

**Content Standard 1: Core Concepts**

**Essential Question:** What do I need to know to stay healthy?

**Curricular Outcome:** Students will comprehend concepts related to health promotion and disease prevention to enhance health. Concepts include but are not limited to: human growth and development, community and environmental health, human sexuality, injury and disease prevention, HIV/AIDS, sexually-transmitted diseases, mental and emotional health, nutrition and physical activity, and alcohol, tobacco and other drugs.

**By Grade 8, students will:**

- 1.1 Explain the relationship between positive health behaviors and prevention of injury, illness, disease and premature death
- HPW Sources\***
- GRADE 5: TE:** pp5-8, p11, p16, pp81-83, pp86-87, pp107-112, pp115-117, pp129-131; **SA:** 15, 18, 19; **EA:** 2, 13; **PA:** 16; **HF:** Activities 1-5; **TR1:** Good Health; **P:** Nutrition Vision; **V:** Ten Ways to Get in Shape; **CD:** The Human Body
- GRADE 6: TE:** pp10-13, pp137-138, pp140-156, pp160-162, pp177-181, pp185-188, pp233-234; **SA:** 2, 3, 4, 36, 37, 38, 43, 44, 59; **EA:** 21, 25, 26; **HF:** Activities 1-7; **TR16:** Trends in Drug Use; **TR22:** MyPyramid; **TR23:** Nutrition Essentials; **TR24:** Benefits of Exercise; **TR25:** Getting Sufficient Sleep; **P:** Drug Classifications; **V:** Ten Reasons to Get and Stay in Shape; **SRCD:** Tips for Teens; **SRCD:** Anatomy of MyPyramid; **SRCD:** Finding A Way to a Healthier You; **G:** Nutrition Trivia Game; **CD:** Smoking and Chewing
- GRADE 7: TE:** pp98-100, pp105-107, pp119-123, pp125-127, pp139-145, pp185-187, pp205-210, pp264-265; **SA:** 21, 22, 23, 32, 33; **EA:** 21; **TR14:** Warning Signs of Suicide; **TR15:** Violence Statistics; **TR18:** Abduction Prevention Tips; **TR21:** Drug Classifications; **TR26-28:** Nutrition & Fitness Essentials; **TR35:** Benefits of Exercise; **P:** Drug Classifications; **V:** Food, Health, Exercise; **SRCD:** Teen Dating Violence; **SRCD:** Let's Talk About Depression; **SRCD:** Disaster Supply Kit
- GRADE 8: TE:** pp65-68, pp 91-92, pp120-131, pp133-137, pp149-150, pp163-167, pp177-180, pp186-189; **SA:** 21, 22, 31, 42-45, 52, 61, 62, 68, 69, 72; **EA:** 17, 18, 19, 21; **HF:** Activities 1, 2, 6; **TR8:** Violence Among Youth; **TR22-24:** Food Pyramids; **TR25-28:** Nutrition/Fitness; **TR34:** Eating Disorders; **TR37:** Tobacco Myths; **P:** Nutrition Vision Chart; **P:** Drug Classifications; **V:** The Danger of Performance Enhancing Drugs; **SRCD:** Smoking and Pregnancy; **SRCD:** Nutrition Values Chart; **SRCD:** Food Labels; **SRCD:** Finding a Way to a Healthier You; **CD:** Fun Facts: Drug Prevention
- 1.2 Describe the interrelationship of mental, emotional, social and physical health during preadolescence/adolescence
- GRADE 5: TE:** pp10-16, pp43-44, pp50-54, pp137-140; **EA:** 2, 3, 4; **TR11:** Lifecycle; **B:** Black Snowman; **B:** Sign of the Beaver; **B:** Maniac Magee; **V:** Honesty Counts
- GRADE 6: TE:** pp15-17, pp71-74; **SA:** 5, 17; **EA:** 3, 4, 12, 13; **TR 6:** Factors Influencing Adolescent Stress; **TR7:** Physical and Emotional Effects of Stress; **B:** Holes
- GRADE 7: TE:** pp10-15, pp95-97, pp142-143; **SA:** 35, 44; **EA:** 3; **TR1:** Total Wellness Continuum; **TR13:** Warning Signs of Depression; **CD:** Violence Prevention
- GRADE 8: TE:** pp11-14, pp41-45, pp47-51, pp193-194; **SA:** 3, 4, 16, 17, 18, 78; **EA:** 5, 7, 8; **TR2:** Promoting Self-Esteem; **TR5:** Symptoms of Stress
- 1.3 Explain how health is influenced by the growth and interaction of body systems
- GRADE 5: TE:** pp103-105, pp115-117, pp153-156; **SA:** 23, 32, 33; **EA:** 20, 21; **HF:** Activity 6; **TR7:** Heart-Healthy Choices; **BLM:** Nervous System; **B:** It's Your Turn at Bat; **G:** Nutrition Trivia Game; **CD:** The Human Body
- GRADE 6: TE:** pp212-215; **SA:** 54; **EA:** 32; **B:** How Your Body Works; **CD:** Fun Facts: Body Systems
- GRADE 7: TE:** p4, pp74-77, pp79-83, pp211-212, pp225-233; **SA:** 16, 17, 56, 57; **TR9:** Common Reactions to Stress; **HF:** Activities 1, 2, 3, 4; **CD:** Fun Facts: Body Systems; **CD:** Life Begins
- GRADE 8: TE:** pp43-45, pp209-215; **SA:** 80, 81, 82; **EA:** 26; **TR3:** Fight or Flight; **TR4:** Stress-Related Illness; **CD:** Life Begins
- 1.4 Examine how families and peers can influence the health of adolescents
- GRADE 5: TE:** pp30-34, pp72-77, pp89-91, pp133-134; **SA:** 5, 20; **EA:** 9, 11; **PA:** 4, 16; **B:** Sarah, Plain and Tall
- GRADE 6: TE:** pp27-34, pp37-41, p159; **SA:** 7, 8, 9, 42; **EA:** 7; **B:** Holes; **B:** Bridge to Terabithia
- GRADE 7: TE:** pp32-37, pp133-136; **SA:** 1, 2, 3, 4, 34; **TR4:** Good vs. Bad Friendships; **TR19:** Influences on Drug Use; **TR20:** Risk Factors for Drug Use; **V:** Bad Friendships: Doing More Harm Than Good
- GRADE 8: TE:** pp22-26, pp167-169, pp171-173; **SA:** 8, 9, 10, 64, 65; **EA:** 22
- 1.5 Analyze ways in which the environment and personal health are interrelated
- GRADE 5: TE:** p4, pp14-15, p171; **SA:** 1, 2
- GRADE 6: TE:** pp53-67; **SA:** 11, 12, 13, 14, 15, 16; **EA:** 11; **B:** Holes
- GRADE 7: TE:** p 6, pp61-63, pp67-69; **SA:** 10, 13, 14; **EA:** 17
- GRADE 8: TE:** pp89-91, pp99-101; **SA:** 30, 34, 35, 36

\* **HPW Key:** TE = Teacher Edition; SA = Student Activity; EA = Evaluation & Assessment; PA = Parent Activity; TR = Transparency; PC = Parent Connection Booklet; TRG = Teacher Resource Guide; HF = "Health Flash" Booklet; B = Book; P = Poster; A = Audiocassette; F = Flashcards; BLM = Blackline Masters; V = Video/DVD; C = Scenario Cards; G = Game; CD = Software

- 1.6 Use appropriate strategies to prevent/reduce risks and promote well-being  
**GRADE 5: TE:** pp95-98, pp121-124, pp158-169; **SA:** 21, 22, 34, 35, 36, 37; **EA:** 6; **PA:** 19, 20; **TR8:** Food Labels; **TR15:** Dangers of Guns; **TR16:** Weapon Safety; **BLM:** Safe Food Preparation; **BLM:** Kitchen Safety; **V:** ACE (Attitude, Commitment, Excellence)  
**GRADE 6: TE:** pp101-105, pp109-111, pp113-114, pp117-118; **SA:** 23, 24, 26, 27, 34, 35; **EA:** 18; **HF:** Activity 1; **TR11:** Preventing Handgun Violence; **TR17:** Medicines Are Drugs, Too!; **P:** Drug Classifications  
**GRADE 7: TE:** pp7-9, pp153-155, pp160-161, p165, pp195-196; **EA:** 1, 2, 25; **TR24:** Skills for Refusing Drugs; **TR32:** Preventing Food-Borne Illness; **CD:** Life Begins  
**GRADE 8: TE:** pp92-96, pp201-203; **SA:** 31, 32, 33; **EA:** 23; **TR16:** Water Safety; **TR40:** Effective Strategies for Resisting Drugs; **C:** Decision Making Cards: Safety; **SRCD:** Safety on the Internet
- 1.7 Explain how appropriate health care can prevent premature death and disability  
**GRADE 5: TE:** pp182-183; **SA:** 39; **PA:** 22  
**GRADE 6: TE:** pp234-236; **SA:** 59, 60; **SRCD:** An Ounce of Prevention  
**GRADE 7: TE:** pp268-269; **SA:** 70; **EA:** 39  
**GRADE 8: TE:** p244; **EA:** 30; **SRCD:** An Ounce of Prevention
- 1.8 Describe how pathogens, family history, individual decisions and other risk factors are related to the cause or prevention of disease and other health problems  
**GRADE 5: TE:** pp177-178; **EA:** 23  
**GRADE 6: TE:** pp238-243; **SA:** 62; **TR34:** Types of Microorganisms; **TR35:** Modes of Transmission; **TR36:** Body Defenses Against Disease; **SRCD:** Keep Germs Away  
**GRADE 7: TE:** pp263-267; **SA:** 67; **TR47:** Actual Causes of Death; **CD:** Communicable and Non-Communicable Diseases  
**GRADE 8: TE:** pp239-243; **SA:** 92, 93, 94; **EA:** 28, 29; **TR46:** Preventing Food-Borne Illness
- 1.9 Identify and discuss causes, modes of transmission, symptoms and prevention methods of communicable and non-communicable diseases (e.g. HIV/AIDS, sexually transmitted diseases, diabetes, cancer, heart disease)  
**GRADE 5: TE:** pp177-189; **SA:** 38, 39, 40, 41; **EA:** 23, 24; **PA:** 21, 22, 23; **BLM:** Immune System; **TR17-18:** The Immune System; **TR19:** HIV and the Immune System; **TR20-21:** How HIV Is/Is Not Transmitted; **B:** Parents Guide to Common Questions About HIV/AIDS  
**GRADE 6: TE:** pp242-243, pp245-251; **SA:** 63, 64, 65; **EA:** 35; **TR35:** Modes of Transmission of Germs; **TR37:** AIDS; **TR38:** What I Know About AIDS  
**GRADE 7: TE:** pp270-274; **SA:** 71; **EA:** 40; **SRCD:** Frequently Asked Questions About HIV/AIDS  
**GRADE 8: TE:** pp247-260; **SA:** 95, 96, 97, 98, 99, 100, 101; **EA:** 31; **TR47:** Leading Causes of Death; **TR48:** Risk Factors for Cancer; **SRCD:** STDs; **SRCD:** Frequently Asked Questions About HIV/AIDS; **CD:** Life Begins
- 1.10 Describe puberty and human reproduction as it relates to medically accurate comprehensive sexuality education  
**GRADE 5: TE:** pp145-151; **SA:** 29, 30, 31; **PA:** 18; **TR13:** Ovulation & Menstruation  
**GRADE 6: TE:** pp216-230; **SA:** 55, 56, 57, 58; **EA:** 33; **TR29:** Am I Normal?; **TR30:** Adolescence and Puberty; **TR31-32:** Reproductive System; **TR33:** Ovulation and Menstruation; **V:** Puberty; **V:** Hygiene Factor; **BLM:** Reproductive System; **BLM:** Common Questions About Menstruation  
**GRADE 7: TE:** pp236-250; **SA:** 60, 61, 62, 63; **BLM:** The Reproductive System; **TR43-44:** The Reproductive System; **TR45:** The Menstrual Cycle; **CD:** Life Begins  
**GRADE 8: TE:** pp212-219; **SA:** 81, 82, 83, 84; **TR30:** Are You Normal?; **TR42-43:** Reproductive System; **CD:** Life Begins
- 1.11 Define abstinence, explain the value of postponing sexual activity, identify the methods of contraception and the effectiveness of each  
**GRADE 7: TE:** pp252-257; **SA:** 64, 65, 66; **EA:** 37; **TR46:** Maintaining Healthy Sexual Identity; **CD:** Life Begins  
**GRADE 8: TE:** p228-234; **SA:** 89, 90, 91; **TR45:** Reasons for Remaining Sexually Abstinent; **V:** Thinking About Abstinence; **CD:** Life Begins

## Content Standard 2: Accessing Health Information and Resources

**Essential Question:** How and where do I find information, products and resources?

**Curricular Outcome:** Students will demonstrate the ability to access valid health information, products and services.

### By Grade 8, students will:

- 2.1 Analyze the validity of health information and the cost of products and services

### HPW Sources\*

**GRADE 5: TE:** p85; **SA:** 17

**GRADE 6: TE:** pp206-210; **SA:** 53; **EA:** 30, 31; **TR28:** Nutrition Facts Food Label; **SRCD:** How to Understand and Use the Nutrition Facts Panel on Food Labels; **SRCD:** Food Labels

**GRADE 7: TE:** pp145-146; **TR22:** Communication Skills

**GRADE 8: TE:** pp143-144; pp153-156; pp166-167; **SA:** 47, 48, 54, 55, 56, 62, 63; **HF:** Activity 4; **TR26:** Nutrition Facts Label; **TR35:** Consumer Purchasing Skills; **SRCD:** Heart-Healthy Recipes

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- 2.2 Demonstrate the ability to locate and use resources from home, school and community that provide valid health information, products and services  
**GRADE 5: TE:** pp11-12, p98, p161; **EA:** 3; **BLM:** Trivia Game Template; **BLM:** Resources for Help  
**GRADE 6: TE:** pp138-139, p142; **SA:** 33, 35  
**GRADE 7: TE:** p147, pp186-191; **SA:** 37, 50; **TR30-31:** MyPyramid; **SRCD:** How Much Are You Eating?; **SRCD:** Finding a Way To A Healthier You  
**GRADE 8: TE:** p19, pp101-103, p150, pp158-159, pp193-194, p232, p258; **SA:** 52, 58, 59, 78, 91; **TR35:** Consumer Purchasing Skills; **TR36:** Expressing Consumer Complaints
- 2.3 Examine factors that may influence the personal selection of health information, products and services  
**GRADE 5: TE:** p83, pp125-127; **SA:** 26; **PA:** 10; **TR9:** Marketing Strategies  
**GRADE 6: TE:** pp147-149, pp151-152; **SA:** 6; **TR18:** Influences on Tobacco Use; **TR19:** Trends in Alcohol Use  
**GRADE 7: TE:** pp150-153, pp157-159, pp171-172; **SA:** 35, 39, 41, 43; **EA:** 24, 26; **TR19:** Influences on Drug Use; **TR23:** Trends in Drug Use; **SRCD:** Tips for Teens: The Truth About Tobacco; **SRCD:** Tips for Teens: The Truth About Marijuana; **SRCD:** Tips for Teens: The Truth About Alcohol; **V:** Am I Normal?  
**GRADE 8: TE:** pp146-149, p157; **SA:** 49, 50, 51, 57; **TR30:** Are You Normal?; **TR31:** Media Myths; **TR32:** Striving to be Thin; **SRCD:** Tips for Healthy, Thrifty Meals
- 2.4 Demonstrate ways to obtain medically accurate information about comprehensive sexuality education from family, school personnel, health professionals and other responsible adults  
**GRADE 5: TE:** pp146-148, p151; **PA:** 18  
**GRADE 6: TE:** pp229-230  
**GRADE 7: TE:** pp236-237, p250; **SA:** 63; **EA:** 36; **TR42:** Discussing Sexuality; **CD:** Life Begins  
**GRADE 8: TE:** p213, p232; **SA:** 81, 91

### Content Standard 3: Self-management of Healthy Behaviors

**Essential Question:** What can I do to avoid or reduce health risks?

**Curricular Outcome:** Students will demonstrate the ability to practice health-enhancing behaviors to avoid and reduce health risks.

#### By Grade 8, students will:

- 3.1 Explain the importance of assuming responsibility for personal health behaviors  
**HPW Sources\***  
**GRADE 5: TE:** p8, p96, p177; **EA:** 1, 23; **G:** Responsibility Board Game  
**GRADE 6: TE:** pp166-167; **SA:** 46; **B:** On My Honor; **P:** Respect  
**GRADE 7: TE:** p44, pp174-175, pp244-245; **SA:** 6, 47, 62; **TR25:** Rights & Responsibilities; **CD:** Life Begins  
**GRADE 8: TE:** pp5-8, p121, pp167-168, pp239-240; **SA:** 1; **EA:** 16, 22, 28; **TR1:** Wellness Continuum
- 3.2 Examine personal health status to determine needs  
**GRADE 5: TE:** pp117-118, p132; **EA:** 15, 17, 18; **PA:** 14; **C:** Nutrition Cards  
**GRADE 6: TE:** pp181-183, pp188-190; **EA:** 26, 27; **TR26:** Exercise Precautions  
**GRADE 7: TE:** pp15-23; **EA:** 4, 5, 6, 7, 8, 9; **TR1:** Total Wellness  
**GRADE 8: TE:** pp18-19, p138; **SA:** 46; **EA:** 2
- 3.3 Distinguish between safe, risky or harmful behaviors involving themselves and/or others  
**GRADE 5: TE:** p163, pp166-167; **SA:** 36; **PA:** 19, 20  
**GRADE 6: TE:** pp159-160; **SA:** 42  
**GRADE 7: TE:** p105, pp120-123, p257; **SA:** 23, 32, 66; **TR8:** Violence Statistics  
**GRADE 8: TE:** p138, p174, pp187-189, p264; **SA:** 46, 67, 73, 101; **EA:** 2; **TR29:** Exercise Precautions; **TR38:** Social Impact of Alcohol Abuse; **V:** The Truth About Drinking
- 3.4 Apply strategies to improve or maintain personal and family health by examining influences, rules and legal responsibilities that affect decisions  
**GRADE 5: TE:** pp36-41, pp125-127; **SA:** 6, 7, 8A-B, 25, 27; **PA:** 15; **TR3:** Improving Communication Skills; **B:** Journey  
**GRADE 6: TE:** pp63-64, pp105-107, pp153-154; **SA:** 13, 14, 25, 39  
**GRADE 7: TE:** p64, pp119-120, p173, pp177-178; **SA:** 3, 12, 46; **EA:** 27; **TR7:** Preventing Handgun Violence  
**GRADE 8: TE:** pp83-87, p175; **SA:** 29, 70; **EA:** 12, 13; **TR14:** Managing Anger; **TR15:** Preventing Handgun Violence; **SRCD:** Teen Dating Violence
- 3.5 Examine and apply safety techniques to avoid and reduce injury and prevent disease  
**GRADE 5: TE:** pp122-124; **BLM:** Safe Food Preparation; **BLM:** Kitchen Safety  
**GRADE 6: TE:** pp108-111, 113-118, 120-133; **SA:** 26, 27, 28, 29, 30, 31, 32; **EA:** 19, 20; **TR11:** Preventing Handgun Violence; **TR12:** Abuse; **TR13-15:** Basic First Aid; **V:** No Name Calling  
**GRADE 7: TE:** pp160-167; **EA:** 25; **TR24:** Skills For Resisting Drugs  
**GRADE 8: TE:** pp104-117; **SA:** 37, 38, 39, 40, 41; **EA:** 14, 15; **TR17-18:** Shock; **TR19:** Bleeding Injuries; **TR20-21:** Burns

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## 3.6 Apply skills to manage stress

**GRADE 5: TE:** pp66-68; **PA:** 8; **B:** Blackberries in the Dark  
**GRADE 6: TE:** pp79-91; **SA:** 19, 20; **EA:** 14, 15, 16; **TR8:** Signs of Depression; **TR** or **P:** Effective Coping Skills; **B:** Holes  
**GRADE 7: TE:** pp83-86; **SA:** 18, 19; **HF:** Activity 4  
**GRADE 8: TE:** pp52-59; **SA:** 20

## Content Standard 4: Analyzing Internal and External Influences

**Essential Question:** What influences my healthy behaviors and decisions?

**Curricular Outcome:** Students will analyze the influence of family, peers, culture, media, technology and other factors on health.

### By Grade 8, students will:

4.1 Examine the influence of family beliefs and cultural beliefs on personal health behaviors

### HPW Sources\*

**GRADE 5: TE:** p93; **PA:** 11  
**GRADE 6: TE:** pp199-201; **TR27:** Safe Food Preparation and Storage  
**GRADE 7: TE:** pp36-37, pp152-153, pp257-258; **SA:** 42  
**GRADE 8: TE:** pp25-26, pp185-187, pp230-231; **SA:** 9, 10, 71, 73; **CD:** Life Begins

4.2 Analyze how media, technology and other factors influence personal health behaviors

**GRADE 5: TE:** pp91-92, pp124-125, p169; **SA:** 24, 37  
**GRADE 6: TE:** p163, pp197-199; **SA:** 45, 52; **PC:** Eating Disorders  
**GRADE 7: TE:** pp108-109, pp198-200, pp215-216; **SA:** 26, 27, 54; **TR16:** How Violence is Portrayed in the Media; **TR34:** Marketing Strategies  
**GRADE 8: TE:** pp69-71, pp146-148; **SA:** 23, 24, 25, 49, 50, 51; **TR30:** Are You Normal?; **TR31:** Media Myths; **PC:** Violence Prevention

4.3 Analyze how family, school and peers influence personal health

**GRADE 5: TE:** p171  
**GRADE 6: TE:** p83, p159, p163; **SA:** 19, 42, 45  
**GRADE 7: TE:** pp36-37, pp41-44; **SA:** 3, 4, 5, 6; **TR5:** Relationship Building  
**GRADE 8: TE:** pp31-32, p147, pp167-169, pp171-173; **SA:** 13, 49, 64, 65; **EA:** 22

4.4 Identify and explain how the media may influence behaviors and decisions in regard to sexuality

**GRADE 7: TE:** pp214-217, pp257-259; **SA:** 66; **TR39:** Media Myths  
**GRADE 8: TE:** pp221-224; **SA:** 85, 86

## Content Standard 5: Communication Skills

**Essential Question:** How can communication enhance my personal health?

**Curricular Outcome:** Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

### By Grade 8, students will:

5.1 Apply effective verbal and non-verbal communication skills as a means of enhancing health

### HPW Sources\*

**GRADE 5: TE:** pp33-34, pp38-39, p47; **SA:** 10; **PA:** 4; **TR3:** Improving Communication Skills  
**GRADE 6: TE:** pp43-47, pp154-156; **SA:** 10, 40, 41; **EA:** 8, 9, 10; **TR3A&B:** Communication Builders/Blockers; **TR4:** Communication Essentials; **TR20:** Effective Strategies for Refusing Drugs; **G:** Communication Challenge  
**GRADE 7: TE:** p9, p20, pp42-43, pp48-49, pp85-86, p93, p109; **SA:** 5, 19, 20; **EA:** 2, 7; **TR5:** Relationship Builders; **TR6-7:** Communication Builders/Blockers  
**GRADE 8: TE:** pp11-14, pp31-37, p54, pp57-58, pp60-62, pp80-82; **SA:** 2, 3, 4, 13, 14, 15, 22, 28; **EA:** 4; **TR2:** Promoting Self-Esteem

5.2 Use characteristics needed to be a responsible individual within their peer group, school, family and community

**GRADE 5: TE:** pp8-9, pp43-47, pp72-74; **SA:** 9, 10; **B:** Sign of the Beaver  
**GRADE 6: TE:** pp16-17, pp29-31, pp170-173; **SA:** 5; **EA:** 7, 22, 23, 24; **TR21:** Don't Quit; **V:** W.I.N.(Work, Integrity, Never Give Up)  
**GRADE 7: TE:** pp42-44, p179; **SA:** 5; **EA:** 28; **TR5:** Relationship Builders  
**GRADE 8: TE:** pp4-5, pp26-28, pp60-61; **SA:** 11, 12; **EA:** 9

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- 5.3 Identify ways in which emotions may affect communication, behavior and relationships  
**GRADE 5: TE:** pp51-54; **SA:** 11; **EA:** 8; **B:** Maniac Magee  
**GRADE 6: TE:** pp32-34, pp 38-39, pp48-50; **SA:** 8, 9, 10; **B:** Holes; **B:** Bridge to Terabithia  
**GRADE 7: TE:** pp19-22, pp47-48, pp111-112; **SA:** 6, 7, 20; **TR2:** Expressing Emotions; **CD:** Violence Prevention  
**GRADE 8: TE:** pp33-34, pp58-59; **TR7:** Warning Signs of Depression; **SRCD:** Let's Talk About Depression
- 5.4 Compare and contrast healthy ways to express needs, wants and feelings  
**GRADE 5: TE:** pp66-67; **PA:** 8; **B:** Blackberries in the Dark  
**GRADE 6: TE:** pp44-47, pp80-81, pp85-86; **SA:** 19, 20; **EA:** 8, 14; **TR 3A&B:** Communication Builders/Blockers; **TR8:** Signs of Depression; **G:** Communication Challenge; **P** or **TR:** Methods of Communication  
**GRADE 7: TE:** pp20-22, pp50-51, pp117-118; **SA:** 7, 8, 29, 30, 31; **TR2:** Expressing Emotions; **CD:** Life Begins  
**GRADE 8: TE:** pp35-36, pp53-55; **SA:** 14, 15, 19; **TR6:** Managing Stress: Helpful Hints
- 5.5 Demonstrate ways to communicate care, empathy, respect and responsibility for others without bias, abuse, discrimination or harassment based on, but not limited to, race, color, sex, religion, national origin, sexual orientation, ancestry, marital status, mental retardation, mental disorder and learning and/or physical disability  
**GRADE 5: TE:** pp18-22, pp44-45, pp58-59, pp141-142; **SA:** 3, 28; **TR12:** Gender Roles: Myths and Facts; **B:** Number The Stars; **B:** Maniac Magee; **B:** It's Your Turn at Bat; **P:** Respect  
**GRADE 6: TE:** pp82-83; **SA:** 18, 19  
**GRADE 7: TE:** pp8-9, pp112-114, p118; **SA:** 28  
**GRADE 8: TE:** pp73-75, p217, p224; **SA:** 27; **EA:** 11
- 5.6 Use communication skills to build and maintain healthy relationships  
**GRADE 5: TE:** pp46-47; **SA:** 10  
**GRADE 6: TE:** pp40-41, pp47-48; **SA:** 9; **EA:** 9  
**GRADE 7: TE:** pp52-53; **SA:** 9; **P:** Assertive Communication; **G:** Assertiveness Training Game  
**GRADE 8: TE:** pp26-27, pp35-36, pp57-58, pp60-61; **SA:** 11, 12, 14, 15
- 5.7 Demonstrate avoidance, refusal and negotiation skills to enhance healthy relationships  
**GRADE 5: TE:** p71, p97; **SA:** 14, 21; **C:** Conflict Resolution Cards  
**GRADE 6: TE:** pp86-87, pp96-97, pp148-149, p154; **SA:** 20, 40; **TR10:** Conflict Resolution Checklist; **C:** Conflict Resolution Cards  
**GRADE 7: TE:** pp90-93; **HF:** Activities 5, 6; **TR11:** Dealing With Conflict; **TR12:** Steps to Resolving Conflict; **CD:** Violence Prevention  
**GRADE 8: TE:** pp56-58, pp174-175, pp202-203, p234; **TR40:** Effective Strategies for Resisting Drugs
- 5.8 Examine the possible causes of conflict among youth in schools and communities  
**GRADE 5: TE:** pp59-60, p69; **B:** Maniac Magee; **V:** Bullies  
**GRADE 6: TE:** pp93-94; **TR9:** Common Causes of Conflict  
**GRADE 7: TE:** pp89-90; **CD:** Violence Prevention  
**GRADE 8: TE:** pp75-76; **TR9:** Resolving Conflicts; **V:** Conflicts, Communication, Relationships
- 5.9 Demonstrate strategies to prevent, manage and resolve conflicts in healthy ways and identify adults and peers who might assist, when appropriate  
**GRADE 5: TE:** pp60-62, pp70-71; **SA:** 14; **PA:** 7; **TR4:** Dealing With Bullies; **TR5:** Resolving Conflict; **C:** Role Play Scenarios; **G:** Conflict Resolution Bingo Game  
**GRADE 6: TE:** pp94-98; **SA:** 21, 22; **EA:** 17; **TR10:** Conflict Resolution Checklist; **C:** Conflict Resolution Strategies; **V:** Solving Conflicts with Teachers, Parents and Peers  
**GRADE 7: TE:** pp92-93; **SA:** 20; **G:** Conflict Resolution Board Game  
**GRADE 8: TE:** pp78-82; **SA:** 28; **TR10:** Strategies for Preventing Violence; **TR11-12:** Giving/Receiving Constructive Criticism; **TR13:** Good Listening Skills

## Content Standard 6: Decision-Making Skills

**Essential Question:** How do I make good decisions to keep myself healthy?

**Curricular Outcome:** Students will demonstrate the ability to use decision-making skills to enhance health.

### By Grade 8, students will:

- |   |   |
|---|---|
| 6.1 Use a decision-making process to enhance health   | <b>HPW Sources*</b><br><b>GRADE 5: TE:</b> pp97-98; <b>SA:</b> 22<br><b>GRADE 6: TE:</b> pp168-169; <b>SA:</b> 47, 48; <b>EA:</b> 2; <b>P:</b> Decision Making Process<br><b>GRADE 7: TE:</b> pp83-85, pp193-198, pp200-202, pp217-218; <b>SA:</b> 18, 51, 52, 53; <b>EA:</b> 31; <b>TR10:</b> The Decision Making Process; <b>SRCD:</b> Nutrition Values Chart<br><b>GRADE 8: TE:</b> pp55-56, pp199-201; <b>SA:</b> 20; <b>EA:</b> 23; <b>G:</b> Decision Making Game |
| 6.2 Describe and analyze how health-related decisions are influenced by using resources from family, school and community | <b>GRADE 5: TE:</b> pp26-27, p41, pp72-73, p83, pp89-90; <b>SA:</b> 20; <b>EA:</b> 6; <b>PA:</b> 3, 5, 10<br><b>GRADE 6: TE:</b> pp54-57; <b>SA:</b> 11<br><b>GRADE 7: TE:</b> pp63-64; <b>SA:</b> 11, 12<br><b>GRADE 8: TE:</b> pp99-103; <b>SA:</b> 34, 35, 36  |
| 6.3 Predict how decisions regarding health behaviors have consequences for themselves and others                          | <b>GRADE 5: TE:</b> pp95-96; <b>G:</b> Responsibility Board Game<br><b>GRADE 6: TE:</b> p159; <b>SA:</b> 42<br><b>GRADE 7: TE:</b> p164, pp168-169, p172; <b>SA:</b> 44, 47<br><b>GRADE 8: TE:</b> p173, pp186-189, pp193-197; <b>SA:</b> 66, 78  |

## Content Standard 7: Goal-Setting Skills

**Essential Question:** How do I use the goal-setting process to improve my health?

**Curricular Outcome:** Students will use goal-setting skills to enhance health.

### By Grade 8, students will:

- |  |  |
|--|--|
| 7.1 Use the goal-setting process to enhance health | <b>HPW Sources*</b><br><b>GRADE 5: TE:</b> pp24-27, pp132-133; <b>SA:</b> 4; <b>EA:</b> 5, 6, 17, 18; <b>PA:</b> 3<br><b>GRADE 6: TE:</b> pp18-24, pp191-192, p237; <b>SA:</b> 6, 61; <b>EA:</b> 5, 6, 28; <b>TR1:</b> Goal Setting Inspirations; <b>TR2:</b> Goal Setting; <b>B:</b> Holes; <b>B:</b> Sweet Clara and the Freedom Quilt<br><b>GRADE 7: TE:</b> pp24-29, pp54-57, pp220-222; <b>EA:</b> 10, 11, 12, 14, 15, 16, 33, 35; <b>TR3:</b> Goal Setting Inspirations; <b>TR8:</b> Goal Setting; <b>CD:</b> Life Begins<br><b>GRADE 8: TE:</b> pp16-20, pp139-140, pp204-205; <b>SA:</b> 45; <b>EA:</b> 24; <b>HF:</b> Activity 3; <b>TR41:</b> I Can Do |
|--|--|

## Content Standard 8: Advocacy

**Essential Question:** What can I do to promote accurate health information and healthy behaviors?

**Curricular Outcome:** Students will demonstrate the ability to advocate for personal, family and community health.

### By Grade 8, students will:

- |  |  |
|--|--|
| 8.1 Analyze various methods to accurately express health information, concepts and skills      | <b>HPW Sources*</b><br><b>GRADE 5: TE:</b> p173<br><b>GRADE 6: TE:</b> pp180-181, 195-196, 235-236; <b>SA:</b> 49, 50, 51; <b>TR23:</b> Nutrition Essentials; <b>P:</b> Nutrition Vision Chart<br><b>GRADE 7: TE:</b> pp62-63, p142, p169; <b>SA:</b> 10, 35; <b>EA:</b> 17<br><b>GRADE 8: TE:</b> p7, pp101-102, p182, p202; <b>SA:</b> 5, 6, 7, 79; <b>EA:</b> 2, 3, 22                  |
| 8.2 Support a healthy position with accurate information                                       | <b>GRADE 5: TE:</b> p79, pp92-93, pp172-173; <b>PA:</b> 9; <b>BLM:</b> HPW Drug Prevention Guide for Parents<br><b>GRADE 6: TE:</b> pp56-59, pp182-183, pp195-196, pp206-209; <b>SA:</b> 51, 52, 53; <b>EA:</b> 26, 27, 30<br><b>GRADE 7: TE:</b> pp67-71, p177; <b>SA:</b> 13, 14, 15; <b>EA:</b> 27<br><b>GRADE 8: TE:</b> p7, p85, pp100-103, p145, p148, p150, p182; <b>SA:</b> 51, 52 |
| 8.3 Analyze community agencies that advocate for healthy individuals, families and communities | <b>GRADE 5: TE:</b> p98; <b>BLM:</b> Resources for Help<br><b>GRADE 6: TE:</b> p54, pp58-61; <b>SA:</b> 11, 12<br><b>GRADE 8: TE:</b> p101; <b>SA:</b> 36  |

\* **HPW Key:** TE = Teacher Edition; SA = Student Activity; EA = Evaluation & Assessment; PA = Parent Activity; TR = Transparency; PC = Parent Connection Booklet; TRG = Teacher Resource Guide; HF = "Health Flash" Booklet; B = Book; P = Poster; A = Audiocassette; F = Flashcards; BLM = Blackline Masters; V = Video/DVD; C = Scenario Cards; G = Game; CD = Software

- 8.4 Encourage and support others in making positive health choices  
**GRADE 5: TE:** pp171-173  
**GRADE 6: TE:** pp164-165  
**GRADE 7: TE:** p71, pp190-191, p217; **SA:** 15  
**GRADE 8: TE:** p85, p96, pp102-103, p145, p223, p245, p249; **EA:** 93
- 8.5 Demonstrate the ability to work cooperatively in small groups when advocating for healthy individuals, families and schools  
**GRADE 5: TE:** p79, p172; **PA:** 9; **BLM:** HPW Drug Prevention Guide for Parents  
**GRADE 6: TE:** pp31-32, pp164-165, pp235-236  
**GRADE 7: TE:** pp63-64, pp70-71; **SA:** 11, 12, 15  
**GRADE 8: TE:** p85, p96, p103, pp193-194; **SA:** 78
- 8.6 Promote positive ways to show care and consideration for others (e.g. persons living with HIV/AIDS, diabetes, cancer)  
**GRADE 5: TE:** p195; **B:** Friends for Life  
**GRADE 7: TE:** pp275-276; **SA:** 72  
**GRADE 8: TE:** pp261-263
- 8.7 Assess the impact of family, cultural, media and societal messages on one's thoughts, feelings, values and behaviors related to sexuality  
**GRADE 5: TE:** p143; **PA:** 17  
**GRADE 7: TE:** p215, pp236-237, p250, pp255-256; **SA:** 63; **EA:** 36; **TR42:** Discussing Sexuality; **CD:** Life Begins  
**GRADE 8: TE:** pp225-226; **SA:** 87, 88