

# New Jersey/HPW Correlation Grade 6

## STANDARD 2.1 (WELLNESS) by Grade 6

### A. Personal Growth and Development

1. Explain how health data can be used to assess and improve each dimension of personal wellness.

#### HPW Online Correlation: Topic/Lesson/Objective\_Activity

Stress\_Manage /Stress and Wellness/Obj 3/all activities

2. Relate how personal lifestyle habits, environment, and heredity influence growth and development in each life stage.

Growth\_Develop/Puberty and Adolescence/Obj 1/Activity1

3. Determine factors that influence the purchase of healthcare products and use of personal hygiene practices.

Nut\_Fitness/Selecting Healthy Food/Obj 3/Activities1,2,3

### B. Nutrition

#### HPW Online Correlation: Topic/Lesson/Objective/Activity/

1. Determine factors that influence food choices and eating patterns.

Nut\_Fit/ Selecting Healthy Food / Obj 2/Activities1,2,3

2. Summarize the benefits and risks associated with nutritional choices, based on eating patterns

Nut\_Fit/ Nutrition\_Fitness Essentials / Obj 1/Activities1,2

3. Create a daily balanced nutritional meal plan based on nutritional content, value, calories, and cost.

Nut\_Fit/ Nutrition\_Fitness Essentials / Obj 2/Activities1,2  
/Obj3\_/Activities1,2

4. Compare and contrast nutritional information on similar food products in order to make informed choices.

Nut\_Fit/ Selecting Healthy Food / Obj 3/Activity 4

### C. Diseases and Health Conditions

#### HPW Online Correlation: Topic/Lesson/Objective/Activity/

1. Summarize means of detecting and treating diseases and health conditions that are prevalent in adolescents.

Disease\_Prevention/Promoting Optimal Health/Obj1 /Act2

2. Determine the impact of public health strategies in preventing diseases and health conditions.

Disease\_Prevention/Preventing Disease/Obj1 /Act1

3. Compare and contrast common mental illnesses (such as depression, anxiety and panic disorders, and phobias) and ways to detect and treat them.

Stress Management/Adversity and Personal Challenge/  
Obj2/Activity2

## D. Safety

1. Summarize the common causes of intentional and unintentional injuries in adolescents and related prevention strategies.
2. Explain what to do if abuse is suspected or occurs.
3. Summarize the components of the traffic safety system and explain how to make the system effective.
4. Assess when to use basic first-aid procedures.

### HPW Online Correlation: Topic/Lesson/Objective/Activity/

See Grade 7

Safety/Personal Safety/Obj1,2,3/all activities

Safety/Handling Emergencies\_Basic First Aid/Obj1-4/all Activities

## E. Social and Emotional Health

1. Examine how personal assets and protective factors support healthy social and emotional development.
2. Make recommendations to resolve incidences of school and community conflict, violence, harassment, gang violence, discrimination, and bullying.
- 3 Compare and contrast ways that individuals, families, and communities cope with change, crisis, rejection, loss, and separation.

### HPW Online Correlation: Topic/Lesson/Objective/Activity/

Personal-Mental/Promoting Wellness/Obj1,2,3/all activities

Stress Management/Conflict Resolution Skills/Obj 1,2,3/all activities

Family Life/Changing Family/Obj1/all activities

## STANDARD 2.2 (INTEGRATED SKILLS) by Grade 6

### A. Interpersonal Communication

1. Demonstrate verbal and nonverbal interpersonal communication in various settings that impact the health of oneself and others.
2. Demonstrate use of refusal, negotiation, and assertiveness skills in different situations.

### HPW Online Correlation: Topic/Lesson/Objective/Activity/

Family Life/Communication Skills/Obj1,2,3/All Activities

Family Life/Communication Skills/Obj2/Activities1,2  
/Obj3/Act2,3

### B. Decision-Making and Goal Setting

1. Use effective decision-making strategies.

### HPW Online Correlation: Topic/Lesson/Objective/Activity/

Drug Prevention/Tobacco Facts and Prevention Skills/Obj3/Act2,3

Drug Prevention/Respect and responsibility/Obj3/Act1,2

2. Predict how the outcome(s) of a health-related decision may differ if an alternative decision is made by self or others.

Drug Prevention/Marijuana, Steroids/Obj1/Act1

3. Determine how conflicting interests may influence one's decisions.

Drug Prevention/ Tobacco Facts and Prevention Skills/Obj2/Act1,2

Nutrition and Fitness/Selecting Healthy Foods/Obj1/Act1,2,3

4. Apply personal health data and information to support achievement of one's short- and long-term health goals.

Personal and Mental Health/Goal-Setting/Obj2/all activities

### **C. Character Development**

#### **HPW Online Correlation: Topic/Lesson/Objective/Activity/**

1. Explain how character and core ethical values can be useful in addressing challenging situations.

Personal and Mental Health/Promoting Wellness/Obj3/Act1,2,3

2. Predict situations that may challenge an individual's core ethical values.

Drug Prevention/Respect and Responsibility/Obj1,2

3. Develop ways to proactively include peers with disabilities at home, at school, and in community activities.

Stress Management/Adversity and Personal Loss/Obj3/Act1

### **D. Advocacy and Service**

#### **HPW Online Correlation: Topic/Lesson/Objective/Activity/**

1 Appraise the goals of various community or service-organization initiatives to determine opportunities for volunteer service.

Community and Environmental Health/Building Strong Communities/Obj1/Act1,2; Obj2/Act1,2,3

2. Develop a position about a health issue in order to inform peers.

Community and Environmental Health/Building Strong Communities/Obj3/Act1,2,3

Community and Environmental Health/Health Policies and Regulations/Obj2,3/All Activities

### **E. Health Services and Information**

#### **HPW Online Correlation: Topic/Lesson/Objective/Activity/**

1. Determine the validity and reliability of different types of health resources.

Community and sEnvironmental Health/Building Strong Communities/Obj4/Act1,2

2 Distinguish health issues that warrant support from trusted adults or health professionals.

Stress Management/Adversity and personal Challenges/Obj2/Activity2

Drug Prevention/Medicines.../Obj1/Act3

## STANDARD 2.3 (DRUGS AND MEDICINES) by Grade 6

### A. Medicines

1. Compare and contrast short- and long-term effects and the potential for abuse of commonly used over-the-counter and prescription medicines and herbal and medicinal supplements.

#### HPW Online Correlation: Topic/Lesson/Objective/Activity/

Drug Prevention/Medicines and Other Drugs/Obj1/Activity1,2

2. Compare information found on over-the-counter and prescription medicines.

Drug Prevention/Baseline Knowledge/Obj3/Act1

### B. Alcohol, Tobacco and Other Drugs

1. Explain the system of drug classification and why it is useful in preventing substance abuse.

#### HPW Online Correlation: Topic/Lesson/Objective/Activity/

Drug Prevention/Medicines and Other Drugs/Obj2/Activity1,2

2. Relate tobacco use and the incidence of disease.

Drug Prevention/Tobacco Facts/Obj1/Activity1; Obj2/Activities1,2

3. Compare the effect of laws, policies, and procedures on smokers and nonsmokers.

Drug Prevention/Tobacco Facts/Obj1/Activity1; Obj2/Activities1,2

4. Determine the impact of the use and abuse of alcohol on the incidence of illness, injuries, and disease, the increase of risky health behaviors, and the likelihood of harm to one's health.

Drug Prevention/Alcohol Facts/Obj1/Act1,2

5. Determine situations where the use of alcohol and other drugs influence decision-making and can place one at risk.

Drug Prevention/Alcohol Facts/Obj2/Act1,2  
Drug Prevention/Marijuana and Other Drugs/Obj3/Act1,2,3

6. Summarize the signs and symptoms of inhalant abuse.

Drug Prevention/Marijuana and Other Drugs/Obj3/Act1  
Teacher resource Guide(R113-R116)

7. Analyze the relationship between injected drug use and diseases such as HIV/AIDS and hepatitis.

Disease Prevention/HIV/AIDS/Obj3/Act2

### C. Dependency/Addiction and Treatment

#### HPW Online Correlation: Topic/Lesson/Objective/Activity/

1. Summarize the signs and symptoms of a substance abuse problem and the stages that lead to dependency/addiction.

Drug Prevention/Alcohol Facts../Obj2/Act1,2

2. Explain how wellness is affected during the stages of drug dependency/addiction.

Teacher Resource Guide/R62-R64

3. Determine the extent to which various factors contribute to the use and abuse of alcohol, tobacco, and other drugs by adolescents, such as peer pressure, low self-esteem, genetics, and poor role models.

Drug Prevention/Tobacco Facts/Obj3/Act1

4. Determine effective strategies to stop using alcohol, tobacco and other drugs, and that support the ability to remain drug-free.

Drug Prevention/Tobacco Facts/Obj3/Act 1,2,3

Drug Prevention/Alcohol Facts/Obj3/Act 1,2,3

Drug Prevention/Marijuana and Other Drugs/Obj3/Act 1,2,3

Drug Prevention/Respect and Responsibility/Obj3/Act 1,2

Drug Prevention/Focus on the Future/Obj1,2,3/All Activities

## STANDARD 2.4 (HUMAN RELATIONSHIPS AND SEXUALITY) by Grade 6

### A. Relationships

#### HPW Online Correlation: Topic/Lesson/Objective/Activity/

1. Compare and contrast how families may change over time.

Family Life/The Changing Family/Obj2/Act1,2,3  
/Obj3/Act1,2

2. Analyze the characteristics of healthy friendships and other relationships.

Family Life/Building Supportive relationships/Obj2/Act1,2,3  
/Obj3/Act1,2

3. Examine the types of relationships adolescents may experience.

Human Growth/Puberty and Adolescence/Obj1/Act1

4. Demonstrate successful resolution of a problem(s) among friends and in other relationships.

Stress management/Conflict resolution/Obj3/Act1,2,3

5. Compare and contrast the role of dating and dating behaviors in adolescence.

Human Growth Update (available Sept,2012)

### B. Sexuality

#### HPW Online Correlation: Topic/Lesson/Objective/Activity/

1. Compare growth patterns of males and females during adolescence.

Human Growth/The Reproductive System/Obj1/Act1

2. Summarize strategies to remain abstinent and resist pressures to become sexually active.

Human Growth Update (available Sept,2012)

3. Determine behaviors that place one at risk for HIV/AIDS, STIs, HPV, or unintended pregnancy.

Disease Prevention/HIV/AIDS/Obj2/Act1,2

4. Predict the possible physical, social, and emotional impacts of adolescent decisions regarding sexual behavior.

Human Growth Update (available Sept,2012)

**C. Pregnancy and Parenting**

**HPW Online Correlation:  
Topic/Lesson/Objective/Activity/**

Human Growth Update (available Sept,2012)

# New Jersey/HPW Correlation

## Grades 7- 8

### STANDARD 2.1 (WELLNESS) by Grade 8

#### A. Personal Growth and Development

2.1.8.A.1 Assess and apply health data to enhance each dimension of personal wellness.

2.1.8.A.2 Compare and contrast the impact of genetics, family history, personal health practices, and environment on personal growth and development in each life stage.

2.1.8.A.3 Relate advances in technology to maintaining and improving personal health.

#### HPW Online Correlation:

##### *Topic/Lesson/Objective/Activity*

##### *Grade 7:*

Nutrition & Fitness/Promoting Physical Fitness/Obj2/Act2

Nutrition & Fitness/Promoting Physical Fitness/Obj3/Act1

Nutrition & Fitness/Body Image/Obj2/Act1, 2

Disease Prevention/Prevention Concepts/Obj2/Act1, 2, 3

Disease Prevention/Prevention Concepts/Obj3/Act2, 3

##### *Grade 8:*

Personal & Mental Health/Goal Setting/Obj2/Act1, 2

Personal & Mental Health/Goal Setting/Obj3/Act2, 3 & 4

##### *Grade 7:*

Personal & Mental Health/Total Wellness/Obj2/Act1, 3

Personal & Mental Health/Promoting Wellness/Obj1/Act1, 2

Personal & Mental Health/Promoting Wellness/Obj2/Act1, 2, 3

Personal & Mental Health/Promoting Wellness/Obj3/Act1, 2

Tobacco, Alcohol & Other Drugs/Baseline Knowledge & Influences on Drug Use/Obj2/Act2

Disease Prevention/Prevention Concepts/Obj2/Act1, 2, 3

Disease Prevention/Prevention Concepts/Obj3/Act2, 3

##### *Grade 8:*

Personal & Mental Health/Intro & Orientation/Obj3/Act2 & 4

Personal & Mental Health/Intro & Orientation/Obj4/Act2

Personal & Mental Health/Goal Setting/Obj1/Act1

Personal & Mental Health/Goal Setting/Obj2/Act1, 2

Personal & Mental Health/Goal Setting/Obj3/Act2, 3, 4

Family Life/Healthy Families/Obj2/Act1, 2, 3

Family Life/Healthy Families/Obj3/Act1, 2

Growth & Development/Human Sexuality/Obj2/Act1, 2

Growth & Development/Human Sexuality/Obj3/Act1, 2

##### *Grade 7:*

Disease Prevention/Prevention Concepts/Obj1/Act1

Disease Prevention/Prevention Concepts/Obj2/Act2

Disease Prevention/Prevention Concepts/Obj3/Act2, 3

##### *Grade 8:*

Personal & Mental Health/Intro & Orientation/Obj3/Act4

Personal & Mental Health/Goal Setting/Obj3/Act3, 4

Disease Prevention/Life-Style Diseases/Obj2/Act1

Disease Prevention/Life-Style Diseases/Obj3/Act2, 3

2.1.8.A.4 Determine the impact of marketing techniques on the use of personal hygiene products, practices, and services.

**Grade 7:**

Tobacco, Alcohol & Other Drugs/Medicines & Other Drugs/  
Obj4/Act1, 2

Growth & Development/Adolescence - Physical Changes/Obj2/Act3  
Disease Prevention/Prevention Concepts/Obj1/Act1

**Grade 8:**

Nutrition & Fitness/Consumer Skills/Obj1/Act1, 2

Growth & Development/The Reproductive System/Obj4/Act1, 3

Growth & Development/The Reproductive System/Obj3/Act2

## B. Nutrition

2.1.8.B.1 Analyze how culture, health status, age, and eating environment influence personal eating patterns and recommend ways to provide nutritional balance.

**Grade 7:**

Nutrition & Fitness/Nutrition Essentials/Obj4/Act1

Nutrition & Fitness/Making Healthy Choices/Obj2/Act3

Nutrition & Fitness/Making Healthy Choices/Obj3/Act1, 2

**Grade 8:**

Nutrition & Fitness/Nutrition Essentials/Obj1/Act1, 2

Nutrition & Fitness/Nutrition Essentials/Obj2/Act1, 2

2.1.8.B.2 Identify and defend healthy ways for adolescents to lose, gain, or maintain weight.

**Grade 7:**

Nutrition & Fitness/Goal Setting/Obj1/Act1

Nutrition & Fitness/Goal Setting/Obj2/Act1, 2

**Grade 8:**

Nutrition & Fitness/Making Healthy Choices/Obj1/Act2

Nutrition & Fitness/Making Healthy Choices/Obj2/Act1, 2, 3, 5

Nutrition & Fitness/Making Healthy Choices/Obj3/Act2

2.1.8.B.3 Design a weekly nutritional plan for families with different lifestyles, resources, special needs, and cultural backgrounds.

**Grade 7:**

Nutrition & Fitness/Nutrition Essentials/Obj4/Act1

**Grade 8:**

Nutrition & Fitness/Making Healthy Choices/Obj1/Act3

2.1.8.B.4 Analyze the nutritional values of new products and supplements.

**Grade 7:**

Nutrition & Fitness/Nutrition Essentials/Obj3/Act1, 2

Nutrition & Fitness/Healthy Snacking/Obj2/Act3

**Grade 8:**

Nutrition & Fitness/Making Healthy Choices/Obj1/Act1, 2

Nutrition & Fitness/Making Healthy Choices/Obj2/Act4

## HPW Online Correlation:

### Topic/Lesson/Objective/Activity



## C. Diseases and Health Conditions

2.1.8.C.1 Evaluate emerging methods to diagnose and treat diseases and health conditions that are common in young adults in the United States and other countries, including hepatitis, sexually transmitted infections, HIV/AIDS, breast cancer, HPV, and testicular cancer.

2.1.8.C.2 Analyze local, state, national, and international public health efforts to prevent and control diseases and health conditions.

2.1.8.C.3 Analyze the impact of mental illness (e.g., depression, impulse disorders such as gambling or shopping, eating disorders, and bipolar disorders) on physical, social, and emotional well-being.

## D. Safety

2.1.8.D.1 Assess the degree of risk in a variety of situations and identify strategies to reduce [intentional and unintentional injuries](#) to self and others.

## HPW Online Correlation: Topic/Lesson/Objective/Activity

### Grade 7:

Disease Prevention/Prevention Concepts/Obj3/Act3

### Grade 8:

Disease Prevention/DP Concepts/Obj2/Act2, 3,

Disease Prevention/DP Concepts/Obj3/Act2

Disease Prevention/Lifestyle Diseases/Obj2/Act1, 2

Disease Prevention/Lifestyle Diseases/Obj3/Act1, 2, 3

Disease Prevention/Lifestyle Diseases/Obj4/Act2

Disease Prevention/HIV/AIDS/Obj2/Act1

### Grade 7:

Disease Prevention/Prevention Concepts/Obj1/Act1

Disease Prevention/Prevention Concepts/Obj2/Act1, 2

Disease Prevention/Prevention Concepts/Obj3/Act2, 3

Tobacco, Alcohol & Other Drugs/Medicine & Other Drugs/Obj2/Act1, 2

Tobacco, Alcohol & Other Drugs/Medicines & Other Drugs/Obj3/Act2

Tobacco, Alcohol & Other Drugs/Tobacco, Marijuana & Other Stimulants/Obj3/Act2

Tobacco, Alcohol & Other Drugs/Alcohol & Other Depressants/Obj2/Act3

Tobacco, Alcohol & Other Drugs/Intravenous Drugs & Narcotics/Obj2/Act1

### Grade 8:

Disease Prevention/Lifestyle Diseases/Obj2/Act2, 3

Disease Prevention/Lifestyle Diseases/Obj3/Act3

Disease Prevention/HIV/AIDS/Obj3/Act3

### Grade 7:

Stress Management/Suicide Prevention/Obj2/Act1

Stress Management/Suicide Prevention/Obj3/Act1, 2, 3

Nutrition & Fitness/Body Image/Obj1/Act2

### Grade 8:

Nutrition & Fitness/Making Healthy Choices/Obj3/Act2, 3

Stress Management/Managing Adolescent Stress/Obj3/Act3

Stress Management/Stress & Health/Obj2/Act3

## HPW Online Correlation: Topic/Lesson/Objective/Activity

### Grade 7:

Disease Prevention/Prevention Concepts/Obj2/Act2, 3

Disease Prevention/Prevention Concepts/Obj3/Act2, 3

### Grade 8:

Safety & Injury Prevention/Violence in America/Obj2/Act1, 3

Safety & Injury Prevention/Violence Prevention Skills/Obj3/Act1, 2

Safety & Injury Prevention/Preventing Unintentional Injuries/Obj2/Act1, 2, 3

Safety & Injury Prevention/Preventing Unintentional Injuries/Obj3/Act1

2.1.8.D.2 Describe effective personal protection strategies used in public places and what to do when one's safety is compromised.

**Grade 7:**

Safety & Injury Prevention/Safety Skills/Obj3/Act2, 3  
Community & Environmental Health/Promoting a Safe & Healthy School/Obj2/Act1, 2, 3  
Community & Environmental Health/Promoting a Safe & Healthy School/Obj3/Act1  
Community & Environmental Health/Promoting a Safe & Healthy School/Obj4/Act1

**Grade 8:**

Safety & Injury Prevention/Preventing Unintentional Injuries/Obj2/Act1, 2, 3  
Safety & Injury Prevention/Violence Prevention Skills/Obj3/Act2

2.1.8.D.3 Analyze the causes and the consequences of noncompliance with the [traffic safety system](#).

**Grade 8:**

Safety & Injury Prevention/Preventing Unintentional Injuries/Obj1/Act2, 3

2.1.8.D.4 Demonstrate first-aid procedures, including victim and situation assessment, Basic Life Support, and the care of head trauma, bleeding and wounds, burns, fractures, shock, and poisoning.

**Grade 7:**

Safety & Injury Prevention/Emergency Situations/Obj1/Act1  
Safety & Injury Prevention/Emergency Situations/Obj2/Act1, 3

**Grade 8:**

Safety & Injury Prevention/Basic First Aid/Obj1/Act1, 2  
Safety & Injury Prevention/Basic First Aid/Obj2/Act2  
Safety & Injury Prevention/Basic First Aid/Obj3/Act1, 2, 3  
Safety & Injury Prevention/Basic First Aid/Obj4/Act1

## E. Social and Emotional Health

2.1.8.E.1 Analyze how [personal assets](#), [resiliency](#), and [protective factors](#) support healthy social and emotional health.

### HPW Online Correlation: Topic/Lesson/Objective/Activity

**Grade 7:**

Personal & Mental Health/Total Wellness/Obj2/Act1, 2, 3  
Personal & Mental Health/Promoting Wellness/Obj1/Act1, 2  
Personal & Mental Health/Promoting Wellness/Obj2/Act1, 2, 3  
Personal & Mental Health/Promoting Wellness/Obj3/Act1, 2

**Grade 8:**

Personal & Mental Health/Self-Awareness/Obj2/Act1  
Personal & Mental Health/Self-Awareness/Obj3/Act1, 2, 3  
Personal & Mental Health/Goal Setting/Obj1/Act1  
Personal & Mental Health/Goal Setting/Obj2/Act2  
Personal & Mental Health/Goal Setting/Obj3/Act2, 3, 4  
Family Life/Healthy Families/Obj2/Act1, 2, 3  
Family Life/Healthy Families/Obj3/Act1, 2  
Family Life/Family Communication/Obj2/Act2, 3  
Family Life/Family Communication/Obj3/Act1, 2, 3  
Family Life/Family Communication/Obj4/Act1

## HPW Online Correlation: Topic/Lesson/Objective/Activity

2.1.8.E.2 Determine the effectiveness of existing home, school, and community efforts to address social and emotional health and prevent conflict.

### Grade 7:

Stress Management/Conflict Resolution/Obj2/Act1, 2  
Stress Management/Conflict Resolution/Obj3/Act2  
Stress Management/Adolescent Stress/Obj3/Act2  
Stress Management/Adolescent Stress/Obj4/Act1, 2  
Safety & Injury Prevention/Understanding Violence/Obj1/Act1  
Safety & Injury Prevention/Understanding Violence/Obj2/Act1, 3  
Safety & Injury Prevention/Understanding Violence/Obj3/Act1, 2

### Grade 8:

Safety & Injury Prevention/Violence in America/Obj2/Act1, 3  
Safety & Injury Prevention/Violence in America/Obj3/Act1, 2  
Safety & Injury Prevention/Violence in America/Obj4/Act1  
Safety & Injury Prevention/Getting Along/Obj1/Act1  
Safety & Injury Prevention/Getting Along/Obj2/Act1, 2  
Safety & Injury Prevention/Getting Along/Obj3/Act2  
Safety & Injury Prevention/Violence Prevention/Obj2/Act4  
Safety & Injury Prevention/Violence Prevention/Obj3/Act2  
Safety & Injury Prevention/Violence Prevention/Obj1/Act1  
Safety & Injury Prevention/Violence Prevention/Obj2/Act1, 2, 3  
Safety & Injury Prevention/Violence Prevention/Obj3/Act1, 3

2.1.8.E.3 Explain how culture influences the ways families and groups cope with crisis and change.

### Grade 7:

Family Life/Promoting Healthy Families/Obj2/Act1, 2  
Family Life/Promoting Healthy Families/Obj3/Act2

### Grade 8:

Personal & Mental Health/Intro & Orientation/Obj3/Act4  
Family Life/Healthy Families/Obj2/Act1, 2, 3  
Family Life/Healthy Families/Obj3/Act1, 2  
Family Life/Family Communication/Obj1 - 4/ActAll Activities

2.1.8.E.4 Compare and contrast stress management strategies that are used to address various types of stress-induced situations.

### Grade 7:

Stress Management/Adolescent Stress/Obj1/Act1  
Stress Management/Adolescent Stress/Obj2/Act2  
Stress Management/Adolescent Stress/Obj3/Act2  
Stress Management/Adolescent Stress/Obj4/Act1, 2, 3, 5

### Grade 8:

Personal & Mental Health/Goal Setting/Obj3/Act1, 2  
Family Life/Evaluation/Obj4/Act1  
Stress Management/Stress & Health/Obj1/Act1, 2  
Stress Management/Stress & Health/Obj2/Act1, 2, 3  
Stress Management/Stress & Health/Obj3/Act2  
Stress Management/Adolescent Stress/Obj1/Act1  
Stress Management/Adolescent Stress/Obj2/Act2  
Stress Management/Managing Adolescent Stress/Obj4/Act1  
Stress Management/Managing Adolescent Stress/Obj5/Act1

## STANDARD 2.2 (INTEGRATED SKILLS) by Grade 8

### A. Interpersonal Communication

2.2.8.A.1 Compare and contrast verbal and nonverbal interpersonal communication strategies in a variety of settings and cultures in different situations.

2.2.8.A.2 Demonstrate the use of refusal, negotiation, and assertiveness skills when responding to peer pressure, disagreements, or conflicts.

### B. Decision-Making and Goal Setting

2.2.8.B.1 Predict social situations that may require the use of decision-making skills.

### HPW Online Correlation:

#### *Topic/Lesson/Objective/Activity*

##### *Grade 7:*

Family Life/Strengthening Interpersonal Relationships/Obj3/Act1  
Family Life/Communication Skills/Obj2/Act1  
Family Life/Communication Skills/Obj3/Act1, 2  
Stress Management/Adolescent Stress/Obj4/Act3  
Stress Management/Conflict Resolution/Obj2/Act1, 2  
Stress Management/Conflict Resolution/Obj3/Act2  
Growth & Development/Introduction to Human Sexuality/ Obj2/Act1, 2

##### *Grade 8:*

Stress Management/Managing Adolescent Stress/Obj4/Act1  
Safety & injury Prevention/Violence Prevention Skills/Obj2/Act1, 2, 3, 4  
Family Life/Family Communication/Obj2/Act3  
Family Life/Family Communication/Obj3/Act2, 3  
Disease Prevention/HIV/Aids/Obj4/Act2, 3

##### *Grade 7:*

Family Life/Communication Skills/Obj2/Act1  
Family Life/Communication Skills/Obj3/Act1  
Family Life/Communication Skills/Obj4/Act1  
Stress Management/Conflict Resolution/Obj2/Act1, 2  
Stress Management/Conflict Resolution/Obj3/Act2  
Tobacco, Alcohol & Other/Tobacco, Marijuana, & Other/ Obj4/Act2  
Tobacco, Alcohol & Other Drugs/Alcohol &/ Obj3/Act2  
Tobacco, Alcohol & Other Drugs/Counteracting Negative Influences/ Obj2/Act1, 2  
Growth & Development/Adolescent - Other Changes/Obj4/Act3, 4

##### *Grade 8:*

Stress Management/Managing Adolescent Stress/Obj1/Act1  
Stress Management/Managing Adolescent Stress/Obj2/Act2  
Stress Management/Managing Adolescent Stress/Obj3/Act3  
Stress Management/Managing Adolescent Stress/Obj4/Act1  
Tobacco, Alcohol & Other Drugs/Prevention Skills/Obj1/Act3  
Tobacco, Alcohol & Other Drugs/Prevention Skills/Obj2/Act1, 2

### HPW Online Correlation:

#### *Topic/Lesson/Objective/Activity*

##### *Grade 7:*

Family Life/Strengthening Interpersonal Relationships/Obj2/Act2, 3  
Family Life/Strengthening Interpersonal Relationships/Obj3/Act1, 2, 3  
Stress Management/Conflict Resolution/Obj2/Act1, 2  
Stress Management/Conflict Resolution/Obj3/Act2  
Safety & Injury Prevention/Safety Skills/Obj1/Act1, 2, 3  
Tobacco, Alcohol & Other Drugs/Alcohol & Other Depressants/Obj3/Act1, 2

## B. Decision-Making and Goal Setting (Cont'd)

2.2.8.B.1 Predict social situations that may require the use of decision-making skills.

2.2.8.B.2 Justify when individual or collaborative decision-making is appropriate.

2.2.8.B.3 Analyze factors that support or hinder the achievement of personal health goals during different life stages.

## HPW Online Correlation: *Topic/Lesson/Objective/Activity*

### Grade 8:

Growth & Development/Dating & Relationships/Obj3/Act3  
Stress Management/Adolescent Stress/Obj2/Act3  
Stress Management/Adolescent Stress/Obj3/Act2  
Stress Management/Managing Adolescent Stress/Obj1/Act1  
Stress Management/Managing Adolescent Stress/Obj2/Act2  
Stress Management/Managing Adolescent Stress/Obj3/Act3  
Stress Management/Managing Adolescent Stress/Obj4/Act1  
Tobacco, Alcohol & Other Drugs/Prevention Skills/Obj1/Act3  
Tobacco, Alcohol & Other Drugs/Prevention Skills/Obj2/Act1, 2  
Tobacco, Alcohol & Other Drugs/Influences on Drug Use/Obj1/Act1  
Tobacco, Alcohol & Other Drugs/Influences on Drug Use/Obj2/Act3  
Tobacco, Alcohol & Other Drugs/Influences on Drug Use/Obj3/Act1  
Safety & Injury/Preventing Unintentional Injuries/Obj3/Act1

### Grade 7:

Stress Management/Suicide Prevention/Obj2/Act1, 2  
Stress Management/Suicide Prevention/Obj3/Act1, 2, 3

### Grade 8:

Stress Management/Managing Adolescent Stress/Obj3/Act3

### Grade 7:

Family Life/Strengthening Interpersonal Relationships/Obj2/Act2, 3  
Family Life/Strengthening Interpersonal Relationships/Obj3/Act1, 2, 3  
Stress Management/Conflict Resolution/Obj2/Act1, 2  
Stress Management/Conflict Resolution/Obj3/Act2  
Safety & Injury Prevent/Understanding Violence/Obj3/Act1, 2  
Tobacco, Alcohol & Other Drugs/Tobacco, Marijuana, & Other Stimulants/Obj4/Act1, 2  
Growth & Development/Adolescent - Other Changes/Obj4/Act1  
Nutrition & Fitness/Body Image/Obj2/Act2  
Tobacco, Alcohol & Other Drugs/Baseline Knowledge & Influences on Drug Use/Obj/Act

### Grade 8:

Growth & Development/Dating & Relationships/Obj2/Act1, 4  
Growth & Development/Human Sexuality/Obj2/Act1, 2  
Stress Management/Adolescent Stress/Obj2/Act3  
Stress Management/Adolescent Stress/Obj3/Act2  
Stress Management/Managing Adolescent Stress/Obj1/Act1  
Stress Management/Managing Adolescent Stress/Obj2/Act2  
Stress Management/Managing Adolescent Stress/Obj3/Act3  
Stress Management/Managing Adolescent Stress/Obj4/Act1  
Tobacco, Alcohol & Other Drugs/Influences on Drug Use/Obj1/Act1  
Tobacco, Alcohol & Other Drugs/Influences on Drug Use/Obj2/Act3  
Tobacco, Alcohol & Other Drugs/Influences on Drug Use/Obj3/Act1

## C. Character Development

2.2.8.C.1 Analyze strategies to enhance character development in individual, group, and team activities.

2.2.8.C.2 Analyze to what extent various cultures have responded effectively to individuals with disabilities.

2.2.8.C.3 Hypothesize reasons for personal and group adherence, or lack of adherence, to codes of conduct at home, locally, and in the worldwide community.

## Advocacy and Service

2.2.8.D.1 Plan and implement volunteer activities to benefit a local, state, national, or world health initiative.

2.2.8.D.2 Defend a position on a health or social issue to activate community awareness and responsiveness.

## HPW Online Correlation:

### *Topic/Lesson/Objective/Activity*

#### *Grade 7:*

Personal & Mental Health/Orientation & Self-Esteem/Obj3/Act2, 4  
Personal & Mental Health/Promoting Wellness/Obj2/Act1, 2, 3  
Family Life/Strengthening Interpersonal Relationships/Obj2/Act2, 3  
Family Life/Strengthening Interpersonal Relationships/Obj3/Act1, 2, 3

#### *Grade 8:*

Personal & Mental Health/Introduction & Orientation/Obj2/Act1, 2, 3  
Family Life/Healthy Families/Obj2/Act1, 2, 3  
Family Life/Healthy Families/Obj3/Act1, 2  
Family Life/Family Communication/Obj1/Act1

#### *Grade 8:*

Growth & Development/Human Sexuality/Obj2/Act1, 2

#### *Grade 8:*

Personal & Mental Health/Orientation & Self-Esteem/ Obj2/Act1  
Family Life/Strengthening Interpersonal Relationships/  
Obj3/Act1, 2, 3  
Growth & Development/Introduction to Human Sexuality/  
Obj1/Act1

## HPW Online Correlation:

### *Topic/Lesson/Objective/Activity*

#### *Grade 7:*

Community & Environmental Health/Community & Environmental  
Awareness/Obj3/Act1, 2  
Community & Environmental Health/Promoting a Safe & Healthy  
School/Obj3/Act1  
Tobacco, Alcohol & Other Drugs/Counteracting Negative  
Influences/Obj4/Act1

#### *Grade 8:*

Safety & Injury Prevention/School & Community Safety/ Obj1/Act2, 3, 4  
Safety & Injury Prevention/Violence Prevention Skills/Obj3/Act3

#### *Grade 7:*

Community & Environmental Health/Promoting a Safe & Healthy  
Environment/Obj3/Act1  
Safety & Injury Prevention/Factors Contributing to Violence/ Obj3/Act2  
Tobacco & Other Drugs/Intravenous Drugs & Narcotics/ Obj2/Act2  
Tobacco & Other Drugs/Counteracting Negative Influences/Obj4/Act1  
Nutrition & Fitness/Nutrition Essentials/Obj4/Act3  
Nutrition & Fitness/Body Image/Obj1/Act4

#### *Grade 8:*

Personal & Mental Health/Introduction & Orientation/Obj3/Act3  
Growth & Development/Dating & Relationships/Obj3/Act1  
Tobacco, Alcohol & Other Drugs/Alcohol Prevention/Obj3/Act1  
Tobacco, Alcohol & Other Drugs/Tobacco Prevention/Obj1/Act1  
Safety & Injury Prevention/Preventing Unintentional Injuries/Obj3/Act3  
Safety & Injury Prevention/School & Community Safety/Obj1/Act2, 3, 4  
Safety & Injury Prevention/Violence Prevention Skills/Obj3/Act3

## E. Health Services and Information

2.2.8.E.1 Evaluate various health products, services, and resources from different sources, including the Internet.

2.2.8.E.2

### HPW Online Correlation:

#### *Topic/Lesson/Objective/Activity*

##### *Grade 7:*

Disease Prevention/Prevention Concepts/Obj3/Act2, 3  
Community & Environmental Health/Promoting a Safe & Healthy School/Obj3/Act1

Nutrition & Fitness/Nutrition Essentials/Obj4/Act3

Tobacco & Other Drugs/Medicines & Other Drugs/ Obj4/Act1, 2

##### *Grade 8:*

Nutrition & Fitness/Consumer Skills/Obj1/Act2

Nutrition & Fitness/Consumer Skills/Obj2/Act1, 2, 3

Nutrition & Fitness/Consumer Skills/Obj3/Act1, 2, 3

##### *Grade 7:*

Stress Management/Suicide Prevention/Obj2/Act1, 2, 3

Stress Management/Suicide Prevention/Obj3/Act1, 2, 3

Safety & Injury Prevention/Safety Skills/Obj1/Act1, 2, 3

Safety & Injury Prevention/Safety Skills/Obj3/Act3

##### *Grade 8:*

Growth & Development/Dating & Relationships/Obj2/Act4

Disease Prevention/Lifestyle Diseases/Obj4/Act2

Disease Prevention/HIV/AIDS/Obj3/Act3

## STANDARD 2.3 (DRUGS AND MEDICINES) by Grade 8

### A. Medicines

2.3.8.A.1 Explain why the therapeutic effects and potential risks of commonly used over-the-counter medicines, prescription drugs, and herbal and medicinal supplements vary in different individuals.

2.3.8.A.2 Compare and contrast adolescent and adult abuse of prescription and over-the-counter medicines and the consequences of such abuse.

### HPW Online Correlation:

#### *Topic/Lesson/Objective/Activity*

##### *Grade 7:*

Tobacco, Alcohol & Other Drugs/Medicines & Other Drugs/ Obj2/Act1, 2

Tobacco, Alcohol & Other Drugs/Medicines & Other Drugs/ Obj3/Act2, 3

Tobacco, Alcohol & Other Drugs/Medicines & Other Drugs/ Obj4/Act1, 2

##### *Grade 8:*

Tobacco, Alcohol & Other Drugs/Knowledge, Attitudes & Behavior/ Obj3/Act2, 3

##### *Grade 7:*

Tobacco, Alcohol & Other Drugs/Medicines & Other Drugs/ Obj2/Act1, 2

Tobacco, Alcohol & Other Drugs/Medicines & Other Drugs/ Obj3/Act2, 3

Tobacco, Alcohol & Other Drugs/Medicines & Other Drugs/ Obj4/Act1, 2

##### *Grade 8:*

Nutrition & Fitness/Making Healthy Choices/Obj2/Act4

Tobacco, Alcohol & Other Drugs/Knowledge, Attitudes &

Behavior/Obj3/Act1, 2, 3



## B. Alcohol, Tobacco and Other Drugs

2.3.8.B.1 Compare and contrast the physical and behavioral effects of commonly abused substances by adolescents.

2.3.8.B.2 Predict the legal and financial consequences of the use, sale, and possession of illegal substances.

2.3.8.B.3 Analyze the effects of all types of tobacco use on the aging process.

2.3.8.B.4 Compare and contrast smoking laws in New Jersey with other states and countries.

2.3.8.B.5 Explain the impact of alcohol and other drugs on those areas of the brain that control vision, sleep, coordination, and reaction time and the related impairment of behavior, judgment, and memory.

## HPW Online Correlation: *Topic/Lesson/Objective/Activity*

### *Grade 7:*

Tobacco, Alcohol & Other Drugs/Medicines & Other Drugs/Obj2/Act1, 2  
Tobacco, Alcohol & Other Drugs/Medicines & Other Drugs/Obj3/Act2  
Tobacco, Alcohol & Other Drugs/Tobacco, Marijuana & Other Stimulants/Obj2/Act1, 2, 3, 4  
Tobacco, Alcohol & Other Drugs/Alcohol & Other Depressants/Obj2/Act1, 2, 3

### *Grade 8:*

Tobacco, Alcohol & Other Drugs/Knowledge, Attitudes & Behavior/Obj2/Act2  
Tobacco, Alcohol & Other Drugs/Knowledge, Attitudes & Behavior/Obj3/Act1, 2, 3  
Tobacco, Alcohol & Other Drugs/Tobacco Prevention/Obj2/Act1, 3  
Tobacco, Alcohol & Other Drugs/Alcohol Prevention/Obj3/Act1, 2  
Tobacco, Alcohol & Other Drugs/Medicines & Other Drugs/Obj2/Act1, 2  
Tobacco, Alcohol & Other Drugs/Medicines & Other Drugs/Obj3/Act2  
Tobacco, Alcohol & Other Drugs/Tobacco, Marijuana & Other Stimulants/Obj2/Act1, 2, 3, 4  
Tobacco, Alcohol & Other Drugs/Alcohol & Other Depressants/Obj2/Act1, 2, 3

### *Grade 7:*

Tobacco, Alcohol & Other Drugs/Intravenous Drugs & Narcotics/Obj2/Act1, 2  
Tobacco, Alcohol & Other Drugs/Medicines & Other Drugs/Obj2/Act2

### *Grade 8:*

Tobacco, Alcohol & Other Drugs/Preventing Other Drug Use/Obj3/Act1  
Teacher Resource Guide/Tobacco

### *Grade 7:*

Tobacco, Alcohol & Other Drugs/Tobacco, Marijuana & Other Stimulants/Obj1/Act1  
Tobacco, Alcohol & Other Drugs/Tobacco, Marijuana & Other Stimulants/Obj2/Act2

### *Grade 8:*

Tobacco, Alcohol & Other Drugs/Tobacco Prevention/Obj2/Act1

### *Grade 7:*

Tobacco, Alcohol & Other Drugs/Alcohol & Other Depressants/Obj1/Act1  
Tobacco, Alcohol & Other Drugs/Alcohol & Other Depressants/Obj2/Act1, 2, 3  
Tobacco, Alcohol & Other Drugs/Alcohol & Other Depressants/Obj3/Act1, 2

### *Grade 8:*

Tobacco, Alcohol & Other Drugs/Alcohol Prevention/Obj3/Act1, 2  
Teacher Resource Guide/Alcohol Info



2.3.8.B.6 Relate the use of alcohol and other drugs to decision-making and risk for sexual assault, pregnancy, and [STIs](#).

**Grade 7:**

Tobacco, Alcohol & Other Drugs/Baseline Knowledge & Other Influences on Drug Use/Obj2/Act2  
Tobacco, Alcohol & Other Drugs/Counteracting Negative Influences/Obj1/Act1  
Tobacco, Alcohol & Other Drugs/Counteracting Negative Influences/Obj2/Act2  
Tobacco, Alcohol & Other Drugs/Counteracting Negative Influences/Obj3/Act1, 2  
Tobacco, Alcohol & Other Drugs/Intravenous Drugs & Narcotics/Obj2/Act1  
Tobacco, Alcohol & Other Drugs/Medicines & Other Drugs/Obj2/Act2  
Growth & Development/Adolescence -Other Changes/Obj4/Act1  
Disease Prevention/HIV/AIDS/Obj2/Act1

**Grade 8:**

Tobacco, Alcohol & Other Drugs/Prevention Skills/Obj1/Act3  
Tobacco, Alcohol & Other Drugs/Prevention Skills/Obj2/Act2  
Tobacco, Alcohol & Other Drugs/Prevention Skills/Obj3/Act1, 2

2.3.8.B.7 Explain the impact of inhalant use and abuse on social, emotional, mental, and physical wellness.

**Grade 7:**

Tobacco, Alcohol & Other Drugs/Inhalants/Obj1/Act1  
Tobacco, Alcohol & Other Drugs/Inhalants/Obj2/Act1, 2  
Teacher Resource Guide/Tobacco, Alcohol & Other Drugs/Tobacco

**Grade 8:**

Tobacco, Alcohol & Other Drugs/Preventing Other Drug Use/Obj3/Act2  
Tobacco, Alcohol & Other Drugs/Preventing Other Drug Use/Obj3/Act1  
Teacher Resource Guide/Inhalants Info

2.3.8.B.8 Analyze health risks associated with injected drug use.

**Grade 7:**

Tobacco, Alcohol & Other Drugs/Intravenous Drugs & Narcotics/Obj1/Act1, 2  
Teacher Resource Guide/Tobacco, Alcohol & Other Drugs/Anabolic Steroids Information

**Grade 8:**

Tobacco, Alcohol & Other Drugs/Preventing Other Drug Use/Obj1/Act1  
Tobacco, Alcohol & Other Drugs/Preventing Other Drug Use/Obj3/Act2  
Teacher Resource Guide/Tobacco, Alcohol & Other Drugs

## C. Dependency/Addiction and Treatment

2.3.8.C.1 Compare and contrast theories about dependency/addiction (such as genetic predisposition, gender-related predisposition, and multiple risks) and provide recommendations that support a drug free life.

### HPW Online Correlation:

#### *Topic/Lesson/Objective/Activity*

**Grade 7:**

Tobacco, Alcohol & Other Drugs/Alcohol & Other Depressants/Obj1/Act1  
Tobacco, Alcohol & Other Drugs/Tobacco, Marijuana & Other Stimulants/Obj2/Act2, 3, 4

**Grade 8:**

Tobacco, Alcohol & Other Drugs/Alcohol Prevention/Obj1/Act1  
Tobacco, Alcohol & Other Drugs/Alcohol Prevention/Obj2/Act1, 2  
Tobacco, Alcohol & Other Drugs/Alcohol Prevention/Obj3/Act1, 2  
Tobacco, Alcohol & Other Drugs/Preventing Other Drug Use/Obj3/Act1

2.3.8.C.2 Summarize intervention strategies that assist family and friends to cope with the impact of substance abuse.

**Grade 7:**

Tobacco & Other Drugs/Alcohol & Other Depressants/Obj2/Act1

## STANDARD 2.4 (HUMAN RELATIONSHIPS AND SEXUALITY) by Grade 8

### A. Relationships

2.4.8.A.1 Predict how changes within a family can impact family members.

#### HPW Online Correlation:

##### *Topic/Lesson/Objective/Activity*

###### *Grade 7:*

Family Life/Promoting Healthy Families/Obj2/Act1, 2

Family Life/Promoting Healthy Families/Obj3/Act2

###### *Grade 8:*

Family Life/Healthy Families/Obj2/Act1, 2, 3

Family Life/Healthy Families/Obj3/Act1

2.4.8.A.2 Explain how the family unit impacts character development.

###### *Grade 7:*

Family Life/Promoting Healthy Families/Obj2/Act1, 2

Family Life/Promoting Healthy Families/Obj3/Act2

Family Life/Strengthening Interpersonal Relationships/Obj2/Act2, 3

Family Life/Strengthening Interpersonal Relationships/Obj3/Act1, 2, 3

###### *Grade 8:*

Family Life/Healthy Families/Obj2/Act1, 2, 3

Family Life/Healthy Families/Obj3/Act1

Stress Management/Managing Adolescent Stress/Obj4/Act1

Growth & Development/Dating & Relationships/Obj1/Act1

Growth & Development/Dating & Relationships/Obj2/Act1, 4

2.4.8.A.3 Explain when the services of professionals are needed to intervene in relationships

###### *Grade 7:*

Growth & Development/Adolescence -Other Changes/Obj4/Act4

###### *Grade 8:*

Safety & Injury Prevention/Violence Prevention Skills/Obj3/Act2

2.4.8.A.4 Differentiate between affection, love, commitment, and sexual attraction.

###### *Grade 7:*

Growth & Development/Adolescence -Other Changes/Obj1/Act1

Growth & Development/Adolescence -Other Changes/Obj2/Act1, 2

Growth & Development/Adolescence -Other Changes/Obj3/Act2

###### *Grade 8:*

Growth & Development/Dating & Relationships/Obj1/Act1

Growth & Development/Dating & Relationships/Obj2/Act1, 4

Stress Management/Managing Adolescent Stress/Obj4/Act1

2.4.8.A.5 Determine when a relationship is unhealthy and explain effective strategies to end the relationship.

###### *Grade 7:*

**Family Life/Strengthening Interpersonal Relationships/Obj2/Act2, 3**

**Family Life/Strengthening Interpersonal Relationships/Obj3/Act1, 2, 3**

###### *Grade 8:*

Growth & Development/Dating & Relationships/Obj1/Act1

Growth & Development/Dating & Relationships/Obj2/Act1, 4

2.4.8.A.6 Develop acceptable criteria for safe dating situations, such as dating in groups, setting limits, or only dating someone of the same age.

###### *Grade 7:*

Growth & Development/Adolescence -Other Changes/Obj4/Act1

###### *Grade 8:*

Growth & Development/Dating & Relationships/Obj1/Act1

Growth & Development/Dating & Relationships/Obj2/Act1, 4

## B. Sexuality

2.4.8.B.1 Analyze the influence of hormones, nutrition, the environment, and heredity on the physical, social, and emotional changes that occur during puberty.

2.4.8.B.2 Determine the benefits of sexual abstinence and develop strategies to resist pressures to become sexually active.

2.4.8.B.3 Compare and contrast methods of contraception used by adolescents and factors that may influence their use.

2.4.8.B.4 Relate certain behaviors to placing one at greater risk for HIV/AIDS, [STIs](#), and unintended pregnancy

2.4.8.B.5 Discuss topics regarding gender identity, sexual orientation, and cultural stereotyping.

2.4.8.B.6 Explain the importance of practicing routine healthcare procedures such as breast self-examination, testicular examinations, and [HPV](#) vaccine.

## HPW Online Correlation:

### *Topic/Lesson/Objective/Activity*

#### *Grade 7:*

Growth & Development/Adolescence -Other Changes/Obj1/Act1  
Growth & Development/Adolescence -Other Changes/Obj2/Act1, 2,  
Growth & Development/Adolescence -Other Changes/Obj3/Act2

#### *Grade 8:*

Growth & Development/Reproductive System/Obj4/Act1

#### *Grade 7:*

Growth & Develop/Adolescence -Other Changes/Obj4/Act1, 4

#### *Grade 8:*

Growth & Development/Dating & Relationships/Obj1/Act1  
Growth & Development/Dating & Relationships/Obj2/Act1, 4  
Growth & Development/Dating & Relationships/Obj3/Act1

#### *Grade 7:*

Teacher Resource Guide/Birth Control

#### *Grade 8:*

Growth & Development/Dating & Relationships/Obj3/Act1, 2, 3, 4

#### *Grade 7:*

Growth & Development/Adolescence -Other Changes/Obj4/Act1, 4  
Disease Prevention/Prevention Concepts/Obj1/Act1  
Disease Prevention/Prevention Concepts/Obj2/Act1, 2  
Disease Prevention/HIV/AIDS/Obj2/Act1

#### *Grade 8:*

Tobacco, Alcohol & Other Drugs/Preventing Other Drug Use/Obj/Act  
Disease Prevention/Life-Style Diseases/Obj4/Act1  
Disease Prevention/HIV/Aids/Obj4/Act1

#### *Grade 7:*

Growth & Development/Adolescence -Other Changes/Obj1/Act1  
Growth & Development/Adolescence -Other Changes/Obj2/Act1, 2,  
Growth & Development/Adolescence -Other Changes/Obj3/Act2

#### *Grade 8:*

Growth & Development/Human Sexuality/Obj2/Act1, 2  
Growth & Development/Human Sexuality/Obj3/Act1, 2

#### *Grade 7:*

Disease Prevention/Prevention Concepts/Obj3/Act2, 3

#### *Grade 8:*

Disease Prevention/Life-Style Diseases/Obj3/Act2, 3  
Disease Prevention/Disease Prevention Concepts/Obj3/Act1

## C. Pregnancy and Parenting

2.4.8.C.1 Summarize the signs and symptoms of pregnancy and the methods available to confirm pregnancy.

2.4.8.C.2 Distinguish physical, social, and emotional changes that occur during each stage of pregnancy, including the stages of labor and childbirth and the adjustment period following birth.

2.4.8.C.3 Determine effective strategies and resources to assist with parenting.

2.4.8.C.4 Predict short- and long-term impacts of teen pregnancy.

2.4.8.C.5 Correlate prenatal care with the prevention of complications that may occur during pregnancy and childbirth.

## HPW Online Correlation: *Topic/Lesson/Objective/Activity*

### *Grade 7:*

Growth & Development/Adolescence Physical Changes/Obj3/Act1  
Teacher Resource Guide/Reproductive System

### *Grade 8:*

Growth & Development/The Reproductive System/Obj2/Act1, 2, 3  
Growth & Development/The Reproductive System/Obj3/Act2  
Teacher Resource Guide/Reproductive System

### *Grade 7:*

Growth & Development/Adolescence Physical Changes/Obj3/Act1  
Teacher Resource Guide/Reproductive System

### *Grade 8:*

Growth & Development/The Reproductive System/Obj2/Act1, 2, 3  
Growth & Development/The Reproductive System/Obj3/Act2  
Teacher Resource Guide/Reproductive System

### *Grade 7:*

Growth & Development/Adolescence Physical Changes/Obj3/Act1, 3  
Teacher Resource Guide/Reproductive System

### *Grade 8:*

Growth & Development/The Reproductive System/Obj3/Act2  
Nutrition & Fitness/Nutrition Essentials/Obj3/Act3  
Teacher Resource Guide/Reproductive System

### *Grade 7:*

Growth & Development/Adolescence Physical Changes/Obj3/Act1, 3  
Family Life/Promoting Healthy Families/Obj3/Act2

### *Grade 8:*

Growth & Development/The Reproductive System/Obj3/Act2  
Nutrition & Fitness/Nutrition Essentials/Obj3/Act3  
Teacher Resource Guide/Reproductive System

### *Grade 7:*

Growth & Development/Adolescence Physical Changes/Obj3/Act1, 3  
Teacher Resource Guide/Reproductive System

### *Grade 8:*

Nutrition & Fitness/Nutrition Essentials/Obj3/Act3  
Teacher Resource Guide/Reproductive System

# New Jersey/HPW Correlation High School

## STANDARD 2.1 (WELLNESS) by High School

### A. Personal Growth and Development

2.1.12.A.1 Analyze the role of personal responsibility in maintaining and enhancing personal, family, community, and global wellness.

2.1.12.A.2 Debate the social and ethical implications of the availability and use of technology and medical advances to support wellness.

### B. Nutrition

2.1.12.B.1 Determine the relationship of nutrition and physical activity to weight loss, weight gain, and weight maintenance.

2.1.12.B.2 Compare and contrast the dietary trends and eating habits of adolescents and young adults in the United States and other countries.

2.1.12.B.3 Analyze the unique contributions of each nutrient class (fats, carbohydrates, protein, water, vitamins, and minerals) to one's health.

### C. Diseases and Health Conditions

2.1.12.C.1 Predict diseases and health conditions that may occur during one's lifespan and speculate on potential prevention and treatment strategies.

2.1.12.C.2 Develop strategies that will impact local, state, national, and international public health efforts to prevent and control diseases and health conditions.

2.1.12.C.3 Determine the emotional, social, and financial impact of mental illness on the family, community, and state.

### D. Safety

2.1.12.D. Determine the causes and outcomes of intentional and unintentional injuries in adolescents and young adults and propose prevention strategies.

2.1.12.D.2 Explain ways to protect against abuse and all forms of assault and what to do if assaulted.

2.1.12.D.3 Analyze the relationship between alcohol and drug use and the incidence of motor vehicle crashes.

### HPW Online Correlation:

#### *Topic/Lesson/Objective/Activity*

Personal-Mental /Intro & Orientation/Obj 1,2/All Activities  
Personal-Mental /Promoting Wellness/Obj 1,2,3/All Acts  
Personal-Mental /Emotional Well-Being/Obj 4/ All Acts  
Personal-Mental /Enhancing Self-Esteem/Obj 1/Act 1

Disease\_Prevention/Social Impact of HIV-AIDS/OBJ2/ All Activities

### HPW Online Correlation:

#### *Topic/Lesson/Objective/Activity*

Nut\_Fit/ Making Healthy Choices/Obj 2,3/All Activities  
Teacher Resource Guide/Nut\_Fit

Nut\_Fit/ Nutrition\_Fitness Concepts / Obj 2/Activity 3

Nut\_Fit/ Well-Balanced Diets / Obj 1,2/All Activities  
Teacher Resource Guide/Nut\_Fit/Basic Nutrients

### HPW Online Correlation:

#### *Topic/Lesson/Objective/Activity*

Disease\_Prevention/Lifestyle Diseases/Obj1,2,3 /All Activities

Community-Environmental/Local Issues & Resources/Obj, 1,2,3 /All  
Community-Environmental/Global Community & Pub  
Policy/Obj,12,3 /All

Stress Management/Suicide Prevention/ Obj 1,2/All

### HPW Online Correlation:

#### *Topic/Lesson/Objective/Activity*

Safety\_Injury Prevention/Violence in America/Understanding  
Violence/Obj 2,3/all

Safety\_Injury Prevention/Preventing Violence /Obj1,2,3,4/All  
activities

Drug\_Prevention/Alcohol/Obj 1/All Activities

2.1.12.D.4 Develop a rationale to persuade peers to comply with traffic safety laws and avoid driving distractors.

Drug\_Prevention/Alcohol/Obj 2/All Activities

2.1.12.D.5 Summarize New Jersey motor vehicle laws and regulations and determine their impact on health and safety (e.g., organ/tissue donation, seatbelt use, and the use of hand-held devices).

2.1.12.D.6 Demonstrate first-aid procedures, including Basic Life Support and automatic external defibrillation, caring for head trauma, bone and joint emergencies, caring for cold and heat injuries, and responding to medical emergencies.

Safety\_Injury Prev/Managing Emergencies/Obj1,2,3,4/All Activities

## E. Social and Emotional Health

### HPW Online Correlation: *Topic/Lesson/Objective/Activity*

2.1.12.E.1 Predict the short- and long-term consequences of unresolved conflicts.

Family Life/Getting Along with Others/Obj 4,5/all activities

2.1.12.E.2 Analyze how new technologies may positively or negatively impact the incidence of conflict or crisis.

Family Life/Getting Along with Others/Obj 3/all activities

2.1.12.E.3 Examine how a family might cope with crisis or change and suggest ways to restore family balance and function.

Family Life/Changing Family/Obj1/All activities

2.1.12.E.4 Develop a personal stress management plan to improve/maintain wellness.

Stress Management/Coping Skills/Obj. 1,2/All Activities

## STANDARD 2.2 (INTEGRATED SKILLS) by High School

### A. Interpersonal Communication

### HPW Online Correlation: *Topic/Lesson/Objective/Activity*

2.2.12.A.1 Employ skills for communicating with family, peers, and people from other backgrounds and cultures that may impact the health of oneself and others.

Family Life/Improving Family Communication/Obj3/All Activities

2.2.12.A.2 Demonstrate strategies to prevent, manage, or resolve interpersonal conflicts.

Family Life/ Getting Along with Others/Obj 5/All activities

2.2.12.A.3 Analyze the impact of technology on interpersonal communication in supporting well-ness and a healthy lifestyle.

### B. Decision-Making and Goal Setting

### HPW Online Correlation: *Topic/Lesson/Objective/Activity*

2.2.12.B.1 Predict the short and long-term consequences of good and poor decision-making on oneself, friends, family, and others.

Personal\_Mental/Wellness Project/Obj 2/ All Activities  
Drug Prevention/Preventing Drug Use/Obj3/All Activities  
Drug Prevention/Tobacco Preventing /Obj 4/All Activities  
Drug Prevention/Alcohol Prevention /Obj 4,5/All Activities

2.2.12.B.2 Evaluate the impact of individual and family needs on the development of a personal wellness plan and address identified barriers.

Personal\_Mental/Wellness Project/Obj 1, 2/ All Activities

2.2.8.B.3 Analyze factors that support or hinder the achievement of personal health goals during different life stages.

Personal\_Mental/Wellness Project/Obj 1/ Activity 1

## C. Character Development

2.2.12.C.1 Analyze the impact of competition on personal character development

2.2.12.C.2 Judge how individual or group adherence, to core ethical values impacts the local, state, national, and worldwide community.

2.2.12.C.3 Analyze current issues facing the disability community and make recommendations to address those issues.

## D. Advocacy and Service

2.2.12.D.1 Plan and implement an advocacy strategy to stimulate action on a state, national, or global health issue, including but not limited to, organ/tissue donation.

## E. Health Services and Information

2.2.12.E.1 Analyze a variety of health products and services based on cost, availability, accessibility, benefits, and accreditation.

2.2.12.E.2 Determine the effect of accessibility and affordability of healthcare on family, community, and global health.

### HPW Online Correlation:

*Topic/Lesson/Objective/Activity*

/

See PE Program

Personal and Mental Health/Emotional Well-Being/Obj3/ All Activities

Community and Environmental Health/Protecting Our Communities/Obj3/Act1

### HPW Online Correlation:

*Topic/Lesson/Objective/Activity*

Community and Environmental Health/Protecting Our Communities/Obj 1,2/ All Activities

### HPW Online Correlation:

*Topic/Lesson/Objective/Activity*

Nutrition\_Fitness/Consumer Skills/Obj 1,2,3/All Activities

Community and Environmental Health/Global Community & Public Policy/Obj 2,3/ All Activities

## STANDARD 2.3 (DRUGS AND MEDICINES) by High School

### A. Medicines

2.3.12.A.1 Determine the potential risks and benefits of the use of new or experimental medicines and herbal and medicinal supplements.

2.3.12.A.2 Summarize the criteria for evaluating the effectiveness of a medicine.

2.3.12.A.3 Relate personal abuse of prescription and over-the-counter medicines to wellness.

### HPW Online Correlation:

*Topic/Lesson/Objective/Activity*

Drug Prevention/Drugs as Medicines /Obj2/ All Activities

Drug Prevention/Drugs as Medicines /Obj1/ All Activities

Drug Prevention/Drugs as Medicines /Obj2/Activity 1



## B. Alcohol, Tobacco and Other Drugs

- 2.3.12.B.1 Compare and contrast the incidence and impact of commonly abused substances on individuals and communities in the United States and other countries.
- 2.3.12.B.2 Debate the various legal and financial consequences of the use, sale, and possession of illegal substances.
- 2.3.12.B.3 Correlate increased alcohol use with challenges that may occur at various life stages.
- 2.3.12.B.4 Correlate the use of alcohol and other drugs with incidences of date rape, sexual assault, STIs, and unintended pregnancy.
- 2.3.12.B.5 Relate injected drug use to the incidence of diseases such as HIV/AIDS and hepatitis.

## HPW Online Correlation: *Topic/Lesson/Objective/Activity*

Drug Prevention/Prevalence of Drug Use/Obj 1,2/ All Activities

Drug Prevention/Prevalence of Drug Use/Obj 2,3/All Activities

Drug Prevention/Alcohol Prevention/Obj3/ All Activities

Drug Prevention/ Preventing Other Drug Use/Obj3/ Activities  
Drug Prevention/Alcohol Prevention/Obj4/ Activity 3

Disease Prevention/ Preventing HIV/AIDS/Obj1/ All Activities  
Student Resource: How Getting High Can Get You AIDS

## C. Dependency/Addiction and Treatment

- 2.3.12.C.1 Correlate duration of drug abuse to the incidence of drug-related injury, illness, and death.
- 2.3.12.C.2 Analyze the effectiveness of various strategies that support an individual's ability to stop abusing drugs and remain drug-free.
- 2.3.12.C.3 Predict the societal impact of substance abuse on the individual, family, and community.

## HPW Online Correlation: *Topic/Lesson/Objective/Activity*

Drug Prevention/Drugs as medicines/Obj 1,2,3/ All Activities

Drug Prevention/Tobacco Prevention/Obj 4/Act 5

Drug Prevention/Alcohol Prevention/Obj 4/Act 1

# STANDARD 2.4 (HUMAN RELATIONSHIPS AND SEXUALITY) by High School

## A. Relationships

- 2.4.12.A.1 Compare and contrast how family structures, values, rituals, and traditions meet basic human needs worldwide.
- 2.4.12.A.2 Compare and contrast the current and historical role of life commitments, such as marriage.
- 2.4.12.A.3 Analyze how personal independence, past experience, and social responsibility influence the choice of friends in high school and young adulthood.
- 2.4.12.A.4 Predict how relationships may evolve over time, focusing on changes in friendships, family dating relationships, and lifetime commitments such as marriage.
- 2.4.12.A.5 Determine effective prevention and intervention strategies to address domestic or dating violence.

## HPW Online Correlation: *Topic/Lesson/Objective/Activity*

Family Life/Healthy Families/Obj 1,2/ All Activities  
Growth & Development/Gender Stereotyping/Obj 1/Activity 1,2

Growth & Development /Intimate Relationships/Obj 2/ All Activities

Personal\_Mental/Promoting Wellness/Obj 2,3/ All Activities

Growth & Development /Intimate Relationships/Obj 2/ All Activities

Safety\_Injury Prevention/Preventing Violence/Obj 3/All



## B. Sexuality

2.4.12.B.1 Predict the possible long-term effects of adolescent sex on future education, on career plans, and on the various dimensions of wellness.

Growth&Development/Sexual Responsibility/Obj1/Act1

2.4.12.B.2 Evaluate information that supports abstinence from sexual activity using reliable research data.

Growth&Development/Sexual Responsibility/Obj1/Act2

2.4.12.B.3 Analyze factors that influence the choice, use, and effectiveness of contraception, including risk-reduction and risk-elimination strategies.

Growth&Development/Sexual Responsibility/Obj2/Act1,2  
Teacher Resource Guide/Birth Control

2.4.12.B.4 Compare and contrast attitudes and beliefs about gender identity, sexual orientation, and gender equity across cultures.

Growth&Development/Gender Stereotyping/Obj 1,2/Obj 1,2/All

2.4.12.B.5 Relate preventative healthcare strategies of male/female reproductive systems to the prevention and treatment of disease (e.g., breast/testicular exams, Pap smear, HPV vaccine).

Disease Prevention/Lifestyle Diseases: Preventing Cancer/Obj 3/Act 2,3

## C. Pregnancy and Parenting

2.4.12.C.1 Compare embryonic growth and fetal development in single and multiple pregnancies, including the incidence of complications and infant mortality.

Growth&Development/Body Systems/Obj 3/All  
Teacher Resource Guide: The Reproductive System  
DVD: Reproduction and Childbirth

2.4.12.C.2 Analyze the relationship of an individual's lifestyle choices during pregnancy and the incidence of fetal alcohol syndrome, sudden infant death syndrome, low birth weight, premature birth, and other disabilities.

Growth&Development/Body Systems/Obj 3/All  
Teacher Resource Guide: The Reproductive System

2.4.12.C.3 Evaluate the methods and resources available to confirm pregnancy.

Growth&Development/Body Systems/Obj 3/All  
Teacher Resource Guide: The Reproductive System

2.4.12.C.4 Determine the impact of physical, social, emotional, cultural, religious, ethical, and legal issues on elective pregnancy termination.

2.4.12.C.5 Evaluate parenting strategies used at various stages of child development based on valid sources of information.

Family Life/Changing Families/Obj 3/All Activities

2.4.12.C.6 Compare the legal rights and responsibilities of adolescents with those of adults regarding pregnancy, abortion, and parenting.

2.4.12.C.7 Analyze factors that affect the decision to become a parent.

Family Life/Changing Families/Obj 2/All Activities

## HPW Online Correlation:

### *Topic/Lesson/Objective/Activity*

## HPW Online Correlation:

### *Topic/Lesson/Objective/Activity*