.PHC.3.5	Determine situations when specific professional health services or providers may be required. ***Clarification 1:*** Instruction includes head injuries, infections, depression, human trafficking, and abuse.	HE.8.PHC.3.1 Determine when health-related situations require the application of a thoughtful prepared plan of action. HE.8.PHC.3.2 Compile the potential outcomes of each option when making a health-related decision. HE.8.PHC.3.3 Distinguish when individual or collaborative decision-making is appropriate. HE.8.PHC.3.4 Evaluate the outcomes of a health-related decision. HE.8.PHC.3.6 Investigate personal strategies to reduce or prevent injuries and other adolescent health problems.	ELD.K12.ELL.SI.1

Lesson Plan/Correlating Content	Benchmark of Focus-Code	Benchmark	Connecting Benchmarks	Integrated ELDs within Student Materials and Teacher Guides
232 4.5-1 Reading Checkpoint 237 Develop Your Skills #1 **Companion Text:** 58-59 Report Abuse; Get Help and Treatment 60 Develop Your Skills #3 65 Human Trafficking; last paragraph 65 Figure 9.3.4 Signs of Human Trafficking 69 Critical Thinking #2			HE.8.PHC.3.7 Design an individual goal to adopt, maintain, or improve a personal health practice. HE.8.PHC.3.8 Apply strategies and skills needed to attain a personal health goal. HE.8.PHC.3.9 Apply healthy practices and behaviors that will maintain or improve personal health and reduce health risks. HE.8.PHC.1.2 Identify major chronic diseases that impact human body systems. HE.8.PHC.2.3 Predict how environmental factors affect personal health. HE.8.PHC.2.6 Describe the influence of culture on health beliefs, practices, and behaviors. HE.8.CEH.2.2 Critique school and public health policies that influence health promotion and disease prevention. HE.8.CH.1.1 Analyze how appropriate health care can influence personal health. HE.8.CH.3.1 Analyze the accessibility, validity, and reliability of products and services that enhance home, school, and community health. HE.8.CH.3.2 Analyze valid and reliable health services and the cost of products.	

Lesson Plan/Correlating Content	Benchmark of Focus-Code	Benchmark	Connecting Benchmarks	Integrated ELDs within Student Materials and Teacher Guides
Main Text: 28-29 Accessing Valid Information 33 Communicating Health Information; first bullet 33 Figure 1.3.10 Examples of Community Resources 34 Develop Your Skills #1 226-227 Major Depressive Disorder 234-235 Find Treatment 349 Staying Safe in Public Places and Social Situations; second paragraph 349 Figure 6.2.3 Staying Safe in Public Places 358 Develop Your Skills #3 397-402 Ways to Communicate Effectively; Conflict Resolution Skills 403 Develop Your Skills #1 -3 403Differentiation	HE.8.PHC.3.6	Investigate personal strategies to reduce or prevent injuries and other adolescent health problems. ***Clarification 1:*** Instruction includes recognize signs and symptoms of depression, accessing resources, avoiding unsafe areas, and healthy relationship skills.	HE.8.PHC.3.1 Determine when health-related situations require the application of a thoughtful prepared plan of action. HE.8.PHC.3.2 Compile the potential outcomes of each option when making a health-related decision. HE.8.PHC.3.3 Distinguish when individual or collaborative decision-making is appropriate. HE.8.PHC.3.4 Evaluate the outcomes of a health-related decision. HE.8.PHC.3.5 Determine situations when specific professional health services or providers may be required. HE.8.PHC.3.7 Design an individual goal to adopt, maintain, or improve a personal health practice. HE.8.PHC.3.8 Apply strategies and skills needed to attain a personal health goal. HE.8.PHC.3.9 Apply healthy practices and behaviors that will maintain or improve personal health and reduce health risks. HE.8.PHC.1.3 Assess the importance of assuming responsibility for personal health behaviors. HE.8.PHC.1.4 Assess personal health practices. HE.8.PHC.2.3 Predict how environmental factors affect 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
			HE.8.PHC.2.8 Explain how the perceptions of norms influence healthy and unhealthy behaviors. HE.8.PHC.2.9 Describe how personal health goals can vary with changing abilities, priorities, and responsibilities. HE.8.CEH.2.2 Critique school and public health policies that influence health promotion and disease prevention. HE.8.CEH.3.2 Anticipate how injury or illness stemming from unhealthy or risky behaviors impacts the community. HE.8.CH.3.1 Analyze the accessibility, validity, and reliability of products and services that enhance home, school, and community health. HE.8.CH.3.2 Analyze valid and reliable health services and the cost of products.	
Main Text: 23-24 Setting and Achieving Goals 24 1.3–2 Reading Checkpoint, #1-2 84-90 Strategies for Getting Enough Sleep 86 Analyzing a Sleep-Wake Schedule 144 Making Healthy Food Choices 151 Critical Thinking, #1-2 168-171 Setting and Reaching Your Goals 169 Practice Your Skills, #1-5 169 Differentiation	HE.8.PHC.3.7	Design an individual goal to adopt, maintain, or improve a personal health practice. ***Clarification 1:*** Instruction includes physical activity, eating habits, and sleep habits.	HE.8.PHC.3.1 Determine when health-related situations require the application of a thoughtful prepared plan of action. HE.8.PHC.3.2 Compile the potential outcomes of each option when making a health-related decision. HE.8.PHC.3.3 Distinguish when individual or collaborative decision-making is appropriate. HE.8.PHC.3.4 Evaluate the outcomes of a health-related decision. HE.8.PHC.3.5 Determine situations when specific professional health services or providers 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.8.PHC.3.6 Investigate personal strategies to reduce or prevent injuries and other adolescent health problems. HE.8.PHC.3.8 Apply strategies and skills needed to attain a personal health goal. HE.8.PHC.3.9 Apply healthy practices and behaviors that will maintain or improve personal health and reduce health risks. HE.8.PHC.1.3 Assess the importance of assuming responsibility for personal health behaviors. HE.8.PHC.1.4 Assess personal health practices. HE.8.PHC.2.9 Describe how personal health goals can vary with changing abilities, priorities, and responsibilities. HE.8.CH.3.1 Analyze the accessibility, validity, and reliability of products and services that enhance home, school, and community health.	
Main Text: 23-24 Setting and Achieving Goals 144 Making Healthy Food Choices 168-171 Setting and Reaching Your Goals 175 Develop Your Skills #1	HE.8.PHC.3.8	Apply strategies and skills needed to attain a personal health goal. ***Clarification 1:*** Instruction includes physical activity and nutrition modification. ***Clarification 2:*** Instruction includes use of health apps.	HE.8.PHC.3.1 Determine when health-related situations require the application of a thoughtful prepared plan of action. HE.8.PHC.3.2 Compile the potential outcomes of each option when making a health-related decision. HE.8.PHC.3.3 Distinguish when individual or collaborative decision-making is appropriate.	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.8.PHC.3.4 Evaluate the outcomes of a health-related decision. HE.8.PHC.3.5 Determine situations when specific professional health services or providers may be required. HE.8.PHC.3.6 Investigate personal strategies to reduce or prevent injuries and other adolescent health problems. HE.8.PHC.3.7 Design an individual goal to adopt, maintain, or improve a personal health practice. HE.8.PHC.3.9 Apply healthy practices and behaviors that will maintain or improve personal health and reduce health risks. HE.8.PHC.1.3 Assess the importance of assuming responsibility for personal health behaviors. HE.8.PHC.1.4 Assess personal health practices. HE.8.PHC.2.2 Analyze the influence of personal values, attitudes, and beliefs about individual health practices and behaviors. HE.8.PHC.2.9 Describe how personal health goals can vary with changing abilities, priorities, and responsibilities. HE.8.PHC.4.1 Promote ways to acquire health services, products and or environments based on accurate and truthful information. HE.8.CH.1.2	

Lesson Plan/Correlating Content	Benchmark of Focus-Code	Benchmark	Connecting Benchmarks	Integrated ELDs within Student Materials and Teacher Guides
			Compare and contrast a variety of technologies to gather health information.	
Main Text: 17 The Power of Social Media to Inspire 23-24 Setting and Achieving Goals 52 Develop Your Skills #3 54-65 Caring for Your Skin, Hair, and Nails 84-90 Strategies for Getting Enough Sleep 122 Develop Your Skills #3 143-150 Skills for Following a Healthy Eating Pattern 164-174 Getting Enough Physical Activity 229 Develop Your Skills #2 264-265 Peer Pressure 319-324 Preventing Substance Use, Misuse, and Abuse 330 Develop Your Skills #1 350-353 Staying Safe on the Internet 397-402 Ways to Communicate Effectively; Conflict Resolution Skills 403 Develop Your Skills #1 **Companion Text:** 5-8 Male Puberty; Female Puberty 20-23 Abstinence	HE.8.PHC.3.9	Apply healthy practices and behaviors that will maintain or improve personal health and reduce health risks. ***Clarification 1:*** Instruction includes participating in various physical activities, setting healthy goals, making healthy food choices, adequate sleep patterns. ***Clarification 2:*** Instruction includes fostering healthy relationships, resisting negative peer pressure, and reproductive health practices. ***Clarification 3:*** Instruction includes practicing internet safety. ***Clarification 4:*** Instruction includes limiting screentime to reduce the risk of musculoskeletal conditions caused by prolonged use of devices	HE.8.PHC.3.1 Determine when health-related situations require the application of a thoughtful prepared plan of action. HE.8.PHC.3.2 Compile the potential outcomes of each option when making a health-related decision. HE.8.PHC.3.3 Distinguish when individual or collaborative decision-making is appropriate. HE.8.PHC.3.4 Evaluate the outcomes of a health-related decision. HE.8.PHC.3.5 Determine situations when specific professional health services or providers may be required. HE.8.PHC.3.6 Investigate personal strategies to reduce or prevent injuries and other adolescent health problems. HE.8.PHC.3.7 Design an individual goal to adopt, maintain, or improve a personal health practice. HE.8.PHC.3.8 Apply strategies and skills needed to attain a personal health goal. HE.8.PHC.1.3 Assess the importance of assuming responsibility for personal health behaviors. HE.8.PHC.2.3 Predict how environmental factors affect 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
			HE.8.PHC.2.9 Describe how personal health goals can vary with changing abilities, priorities, and responsibilities. HE.8.PHC.4.1 Promote ways to acquire health services, products and or environments based on accurate and truthful information. HE.8.CEH.2.2 Critique school and public health policies that influence health promotion and disease prevention. HE.8.CEH.4.1 Promote positive health choices with the influence and support of others. HE.8.CH.1.1 Analyze how appropriate health care can influence personal health. HE.8.CH.1.2 Compare and contrast a variety of technologies to gather health information. HE.8.CH.3.1 Analyze the accessibility, validity, and reliability of products and services that enhance home, school, and community health. HE.8.CH.3.2 Analyze valid and reliable health services and the cost of products.	

Lesson Plan/Correlating Content	Benchmark of Focus-Code	Benchmark	Connecting Benchmarks	Integrated ELDs within Student Materials and Teacher Guides
Main Text: 27-33 Accessing and Evaluating Health Information and Services; Communicating Health Information 58 Health in the Media 83 Ava's Wake-Up Routine 149 Enlist Support 166 Community Resources and Income 167 3.4-2 Reading Checkpoint 167 Differentiation 196 Develop Your Skills #1 218 Seek Professional Help When Needed 231 Recognize When You Need Help 237 Develop Your Skills #2 253-254 Figure 4.7.4; Advocate for Mental Health 305 Develop Your Skills #2 355 first sentence 358 Develop Your Skills #2 370 Develop Your Skills #2 381 Advocating for the Environment	HE.8.PHC.4.1	Promote ways to acquire health services, products and or environments based on accurate and truthful information. ***Clarification 1:*** Instruction includes advocating for one's own health, wellbeing, and quality of life.	HE.8.PHC.4.2 Identify strategies to combat cyberbullying and online harassment. HE.8.PHC.1.3 Assess the importance of assuming responsibility for personal health behaviors. HE.8.PHC.3.1 Determine when health-related situations require the application of a thoughtful prepared plan of action. HE.8.PHC.3.5 Determine situations when specific professional health services or providers may be required. HE.8.CEH.2.1 Analyze how the school and community may influence adolescent health. HE.8.CEH.2.2 Critique school and public health policies that influence health promotion and disease prevention. HE.8.CEH.4.2 Justify a health-enhancing position on a topic and support it with accurate information. HE.8.CH.1.2 Compare and contrast a variety of technologies to gather health information. HE.8.CH.2.1 Evaluate ways consumer health messages and communication techniques can be targeted for different audiences. HE.8.CH.3.1 Analyze the accessibility, validity, and reliability of products and services that enhance home, school, and community health. HE.8.CH.3.2 Analyze valid and reliable health services and the cost of products	ELD.K12.ELL.SI.1