



**Goodheart-Willcox Publisher Correlation of
Comprehensive Health Skills for Middle School ©2019
to Washington State Health Education K-12 Learning Standards
(Grade 7)**

Health Education Core Idea: Wellness (W)

Topic	Correlating Pages
Assess personal health behaviors in relation to dimensions of health.	7-10, 13 (Hands-On)
Summarize lifestyle factors to prevent communicable and non-communicable diseases.	371-380
Explain benefits and consequences of various health behaviors.	72-74, 74 (5), 187-188, 269 (#17), 278-279, 283 (#4), 316
Describe how peers, culture, and family influence health decisions and behaviors.	181, 197-198, 205 (#15), 252-253, 285-288, 314, 483-484
Analyze validity and reliability of health and wellness information and products.	26-29
Use communication skills effectively with family, peers, and others.	458-463, 471-474, 475 (Hands-On), 478-479, 484 (#5), 486
Determine healthy alternatives for making a personal health decision.	24, 261 (Building Your Skills)
Describe components of goal- setting to enhance health.	24, 25 (Figure 1.11), 32 (#2, 5), 188, 189, 229-231

Health Education Core Idea: Safety (SA)

Topic	Correlating Pages
Explain importance of being responsible for promoting safety and avoiding or reducing injury.	387-396
Explain basic first aid skills.	408-418
Demonstrate CPR and AED procedures.	417-418
Describe how risk of violence increases with presence of weapons.	30 (Building Your Skills), 388
Demonstrate communication skills to prevent, reduce, and avoid violent situations.	464-467, 522
Understand potential dangers of sharing personal information through electronic media.	402, 406 (#5), 421 (#18, 20)

Health Education Core Idea: Nutrition (N)

Topic	Correlating Pages
Classify foods by food groups and nutrients.	161-168, 169 (Hands-On)
Summarize benefits of eating a variety of food from all food groups.	172-175, 205 (#20)
Determine availability of valid and reliable nutrition information, products, and services.	177-180



Evaluate nutritional content for a variety of beverages and describe benefits and consequences of intake.	177 (Building Your Skills), 205 (#20)
Demonstrate how to use Nutrition Facts labels to make healthier choices.	178-179
Demonstrate how to calculate nutritional value based on serving sizes.	178-179
Explain relationship of caloric intake and expenditure to weight management.	190 (Figure 6.30)
Investigate strategies for healthy weight management.	188-192, 193 (#3)
Describe impact of nutritional choices in relation to disease prevention.	377-378, 380, 380 (#5)
Create a daily food plan with adequate amounts of each nutrient.	171-182
Assess barriers to achieving a personal goal to improve healthy eating behaviors.	180-181, 182 (#5)
Describe how peers, culture, and family influence nutritional choices.	177-181, 182 (#5)

Health Education Core Idea: Sexual Health (Se)

Topic	Correlating Pages
Describe reproductive systems including body parts and functions.	531-534, 535 (#1, 2, Hands-On)
Describe the stages of a pregnancy from fertilization to birth.	534-535, 535 (#3-5), 639
Recognize that there are individual differences in growth and development.	538-539, 543 (#2, 3, 4, 5, Hands-On)
Distinguish between biological sex, gender identity, gender expression, and sexual orientation.	607-613, 615 (#1-5, Hands-On)
List and describe commonly used methods of birth control, including abstinence.	641-650
Describe methods to prevent the transmission of STDs/HIV, including abstinence.	346-348, 349 (#4)
Understand that all STDs are treatable and many are curable.	348-349, 349 (#5)
Identify medically accurate information about STDs.	348, 349 (Hands-On)
Identify a decision-making model that can be used to make a health-related decision.	23-24, 32 (#1)
Describe factors that contribute to or protect against engaging in risk behaviors.	10, 21 (Hands-On), 347, 484 (Figure 14.29), 488 (Figure 14.33), 631



Describe characteristics of healthy and unhealthy relationships.	455-458, 467 (#1, 5)
Demonstrate communication skills that foster healthy relationships.	458-463, 467 (#2-5, Hands-On)
Explain importance of setting personal boundaries and showing respect for the boundaries and values of others.	249 (#5), 488 (Figure 14.33)
Identify laws related to accessing sexual health care services.	348, 354-356, 383 (#16), 655
Define sexual offenses as they relate to state law.	629
Identify consequences of sharing sexually explicit pictures or messages.	402, 406 (#5), 421 (#20)
Health Education Core Idea: Social Emotional Health (So)	
Topic	Correlating Pages
Explain how self-esteem influences personal health choices.	101-104, 127 (#16)
Describe personal choices that can positively impact self-esteem.	102 (Building Your Skills), 104 (#4)
Explain how peers and media influence body image.	197-198, 202 (#5)
Differentiate between eustress and distress.	117, 124 (#1)
Compare healthy and unhealthy ways of dealing with stress.	118-124, 124 (#5)
Describe ways to manage interpersonal conflict.	25-26, 464-467
Explain how expressing emotions or feelings can influence others.	109-110, 114 (Hands-On)
Determine strategies for responding to harassment, intimidation, and bullying.	501, 504, 628
Explain how harassment, intimidation, and bullying affect individuals, families, and communities.	500, 502, 506 (#5)
Identify different emotional and mental and behavioral health disorders.	131-137, 138 (#1-5)
Identify valid and reliable emotional and mental and behavioral health services.	140-142, 145 (#5)
Identify risk factors associated with self-harm and/or suicide.	135-136, 147, 152 (#5)
Recognize how culture and media impact access to mental and behavioral health services.	143-144, 145 (#4)
Demonstrate supportive responses to people who may be experiencing mental and behavioral health disorders.	144



Identify how individuals experience stigma related to mental and behavioral health.	143-144, 145 (#4)
Health Education Core Idea: Substance Use and Abuse (Su)	
Topic	Correlating Pages
Distinguish between substance use, misuse, abuse, dependency, and addiction.	255-256, 257 (#3), 282 (Figure 9.10), 303-305, 305 (#4, 5)
Describe how peers and media influence substance use and abuse.	251-254, 285-288
Explain short- and long-term effects of substance abuse on dimensions of health.	245-248, 249 (#4, 5), 275-277, 283 (#4)
Demonstrate use of refusal skills to avoid substance use.	265-266, 266 (Hands-On), 289, 326 (Hands-On)
Assess scenarios in which substances may be present and determine strategies to avoid exposure and use.	265-266, 266 (Hands-On), 289, 326 (Hands-On)
Construct a message describing benefits of being drug-free.	322 (Building Your Skills)
Describe situations that call for professional treatment for substance abuse.	260, 290-291, 323-325
Understand school policies related to substance possession and use.	289, 319-320