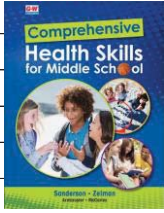



			ALIGNMENT
			FLORIDA DEPARTMENT OF EDUCATION
TITLE:	<i>Comprehensive Health Skills for Middle School</i> ©2019		NEXT GENERATION SUNSHINE STATE
GRADE LEVEL:	Grades 6-8		STANDARDS FOR HEALTH EDUCATION
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BENCHMARK CODE	STRAND / STANDARD / BENCHMARK	LESSONS WHERE STANDARD/BENCHMARK IS DIRECTLY ADDRESSED IN MAJOR TOOL (MOST IN-DEPTH COVERAGE LISTED FIRST) - Include the student edition and teacher edition with the page numbers of lesson, a link to lesson, or other identifier for easy lookup by reviewers.	
STRAND - HEALTH LITERACY CONCEPTS - GRADE 6			
Standard 1: Core Concepts - Comprehend concepts related to health promotion and disease prevention to enhance health.			
HE.6.C.1.2	Describe how the physical, mental/emotional, social, and intellectual dimensions of health are interrelated.	7-8, 13 (#5)	
HE.6.C.1.3	Identify environmental factors that affect personal health.	18-20, 21 (#2, 5)	
HE.6.C.1.4	Identify health problems and concerns common to adolescents including reproductive development.	41-42, 201, 548 (Figure 16.17)	
HE.6.C.1.5	Explain how body systems are impacted by hereditary factors and infectious agents.	335-339, 359-360, 379 (Building Your Skills)	
HE.6.C.1.6	Examine how appropriate health care can promote personal health.	10-11, 375-376	
HE.6.C.1.7	Recognize how heredity can affect personal health.	359-360, 379 (Building Your Skills)	
HE.6.C.1.8	Examine the likelihood of injury or illness if engaging in unhealthy/risky behaviors.	20-21, 21 (Hands-On), 305 (Hands-On), 308 (Case Study)	
Standard 2: Internal and External Influence - Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.			
HE.6.C.2.1	Examine how family influences the health of adolescents.	137, 148, 191, 197, 287, 359, 379 (Building Your Skills)	
HE.6.C.2.2	Examine how peers influence the health of adolescents.	21 (Hands-On), 181, 197, 252-253, 287, 483-484, 549-551	
HE.6.C.2.3	Identify the impact of health information conveyed to students by the school and community.	155 (#21), 289, 329 (#21)	
HE.6.C.2.4	Investigate school and public health policies that influence health promotion and disease prevention.	30 (Building Your Skills), 74 (Hands-On), 237 (#19)	
HE.6.C.2.5	Examine how media influences peer and community health behaviors.	42 (Building Your Skills), 181, 197-198, 202 (#5), 253, 288	
HE.6.C.2.6	Propose ways that technology can influence peer and community health behaviors.	19 (Building Your Skills), 205 (#17), 212 (Figure 7.2), 402, 449 (#17)	
HE.6.C.2.7	Investigate cultural changes related to health beliefs and behaviors.	20, 609, 611, 615 (#5)	
HE.6.C.2.8	Determine how social norms may impact healthy and unhealthy behavior.	470 (Figure 14.16)	
HE.6.C.2.9	Identify the influence of personal values, attitudes, and beliefs about individual health practices and behaviors.	20, 23, 24, 100, 486, 487, 551	

STRAND - HEALTH LITERACY RESPONSIBLE BEHAVIOR - GRADE 6

Standard 3: Accessing Information - Demonstrate the ability to access valid health information, products, and services to enhance health.

HE.6.B.3.1	Examine the validity of health information, and determine the cost of health products, and services.	26-29
HE.6.B.3.3	Investigate a variety of technologies to gather health information.	212 (Figure 7.2)
HE.6.B.3.4	Describe situations when professional health services may be required.	9, 32, 124, 141-142, 155 (#18), 192, 412

Standard 4: Interpersonal Communication - Demonstrate the ability to use interpersonal-communication skills to enhance health and avoid or reduce health risks.

HE.6.B.4.1	Determine strategies to improve effective verbal- and nonverbal-communication skills to enhance health.	458-463, 467 (#5, Hands-On), 493 (#16)
HE.6.B.4.2	Practice refusal skills and negotiation skills to reduce health risks.	24-25, 32 (Hands-On), 265-266, 266 (Hands-On), 289, 322-323, 326 (Hands-On), 347, 624-625
HE.6.B.4.3	Demonstrate effective conflict-management and/or resolution strategies.	25-26, 464-467
HE.6.B.4.4	Compile ways to ask for assistance to enhance the health of self and others.	30-32, 322 (Building Your Skills)

Standard 5: Decision Making - Demonstrate the ability to use decision-making skills to enhance health.

HE.6.B.5.1	Investigate health-related situations that require the application of a thoughtful decision-making process.	23-24, 205 (#15), 288 (Building Your Skills)
HE.6.B.5.2	Choose healthy alternatives over unhealthy alternatives when making a decision.	295 (#20)
HE.6.B.5.3	Specify the potential outcomes of each option when making a health-related decision.	23-24, 32 (#1)
HE.6.B.5.4	Distinguish between the need for individual or collaborative decision-making.	23
HE.6.B.5.5	Predict the potential outcomes of a health-related decision.	269 (#15)

Standard 6: Goal Setting - Demonstrate the ability to use goal-setting skills to enhance health.

HE.6.B.6.1	Use various methods to measure personal health status.	35 (#20), 228, 449 (#16)
HE.6.B.6.2	Develop an individual goal to adopt, maintain, or improve a personal health practice.	32 (#5), 205 (#22), 383 (#22), 493 (#21), 525 (#20)
HE.6.B.6.3	Determine strategies and skills needed to attain a personal health goal.	24, 35 (#20), 55 (Building Your Skills), 188, 190, 229-231
HE.6.B.6.4	Monitor progress toward attaining a personal health goal.	55 (Building Your Skills), 383 (#22), 493 (#21)

STRAND - HEALTH LITERACY PROMOTION - GRADE 6

Standard 7: Self Management - Demonstrate the ability to practice advocacy, health-enhancing behaviors, and avoidance or reduction of health risks for oneself.

HE.6.P.7.1	Explain the importance of assuming responsibility for personal-health behaviors.	25, 563 (#18)
HE.6.P.7.2	Write about healthy practices and behaviors that will maintain or improve personal health and reduce health risks.	127 (#15), 202 (Hands-On), 205 (#22), 237 (#21), 493 (#21)

Standard 8: Advocacy - Demonstrate the ability to advocate for individual, peer, school, family, and community health.

HE.6.P.8.1	Practice how to influence and support others when making positive health choices.	30-32
HE.6.P.8.2	State a health-enhancing position on a topic and support it with accurate information.	93 (#18), 155 (#16), 237 (#15), 295 (#23), 383 (#23)
HE.6.P.8.3	Work cooperatively to advocate for healthy individuals, families, and schools.	21 (Hands-On), 49 (Hands-On), 63 (#21), 155 (#21), 257 (Hands-On), 329 (#21), 383 (#19)
HE.6.P.8.4	Identify ways health messages and communication techniques can be targeted for different audiences.	19 (Building Your Skills), 42 (Building Your Skills), 659 (#20)

STRAND - HEALTH LITERACY CONCEPTS - GRADE 7

Standard 1: Core Concepts - Comprehend concepts related to health promotion and disease prevention to enhance health.

HE.7.C.1.1	Compare and contrast the effects of healthy and unhealthy behaviors on personal health, including reproductive health.	269 (#17), 278-279, 316, 490 (#5), 621, 652-655
HE.7.C.1.2	Explain how physical, mental/emotional, social, and intellectual dimensions of health are interrelated.	7-8, 13 (#5)
HE.7.C.1.3	Analyze how environmental factors affect personal health.	18-20, 30 (Building Your Skills), 148-149, 252, 449 (#16)
HE.7.C.1.4	Describe ways to reduce or prevent injuries and adolescent health problems.	387-396, 550-552
HE.7.C.1.5	Classify infectious agents and their modes of transmission to the human body.	335-337, 340 (#1, 3), 371 (Figure 11.37)
HE.7.C.1.6	Explain how appropriate health care can promote personal health.	10-11, 375-376
HE.7.C.1.7	Describe how heredity can affect personal health.	359-360, 379 (Building Your Skills)
HE.7.C.1.8	Explain the likelihood of injury or illness if engaging in unhealthy/risky behaviors.	20-21, 21 (Hands-On), 305 (Hands-On), 308 (Case Study)

Standard 2: Internal and External Influence - Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

HE.7.C.2.1	Examine how family health behaviors influence health of adolescents.	137, 148, 191, 197, 287, 359, 379 (Building Your Skills)
HE.7.C.2.2	Examine how peers may influence the health behaviors of adolescents.	21 (Hands-On), 181, 197, 252-253, 287, 483-484, 549-551
HE.7.C.2.3	Examine how the school and community may influence the health behaviors of adolescents.	30 (Building Your Skills), 74 (Hands-On), 237 (#19)
HE.7.C.2.5	Analyze how messages from media influence health behaviors.	42 (Building Your Skills), 181, 197-198, 202 (#5), 253, 288
HE.7.C.2.6	Evaluate the influence of technology in locating valid health information.	27
HE.7.C.2.7	Determine how cultural changes related to health beliefs and behaviors impact personal health.	20, 609, 611, 615 (#5)
HE.7.C.2.8	Evaluate how changes in social norms impact healthy and unhealthy behavior.	470 (Figure 14.16)
HE.7.C.2.9	Explain the influence of personal values, attitudes, and beliefs about individual health practices and behaviors.	20, 23, 24, 100, 486, 487, 551

STRAND - HEALTH LITERACY RESPONSIBLE BEHAVIOR - GRADE 7

Standard 3: Accessing Information - Demonstrate the ability to access valid health information, products, and services to enhance health.

HE.7.B.3.1	Analyze the validity of health information, products, and services.	26-29
HE.7.B.3.3	Compare a variety of technologies to gather health information.	212 (Figure 7.2)
HE.7.B.3.4	Differentiate among professional health services that may be required.	9, 32, 124, 141-142, 155 (#18), 192, 412

Standard 4: Interpersonal Communication - Demonstrate the ability to use interpersonal-communication skills to enhance health and avoid or reduce health risks.

HE.7.B.4.1	Apply effective communication skills when interacting with others to enhance health.	458-463, 467 (#5, Hands-On), 493 (#16)
HE.7.B.4.2	Demonstrate refusal, negotiation, and collaboration skills to enhance health and reduce health risks.	24-25, 32 (Hands-On), 265-266, 266 (Hands-On), 289, 322-323, 326 (Hands-On), 347, 624-625
HE.7.B.4.3	Articulate the possible causes of conflict among youth in schools and communities.	93 (#23), 464 (Figure 14.10)
HE.7.B.4.4	Demonstrate how to ask for assistance to enhance the health of self and others.	30-32, 322 (Building Your Skills)

Standard 5: Decision Making - Demonstrate the ability to use decision-making skills to enhance health.		
HE.7.B.5.1	Predict when health-related situations require the application of a thoughtful decision-making process.	23-24, 205 (#15), 288 (Building Your Skills)
HE.7.B.5.2	Select healthy alternatives over unhealthy alternatives when making a decision.	295 (#20)
HE.7.B.5.4	Determine when individual or collaborative decision-making is appropriate.	23
HE.7.B.5.5	Predict the short and long-term consequences of engaging in health-risk behaviors.	21, 277-279, 305 (Hands-On), 308 (Case Study)
Standard 6: Goal Setting - Demonstrate the ability to use goal-setting skills to enhance health.		
HE.7.B.6.1	Analyze personal beliefs as they relate to health practices.	20, 100
HE.7.B.6.2	Devise an individual goal (short or long term) to adopt, maintain, or improve a personal health practice.	32 (#5), 205 (#22), 383 (#22), 493 (#21), 525 (#20)
HE.7.B.6.3	Explain strategies and skills needed to assess progress and maintenance of a personal health goal.	55 (Building Your Skills), 383 (#22), 493 (#21)
STRAND - HEALTH LITERACY PROMOTION - GRADE 7		
Standard 7: Self Management - Demonstrate the ability to practice advocacy, health-enhancing behaviors, and avoidance or reduction of health risks for oneself.		
HE.7.P.7.1	Examine the importance of assuming responsibility for personal-health behaviors.	25, 563 (#18)
HE.7.P.7.2	Experiment with behaviors that will maintain or improve personal health and reduce health risks.	127 (#15), 202 (Hands-On), 205 (#22), 237 (#21), 493 (#21)
Standard 8: Advocacy - Demonstrate the ability to advocate for individual, peer, school, family, and community health.		
HE.7.P.8.1	Utilize the influence of others to promote positive health choices.	30-32
HE.7.P.8.2	Articulate a position on a health-related issue and support it with accurate health information.	93 (#18), 155 (#16), 237 (#15), 295 (#23), 383 (#23)
HE.7.P.8.3	Work cooperatively to advocate for healthy individuals, peers, and families.	21 (Hands-On), 49 (Hands-On), 63 (#21), 155 (#21), 257 (Hands-On), 329 (#21), 383 (#19)
HE.7.P.8.4	Analyze ways health messages can target different audiences.	19 (Building Your Skills), 42 (Building Your Skills), 659 (#20)
STRAND - HEALTH LITERACY CONCEPTS - GRADE 8		
Standard 1: Core Concepts - Comprehend concepts related to health promotion and disease prevention to enhance health.		
HE.8.C.1.2	Analyze the interrelationship between healthy/unhealthy behaviors and the dimensions of health: physical, mental/emotional, social, and intellectual.	7-8, 13 (#5), 20-21
HE.8.C.1.3	Predict how environmental factors affect personal health.	18-20, 21 (#2, 5)
HE.8.C.1.4	Investigate strategies to reduce or prevent injuries and other adolescent health problems.	387-396, 550-552
HE.8.C.1.5	Identify major chronic diseases that impact human body systems.	43, 246, 277, 365-366, 380
HE.8.C.1.6	Analyze how appropriate health care can promote personal health.	10-11, 375-376
HE.8.C.1.7	Explore how heredity and family history can affect personal health.	359-360, 379 (Building Your Skills)
HE.8.C.1.8	Anticipate the likelihood of injury or illness if engaging in unhealthy/risky behaviors.	20-21, 21 (Hands-On), 305 (Hands-On), 308 (Case Study)

Standard 2: Internal and External Influence - Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.		
HE.8.C.2.1	Assess the role of family health beliefs on the health of adolescents.	137, 148, 191, 197, 287, 359, 379 (Building Your Skills)
HE.8.C.2.2	Assess how the health beliefs of peers may influence adolescent health.	21 (Hands-On), 181, 197, 252-253, 287, 483-484, 549-551
HE.8.C.2.3	Analyze how the school and community may influence adolescent health.	30 (Building Your Skills), 74 (Hands-On), 237 (#19)
HE.8.C.2.4	Critique school and public health policies that influence health promotion and disease prevention.	30 (Building Your Skills), 74 (Hands-On), 237 (#19)
HE.8.C.2.5	Research marketing strategies behind health-related media messages.	42 (Building Your Skills)
HE.8.C.2.6	Analyze the influence of technology on personal and family health.	19 (Building Your Skills), 205 (#17), 212 (Figure 7.2), 402, 449 (#17)
HE.8.C.2.7	Describe the influence of culture on health beliefs, practices, and behaviors.	20, 635 (#16)
HE.8.C.2.8	Explain how the perceptions of norms influence healthy and unhealthy behaviors.	470 (Figure 14.16)
HE.8.C.2.9	Analyze the influence of personal values, attitudes, and beliefs about individual health practices and behaviors.	20, 23, 24, 100, 486, 487, 551
STRAND - HEALTH LITERACY RESPONSIBLE BEHAVIOR - GRADE 8		
Standard 3: Accessing Information - Demonstrate the ability to access valid health information, products, and services to enhance health.		
HE.8.B.3.1	Analyze valid and reliable health services and the cost of products.	11-12, 26-28, 42 (Building Your Skills), 60 (Hands-On), 63 (#22), 145 (Hands-On)
HE.8.B.3.2	Analyze the accessibility, validity, and reliability of products and services that enhance home, school, and community health.	11-12, 26-28, 42 (Building Your Skills), 60 (Hands-On), 63 (#22), 145 (Hands-On)
HE.8.B.3.3	Recommend a variety of technologies to gather health information.	212 (Figure 7.2)
HE.8.B.3.4	Determine situations when specific professional health services or providers may be required.	9, 32, 124, 141-142, 155 (#18), 192, 412
Standard 4: Interpersonal Communication - Demonstrate the ability to use interpersonal-communication skills to enhance health and avoid or reduce health risks.		
HE.8.B.4.1	Illustrate skills necessary for effective communication with family, peers, and others to enhance health.	458-463, 467 (#5, Hands-On), 493 (#16)
HE.8.B.4.3	Examine the possible causes of conflict among youth in schools and communities.	93 (#23), 464 (Figure 14.10)
HE.8.B.4.4	Compare and contrast ways to ask for and offer assistance to enhance the health of self and others.	30-32, 322 (Building Your Skills)
Standard 5: Decision Making - Demonstrate the ability to use decision-making skills to enhance health.		
HE.8.B.5.1	Determine when health-related situations require the application of a thoughtful prepared plan of action.	35 (#22), 205 (#20, 22), 228-234, 237 (#21), 390-391, 395 (Building Your Skills)
HE.8.B.5.2	Categorize healthy and unhealthy alternatives to health-related issues or problems.	295 (#20)
HE.8.B.5.3	Compile the potential outcomes of each option when making a health-related decision.	23-24, 32 (#1)
HE.8.B.5.4	Distinguish when individual or collaborative decision-making is appropriate.	23
HE.8.B.5.5	Evaluate the outcomes of a health-related decision.	23-24, 32 (#1)

Standard 6: Goal Setting - Demonstrate the ability to use goal-setting skills to enhance health.		
HE.8.B.6.1	Assess personal health practices.	35 (#20), 228, 449 (#16)
HE.8.B.6.2	Design an individual goal to adopt, maintain, or improve a personal health practice.	32 (#5), 205 (#22), 383 (#22), 493 (#21), 525 (#20)
HE.8.B.6.3	Apply strategies and skills needed to attain a personal health goal.	24, 35 (#20), 55 (Building Your Skills), 188, 190, 229-231
HE.8.B.6.4	Describe how personal health goals can vary with changing abilities, priorities, and responsibilities.	55 (Building Your Skills), 383 (#22), 493 (#21)
STRAND - HEALTH LITERACY PROMOTION - GRADE 8		
Standard 7: Self Management - Demonstrate the ability to practice advocacy, health-enhancing behaviors, and avoidance or reduction of health risks for oneself.		
HE.8.P.7.1	Assess the importance of assuming responsibility for personal-health behaviors, including sexual behavior.	25, 563 (#18)
HE.8.P.7.2	Apply healthy practices and behaviors that will maintain or improve personal health and reduce health risks.	127 (#15), 202 (Hands-On), 205 (#22), 237 (#21), 493 (#21)
Standard 8: Advocacy - Demonstrate the ability to advocate for individual, peer, school, family, and community health.		
HE.8.P.8.1	Promote positive health choices with the influence and support of others.	30-32
HE.8.P.8.2	Justify a health-enhancing position on a topic and support it with accurate information.	93 (#18), 155 (#16), 237 (#15), 295 (#23), 383 (#23)
HE.8.P.8.3	Work cooperatively to advocate for healthy individuals, peers, families, and schools.	21 (Hands-On), 49 (Hands-On), 63 (#21), 155 (#21), 257 (Hands-On), 329 (#21), 383 (#19)
HE.8.P.8.4	Evaluate ways health messages and communication techniques can be targeted for different audiences.	19 (Building Your Skills), 42 (Building Your Skills), 659 (#20)