

Live Well: Comprehensive High school Health

Correlations to National Health Education Standards, Second Edition

Health Education Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

Performance indicator	Location in text Lesson number, heading (page numbers in parenthesis)
1.12.1 Predict how healthy behaviors can affect health status.	<p><u>Instruction:</u> L1.1 Understanding My Health: My Well-Being (4) L1.1 entire lesson: Exploring Health and Wellness (5-12) L1.4 entire lesson: Communicable Diseases (37-48) L2.1 entire lesson: Personal Health Habits (65-78) L2.2: Protecting Your Vision (80), Protecting Your Hearing (83-84) L2.3 entire lesson: Healthy Sleep and Rest (88-94) L4.1 entire lesson: Understanding Foods and Nutrients (143-153) L4.5 entire lesson: Making Healthy Nutrition Decisions (182-193)</p> <p><u>Application:</u> L1.1 Healthy Living Skills: Making Healthy Decisions (11)</p>
1.12.2 Describe the interrelationships of emotional, intellectual, physical, and social health.	<p><u>Instruction:</u> L1.1: Influences on Health and Wellness (7-9) L2.3: What Happens When You Don't Sleep Enough or Sleep Well? (91) L5.4 entire lesson: Your Body Image (225-234) L6.1: Benefits of Physical Activity (248-249) L7.1 entire lesson: Your Emotional Health (291-301)</p> <p><u>Application:</u> L1.1 Skill-Building Challenge: Analyzing Influences on Your Wellness (11)</p>
1.12.3 Analyze how environment and personal health are interrelated.	<p><u>Instruction:</u> L1.1: Environmental Determinants (8)</p>

	<p>L1.3: What Influences Your Immune System? (30-31) L3.1 entire lesson: Understanding Health Equity (111-118) L3.3 entire lesson: Public Health (127-135) L15.1 entire lesson: Air, Water, and Noise Pollution (649-659) L15.2 entire lesson: Chemicals, the Environment, and Your Health (660-666)</p> <p><u>Application:</u> L1.3 Healthy Living Skills: Analyzing Influences (35) L1.1 Skill-Building Challenge: Analyzing Influences on Your Wellness (11)</p>
<p>1.12.4 Analyze how genetics and family history can affect personal health.</p>	<p><u>Instruction:</u> L1.1: Individual Determinants (8) L5.3: Why Is Weight Important? (218) L8.1: Causes of Mental Health Disorders (341) L8.3: Causes of Mood Disorders (357)</p> <p><u>Application:</u> L1.2 Healthy Living Skills: Analyzing Influences (24)</p>
<p>1.12.5 Propose ways to reduce or prevent injuries and health problems.</p>	<p><u>Instruction:</u> L14.1 entire lesson: Injury Prevention and Safety at Home (599-608) L6.3: Dressing for Physical Activity, Physical Activity and Using Protecting Equipment, Preventing Injuries While Being Active (271-272) L1.4 Preventing Communicable Diseases, Universal Precautions (38-40) L2.2: Protecting Your Vision (80), Protecting Your Hearing (83-84)</p> <p><u>Application:</u> L1.4 Healthy Living Skills: Setting Healthy Goals (47) L2.1 Healthy Living Skills: Practicing Healthy Behaviors (77) L2.2 Healthy Living Skills: Healthy Communication (86) L14.1 Healthy Living Skills: Accessing Information (606)</p>
<p>1.12.6 Analyze the relationship between access to health care and health status.</p>	<p><u>Instruction:</u></p>

	<p>L3.1 entire lesson: Understanding Health Equity (111-118) L3.3 entire lesson: Public Health (127-135) L5.2: Does Everyone Have Access to Enough Food? (210-211) L2.4 U.S. Health Care System (99-101)</p> <p><u>Application:</u> L2.4 Healthy Living Skills: Analyzing Influences, Accessing Information (103) L3.1 Skill-Building Challenge: Analyzing Influences (117) L3.1 Healthy Living Skills: Advocating for Good Health (117)</p>
<p>1.12.7 Compare and contrast the benefits of and barriers to practicing a variety of healthy behaviors.</p>	<p><u>Instruction:</u> L3.1 entire lesson: Understanding Health Equity (111-118) L13.4: Benefits and Barriers of being drug-free (figure 13.9; p 586)</p> <p><u>Application:</u> L11.2 Healthy Living Skills: Practicing Health Behaviors activity (497) L2.1 Healthy Living Skills: Practicing Health Behaviors activity (77) L6.4 Healthy Living Skills: Practicing Health Behaviors activity (282) L2.4 Healthy Living Skills: Analyzing Influences, Accessing Information (103) L3.1 Skill-Building Challenge: Analyzing Influences (117) L3.1 Healthy Living Skills: Advocating for Good Health (117)</p>
<p>1.12.8 Analyze personal susceptibility to injury, illness, or death if engaging in unhealthy behaviors.</p>	<p><u>Instruction:</u> L10.4, entire lesson: Violence, Weapons, and Gangs (449-456) L11.1: Alcohol Consumption (477-478) L11.1: Consequences of Alcohol Use (483-485) L12.1: Tobacco’s Effects (516-518) L12.1: Health Effects of Smokeless Tobacco; E-Cigarettes (519-523) L13.2 entire lesson: Illicit Drugs (561-574) L14.1 entire lesson: Injury Prevention and Safety at Home (599-608)</p> <p><u>Application:</u> L10.4 Healthy Living Skills (all) (455)</p>

	L14.1 Skill-Building Challenge: Advocating for Gun Safety (606)
1.12.9 Analyze the potential severity of injury or illness if engaging in unhealthy behaviors.	<p><u>Instruction:</u> L10.4, entire lesson: Violence, Weapons, and Gangs (449-456) L11.1: Alcohol Consumption (477-478) L11.1: Consequences of Alcohol Use (483-485) L12.1: Tobacco’s Effects (516-518) L12.1: Health Effects of Smokeless Tobacco; E-Cigarettes (519-523) L13.2 entire lesson: Illicit Drugs (561-574) L14.1 entire lesson: Injury Prevention and Safety at Home (599-608)</p> <p><u>Application:</u> L10.4 Healthy Living Skills (all) (455) L14.1 Skill-Building Challenge: Advocating for Gun Safety (606)</p>

Health Education Standard 2: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

Performance indicator	Location in text Lesson number, heading (page numbers in parenthesis)
2.12.1 Analyze how the family influences the health of individuals.	<p><u>Instruction:</u> L1.1: Individual Determinants (8) L4.2: Influences on Your Appetite; Family subsection (158-159) L5.4 Other Influences on Your Body Image (230) L11.2 Influences That Affect How You View Alcohol, Family Influence subsection (492) L13.3 Factors That Influence the Use of Drugs (576) L9.2 Changes to the Family (390-391) L9.4 Family Influences on Dating Relationships (406) L10.5 Child Abuse and Neglect (459-460)</p> <p><u>Application:</u> L2.4 Healthy Living Skills: Analyzing Influences (103) L4.2 Skill-Building Challenge: What Influences Your Eating? (161) L9.2 Skill-Building Challenge (392)</p>

<p>2.12.2 Analyze how the culture supports and challenges health beliefs, practices, and behaviors.</p>	<p><u>Instruction:</u> L4.2 Influences on Your Appetite, Personal and Cultural Beliefs subsection (159-160) L9.2 Social Norms, Gender Socialization (386-388) L11.2 Diversity Matters: Influence of Culture (492) L12.2 Tobacco Norming in Society (530-531)</p> <p><u>Application:</u> L1.2 Healthy Living Skills: Analyzing Influences (24) L5.3 Healthy Living Skills: Analyzing Influences (223)</p>
<p>2.12.3 Analyze how peers influence healthy and unhealthy behaviors.</p>	<p><u>Instruction:</u> L1.1 Social Determinants (8) L4.2 Influences on Your Appetite, Peers subsection (158) L5.4 Other Influences on Your Body Image (230) L11.2 Influences That Affect How You View Alcohol, Peer Pressure subsection (491-492) L11.2 Skill-Building Challenge (497) L12.2 Factors That Influence Tobacco Use (528-530) L13.3 Factors That Influence the Use of Drugs (576-577) L10.4 Youth Violence (450)</p> <p><u>Application:</u> L1.5 Healthy Living Skills: Analyzing Influences (58) L13.3 Skill-Building Challenge (580)</p>
<p>2.12.4 Evaluate how the school and community can affect personal health practices and behaviors.</p>	<p><u>Instruction:</u> L3.3 entire lesson: Public Health (127-135) L14.2 entire lesson: Safety in the Community (609-621), especially School Safety (210) L2.4 School Health Clinics (100) L8.1 Healthy Living Tip: school counselors (342) L10.1 Influences on Violent Behavior (426) L10.1 Preventing Violence (428-429) L10.3 Responding to Bullying (442-443)</p> <p><u>Application:</u></p>

	<p>L2.4 Healthy Living Skills: Analyzing Influences (103)</p> <p>L3.3 Healthy Living Skills: Analyzing Influences (134)</p> <p>L2.4 Healthy Living Skills: Analyzing Influences, Accessing Information (103)</p> <p>L10.3 Skill-Building Challenge (447)</p> <p>L10.4 Skill-Building Challenge (455)</p>
<p>2.12.5 Evaluate the effect of media on personal and family health.</p>	<p><u>Instruction:</u></p> <p>L2.1 Analyzing Influences: Beauty, Media, and Technology (75-77)</p> <p>L5.4 Media Influences on Body Image (228-229)</p> <p>L4.2 Analyzing Influences: Targeting Teens in the Media (160)</p> <p>L1.1 Social Determinants (8)</p> <p>L11.2 Influences That Affect How You View Alcohol, Media Influence subsection (492-493)</p> <p>L13.3 Factors That Influence the Use of Drugs, Media and Advertisements (576-579)</p> <p>L14.3 Internet Safety, Social Media Sharing (623-624)</p> <p><u>Application:</u></p> <p>L14.3 Skill-Building Challenge (626)</p> <p>L8.1 Healthy Living Skills: Analyzing Influences (346)</p> <p>L12.2 Healthy Living Skills: Analyzing Influences (535)</p> <p>L13.1 Healthy Living Skills: Analyzing Influences (559)</p>
<p>2.12.6 Evaluate the impact of technology on personal, family, and community health.</p>	<p><u>Instruction:</u></p> <p>L2.1 Analyzing Influences: Beauty, Media, and Technology (75-77)</p> <p>L2.2 Eye Strain (81)</p> <p>L7.1 Influences on Emotions, Peer and Technology Influences subsection (296)</p> <p>L6.4 Planning Your Fitness with Technology (281)</p> <p>L9.3 Types of Friendships, Virtual Friends subsection (397)</p> <p>L10.3 Cyberbullying (443-446)</p> <p><u>Application:</u></p> <p>L1.4 Healthy Living Skills: Analyzing Influences (47)</p> <p>L6.1 Healthy Living Skills: Analyzing Influences (252)</p>

	<p>L6.4 Healthy Living Skills: Analyzing Influences (282)</p> <p>L10.3 Skill-Building Challenge (447)</p> <p>L14.3 Skill-Building Challenge (626)</p> <p>L8.4 Healthy Living Skills: Analyzing Influences (368)</p>
<p>2.12.7 Analyze how the perceptions of norms influence healthy and unhealthy behaviors.</p>	<p><u>Instruction:</u></p> <p>L2.2 Social Norms and Hearing and Visual Behaviors (85-86)</p> <p>L12.2 Tobacco Norming in Society (530-531)</p> <p>L9.2 Social Norms (386-387)</p> <p>L5.4 Weight Prejudice (228)</p> <p><u>Application:</u></p> <p>L1.2 Healthy Living Skills: Analyzing Influences (24)</p> <p>L1.5 Healthy Living Skills: Analyzing Influences (58)</p>
<p>2.12.8 Analyze the influence of personal values and beliefs on individual health practices and behaviors.</p>	<p><u>Instruction:</u></p> <p>L11.2 Influences That Affect How You View Alcohol, Influences of Your Values subsection (493)</p> <p><u>Application:</u></p> <p>L1.1 Skill-Building Challenge: Analyzing Influences on Your Wellness (11)</p> <p>L1.2 Healthy Living Skills: Analyzing Influences (24)</p>
<p>2.12.9 Analyze how some health risk behaviors can influence the likelihood of engaging in unhealthy behaviors.</p>	<p><u>Instruction:</u></p> <p>L11.2 entire lesson: Influences and Alcohol (490-498)</p> <p>L12.2 Regulations and Influences on Tobacco Product Use (527-536)</p> <p>L13.3 Factors That Influence the Use of Drugs (576-577)</p> <p><u>Application:</u></p> <p>L11.2 Skill-Building Challenge: Who Influences Me? (497)</p> <p>L12.2 Healthy Living Skills (535)</p>
<p>2.12.10 Analyze how public health policies and government regulations can influence health promotion and disease prevention.</p>	<p><u>Instruction:</u></p> <p>L3.3 entire lesson: Public Health (127-135)</p> <p>L12.2 Regulations and Influences on Tobacco Product Use (527-536)</p> <p>L13.4 School Policies, Community Laws (588-589)</p>

	<u>Application:</u> L1.3 Healthy Living Skills: Analyzing Influences (35) L2.4 Healthy Living Skills: Analyzing Influences (103)
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Health Education Standard 3: Students will demonstrate the ability to access valid information and products and services to enhance health.

Performance indicator	Location in text Lesson number, heading (page numbers in parenthesis)
3.12.1 Evaluate the validity of health information, products, and services.	<u>Instruction:</u> L1.2 Accessing Valid and Reliable Health Information and Services (16-18) L4.3 Accessing and Using Nutrition Information (165) L2.4 Being a Health Care Consumer (97-98) <u>Application:</u> L1.4 Healthy Living Skills: Accessing Information (47) L1.5 Healthy Living Skills: Accessing Information (58) L4.1 Healthy Living Skills: Accessing Information (152) L6.2 Healthy Living Skills: Accessing Information (265)
3.12.2 Use resources from home, school, and community that provide valid health information.	<u>Instruction:</u> L1.2 Accessing Valid and Reliable Health Information and Resources (16-18) L2.4 entire lesson: Being a Healthy Consumer (95-103) <u>Application:</u> L1.5 Healthy Living Skills: Accessing Information (58) L1.3 Skill-Building Challenge (34) L10.2 Healthy Living Skills: Accessing Information (437)
3.12.3 Determine the accessibility of products and services that enhance health.	<u>Instruction:</u> L2.4 Being a Health Consumer (97-98) L2.4 U.S. Health Care System (99-102) <u>Application:</u>

	<p>L2.4 Healthy Living Skills: Accessing Information (103)</p> <p>L3.3 Skill-Building Challenge (134)</p>
<p>3.12.4 Determine when professional health services may be required.</p>	<p><u>Instruction:</u></p> <p>L8.1 Care and Treatment of Mental Disorders (342)</p> <p>L8.4 Reaching Out for Help (366-367)</p> <p>L10.5 Breaking the Cycle of Abuse (465)</p> <p>L11.3 Alcohol Treatment Programs (503-505)</p> <p>L12.3 Getting Help for a Nicotine Use Disorder (541)</p> <p>L13.4 Getting Help for a Substance Use Disorder (587)</p> <p><u>Application:</u></p> <p>L10.5 Healthy Living Skills: Accessing Information (467)</p> <p>L8.1 Healthy Living Skills: Making Healthy Decisions (346)</p> <p>L11.3 Skill-Building Challenge: Where Can I Go for Help? (505)</p> <p>L12.3 Healthy Living Skills: Accessing Information (544)</p> <p>L13.4 Skill-Building Challenge: Accessing Information (590)</p>
<p>3.12.5 Access valid and reliable health products and services.</p>	<p><u>Instruction:</u></p> <p>L2.4 Being a Health Care Consumer (97-98)</p> <p>L8.2 Getting Help for Anxiety Disorders (352-353)</p> <p>L8.3 Managing and Treating Depression (360)</p> <p>L11.3 Alcohol Treatment Programs (503-505)</p> <p>L12.3 Getting Help for a Nicotine Use Disorder (541)</p> <p>L13.4 Getting Help for a Substance Use Disorder (587)</p> <p><u>Application:</u></p> <p>L1.5 Healthy Living Skills: Accessing Information (58)</p> <p>L2.4 Healthy Living Skills: Accessing Information (103)</p>

Health Education Standard 4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

Performance indicator	Location in text
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	Lesson number, heading (page numbers in parenthesis)
<p>4.12.1 Use skills for communicating effectively with family, peers, and others to enhance health.</p>	<p><u>Instruction:</u> L9.1 entire lesson: Relationships and Communication Skills (375-383), especially Communication Is a Two-Way Street (378-379) L1.2 Communicating Your Health Needs (18) L8.4 Reaching Out for Help (366-367) L9.3 Healthy Ways to Express Love in a Friendship (399-400)</p> <p><u>Application:</u> L1.2 Skill-Building Challenge: Healthy Communication (24) L5.5 Skill-Building Challenge: Asking for Support (239) L8.1 Skill-Building Challenge: Communicating About Mental Health (346) L8.4 Skill-Building Challenge: Healthy Communication (368)</p>
<p>4.12.2 Demonstrate refusal, negotiation, and collaboration skills to enhance health and avoid or reduce health risks.</p>	<p><u>Instruction:</u> L9.4 Refusal Skills (412) L11.2 Using Effective Communication Skills to Avoid Alcohol Use, Refusal Skills subsection (495-496) L12.3 Refusal Skills to Avoid Tobacco Use (540)</p> <p><u>Application:</u> L1.4 Skill-Building Challenge: Communicating Well to Keep Yourself and Others Healthy (46) L4.5 Healthy Living Skills: Healthy Communication (192) L9.4 Skill-Building Challenge: Healthy Communication (414) L12.3 Skill-Building Challenge: Demonstrating Interpersonal Refusal Skills (544) L13.1 Skill-Building Challenge: Healthy Communication (559)</p>
<p>4.12.3 Demonstrate strategies to prevent, manage, or resolve interpersonal conflicts without harming self or others.</p>	<p><u>Instruction:</u> L10.2 Understanding Conflict, Managing Conflict (434-437) L9.1 Communication Is a Two-Way Street (378-379) L9.4 Breaking Up (413)</p>

	<p><u>Application:</u> L1.3 Healthy Living Skills: Healthy Communication (35) L9.2 Healthy Living Skills: Healthy Communication (392) L9.3 Skill-Building Challenge: Deciding to End a Friendship (400) L10.1 Skill-Building Challenge: Communicating Respect for Others (430) L10.2 Skill-Building Challenge: Resolving Conflicts (437) L10.2 Healthy Living Skills: Healthy Communication (437) L13.3 Skill-Building Challenge: Healthy Communication (581)</p>
4.12.4 Demonstrate how to ask for and offer assistance to enhance the health of self and others.	<p><u>Instruction:</u> L8.4 Reaching Out for Help (366-367) L1.2 Communicating Your Health Needs (18)</p> <p><u>Application:</u> L5.5 Skill-Building Challenge: Asking for Support (239) L1.4 Skill-Building Challenge: Communicating Well to Keep Yourself and Others Healthy (46) L3.2 Healthy Living Skills: Healthy Communication (125) L7.5 Skill-Building Challenge: Healthy Communication (332) L10.4 Healthy Living Skills: Healthy Communication (455)</p>

Health Education Standard 5: Students will demonstrate the ability to use decision-making skills to enhance health.

Performance indicator	Location in text Lesson number, heading (page numbers in parenthesis)
5.12.1 Examine barriers that can hinder healthy decision making.	<p><u>Instruction:</u> L1.2 Making Healthy Decisions (19) L4.5 Making Healthy Breakfast Decisions, Making Healthy Decisions When Eating Out, Steps to a Healthy Decision (187-190) L13.4, figure 13.9: Barriers and benefits of being drug-free (586)</p>

	<p>L9.4 Abstinence, Figure 9.8: Advantages to being abstinent; challenges to being abstinent (411)</p> <p>L11.2 Influences That Affect How Your View Alcohol, Peer Pressure subsection (491-492)</p> <p>L11.2 Deciding Not to Use Alcohol (493-494)</p> <p><u>Application:</u></p> <p>L13.2 Skill-Building Challenge: Making Healthy Decisions (573)</p> <p>L4.5 Skill-Building Challenge: Making a Healthy Food Decision (191)</p> <p>L12.1 Skill-Building Challenge: Making Healthy Decisions (525)</p>
<p>5.12.2 Determine the value of applying a thoughtful decision-making process in health-related situations.</p>	<p><u>Instruction:</u></p> <p>L1.2 Making Healthy Decisions (19)</p> <p>L11.2 Deciding Not to Use Alcohol (493-494)</p> <p>L4.5 Making Healthy Breakfast Decisions, Making Healthy Decisions When Eating Out, Steps to a Healthy Decision (187-190)</p> <p><u>Application:</u></p> <p>L12.1 Skill-Building Challenge: Making Healthy Decisions (525)</p> <p>L13.2 Skill-Building Challenge: Making Healthy Decisions (573)</p> <p>L4.1 Healthy Living Skills: Making Healthy Decisions (152)</p>
<p>5.12.3 Justify when individual or collaborative decision making is appropriate.</p>	<p><u>Instruction:</u></p> <p>L1.2 Making Healthy Decisions (19)</p> <p>L11.2 Deciding Not to Use Alcohol (493-494)</p> <p>L11.3 Getting Help for an Alcohol Use Disorder (502)</p> <p>L8.1 Care and Treatment of Mental Disorders (342)</p> <p><u>Application:</u></p> <p>L8.3 Skill-Building Challenge: Making Healthy Decisions (361)</p> <p>L11.3 Skill-Building Challenge: Where Can I Go for Help? (505)</p> <p>L8.1 Healthy Living Skills: Making Healthy Decisions (346)</p> <p>L8.2 Healthy Living Skills: Making Healthy Decisions (354)</p> <p>L12.1 Skill-Building Challenge: Making Healthy Decisions (525)</p>

	L13.2 Skill-Building Challenge: Making Healthy Decisions (573)
5.12.4 Generate alternatives to health-related issues or problems.	<p><u>Instruction:</u> L11.2 Alternatives to Drinking Alcohol (496) L12.3 Tips for Staying Tobacco-Free (539) L13.3 Healthy Alternatives to Substance Use (579-580) L4.5 Making Healthy Breakfast Decisions, Making Healthy Decisions When Eating Out, Steps to a Healthy Decision (187-190) L11.3 Getting Help for an Alcohol Use Disorder (502) L8.4 Suicide Prevention Strategies, Reaching Out for Help (366-367)</p> <p><u>Application:</u> L11.3 Skill-Building Challenge: Where Can I Go for Help? (505) L13.2 Skill-Building Challenge: Making Healthy Decisions (573) L1.4 Healthy Living Skills: Making Healthy Decisions (47) L12.2 Healthy Living Skills: Making Healthy Decisions (535)</p>
5.12.5 Predict the potential short-term and long-term impact of each alternative on self and others.	<p><u>Instruction:</u> L4.5 Making Healthy Breakfast Decisions, Making Healthy Decisions When Eating Out, Steps to a Healthy Decision (187-190) L8.4 Understanding Self-Harm (364-365)</p> <p><u>Application:</u> L12.1 Skill-Building Challenge: Making Healthy Decisions (525) L4.5 Skill-Building Challenge: Making a Healthy Food Decision (191) L13.2 Skill-Building Challenge: Making Healthy Decisions (573) L1.1 Healthy Living Skills: Making Healthy Decisions (11) L10.3 Healthy Living Skills: Making Healthy Decisions (447) L10.4 Healthy Living Skills: Making Healthy Decisions (455) L10.5 Skill-Building Challenge: Making Healthy Decisions (466-467)</p>

	L11.1 Healthy Living Skills: Making Healthy Decisions (488)
5.12.6 Defend the healthy choice when making decisions.	<p><u>Instruction:</u> L11.2 Using Effective Communication Skills to Avoid Alcohol Use, Benefits of Being Alcohol-Free (495-496) L13.4, Being Drug-Free, including figure 13.9: Barriers and benefits of being drug-free (585-586) L12.3 Refusal Skills to Avoid Tobacco Use (540)</p> <p><u>Application:</u> L12.1 Skill-Building Challenge: Making Healthy Decisions (525) L13.2 Skill-Building Challenge: Making Healthy Decisions (573) L12.2 Healthy Living Skills: Making Healthy Decisions (535)</p>
5.12.7 Evaluate the effectiveness of health-related decisions.	<p><u>Instruction:</u> L11.2 Benefits of Being Alcohol-Free (496) L13.4, Being Drug-Free, including figure 13.9: Barriers and benefits of being drug-free (585-586) L12.3 Refusal Skills to Avoid Tobacco Use (540)</p> <p><u>Application:</u> L1.2 Healthy Living Skills: Making Healthy Decisions (24) L12.1 Skill-Building Challenge: Making Healthy Decisions (525) L13.2 Skill-Building Challenge: Making Healthy Decisions (573)</p>

Health Education Standard 6: Students will demonstrate the ability to use goal-setting skills to enhance health.

Performance indicator	Location in text Lesson number, heading (page numbers in parenthesis)
6.12.1 Assess personal health practices and overall health status.	<p><u>Instruction:</u> L1.2 Setting Healthy Goals (20) L5.5 Creating a Nutrition Plan (236-238)</p>

	<p>L6.4 Your Personal Fitness Plan, Setting SMART Goals (276-281)</p> <p><u>Application:</u> L6.4 Skill-Building Challenge: Setting SMART Fitness Goals (282) L7.4 Skill-Building Challenge: Goal-Setting for Stress Management (324) L7.3 Skill-Building Challenges: Goal-Setting for Mental Toughness (316) My Action Plan activity at the end of every chapter</p>
<p>6.12.2 Develop a plan to attain a personal health goal that addresses strengths, needs, and risks.</p>	<p><u>Instruction:</u> L1.2 Setting Healthy Goals (20) L5.5 Creating a Nutrition Plan (236-238) L6.4 Your Personal Fitness Plan, Setting SMART Goals (276-281)</p> <p><u>Application:</u> L6.4 Skill-Building Challenge: Setting SMART Fitness Goals (282) L7.4 Skill-Building Challenge: Goal-Setting for Stress Management (324) L7.3 Skill-Building Challenges: Goal-Setting for Mental Toughness (316) My Action Plan activity at the end of every chapter</p>
<p>6.12.3 Implement strategies and monitor progress in achieving a personal health goal.</p>	<p><u>Instruction:</u> L1.2 Setting Healthy Goals (20) L5.5 Creating a Nutrition Plan 236-238) L6.4 Your Personal Fitness Plan, Setting SMART Goals (276-281)</p> <p><u>Application:</u> L5.5 Skill-Building Challenge: Asking for Support (239) L6.4 Skill-Building Challenge: Setting SMART Fitness Goals (282) L7.4 Skill-Building Challenge: Goal-Setting for Stress Management (324) L7.3 Skill-Building Challenges: Goal-Setting for Mental Toughness (316) My Action Plan activity at the end of every chapter</p>
<p>6.12.4 Formulate an effective long-term personal health plan.</p>	<p><u>Instruction:</u> L1.2 Setting Healthy Goals (20)</p>

	<p>L5.5 Creating a Nutrition Plan 236-238) L6.4 Your Personal Fitness Plan, Setting SMART Goals (276-281)</p> <p><u>Application:</u> L6.4 Skill-Building Challenge: Setting SMART Fitness Goals (282) L7.4 Skill-Building Challenge: Goal-Setting for Stress Management (324) L7.3 Skill-Building Challenges: Goal-Setting for Mental Toughness (316) My Action Plan activity at the end of every chapter</p>
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Health Education Standard 7: Students will demonstrate the ability to practice health enhancing behaviors and avoid or reduce health risks.

Performance indicator	Location in text Lesson number, heading (page numbers in parenthesis)
7.12.1 Analyze the role of individual responsibility in enhancing health.	<p><u>Instruction:</u> L1.1 Healthy Lifestyle Determinants (10-11) L1.1 Understanding Behavior Change (9-10) L1.2 entire lesson: Developing Skills for Healthy Living (13-25), especially Practicing Healthy Behaviors (21) L1.3 Keeping the Immune System Healthy (29) L2.1 entire lesson: Personal Health Habits (65-78) L2.2: Protecting Your Vision (80), Protecting Your Hearing (83-84) L2.4 entire lesson: Being a Healthy Consumer (95-104) L4.1 entire lesson: Understanding Food and Nutrients (143-153) L4.3 Building a Healthy Diet (164) L5.5 entire lesson: Your Nutrition Plan (235-240) L6.1 Avoiding Inactivity (251) L7.1 Communicating Your Emotions (294), Taking Control of Your Emotions (296-297), Managing Impulses (297) L7.2, entire lesson: Building Self-Awareness (302-309) L7.4 Managing Stress (323-324) L8.2 Practicing Gratitude (353)</p>

	<p>L10.5 Setting Personal Boundaries (465) L11.2 Deciding Not to Use Alcohol (493-494)</p> <p><u>Application:</u> L1.3 Healthy Living Skills: Practicing Healthy Behaviors (35) L1.4 Skill-Building Challenge: Communicating Well to Keep Yourself and Others Healthy (46) L1.5 Skill-Building Challenge: Creating a Behavior Change Contract (58) L2.1 Healthy Living Skills: Practicing Healthy Behaviors (77) L4.5 Healthy Living Skills: Practicing Healthy Behaviors (192) L6.2 Healthy Living Skills: Practicing Healthy Behaviors (265) L7.1 Skill-Building Challenge: Practicing Emotional Control (300) L8.2 Skill-Building Challenge: Practicing Healthy Behaviors: Gratitude (354) L10.5 Healthy Living Skills: Practicing Healthy Behaviors (467)</p>
<p>7.12.2 Demonstrate a variety of healthy practices and behaviors that will maintain or improve the health of self and others.</p>	<p><u>Instruction:</u> L1.1 Healthy Lifestyle Determinants (10-11) L1.1 Understanding Behavior Change (11-12) L1.2 entire lesson: Developing Skills for Healthy Living (13-25), especially Practicing Healthy Behaviors (21) L1.3 Keeping the Immune System Healthy (29) L2.1 entire lesson: Personal Health Habits (65-78) L2.2: Protecting Your Vision (80), Protecting Your Hearing (83-84) L2.4 entire lesson: Being a Healthy Consumer (95-104) L4.1 entire lesson: Understanding Food and Nutrients (143-153) L4.3 Building a Healthy Diet (164) L5.5 entire lesson: Your Nutrition Plan (235-240) L6.1 Avoiding Inactivity (251) L7.1 Communicating Your Emotions (294), Taking Control of Your Emotions (296-297), Managing Impulses (297) L7.2, entire lesson: Building Self-Awareness (302-309) L7.4 Managing Stress (323-324)</p>

	<p>L8.2 Practicing Gratitude (353) L10.5 Setting Personal Boundaries (465) L11.2 Deciding Not to Use Alcohol (493-494) L11.3 Helping Friends and Family Who Have an Alcohol Use Disorder (502-503)</p> <p><u>Application:</u> L1.3 Healthy Living Skills: Practicing Healthy Behaviors (35) L1.4 Skill-Building Challenge: Communicating Well to Keep Yourself and Others Healthy (46) L1.5 Skill-Building Challenge: Creating a Behavior Change Contract (58) L2.1 Healthy Living Skills: Practicing Healthy Behaviors (77) L4.5 Healthy Living Skills: Practicing Healthy Behaviors (192) L5.5 Healthy Living Skills: Practicing Healthy Behaviors (239) L6.2 Healthy Living Skills: Practicing Healthy Behaviors (265) L7.1 Skill-Building Challenge: Practicing Emotional Control (300) L8.2 Skill-Building Challenge: Practicing Healthy Behaviors: Gratitude (354) L10.5 Healthy Living Skills: Practicing Healthy Behaviors (467) L11.2 Healthy Living Skills: Practicing Healthy Behaviors (497)</p>
<p>7.12.3 Demonstrate a variety of behaviors that avoid or reduce health risks to self and others.</p>	<p><u>Instruction:</u> L1.2 entire lesson: Developing Skills for Healthy Living (13-25), especially Practicing Healthy Behaviors (21) L1.3 Keeping the Immune System Healthy (29) L1.1 Healthy Lifestyle Determinants (10-11) L1.1 Understanding Behavior Change (11-12) L2.1 entire lesson: Personal Health Habits (65-78) L2.2: Protecting Your Vision (80), Protecting Your Hearing (83-84) L2.4 entire lesson: Being a Healthy Consumer (95-104) L4.1 entire lesson: Understanding Food and Nutrients (143-153) L4.3 Building a Healthy Diet (164)</p>

	<p>L4.5 Making Healthy Breakfast Decisions, Making Healthy Decisions When Eating Out, Steps to a Healthy Decision (187-190)</p> <p>L6.1 Avoiding Inactivity (251)</p> <p>L7.1 Communicating Your Emotions, Developing Empathy (295-295)</p> <p>L7.4 Managing Stress (323-324)</p> <p>L8.4 Understanding Self-Harm (364-365)</p> <p>L10.1 Preventing Violence (428-429)</p> <p>L11.2 Deciding Not to Use Alcohol (493-494)</p> <p>L11.2 Benefits of Being Alcohol-Free (496)</p> <p>L11.3 Helping Friends and Family Who Have an Alcohol Use Disorder (502-503)</p> <p>L13.4, Being Drug-Free, including figure 13.9: Barriers and benefits of being drug-free (585-586)</p> <p>L12.3 Refusal Skills to Avoid Tobacco Use (540)</p> <p><u>Application:</u></p> <p>L1.3 Healthy Living Skills: Practicing Healthy Behaviors (35)</p> <p>L1.4 Skill-Building Challenge: Communicating Well to Keep Yourself and Others Healthy (46)</p> <p>L1.5 Skill-Building Challenge: Creating a Behavior Change Contract (58)</p> <p>L2.1 Healthy Living Skills: Practicing Healthy Behaviors (77)</p> <p>L6.2 Healthy Living Skills: Practicing Healthy Behaviors (265)</p> <p>L10.1 Healthy Living Skills: Practicing Healthy Behaviors (431)</p> <p>L11.2 Healthy Living Skills: Practicing Healthy Behaviors (497)</p>
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Health Education Standard 8: Students will demonstrate the ability to advocate for personal, family, and community health.

Performance indicator	Location in text Lesson number, heading (page numbers in parenthesis)
8.12.1 Use accurate peer and societal norms to formulate a health-enhancing message.	<p><u>Instruction:</u></p> <p>L1.1 Advocating for Good Health for Yourself and Others (22-23)</p> <p>L3.2 entire lesson: Disability and Inclusion (119-126)</p>

	<p><u>Application:</u></p> <p>L1.1 Skill-Building Challenge: Healthy Communication (24)</p> <p>L1.5 Skill-Building Challenge: Communicating Well to Keep Yourself and Others Healthy (46)</p> <p>L2.1 Healthy Living Skills: Advocating for Good Health (77)</p> <p>L2.3 Healthy Living Skills: Advocating for Good Health (93)</p> <p>L4.3 Healthy Living Skills: Advocating for Good Health (170)</p> <p>L5.2 Skill-Building Challenge: Advocating for Food Access (215)</p> <p>L6.1 Skill-Building Challenge: Advocating for Physical Activity (252)</p> <p>L9.1 Skill-Building Challenge: Advocating for Physical Activity (382)</p> <p>L10.1 Skill-Building Challenge: Promoting an Alcohol-Free Lifestyle (487)</p> <p>L12.1 Healthy Living Skills: Advocating for Good Health (525)</p> <p>L13.1 Skill-Building Challenge: Advocating for the Proper Use of Prescription Medications (559)</p> <p>L14.1 Skill-Building Challenge: Advocating for Gun Safety (606)</p>
<p>8.12.2 Demonstrate how to influence and support others to make positive health choices.</p>	<p><u>Instruction:</u></p> <p>L1.1 Advocating for Good Health for Yourself and Others (22-23)</p> <p><u>Application:</u></p> <p>L1.1 Skill-Building Challenge: Healthy Communication (24)</p> <p>L1.5 Skill-Building Challenge: Communicating Well to Keep Yourself and Others Healthy (46)</p> <p>L1.4 Healthy Living Skills: Advocating for Good Health (47)</p> <p>L2.1 Healthy Living Skills: Advocating for Good Health (77)</p> <p>L2.3 Healthy Living Skills: Advocating for Good Health (93)</p> <p>L3.1 Healthy Living Skills: Advocating for Good Health (117)</p> <p>L5.2 Skill-Building Challenge: Advocating for Food Access (215)</p>

	<p>L6.1 Skill-Building Challenge: Advocating for Physical Activity (252)</p> <p>L6.3 Healthy Living Skills: Advocating for Good Health (273)</p> <p>L9.1 Skill-Building Challenge: Advocating for Physical Activity (382)</p> <p>L10.1 Skill-Building Challenge: Advocating for Physical Activity (431)</p> <p>L12.2 Skill-Building Challenge: Advocating for Vape-Free Community Parks (535)</p> <p>L13.1 Skill-Building Challenge: Advocating for the Proper Use of Prescription Medications (559)</p> <p>L14.1 Skill-Building Challenge: Advocating for Gun Safety (606)</p>
<p>8.12.3 Work cooperatively as an advocate for improving personal, family, and community health.</p>	<p><u>Instruction:</u></p> <p>L1.1 Advocating for Good Health for Yourself and Others (22-23)</p> <p>L3.1 Eliminating Health Disparities</p> <p><u>Application:</u></p> <p>L3.1 Healthy Living Skills: Advocating for Good Health (117)</p> <p>L5.2 Skill-Building Challenge: Advocating for Food Access (215)</p> <p>L6.1 Skill-Building Challenge: Advocating for Physical Activity (252)</p> <p>L6.3 Healthy Living Skills: Advocating for Good Health (273)</p> <p>L8.1 Healthy Living Skills: Advocating for Good Health (346)</p> <p>L10.1 Skill-Building Challenge: Advocating for Physical Activity (431)</p> <p>L12.2 Skill-Building Challenge: Advocating for Vape-Free Community Parks (535)</p> <p>L14.1 Skill-Building Challenge: Advocating for Gun Safety (606)</p>
<p>8.12.4 Adapt health messages and communication techniques to a specific target audience.</p>	<p><u>Instruction:</u></p> <p>L1.1 Advocating for Good Health for Yourself and Others (22-23)</p> <p><u>Application:</u></p> <p>L1.1 Skill-Building Challenge: Healthy Communication (24)</p> <p>L1.3 Healthy Living Skills: Advocating for Good Health (35)</p> <p>L1.4 Healthy Living Skills: Advocating for Good Health (47)</p>

	<p>L2.1 Healthy Living Skills: Advocating for Good Health (77)</p> <p>L2.3 Healthy Living Skills: Advocating for Good Health (93)</p> <p>L5.2 Skill-Building Challenge: Advocating for Food Access (215)</p> <p>L6.1 Skill-Building Challenge: Advocating for Physical Activity (252)</p> <p>L8.1 Healthy Living Skills: Advocating for Good Health (346)</p> <p>L9.1 Skill-Building Challenge: Advocating for Physical Activity (382)</p> <p>L10.1 Skill-Building Challenge: Advocating for Physical Activity (431)</p> <p>L10.1 Skill-Building Challenge: Promoting an Alcohol-Free Lifestyle (487)</p> <p>L12.1 Healthy Living Skills: Advocating for Good Health (525)</p> <p>L13.1 Skill-Building Challenge: Advocating for the Proper Use of Prescription Medications (559)</p> <p>L14.1 Skill-Building Challenge: Advocating for Gun Safety (606)</p>
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