

**STANDARD 2.1 (WELLNESS) by Grade 2****A. Personal Health**

1. Define wellness and explain how making healthy choices and having healthy relationships contribute to wellness.
2. Describe and demonstrate self-care practices that support wellness, such as brushing and flossing teeth, washing hands, and wearing appropriate attire for weather or sports.

**HPW Key\***

- K/TE p4-9, PA1
- 1/TE p2-9, PA1, E1; TE p50-58, SA4-5, PA8-9, E5
- 2/TE p2-8; TE p22-27, PA2-3, SA3-4; TE p36-42, SA8-9, PA6
- K/TE p10-15, SA1-2, PA2
- 1/TE p162-167, SA31, PA26, E14; TE p178-189, PA27, E15
- 2/TE p136, SA41; TE p156-161, SA46-47, PA23; TE p168-169, SA49, E7

**B. Growth and Development**

1. Name and locate body organs and parts.
2. Describe how children are alike and how they are different.

**HPW Key\***

- K/TE p146-147
- 1/TE p154-161, SA28-29, PA25, E13
- 2/TE p97-99, SA25; TE p130-134, SA39-40
- K/TE p138-144, SA26, PA19
- 1/TE p162-164, SA30; TE p52-55, SA5, E5
- 2/TE p120-129, SA37-38, PA20

**C. Nutrition**

1. Explain why some foods are healthier to eat than others.
2. Sort foods according to food groups and food sources.
3. Explain what information can be found on food and product labels.

**HPW Key\***

- K/TE p54-56; TE p69-70
- 1/TE p98-105, SA11-12, PA16; TE p106-112, SA13, PA15-17, E9
- 2/TE p67-71, PA10, SA12-13; TE p78-79, SA117; TE p84, SA19
- K/TE p56-58, SA7-8, PA8
- 1/TE p98-105, SA11-12, PA16; TE p106-112, SA13, PA15-17, E9
- 2/TE p68-71, SA12-13, PA10
- 1/TE p98-105, SA11-12, PA16; TE p106-112, SA13, PA15-17, E9
- 2/TE p88, SA22-23

**D. Diseases and Health Conditions**

1. Explain why diseases and health conditions need to be detected and treated early.
2. Explain the difference between communicable and non-communicable diseases.
3. Discuss common symptoms of diseases and health conditions.
4. Explain ways to prevent the spread of diseases such as hand washing, immunizations, covering coughs, and not sharing cups, hats, or combs.

**HPW Key\***

- K/TE p170-173, SA33, PA24
- 1/TE p159-161, SA29, E13, PA25
- 2/TE p156-161, SA46-47, PA23
- 1/TE p174-180, SA32-33, PA27, E15
- 2/TE p156-161, SA46-47, PA23; TE p162-165
- K/TE p158-160
- 1/TE p174-180, SA32-33, PA27, E15
- 2/TE p156-161, SA46-47, PA23
- K/TE p158-161, SA29; TE p166-169, SA32, PA23; TE p14-15, SA2a-b
- 1/TE p174-180, SA32-33, PA27, E15
- 2/TE p156-161, SA46-47, PA23

**E. Safety**

1. Explain and demonstrate ways to prevent injuries, including seat belts and child safety seats in motor vehicles, protective gear, and fire, bus, and traffic safety procedures.
2. Explain and demonstrate simple first aid procedures, including getting help and calling 911, knowing personal information such as address and phone number, avoiding contact with blood and other body fluids, and caring for small cuts.
3. Distinguish among “good/safe touch,” “bad/unsafe touch,” and “confusing touch” and explain what to do if touching causes uncomfortable feelings.
4. Identify safe and appropriate behavior for use when interacting with strangers, acquaintances, and trusted adults.
5. Identify warning labels found on medicines and household products.

**HPW Key\***

- K/TE p108-117, SA19-20, PA14; TE p124-129, SA23-25, PA17
- 1/TE p68-86, PA11-13, E7-8, SA8
- 2/TE p140-149, SA42-45, PA21
- K/TE p118-123, SA21-22, PA15-16
- 1/TE p60-66, SA7, PA10, E6
- 2/TE p148-149, SA45, PA21
- K/TE p130-136, PA18
- 1/TE p88-91, SA9, PA14
- 2/TE p150-154, E6, PA22
- K/TE p130-136, PA18
- 1/TE p88-91, SA9, PA14
- 2/TE p150-154, E6, PA22
- K/TE p94-97, SA14, PA13
- 1/TE p124-129, SA14-19, PA20, E10
- 2/TE p100-101, SA26; TE p141-142, SA42

**F. Social and Emotional Health**

1. Explain that all human beings have basic needs including food, water, sleep, shelter, clothing, and love.
2. Recognize various emotions and demonstrate sympathy and empathy.
3. Describe and demonstrate appropriate ways to express wants, needs, and emotions.
4. Identify the possible causes of conflict and discuss appropriate ways to prevent and resolve conflicts.

**HPW Key\***

- K/TE p4-6
- 1/TE p2-9, PA1, E1; TE p32-45, PA5-7, E4, SA3
- 2/TE p2-6; TE p27, PA3; TE p34-35, SA7, PA5; TE121; TE137, SA41
- K/TE p20-23, PA3a-b; TE p40-43
- 1/TE p20-29, SA1-2, PA3, E3; TE p52-58, SA5, E5, PA9
- 2/TE p16-21, SA2
- K/TE p20-23, PA3a-b; TE p40-43
- 1/TE p13-15; TE p20-29, SA1-2, PA3, E3; TE p52-58, SA5, E5, P9
- 2/TE p16-21, SA2
- K/TE p27-28; TE p48-51
- 1/TE p46-51, SA4, PA8
- 2/TE p44-48, PA7, SA10-11; TE p16-21, SA2a-b

**STANDARD 2.2 (INTEGRATED SKILLS) by Grade 2****A. Communication**

1. Identify sources of health information.
2. Express ideas and opinions about wellness issues.

**HPW Key\***

- K/TE p105, SA18; TE p120-123, PA15, SA21-22; TE p170-173, SA33, PA24
- 1/TE p92, PA14; TE p60-66, SA6-7, PA10, E6; TE p145, PA23
- 2/TE p47, SA11; TE p148-149, SA45; TE p110-111, SA30; TE p166-168, PA24, SA48
- K/TE p79-82, SA11-12, PA11; TE p103, SA16
- 1/TE p2-9, PA1, E1; TE p134-135; TE p139-141, SA24, PA22; TE p146-149, SA26-27, PA24
- 2/TE p27, PA3; TE p57-64, PA9; TE p104-106

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| <p>3. Explain when and how to use refusal skills in health and safety situations.</p> | <ul style="list-style-type: none"> <li>• K/TE p104; TE p132-135</li> <li>• 1/TE p72-74; TE p90-91; TE p134-135, PA21, E11; TE p139-141, SA24, PA22</li> <li>• 2/TE p111-112, PA18, SA31; TE p114-118, SA32-36; TE p152-153</li> </ul>          |
| <p>4. Demonstrate effective communication and listening skills.</p>                   | <ul style="list-style-type: none"> <li>• K/TE p7-9; TE p20-23; TE p27-28; TE p38-43; TE p50-51</li> <li>• 1/TE p19-25, SA2, PA3, E3; TE p46-51; TE p56-57; TE p90-91; TE p142-145, SA25, PA23</li> <li>• 2/TE p7; TE p16-21, SA2a-b</li> </ul> |

**B. Decision Making**

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| <p>1. Explain the steps to making an effective health decision.</p>             | <p><b>HPW Key*</b></p> <ul style="list-style-type: none"> <li>• K/TE p121-123, TE p128; TE p133-135</li> <li>• 1/TE p142-145, SA25, PA23</li> <li>• 2/TE p44-48, SA10-11, PA7; TE p114-118, SA32-36</li> </ul> |
| <p>2. Discuss how parents, peers, and the media influence health decisions.</p> | <ul style="list-style-type: none"> <li>• K/TE p100-105, SA16-18</li> <li>• 1/TE p133; TE p146-151, SA26-27, PA24; TE p7-8; TE p101-102</li> <li>• 2/TE p104-105</li> </ul>                                     |

**C. Planning and Goal Setting**

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| <p>1. Develop a wellness goal and explain why setting a goal is important.</p> | <p><b>HPW Key*</b></p> <ul style="list-style-type: none"> <li>• K/TE p7-9; TE p22-23; TE p63-65, P9</li> <li>• 1/TE p116-118, PA18</li> <li>• 2/TE p22-27, PA2-3, SA3-4</li> </ul> |
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**D. Character Development**

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| <p>1. Explain that a person’s character and values are reflected in the way the person thinks, feels, and acts.</p> | <p><b>HPW Key*</b></p> <ul style="list-style-type: none"> <li>• K/TE p40-47, PA6-7</li> <li>• 1/TE p10-19; TE p52-58, SA5, E5, PA9; TE p46-50, SA4, PA8</li> <li>• 2/TE p10-15, SA1, PA1</li> </ul> |
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**E. Leadership, Advocacy, and Service**

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| <p>1. Act as a leader and a follower.</p>  | <p><b>HPW Key*</b></p> <ul style="list-style-type: none"> <li>• K/TE p14-15; TE p81, TE p103, SA16; TE p50-51</li> <li>• 1/TE p46-51, SA4; TE p35-36; TE p38-41, PA6, E4</li> <li>• 2/TE p44-48, SA10-11, PA7</li> </ul>    |
| <p>2. Identify factors that lead to group success and help solve group problems.</p>                           | <ul style="list-style-type: none"> <li>• K/TE p7-9, TE p20-23; TE p27-28; TE p50-51</li> <li>• 1/TE p13-19; TE p38-41, PA6, E4; TE p46-51</li> <li>• 2/TE p14-15; TE p20-26, SA3-4, PA2; TE p44-48, SA10-11, PA7</li> </ul> |
| <p>3. Motivate group members to work together and provide constructive feedback.</p>                           | <ul style="list-style-type: none"> <li>• K/TE p81, TE p103, SA16; TE p50-51</li> <li>• 1/TE p13-19; TE p38-41, PA6, E4; TE p46-51</li> <li>• 2/TE p14-15; TE p20-26, SA3-4, PA2; TE p44-48, SA10-11, PA7</li> </ul>         |
| <p>4. Demonstrate respect for varying ideas and opinions.</p>  | <ul style="list-style-type: none"> <li>• K/TE p7-9; TE p20-23; TE p27-28; TE p50-51</li> <li>• 1/TE p52-58, SA5, E5, PA9; TE p46-51</li> <li>• 2/TE p20-21; TE p44-48, SA10-11, PA7</li> </ul>                              |
| <p>5. Participate in a class or school service activity and explain how volunteering enhances self-esteem.</p> | <ul style="list-style-type: none"> <li>• K/TE p81; TE p16-19</li> <li>• 1/TE p148-150, SA26; TE p35-36; TE p38-41, PA6, E4</li> <li>• 2/TE p60-64; TE p11-112, PA18, SA31</li> </ul>  |

\* **HPW Key:** Grade/TE = Teacher Edition; SA = Student Activity; E = Evaluation & Assessment; PA = Parent Activity; T = Transparency; TRG = Teacher Resource Guide; HF = “Health Flash” Booklet

## F. Health Services and Careers

1. Discuss how community helpers and healthcare workers contribute to personal and community wellness.
2. Explain when and how to seek help when feeling ill, scared, sad, lonely, or bullied.

### HPW Key\*

- K/TE p170-173, SA33, PA24
- 1/TE p92, PA14; TE p161, PA25
- 2/TE p166-169, SA48-49, PA24-25
- K/TE p170-173, SA33, PA24; TE p34-37, PA5; TE p120-122, PA15, SA21
- 1/TE p92, PA14; TE p145, PA23
- 2/TE p166-169, SA48-49, PA24-25

## STANDARD 2.3 (DRUGS AND MEDICINES) by Grade 2

### A. Medicines

1. Identify different kinds of medicines.
2. Explain that medicines can be helpful or harmful and that when used correctly, medicines can help keep people healthy.
3. Discuss basic rules when taking medicines.

### HPW Key\*

- K/TE p90-93, SA13, PA12
- 1/TE p120-129, PA19-20, SA14-19, E10; TE p137, SA22
- 2/TE p98-101, SA25-26a&b, PA16
- K/TE p90-93, SA13, PA12; TE p104-105, SA17
- 1/TE p120-129, PA19-20, SA14-19, E10; TE p137, SA22
- 2/TE p98-101, SA25-26a&b, PA16
- K/TE p90-93, SA13, PA12; TE p104-105, SA17
- 1/TE p120-129, PA19-20, SA14-19, E10
- 2/TE p98-101, SA25-26a&b, PA16

### B. Alcohol, Tobacco and Other Drugs

1. Define drug and give examples of harmful and/or illegal drugs.
2. Explain that tobacco use contributes to lung diseases and fires.
3. Discuss how tobacco smoke impacts the environment and the health of nonsmokers.
4. Discuss how alcohol use contributes to injuries such as falls and motor vehicle crashes.
5. Identify substances that should never be consumed or inhaled such as drug look-alikes, glue, poisons, and cleaning fluids.

### HPW Key\*

- K/TE p90-93, SA13, PA12; TE p104-105, SA17
- 1/TE p120-129, PA19-20, SA14-19, E10; TE p137, SA22
- 2/TE p93-95, SA24, PA15; TE p98-101, SA25-26a&b, PA16
- K/TE p98-99, SA15; TRG pR72-R73
- 1/TE p130-135, SA20-21, PA21, E11; TRG pR72-R79
- 2/TE p97-99, SA25; TE p102-106, PA17, SA27-28; TRG pR92-R95
- K/TE p98-99, SA15, TRG pR74-R79
- 1/TE p130-135, SA20-21, PA21, E11; TRG pR74-R79
- 2/TE p102-106, PA17, SA27-28; TRG pR96-R101
- K/TRG pR53-R54
- 1/TE p136-141, SA22-24, PA22
- 2/TE p108-112, PA18, SA29-31; TRG pR57-R66
- K/TE p94-97, SA14-15, PA13; TRG pR86-R89
- 1/TE p120-129, PA19-20, SA14-19, E10; TE p137, SA22
- 2/TRG p106-111

### C. Dependency/Addiction and Treatment

1. Explain that some people cannot control their use of alcohol, tobacco, and other drugs.
2. Explain that people who abuse alcohol, tobacco, and other drugs can get help.

### HPW Key\*

- K/TRG pR55, TRG pR59-R62
- 1/TRG pR55, TRG pR59-R62
- 2/TE p108-112, PA18, SA29-31; TRG pR57-R66
- K/TE p104-105, SA17-18; TRG pR64-R65, TRG pR79, TRG pR89
- 1/TE p145, PA23; TRG pR79, TRG pR89
- 2/TE p108-112, PA18, SA29-31; TRG pR57-R66

## STANDARD 2.4 (HUMAN RELATIONSHIPS AND SEXUALITY) by Grade 2

### A. Relationships

1. Identify different kinds of families and explain that families may differ for many reasons.
2. Explain that all family members have certain rights and responsibilities that contribute to the successful functioning of the family.
3. Explain that families experiencing a change or crisis can get help if they need it.
4. Define friendship and explain that friends are important throughout life.
5. Identify appropriate ways for children to show affection and caring.

### HPW Key\*

- K/TE p34-37, PA5
- 1/TE p32-37, PA5; TE p58, P9
- 2/TE p30-35, SA5-7, PA4-5
- K/TE p38-43, P6; TE p44-47, P7
- 1/TE p38-41, P6, E4
- 2/TE p30-35, SA5-7, PA4-5
- K/TE p48-51
- 1/TE p46-51, SA4, PA8
- 2/TE p44-48, PA7, SA10-11
- K/TE p24-28, SA4
- 1/TE p50-58, SA4-5, E5, PA8-9
- 2/TE p36-42, SA8-9, PA6
- K/TE p16-23, SA3, PA3a&b; TE p24-28, SA4; TE p40-43
- 1/TE p13-25, SA1-2, PA3, E3; TE p44-51, SA3-4, PA9; TE p54-55, SA5, E5
- 2/TE p30-35, SA5-7, PA4-5

### B. Sexuality

1. Explain the physical differences and similarities of the genders.

### HPW Key\*

- K/TE p138-144, SA26, PA19
- 1/TE p162-164, SA30
- 2/TE p120-129, SA37-38, PA20

### C. Pregnancy and Parenting

1. Explain that human beings develop inside their birth mother, are helpless when born, and must be fed, clothed, and nurtured.

### HPW Key\*

- K/TE p146-151, SA27, PA19-20
- 1/TE p168-172

## STANDARD 2.5 (MOTOR SKILL DEVELOPMENT) by Grade 2

### Descriptive Statement:

In order to meet this standard, students must participate in a wide range of developmentally-appropriate games, sports, dance, and lifetime recreational activities that will help students develop and maintain a healthy, active lifestyle

To meet this standard see PE program

## STANDARD 2.6 (FITNESS) by Grade 2

### A. Fitness and Physical Activity

1. Identify the components of health-related and skill-related fitness and identify activities that develop each component.

### HPW Key\*

- K/TE p60-65, SA9-10, PA9; Kids in Action Fitness for Children
- 1/TE p94-97, SA10, PA15
- 2/TE p70-73, PA11; TE p86-89, SA20-23, PA14, E3; TE p134, SA40

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2. Identify body responses associated with moderate to vigorous physical activity including sweating, a fast heart rate, and heavy breathing.

- K/TE p60-65, SA9-10, PA9; Kids in Action Fitness for Children
- 1/TE p116-118, PA18
- 2/TE p80-85, SA18-19, PA13

## B. Training

1. Explain that too much or not enough exercise can be harmful.
2. Explain that participation in regular physical activity contributes to wellness.

### HPW Key\*

- K/TE p60-65, SA9-10, PA9; Kids in Action Fitness for Children
- 1/TE p94-97, SA10, PA15; TE p116-118, PA18
- 2/TE p70-73, PA11; TE p87, SA20-21
- K/TE p60-65, SA9-10, PA9; Kids in Action Fitness for Children
- 1/TE p94-97, SA10, PA15; TE p116-118, PA18
- 2/TE p70-73, P11; TE p87, SA20-21

## C. Achieving and Assessing Fitness

1. Engage in moderate to vigorous physical activity that develops all components of fitness.
2. Monitor heart rate and breathing before, during, and after exercise.
3. Develop a fitness goal and monitor achievement of the goal.

### HPW Key\*

- K/TE p60-65, SA9-10, PA9; Kids in Action Fitness for Children
- 1/TE p94-97, SA10, PA15; TE p116-118, PA18
- 2TE p70-73, PA11; TE p87, SA20-21
- K/TE p60-65, SA9-10, PA9; Kids in Action Fitness for Children
- 1/TE p94-97, SA10, PA15; TE p116-118, PA18
- 2/TE p86-89, SA20-23, PA14, E3
- K/TE p60-65, SA9-10, PA9; Kids in Action Fitness for Children
- 1/TE p94-97, SA10, PA15; TE p116-118, PA18
- 2/TE p85, PA13; TE p87, SA21

# New Jersey/HPW Correlation Grades 3-4

## STANDARD 2.1 (WELLNESS) by Grade 4

### A. Personal Health

1. Discuss the physical, social, emotional, and intellectual dimensions of wellness.
2. Describe and demonstrate personal hygiene practices that support wellness.
3. Analyze the impact of health choices and behaviors on wellness.

### HPW Key\*

- 3/TE p4-7, E1-2; TE p14-17, E1, PA3-6
- 4/TE p6-9/, SA1, T1, PA1
- 3/TE p146-150, SA33-34, PA25, E11
- 4/TE p10-12, E1-2, SA2-3; TE p161
- 3/TE p14-17, E1, PA3-6; TE p72-75, SA11-12, T4, PA14; TE p143
- 4/TE p10-12, E1-2, SA2-3; TE p15-21, PA2-3, T2, SA5, E3-4

### B. Growth and Development

1. Describe the structure and function of human body systems.
2. Discuss factors that contribute to healthy physical, social, emotional, and intellectual growth and uniqueness.

### HPW Key\*

- 3/TE p100-103, SA18, PA18
- 4/TE p154-163, PA21, SA40-41, E23-24
- 3/TE p96-105, PA18, SA18, T8
- 4/TE p154-163, PA21, SA40-41, E23-24

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## C. Nutrition

1. Differentiate between healthy and unhealthy eating patterns.
2. Classify foods by food group, food source, nutritional content, and nutritional value.
3. Interpret food product labels.
4. Discuss how healthy eating provides energy, helps to maintain healthy weight, lowers risk of disease, and keeps body systems working.

### HPW Key\*

- 3/TE p88-94, SA17, T6-7, PA17, E8
- 4/TE p130-132; TE p136-138, E19, SA34; TE p140-143, T7, SA35; TE p146-148, SA 38
- 3/TE p75, SA12A-C, PA14; TE p76-82, T5, SA13-15, PA15
- 4/TE p125-129, T5, SA29-30, PA18
- 3/TE p91-92, SA17, T6
- 4/TE p132-135, T6, SA31-33
- 3/TE p72-75, SA11-12a-c, T4, PA14; TE p108-109, SA19
- 4/TE p123-124, SA28, T4; TE p149-152, SA39, E20-21, PA20; TE p168-169, T5, SA42, HF: Heart Health

## D. Diseases and Health Conditions

1. Discuss the importance of the early detection of diseases and health conditions.
2. Investigate ways to treat common childhood diseases and health conditions.
3. Explain that some diseases and health conditions are preventable and some are not.
4. Describe the signs and symptoms of diseases and health conditions common in children.
5. Investigate how the use of universal precautions, sanitation and waste disposal, proper food handling and storage, and environmental controls help to prevent diseases and health conditions.

### HPW Key\*

- 3/TE p150, PA25
- 4/TE p174-178, E27, SA43-44, PA22
- 3/TE p142-145, SA31-32, PA24
- 4/TE p180-186, T11-16, SA45, PA23
- 3/TE p146-150, SA33-34, PA25, E11
- 4/TE p182-184, T11-13
- 3/TE p142-145, SA31-32, PA24
- 4/TE p180-186, T11-16, SA45, PA23
- 3/TE p92-93, T7; TE p150
- 4/TE p144-145, SA37; TE p174-178, E27, SA43-44, PA22

## E. Safety

1. Describe the characteristics of safe and unsafe situations and develop strategies to reduce the risk of injuries at home, school, and community.
2. Describe and demonstrate simple first aid procedures, including the assessment of choking and breathing, the control of bleeding, and the care of minor wounds and burns.
3. Explain that abuse can take several forms, including verbal, emotional, sexual, and physical, and identify ways to get help should abuse be suspected.
4. Describe the characteristics of strangers, acquaintances, and trusted adults and demonstrate safe and appropriate ways to deal with each.

### HPW Key\*

- 3/TE p50-53, E5, PA11; TE p54-59, SA7-8; TE p62, PA12
- 4/TE p60-70, SA11-13, E9-11, PA9
- 4/TE p54-58, PA8
- 3/TE p64-70, SA9-10, PA13, E7
- 4/TE p68-70, SA13, E10-11
- 3/TE p64-70, SA9-10, PA13, E7; T55
- 4/TE p68-70, SA13, E10-11

## F. Social and Emotional Health

1. Describe basic human needs and how individuals and families attempt to meet those needs.

### HPW Key\*

- 3/TE p20-27, PA7-8, SA2-3
- 4/TE p6-7, SA1, T1; TE p11-12, E1, SA2-3; TE p24-28, SA6, PA4

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| <p>2. Discuss how culture, peers, and the media impact the way individuals communicate and express emotions, and how emotions can affect communication, choices, and behaviors.</p> | <ul style="list-style-type: none"> <li>• 3/TE p40-46, T1, T3, SA6, E3-4, PA10</li> <li>• 4/TE p81-83, SA16-17; TE p74-78, SA14-15, PA10</li> </ul>                                  |
| <p>3. Distinguish among conflict, violence, vandalism, harassment, and bullying and discuss factors that contribute to each.</p>  | <ul style="list-style-type: none"> <li>• 3/TE p36-38, T2, SA5, PA9</li> <li>• 4/TE p80-86, SA16-18, PA11, E12-13; TE p74-78, SA14-15, PA10; TE p68-69, SA13</li> </ul>              |
| <p>4. Describe and demonstrate strategies to prevent, reduce, or mediate conflict.</p>  | <ul style="list-style-type: none"> <li>• 3/TE p43-46, T3, SA6, E3, PA10; TE p36-38, T2, SA5, PA9</li> <li>• 4/TE p80-86, SA16-18, PA11, E12-13; TE p74-78, SA14-15, PA10</li> </ul> |
| <p>5. Discuss the causes of stress and demonstrate ways to deal with stressful situations.</p>  | <ul style="list-style-type: none"> <li>• 3/TE p24-27, SA2-3, PA8; TE p41-45, T1, T3, SA6, E3, PA10</li> <li>• 4/TE p72-79, SA14-15, PA10</li> </ul>                                 |
| <p>6. Explain and demonstrate ways to cope with rejection, loss, and separation.</p>  | <ul style="list-style-type: none"> <li>• 3/TE p24-27, SA2-3, PA8</li> <li>• 4/TE p76-79, PA10</li> </ul>  |
| <p>7. Explain how stereotypes influence personal growth and behavior.</p>   | <ul style="list-style-type: none"> <li>• 3/TE p100-105, SA18, PA18, T8</li> <li>• 4/TE p81-83, SA16-17</li> </ul>   |

## STANDARD 2.2 (INTEGRATED SKILLS) by Grade 4

### A. Communication

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| <p>1. Explain how to determine the validity and reliability of a health resource.</p>  | <p><b>HPW Key*</b></p> <ul style="list-style-type: none"> <li>• 3/TE p88-90; TE p14-17, E1, PA3-6; TE p80-81, SA15; TE p120-123, SA24, PA20; TE p145, SA32</li> <li>• 4/TE p81, SA16; TE p100-103, E14, SA20, PA14; TE p111, E16</li> </ul>     |
| <p>2. Present health information, orally and in writing, to peers.</p>   | <ul style="list-style-type: none"> <li>• 3/TE p14-17, E1, PA3-6; TE p138-139; TE p60-62, E6, PA12; TE p80-81, SA15; TE p128-129</li> <li>• 4/TE p48-52, E8, PA7; TE p91-92, SA20; TE p98-99, SA22, PA13</li> </ul>                              |
| <p>3. Describe and demonstrate the effective use of communication skills, including refusal, negotiation, and assertiveness.</p> | <ul style="list-style-type: none"> <li>• 3/TE p128-129; TE p136-139, SA29-30; TE p32-38, T1-2, SA5, PA9</li> <li>• 4/TE p30-33, T3, SA7, PA5; TE p68-69, SA13; TE p76-79, PA10; TE p80-85, SA16-18, PA11; TE p110-115, SA26-27, PA16</li> </ul> |
| <p>4. Identify and employ ways to improve listening skills.</p>  | <ul style="list-style-type: none"> <li>• 3/TE p32-38, T1-2, SA5, PA9</li> <li>• 4/TE p30-33, T3, SA7, PA5</li> </ul>  |
| <p>5. Explain how to identify a health problem or issue for possible research.</p>   | <ul style="list-style-type: none"> <li>• 3/TE p14-17, E1, PA3-6; TE p60-62, E6, PA12</li> <li>• 4/TE p48-52, E8, PA7; TE p98-99, SA22, PA13</li> </ul>  |

### B. Decision Making

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|---|--|
| <p>1. Outline the steps to making an effective decision.</p>                                  | <p><b>HPW Key*</b></p> <ul style="list-style-type: none"> <li>• 3/TE p40-45, T1, T3, E3, SA6, PA10; TE p34-37, T2, SA5</li> <li>• 4/TE p104-109, SA24-25, E15, PA15</li> </ul>   |
| <p>2. Discuss how parents, peers, and the media influence health decisions and behaviors.</p> | <ul style="list-style-type: none"> <li>• 3/TE p128-129; TE p136-139, SA29-30; TE p88-90</li> <li>• 4/TE p24-28, SA6, PA4; TE p80-82, SA16-17</li> </ul>  |
| <p>3. Describe situations that might require a decision about health and safety.</p>          | <ul style="list-style-type: none"> <li>• 3/TE p48-69, E5-7, PA11-13, SA7-10; TE p128-129; TE p136-139, SA29-30</li> <li>• 4/TE p60-65, E9, SA11-12, PA9; TE p68-69, SA13; TE p104-109, SA24-25, PA15; TE p112</li> </ul> |

### C. Planning and Goal Setting

1. Develop a personal health goal and track progress.
2. Describe ways to support the achievement of health goals.

#### HPW Key\*

- 3/TE p14-17, E1, PA3-6; TE p84-87, SA16, PA16
- 4/TE p18-20, T2, SA5, PA3; TE p50-52, E7-8; TE p149-150, E20, SA39; TE p118, E18
- 3/TE p14-17, E1, PA3-6
- 4/TE p18-20, T2, SA5, PA3; TE p114-115, SA27; TE p67-68; TE p57

### D. Character Development

1. Describe character traits and core ethical values such as trustworthiness, responsibility, respect, caring, justice, fairness, civic virtue, and citizenship.
2. Discuss how an individual's character positively impacts individual and group goals and success.

#### HPW Key\*

- 3/TE p7-13, SA1, PA2; TE p28-31, SA4; TE p32-46, T1-2, SA5-6, PA9-10, E3, TE p103-105, T8
- 4/TE p8; TE p14-15, SA4; TE p27-28, SA6, PA4; TE p31-33, T3, SA7, PA5; TE35-38, SA8, PA6
- 3/ TE p7-13, SA1, PA2; TE p28-31, SA4; TE p32-46, T1-2, SA5-6, PA9-10, E3, TE p103-105, T8
- 4/TE p8; TE p25-28, SA6, PA4; TE p31-36, T3, SA8, PA5

### E. Leadership, Advocacy, and Service

1. Describe and demonstrate the characteristics of an effective leader.
2. Acknowledge the contributions of group members and choose appropriate ways to motivate them and celebrate their accomplishments.
3. Demonstrate respect for the opinions and abilities of group members.
4. Develop and articulate group goals.
5. Develop a position on a wellness issue.
6. Discuss laws and regulations created to enhance wellness.
7. Organize and participate in a school or community service activity and discuss how helping others impacts personal and community wellness.

#### HPW Key\*

- 3/TE p7-9; TE p32-38, T1-2, SA5, PA9; TE p60-62, E6, PA12; TE p138-139; TE p103-105, T8a-b
- 4/TE p18-20, T2, PA3, SA5; TE p48-52, E8, PA7; TE p98-99, SA22, PA1
- 3/TE p7-9; TE p60-62, E6, PA12; TE p138-139; TE p103-105, T8a-b
- 4/TE p18-20, T2, PA3, SA5; TE p48-52, E8, PA7; TE p98-99, SA22, PA13
- 3/TE p7-9, TE p102-105, T8, PA18; TE p32-38, T1-2, SA5, PA9
- 4/TE p8, TE p18-20, T2, PA3, SA5; TE p162, SA41
- 3/TE p7-9; TE p32-38, T1-2, SA5, PA9
- 4/TE p8, TE p18-20, T2, PA3, SA5; TE p48-52, E8, PA7
- 3/TE p60-62, E6, PA12; TE p138-139; TE p128-129
- 4/TE p48-51, PA7, E8; TE p98-99, SA22, PA13
- 3/TE p9; TE p54-62, SA7-8, E6, PA12
- 4/TE p66-70, SA13, E11; TE p108
- 3/TE p60-62, E6, PA12; TE p138-139; TE p103-105, T8a-b
- 4/TE p48-51, PA7, E8; TE p98-99, SA22, PA13; TE p114-115, SA27, PA16

### F. Health Services and Careers

1. Describe health and fitness services provided in the school and community.
2. Describe and demonstrate how to seek help for a variety of health and fitness concerns.

#### HPW Key\*

- 3/TE p54-62, SA7-8, E6, PA12
- 4/TE p46-52, SA9-10, PA7, E7-8; TE p55-56; TE p67-68; TE p91-92, SA20
- 3/TE p88-90; TE p14-17, E1, PA3-6; TE p80-81, SA15; TE p120-123, SA24, PA20; TE p145, SA32
- 4/TE p18-119, T2; TE p55-57; TE p91-92, SA20; TE p198

## STANDARD 2.3 (DRUGS AND MEDICINES) by Grade 4

### A. Medicines

1. Distinguish between over-the-counter and prescription medicines.
2. Identify commonly used medicines and discuss why they are used.
3. Discuss the importance of taking medicines as ordered, not sharing medicines with others, and reporting any side effects to a trusted adult.

### HPW Key\*

- 3/TE p116-123, SA23-24, PA19-20
- 4/TE p88-92, SA19-20, PA12
- 3/TE p116-123, SA23-24, PA19-20
- 4/TE p88-92, SA19-20, PA12
- 3/TE p116-123, SA23-24, PA19-20
- 4/TE p88-92, SA19-20, PA12

### B. Alcohol, Tobacco and Other Drugs

1. Explain why it is illegal to use or possess certain drugs/substances.
2. Describe the short- and long-term physical effects of tobacco use.
3. Discuss the impact of second-hand/passive smoke on the health of nonsmokers.
4. Identify the short- and long-term physical and behavioral effects of alcohol use and abuse.
5. Identify the physical and behavioral effects of marijuana use.
6. Explain that brain damage, lung damage, and death can occur from inhaling certain substances, such as solvents, propellants, and medicinal gases.

### HPW Key\*

- 3/TE p134, SA28
- 4/TE p90; TE p108-109, E15, PA15
- 3/TE p124-129, SA25-26, PA21; TRG pR92-R101
- 4/TE p94-99, SA21-22, PA13; TRG pR70-R75
- 3/TE p124-129, SA25-26, PA21; TRG pR92-R101
- 4/TE p94-99, SA21-22, PA13; TRG pR96-R98
- 3/TE p130-133, SA27; TRG pR61-R66
- 4/TE p100-103, SA23, E14, PA14; TRG pR59-R62
- 3/TRG pR102-R104
- 4/TE p100-103, SA23, E14, PA14; TRG pR102-R104
- 3/TE p135, PA22; TRG pR108-R111
- 4/TE p100-103, SA23, E14, PA14; TRG pR108-R111

### C. Dependency/Addiction and Treatment

1. Discuss signs that a person might have a problem with the use of alcohol, tobacco, and other drugs.
2. Identify where individuals with a substance abuse problem can get help.
3. Differentiate among drug use, abuse, and misuse.
4. Describe how advertising, peers, and adults influence children and teenagers to try alcohol, tobacco, and other drugs.

### HPW Key\*

- 3/TE p127, TE p133, TRG pR63-R65, TRG pR103-R104, TRG pR111
- 4/TE p100-103, SA23, E14, PA14; TRG pR63-R68
- 3/TRG pR68-R69, TRG pR101
- 4/TE p100-103, SA23, E14, PA14; TRG pR68-R69
- 3/TE p121-123, SA24, PA20
- 4/TE p88-92, SA19-20, PA12
- 3/TE p136-140, SA29-30, PA23, E10
- 4/TE p97-99, SA22, PA13; TE p108; TE p112

## STANDARD 2.4 (HUMAN RELATIONSHIPS AND SEXUALITY) by Grade 4

### A. Relationships

1. Describe different kinds of families and discuss how families can share love, values, and traditions, provide emotional support, and set boundaries and limits.

### HPW Key\*

- 3/TE p20-23, PA7; TE p24-27, SA2-3, PA8
- 4/TE p24-28, SA6, PA4; TE p13-15, SA4, PA2

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|---|--|
| <ul style="list-style-type: none"> <li>2. Compare the roles, rights, and responsibilities of various family members.</li> <li>3. Discuss ways that families adjust to changes in the nature or structure of the family.</li> <li>4. Discuss how culture and tradition influence personal and family development.</li> <li>5. Discuss factors that support healthy relationships with friends and family.</li> <li>6. Describe the characteristics of a friend.</li> <li>7. Describe appropriate ways to show affection and caring.</li> </ul> | <ul style="list-style-type: none"> <li>• 3/ TE p24-27, SA2-3, PA8</li> <li>• 4/TE p24-28,SA6, PA4; TE p13-15, SA4, PA2</li> <li>• 3/TE p24-27, SA2-3, PA8</li> <li>• 4/TE p24-28, SA6, PA4; TE p13-15, SA4, PA2</li> <li>• 3/TE p20-23, PA7; TE p90; TE p94, PA17</li> <li>• 4/TE p24-28, SA6, PA4; TE p13-15, SA4, PA2</li> <li>• 3/ TE p28-31, SA4, TE p32-37, T1-2, SA5, PA9</li> <li>• 4/TE p34-40, PA6, E5-6; TE p30-33, T3, SA8, PA5</li> <li>• 3/TE p28-31, SA4</li> <li>• 4/TE p34-40, PA6, E5-6</li> <li>• 3/TE p40-46, T1, T3, E3, SA6a-d, PA10</li> <li>• 4/TE p34-40, PA6, E5-6; TE p31, T3</li> </ul> |
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## B. Sexuality

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| <ul style="list-style-type: none"> <li>1. Describe the physical, social, and emotional changes occurring at puberty.</li> <li>2. Discuss why puberty begins and ends at different ages for different people.</li> </ul> | <p><b>HPW Key*</b></p> <ul style="list-style-type: none"> <li>• 3/TE p100-103, SA18, PA18 (see grade 4)</li> <li>• 4/TE p154-163, SA40-41, PA21, E23-24</li> <li>• 3/TE p100-103, SA18, PA18 (see grade 4)</li> <li>• 4/TE p154-163, SA40-41, PA21, E23-2</li> </ul> |
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## C. Pregnancy and Parenting

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| <ul style="list-style-type: none"> <li>1. Explain that after fertilization, cells divide to create a fetus/embryo that grows and develops inside the uterus during pregnancy.</li> <li>2. Discuss how the health of the birth mother impacts the development of the fetus.</li> </ul> | <p><b>HPW Key*</b></p> <ul style="list-style-type: none"> <li>• 4/ Human Growth Supplement</li> <li>• 4/ TRG pR62-R63, TRG pR99; TRG pR104</li> </ul> |
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## STANDARD 2.5 (MOTOR SKILL DEVELOPMENT) by Grade 4

### Descriptive Statement:

In order to meet this standard, students must participate in a wide range of developmentally-appropriate games, sports, dance, and lifetime recreational activities that will help students develop and maintain a healthy, active lifestyle

To meet this standard see PE program

## STANDARD 2.6 (FITNESS) by Grade 4

### A. Fitness and Physical Activity

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| <ul style="list-style-type: none"> <li>1. Discuss the physical, social, and emotional benefits of regular physical activity.</li> <li>2. Explain each component of health-related and skill-related fitness and explain how specific activities develop each component.</li> </ul> | <p><b>HPW Key*</b></p> <ul style="list-style-type: none"> <li>• 3/TE p84-87, T4, SA16, PA16</li> <li>• 4/TE p6-7, SA1, T1; TE p141-142; TE p149-152, SA39, PA20, E20-22; TRG pR148</li> <li>• 3/TE p84-87, T4, SA16, PA16</li> <li>• 4/TE p6-7, SA1, T1; TE p124, T4, SA28; TE p165-171, T8-10, SA42, E25-26; TE p175, E27; TE p178, PA22</li> </ul> |
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| <ul style="list-style-type: none"> <li>3. Describe how body systems respond to vigorous exercise.</li> </ul>                      | <ul style="list-style-type: none"> <li>• 3/TE p84-87, T4, SA16, PA16; TE p96-102, PA18</li> <li>• 4/TE p124/T4, SA28; TE165-171/T8-10, SA42, E25-26</li> </ul> |
| <ul style="list-style-type: none"> <li>4. Discuss factors such as heredity, training, and diet that influence fitness.</li> </ul> | <ul style="list-style-type: none"> <li>• 3/TE p84-87, T4, SA16, PA16; TE p96-102, PA18</li> <li>• 4/TE p124, T4, SA28; TE p175, E27; TE p178, PA22</li> </ul>  |
| <ul style="list-style-type: none"> <li>5. Describe how technology has improved fitness activities.</li> </ul>                     | <ul style="list-style-type: none"> <li>• 3/See PE Program</li> <li>• 4/See PE Program</li> </ul>   |

## B. Training

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| <ul style="list-style-type: none"> <li>1. Discuss the importance of regular physical activity.</li> </ul>   | <p><b>HPW Key*</b></p> <ul style="list-style-type: none"> <li>• 3/TE p84-87, T4, SA16, PA16</li> <li>• 4/TE p141-142; TE p149-151, SA39, E20, PA20; TE p170-171, HF: Heart Health</li> </ul> |
| <ul style="list-style-type: none"> <li>2. Describe and apply the training principles of frequency, intensity, and time (FIT) during physical activity.</li> </ul>                 | <ul style="list-style-type: none"> <li>• 3/TE p84-87, T4, SA16, PA16</li> <li>• 4/TE p149-151, SA39, E20, PA20</li> </ul>  |
| <ul style="list-style-type: none"> <li>3. Explain that using performance-enhancing substances, including anabolic steroids and supplements, may be unsafe and illegal.</li> </ul> | <ul style="list-style-type: none"> <li>• 3/TE p134-135, SA28, PA22</li> <li>• 4/TE p90-92, SA20, PA12</li> </ul>   |

## C. Achieving and Assessing Fitness

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| <ul style="list-style-type: none"> <li>1. Engage in moderate to vigorous physical activity that develops all components of fitness.</li> </ul> | <p><b>HPW Key*</b></p> <ul style="list-style-type: none"> <li>• 3/TE p84-87, T4, SA16, PA16</li> <li>• 4/TE p149-151, SA39, E20, PA20; TE p170-171, HF: Heart Health</li> </ul> |
| <ul style="list-style-type: none"> <li>2. Maintain continuous aerobic activity for a specified time period.</li> </ul>                         | <ul style="list-style-type: none"> <li>• 3/TE p84-87, T4, SA16, PA16</li> <li>• 4/TE p149-151, SA39, E20, PA20; TE p170-171, HF: Heart Health</li> </ul>                        |
| <ul style="list-style-type: none"> <li>3. Physiological responses before, during, and after exercise.</li> </ul>                               | <ul style="list-style-type: none"> <li>• 3/TE p84-87, T4, SA16, PA16</li> <li>• 4/TE p166-167, T8-10; TE p170-171, HF: Heart Health</li> </ul>                                  |
| <ul style="list-style-type: none"> <li>4. Develop a health-related fitness goal and use technology to track fitness status.</li> </ul>         | <ul style="list-style-type: none"> <li>• 3 TE p84-87, T4, SA16, PA16</li> <li>• 4/TE p149-151, SA39, E20, PA20; TE p166-167, T8-10; TE p170-171, HF: Heart Health</li> </ul>    |
| <ul style="list-style-type: none"> <li>5. Demonstrate age and gender-specific progress towards improving each component of fitness.</li> </ul> | <ul style="list-style-type: none"> <li>• 3/TE p84-87, T4, SA16, PA16</li> <li>• 4/TE p149-151, SA39, E20, PA20; TE p170-171, HF: Heart Health</li> </ul>                        |
| <ul style="list-style-type: none"> <li>6. Demonstrate safe and appropriate techniques while engaging in fitness activities.</li> </ul>         | <ul style="list-style-type: none"> <li>• 3/TE p84-87, T4, SA16, PA16</li> <li>• 4/TE p61-65, E9, SA11-12, PA9</li> </ul>  |

**STANDARD 2.1 (WELLNESS) by Grade 6****A. Personal Health**

1. Discuss the physical, social, emotional, and intellectual dimensions of wellness.
2. Describe the appropriate use of healthcare and personal hygiene products.
3. Discuss how health data, such as blood pressure, body composition, and cholesterol, can be used to assess and improve wellness.
4. Discuss how health knowledge, health choices, self-control, resistance, and self-management skills influence wellness.
5. Discuss how technology impacts wellness.

**HPW Key\***

- 5/TE p5-8, T1, E1; TE p11-12, E2-3; TE 26-27, E6, PA3
- 6/TE p1-6; TE p10-17, SA1,2,3,4, B: HOLES; TE p71-74, SA17, T5,6
- 5/TE p83, PA10; TE p150-151; TE p124-127, SA24-27, T9
- 6/TE p219-221, SA55, T30, V: Hygiene for Boys, Hygiene for Girls
- 5/TE p114-117, T6-7, HF: Nutrition & Fitness; TE p129-132, T10, E17-18; TE p155-156, SA33
- 6/TE p75-76, T7, E13, PC: Vol 1
- 5/TE p5-12, T1, E1, PA1; TE p77, E11; TE p95-98, SA21-22, G: Responsibility Board Game; TE p115-117, T7; TE p129-130, T10; TE p177-179, E23
- 6/TE p8-9, E2; TE p11-12, SA2; TE p22, B: Sweet Clara and the Freedom Trail; TE p172, E22
- 6/TE p190, E26

**B. Growth and Development**

1. Compare and contrast body systems, their parts and functions, and explain that body systems must work together to ensure wellness.
2. Compare the rate of physical, social, emotional, and intellectual change during various life stages and discuss ways to foster healthy growth.
3. Discuss how heredity and physiological changes contribute to an individual's uniqueness.

**HPW Key\***

- 5/TE p81, CD: The Human Body; TE p103-104, SA23; TE p152-156, E20-21, SA32-33, T14; TE p181, T17-18, SA38
- 6/TE p212-215, E32, SA54, B: How Your Body Works, CD: Fun Facts: Body Systems
- 5/TE p136-147, T11-12, SA28-29, PA17
- 6/TE p216-218, T29, E33
- 5/TE p136-147, T11-12, SA28-29, PA17
- 6/TE p222-224, V: Bodies in Progress

**C. Nutrition**

1. Discuss factors that influence food choices.
2. Compare food choices based on nutrient content and value, calories, and cost and create a healthy meal plan.
3. Analyze nutrition information on food packages and labels.
4. Discuss the short- and long-term benefits and risks associated with nutritional choices.

**HPW Key\***

- 5/TE p125-126, T9, SA26
- 6/TE p197-200, SA 52, T27, E29, PC: Vol 2
- 5/TE p108-112, PA13, HF: Nutrition & Fitness, P: Nutritional Vision Chart; TE p117-118, E15, PA14, G: Nutrition Cards
- 6/TE p179-182, SA 49, T22, E25, P: Nutritional Vision Chart; TE p208, SA53, SRCD; TRG pR126-R139
- 5/TE p120-127, E16, T8-9, SA24-27, PA15
- 6/TE p209, T28, SRCD: Food Labels; TRG pR140-R145
- 5/TE p114-118, T6-7, E15, PA14, HF: Nutrition & Fitness; TE p107-108, V: To the Max: Eating and Exercising for Maximal Health
- 6/TE p177-178, G: Nutrition Trivia Game, E25

\* **HPW Key:** Grade/TE = Teacher Edition; SA = Student Activity; E = Evaluation & Assessment; PA = Parent Activity; T = Transparency; TRG = Teacher Resource Guide; P = Poster; V = Video; CD = CD Rom; SRCD = Student Resource CD; G = Game; B = Book; HF = "Health Flash" Booklet; PC = "Parent Connection" Booklet; BLM = Black Line Master

## D. Diseases and Health Conditions

1. Compare and contrast methods used to diagnose and treat diseases and health conditions.
2. Differentiate among communicable, non-communicable, acute, chronic, and inherited diseases and health conditions.
3. Compare and contrast diseases and health conditions prevalent in adolescents, including asthma, obesity, diabetes, Lyme disease, STDs, and HIV/AIDS.
4. Discuss the use of public health strategies to prevent diseases and health conditions.
5. Compare and contrast forms of mental illness such as phobias, anxiety and panic disorders, and depression.

## HPW Key\*

- 5/TE p115-117, T7
- 6/TE p234, SRCD: Common Illnesses, SA59
- 5/TE p177-179, E23, PA21; TE p182, SA39
- 6/TE p233; TE p239-243, T34-36, SA62
- 5/TE p176-183, E23, PA21; TE p186-188, E24, SA40; TE p190-193, T18-21, SA41, PA23; TRG pR181, TRG pR163-R167
- 6/TE p244-250, T37-38, SA64; TE p250, SA65; TRG pR163-R167, TRG pR181-R182
- 5/TE p91-93, PA11; TE p89, SA20; TRG pR183-R184
- 6/TE p239, SRCD: An Ounce of Prevention, SA59
- 5/TE p65-67, SA13, PA8
- 6/TE p81, T8, SRCD: Let's Talk About Depression; TRG pR11-R27, TRG pR29-R31

## E. Safety

1. Compare and contrast the incidence and characteristics of intentional and unintentional injuries in adolescents.
2. Analyze the short- and long-term impacts of injuries on individuals and families and develop strategies to reduce the incidence of such injuries.
3. Demonstrate and assess basic first aid procedures, including victim and situation assessment, rescue breathing and choking, and care of minor cuts, sprains, and bleeding.
4. Discuss the physical, social, and emotional impacts of all forms of abuse and discuss what to do if any form of abuse is suspected or occurs.

## HPW Key\*

- 6/TE p81, T8, SRCD: Let's Talk About Depression
- 5/TE p162-163, PA19, SA35; TE p172-173, E22
- 6/TE p101-102, E18
- 5/TE p158-163, E1, SA34-35, PA19
- 6/TE p102-105, SA23-24
- 5/TE p164-169, SA36-37, PA20, T15-16
- 6/TE p112-118, T12, SA26-27

## F. Social and Emotional Health

1. Examine how personal assets, (e.g., self esteem, positive peer relationships) and protective factors (e.g., parental involvement) support healthy social and emotional development.
2. Choose and justify appropriate strategies to deal with conflict, violence, harassment, vandalism, and bullying.
3. Describe home, school, and community efforts to prevent conflict, vandalism, bullying, harassment, and violence.

## HPW Key\*

- 5/TE p10-16, E2-4, T2, SA2, PA2, B: The Black Snowman; TE p18-22, SA3; TE p79, PA9
- 6/TE p12-17, SA3-4, E4-5, B: Holes; TE p171, V: W.I.N., T21
- 5/ TE p59-62, T4, SA12, PA7; TE p164-169, SA36, PA20, E15-16; TRG pR34-R50
- 6/TE p84-91, P: Effective Coping Skills, SA19-20, E15-16
- 5/TE p59-62, T4, SA12, PA7, V: Bullying; TE p141-143, T12, SA28, PA17; TE p170-173, E22;
- 6/TE p92-98, T9-10, SA21-22, V: Solving Conflicts with Teachers, Parents, and Peers, G: Conflict Resolution Strategies

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| <ul style="list-style-type: none"> <li>4. Describe the physical and emotional signs of stress and the short-and long-term impacts of stress on the human body.</li> <li>5. Compare and contrast ways that individuals, families, and communities cope with change, crisis, rejection, loss, and separation.</li> <li>6. Discuss how stereotyping might influence one's goals, choices, and behaviors.</li> </ul> | <ul style="list-style-type: none"> <li>• 5/TE p50-54, E1, E8, SA11; B: Maniac Magee; TRG pR28-R30</li> <li>• 6/TE p72-74, E12, T5-6; TE p75-77, T7, E13, PC: Vol 1; TRG pR28</li> <li>• 5/TE p54, PA6, B: Blackberries in the Dark; TE p66-67, PA8; TE p70-74, T5, SA14, E9-10, G: Conflict Resolution Bingo Game; TE p59-62, T4, SA12, PA7</li> <li>• 6/TE p27-28, B: Holes, Bridge to Terabithia; TE p32-33, SA8; TE p61, SA12; TE p78-81, E14, T8, SRCD</li> <li>• 5/TE p58, B: Maniac Magee; TE p141-143, T12, SA28, PA17, B: It's Your Turn at Bat; TE p145-146</li> <li>• 6/TE p82-83, SA18-19</li> </ul> |
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## STANDARD 2.2 (INTEGRATED SKILLS) by Grade 6

### A. Communication

1. Summarize health information from a variety of valid and reliable health resources.
2. Present health information using a multimedia approach, adapting the wording and delivery method for the topic and audience.
3. Demonstrate and evaluate the effective use of communication skills, including refusal, negotiation, and assertiveness.
4. Describe and demonstrate active and reflective listening.
5. Compare and contrast the economic and social purposes of health messages presented in the media.

### HPW Key\*

- 5/TE p11-12, E2-3; TE p85-87, SA17, BLM: Drug Info Sheet; TE p98, BLM: Resources for Help; TE p124-127, SA24-27, T9
- 6/TE p54, SA11; TE p66, SA16, TE p138, SA33; TE p142, SA35; TE p180
- 5/TE p26-27, E6, PA3; TE p72-74; TE p90-91; TE p162; TE p172-173; TE p182-183
- 6/TE p57, TE p59; TE p110; TE p235
- 5/TE p38-40, T3, SA8, E1; TE p59-62, T4, SA12, PA7; TE p70-72, T5, SA14, E9; TE p97-98, SA21-22; TE p166-167, SA36, PA20
- 6/TE p44-45, P: Methods of Communication, E8; TE p47-49, G: Communication Challenge, E9; TE p50, SA10; TE p85-86, SA20
- 5/TE p8-9; TE p38-41, T3, SA8, PA5
- 6/TE p42-46, T3a, 3b, 4
- 5/TE p72-74; TE p88-93, SA20, PA11; TE p124-126, T9, SA24-26; TE p139; TE p169, SA37
- 6/TE p197-199, SA52, E29, PC: Vol 3; TE p206-208, E30, SA53, SRCD: Tips for Healthy Thrifty Meals

### B. Decision Making

1. Demonstrate effective decision making in health and safety situations.
2. Analyze the influence of family, peers, and the media on health decisions and investigate how conflicting interests may influence decisions and choices.
3. Analyze significant health decisions and discuss how the outcome(s) might have been different if a different decision had been made.
4. Explain how personal ethics influence decision making.

### HPW Key\*

- 5/TE p60, SA12; TE p72, E9; TE p124, SA24
- 6/TE p148-149; TE p154-155, SA 40, T20; TE p169, SA48, P: Decision Making Process
- 5/TE p70, SA14; TE p72, E9; TE p91-92
- 6/TE p147-148, T18; TE p87; TE p195-196, SA50, T22, SA50-51, P: Nutritional Vision Chart; TE p206-207, E30
- 5/TE p95, V: ACE
- 6/TE p159, SA42; TE p163-165, SA45
- 5/TE p8-9; TE p14-16, SA2, PA2; TE p18-22; TE p43-46, SA9, TE p141-142, T12, SA28
- 6/TE p16, SA5; TE p166-168, B: On My Honor

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### C. Planning and Goal Setting

1. Use health data and information to formulate health goals.
2. Develop strategies to support the achievement of short- and long-term health goals.

#### HPW Key\*

- 5/TE p11-12, E2-3; TE p26-27, E6, PA3; TE p114-118, T6-7, E15, HF: Nutrition & Fitness; TE p129-134, T10, E17-18, PA16
- 6/TE p18-22, T1-2; TE p63-64, SA13-14
- 5/TE p24-27, SA4, E5-6; TE p132-134, E17-18, PA16; TE p26-27, E6, PA3
- 6/TE p23-24, E5-6, T1-2, SA6; TE p65-66, SA15; TE p237, SA61

### D. Character Development

1. Describe actions and situations that show evidence of good character.
2. Discuss the characteristics of a role model and how role models influence the personal goals and ethical standards of others.

#### HPW Key\*

- 5/TE p8-9; TE p14-16, SA2, PA2; TE p18-22, P: Respect; TE p43-46, SA9; TE p138, V: Honesty Counts TE p141-142, T12, SA28
- 6/TE p7; TE p14-17, E4; TE p82, SA18
- 5/TE p15, SA2; TE p19-20, B: Number the Stars; TE p40, B: Journey; TE p89; TE p95-96; TE p139
- 6/TE p166-168, SA46, P: Respect, B: On My Honor

### E. Leadership, Advocacy, and Service

1. Compare various forms of leadership and implement appropriate leadership strategies when serving in a leadership role.
2. Evaluate personal and group contributions towards the achievement of a goal or task, analyze a group's ability to improve its performance, and provide appropriate feedback.
3. Develop and articulate a group's goals and vision.
4. Compare the use of cooperative and competitive strategies to achieve a group goal and recommend strategies to keep a group on target and free from conflict.
5. Discuss how individuals can make a difference by helping others, investigate opportunities for volunteer service, and participate in activities through school or community-based health or service organizations.
6. Formulate and express a position on health issues and educate peers about the health issue or cause.
7. Discuss local and state laws that impact personal, family, and community wellness and formulate ways that individuals and groups can work together to improve wellness.

#### HPW Key\*

- 6/TE p106-107
- 6/TE p64, SA14
- 5/TE p171-172
- 6/TE p65-66, SA15-16
- 5/TE p4, SA1
- 6/TE p31-32
- 5/TE p72-73
- 6/TE p82, SA18
- 5/TE p173, P: Safety Poster
- 6/TE p55-59; TE p235
- 6/TE p54, SA11; TE p172, E23

### F. Health Services and Careers

1. Categorize health and fitness services available in the school and community and demonstrate how to access them.

#### HPW Key\*

- 5/TE p160-162, SA34-35; TE p171-173
- 6/TE p60-61

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

### A. Medicines

1. Discuss factors to consider when choosing an over-the-counter medicine.
2. Discuss medicines used to treat common diseases and health conditions.
3. Discuss the safe administration and storage of over-the-counter and prescription medicines.
4. Describe factors that impact the effectiveness of a medicine.

### HPW Key\*

- 5/TE p81-83, SA15-16, E13, PA10
- 6/TE p141, T17; TE p149, SA6
- 5/TE p81-83, SA15-16, E13, PA10
- 6/TE p142, SA35
- 5/TE p81-83, SA15-16, E13, PA10
- 6/TE p142, SA34
- 5/TE p81-83, SA15-16, E13, PA10
- 6/TE p141-142

### B. Alcohol, Tobacco and Other Drugs

1. Describe how tobacco use contributes to the incidence of respiratory diseases, cancer, and cardiovascular disease.
2. Describe ways to reduce the health impact of tobacco smoke on non-smokers.
3. Describe how the use and abuse of alcohol impacts behavior and contributes to the incidence of illness and injuries.
4. Discuss the short- and long-term physical and behavioral effects of inhalant use, including brain, heart, and lung damage and death.
5. Discuss the classifications of illegal drugs and controlled substances and give examples of each.
6. Describe the physical and behavioral effects of each classification of drugs.
7. Discuss the relationship between injected drug use and diseases such as HIV/AIDS and hepatitis.
8. Discuss the legal and financial consequences of the use, sale, and possession of illegal substances.

### HPW Key\*

- 5/TE p84-87, SA17-19; TRG pR72-R103
- 6/TE p145-147, SA36-37, SRCD: Tips for Teens, CD: Smoking and Chewing, HF: Drug Prevention; TRG pR72-R97
- 5/TE p84-87, SA17-19; TRG pR72-R103
- 6/TE p146-147, CD: Smoking and Chewing, TRG pR98-R104
- 5/TE p84-87, SA17-19; TE p89-93, SA20, E11; TRG pR56-R71
- 6/TE p151-152, T19, SA38, HF: Drug Prevention, Act 4, SRCD: Tips for Teens; TRG pR56-R69
- 5/TE p85, SA17, TRG pR113-R116
- 6/TRG pR113-R116
- 5/TE p81-83, SA16, E13; TRG pR56-R123
- 6/TE p143, HF: Drug Prevention, Act 2, P: Drug Classifications; TE p160-162, SA43-44, HF: Drug Prevention, Act5-7, SRCD
- 5/TRG pR56-R123
- 6/TE p138, SA33; TRG pR104-R121, P: Drug Classifications
- 5/TE p186-188, E24; TE p192-193, T20-21, SA41; TRG pR119-R120
- 6/TE p250-251, TRG pR119-R120
- 5/TE p81-83, SA16, E13, PA10; TE p89-90, SA20

### C. Dependency/Addiction and Treatment

1. Describe the signs and symptoms of a substance abuse problem and the stages that lead to dependency/addiction.
2. Identify ways to quit using alcohol, tobacco, and other drugs and discuss factors that support an individual to quit.

### HPW Key\*

- 5/TE p90-91, E1
- 6/TE p153-154, SA39
- 5/TE p90-91, TE p94-99, SA21-22, PA12
- 6/TE p153, CD: Smoking and Chewing; SRCD

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| <p>3. Discuss factors that contribute to the use and abuse of alcohol, tobacco, and other drugs by adolescents, such as advertising and the media, group pressures, low self-esteem, genetics, and poor role models.</p> <p>4. Describe how substance abuse affects the individual and the family and describe ways that family and friends can support a drug-free lifestyle.</p> | <ul style="list-style-type: none"> <li>• 5/TE p88-100, SA20, PA11</li> <li>• 6/TE p147-148, T18; TE p151-152, TE p154</li> </ul><br><ul style="list-style-type: none"> <li>• 5/TE p88-100, SA20, PA11</li> <li>• 6/TE p153, SA39; TE p156, SA41; TE p170-174, V: W.I.N., T21</li> </ul> |
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## STANDARD 2.4 (HUMAN RELATIONSHIPS AND SEXUALITY) by Grade 6

### A. Relationships

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| <p>1. Compare and contrast the interconnected and cooperative roles of family members.</p> <p>2. Investigate ways that individuals and families enhance and support social and emotional health and meet basic human needs.</p> <p>3. Describe the characteristics of a healthy relationship and discuss factors that support and sustain it.</p> <p>4. Describe how peer relationships may change during adolescence.</p> <p>5. Discuss different forms of dating and explain the role of dating in personal growth.</p> | <p><b>HPW Key*</b></p> <ul style="list-style-type: none"> <li>• 5/TE p31-36, SA6-8, PA5, T2-3, E1, B: Journey</li> <li>• 6/TE p26-31, SA7, E7, B: Holes</li> </ul><br><ul style="list-style-type: none"> <li>• 5/TE p31-41, SA5-8, PA4-5, T2-3, E1, B: Sarah, Plain and Tall</li> <li>• 6/TE p36-41, SA9</li> </ul><br><ul style="list-style-type: none"> <li>• 5/TE p18-22, SA 3, T2, B: Sign of the Beaver; TE p42-48, SA9-10</li> <li>• 6/TE p38-40, SA9, B: Holes</li> </ul><br><ul style="list-style-type: none"> <li>• 5/TE p136-143, T11-12, SA 28, PA17</li> <li>• 6/TE p216-219, T29, E33</li> </ul><br><ul style="list-style-type: none"> <li>• 5/TE p145-146, SA29; TE p136-143, T11-12, SA28, PA17</li> <li>• 6/HG SUPPLEMENT</li> </ul> |
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### B. Sexuality

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| <p>1. Describe the individual growth patterns of males and females during adolescence.</p> <p>2. Discuss strategies to remain abstinent and resist pressures to become sexually active.</p> <p>3. Discuss the possible physical, social, and emotional impacts of adolescent sexual activity.</p> <p>4. Describe behaviors that place one at risk for HIV/AIDS, STDs, or unintended pregnancy.</p> <p>5. Identify sexual feelings common to young adolescents and differentiate between having sexual feelings and acting on them.</p> <p>6. Discuss how parents, peers, and the media influence attitudes about sexuality.</p> | <p><b>HPW Key*</b></p> <ul style="list-style-type: none"> <li>• 5/TE p144-151, SA29-31, T13, PA18; TE p137-140, T11</li> <li>• 6/TE p222-228, V: Bodies in Progress, SA57-58; TRG pR171-R179</li> </ul><br><ul style="list-style-type: none"> <li>• 6/HG SUPPLEMENT</li> </ul><br><ul style="list-style-type: none"> <li>• 5/TE p136-143, T11-12, SA28, PA17</li> <li>• 6/HG SUPPLEMENT</li> </ul><br><ul style="list-style-type: none"> <li>• 5/TE p182-193, SA39-41, PA22-23, E24, T18-21</li> <li>• 6/TE p246-248, SA64</li> </ul><br><ul style="list-style-type: none"> <li>• 5/TE p137-140, T11; TE p145-147, SA29</li> <li>• 6/HG SUPPLEMENT</li> </ul><br><ul style="list-style-type: none"> <li>• 5/TE p136-143, T11-12, SA28, PA17</li> <li>• 6/HG SUPPLEMENT</li> </ul> |
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### C. Pregnancy and Parenting

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| <p>1. Discuss fertilization, embryonic development, and fetal development.</p> <p>2. Describe the signs and symptoms of pregnancy.</p> | <p><b>HPW Key*</b></p> <ul style="list-style-type: none"> <li>• 5/TRG pR180</li> <li>• 6/HG SUPPLEMENT; TRG pR180</li> </ul><br><ul style="list-style-type: none"> <li>• 5/TRG pR179</li> <li>• 6/HG SUPPLEMENT</li> </ul> |
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| 3. Recommend prenatal practices that support a healthy pregnancy.                   | • 6/HG SUPPLEMENT |
| 4. Discuss the potential challenges faced by adolescent parents and their families. | • 6/HG SUPPLEMENT |
| 5. Recommend sources of information and help for parents.                           | • 6/HG SUPPLEMENT |

## New Jersey/HPW Correlation Grades 7-8

### STANDARD 2.1 (WELLNESS) by Grade 8

#### A. Personal Health

1. Describe the appropriate selection and use of healthcare and personal hygiene products.
2. Evaluate the impact of health behaviors and choices on personal and family wellness.
3. Interpret health data to make predictions about wellness.
4. Investigate how technology and medical advances impact wellness.

#### HPW Key\*

- 8/TE p216-219, T30, T44, SA83, SA84, CD: Life Begins
- 7/TE p145-147, T22, SA37; TE p245-247, SA36; TE p264-265, SA67
- 8/TE p5-9, T1, SA1, E1; TE p16-20, SA5, SA7, E2-3; TE p24-28, SA8-12
- 7/TE p10-23, T1-2, E3-9; TE p265-269, T41, E39, SA68-70
- 8/ TE p18-20, E2-3, SA6-7
- 7/TE p211-212, SA56; TE p265-269, T41, E39, SA68-70; TE p217-218
- 8/TE p18-20, E2-3, SA7; TE p153-159, SA54-59, T35-36
- 7/TE p27-29, E12; TE p211-212, SA56; TE p265-269, T41, E39, SA68-70

#### B. Growth and Development

1. Discuss how body systems are interdependent and interrelated.
2. Investigate the physical, social, emotional, and intellectual changes that occur at each life stage and how those changes impact wellness.
3. Discuss how heredity, physiological changes, environmental influences, and varying social experiences contribute to an individual's uniqueness.

#### HPW Key\*

- 8/TE p208-212, SA80, E5
- 7/TE p224-233, SA57-59, T40-41; TE p240-250, T43-45, SA61, SA63
- 8/TE p5-7, T1; TE p48-49, SA17; TE p216-217, T30, SA83; TE p239-240, T1, E28
- 7/TE p10-23, T1-2, E3-9; TE p252-259, E37, SA64-66, T46, E38; TE p214-217, T39
- 8/TE p5-7, T1; TE p216-217, T30, SA83; TE p220-226, SA85-88
- 7/TE p10-23, T1-2, E3-9; TE p252-256, E37, SA64-65, T46; TE p214-217, T39; TE p134, T20

#### C. Nutrition

1. Analyze how culture, health status, age, and eating environment influence personal eating patterns and discuss ways to improve nutritional balance.
2. Describe healthy ways to lose, gain, or maintain weight.

#### HPW Key\*

- 8/TE p120-128, E16, T22, T23, T24a-c, HF: Nutrition & Fitness
- 7/TE p189-194, T30-31C; TE p198-202, SA54, T29, T34
- 8/TE p146-151, T30-T34, SA49-52, HF: Nutrition & Fitness
- 7/TE p217-222, E33-35

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3. Describe the impact of nutrients on the functioning of human body systems.
  - 8/TE p124-127, SA42, T25-26, E17
  - 7/TE p184-191, E30, SA48-50, T26-31C
4. Analyze how healthy eating patterns throughout life can reduce the risk of heart disease and high cholesterol, cancer, osteoporosis, and other health conditions.
  - 8/TE p128-131, SA43; TE p143-145, SA47-48, T26, HF: Nutrition & Fitness
  - 7/TE p184-187, E30, SA48-49, T26-28; TE p217-222, E33-35; TE p265-266, T47, SA68

## D. Diseases and Health Conditions

1. Investigate current and emerging methods to diagnose and treat diseases and health conditions.
  - 8/TE p251-252, SA96-97, T48; TE p242-244, SA94, T46; TE p245, SA93; TE p248-249, SA95, E31
  - 7/TE p268-269, E39, SA70
2. Classify diseases and health conditions as communicable, noncommunicable, acute, chronic, or inherited.
  - 8/TE p240-242, E29, SA92, SA93; TE p253-254
  - 7/TE p263-264, SA67
3. Compare and contrast diseases and health conditions, including hepatitis, STDs, HIV/AIDS, breast cancer, and testicular cancer.
  - 8/TE p246-255, T47-48, SA95-98, E31; TE p256-267, SA99-101, E33, E1
  - 7/TE p263-276, SA67-72, T47, E39-41
4. Analyze local and state public health efforts to prevent and control diseases and health conditions.
  - 8/TE p249; TE p252, SA97; TE p263
  - 7/TE p263-269, SA67-70, E39; TE p139-144, T21, SA35-36; TE p152-154, A42; TE p159, E24; TE p168-169
5. Investigate various forms of mental illness including impulse disorders such as gambling or shopping, depression, eating disorders, and bipolar disorders.
  - 8/TE p149-151, SA52-53, T34; TE p58-59, T7; TE p44-45, T4
  - 7/TE p94-100, T13-14, SA21-22; TE p214-218, T39

## E. Safety

1. Assess situations in the home, school, and community for perceived vs. actual risk of injuries.
  - 8/TE p91-94; TE p100-103, SA31, SA33; TE p267, SA69
  - 7/TE p121-123, T18, SA32; TE p124-128, E21-22, TE p60-72, SA10-15, E17-18
2. Investigate the short- and long-term impacts of injuries on the individual, the family and the community.
  - 8/TE p98-103, SA34-36; TE p267, SA69
  - 7/TE p121-123, T18, SA32; TE p124-128, E21-22, SA33; TE p60-65, SA10-12, E17
3. Describe and demonstrate first aid procedures including, situation and victim assessment, Basic Life Support, and the care of bleeding and wounds, burns, fractures, shock, and poisoning.
  - 8/TE p104-117, E14-15, SA37-41, T17-21
  - 7/TE p124-128, E21-22, SA33
4. Discuss the short- and long-term physical, social, and emotional impacts of all forms of abuse.
  - 8/TE p64-87, SA21-27, T8-9, E11
  - 7/TE p121-123, T18, SA32
5. Describe and demonstrate strategies to increase personal safety while in public places and discuss what to do if one's safety is compromised.
  - 8/TE p91-96, SA31-33, T16; TE p84, SA29
  - 7/TE p121-123, T18, SA32; TE p66-72, SA13-15, E18

## F. Social and Emotional Health

1. Analyze how personal assets, resiliency, and protective factors support healthy social and emotional development.
2. Discuss the developmental tasks of adolescence, including the development of mature relationships, gender identification, a healthy body image, emotional independence, and life skills.
3. Investigate factors and choices that contribute to the incidence of conflict, harassment, bullying, vandalism, and violence and demonstrate strategies to deal with each.
4. Analyze the effectiveness of home, school, and community efforts to prevent conflict, harassment, vandalism, and violence.
5. Debate the consequences of conflict and violence on the individual, the family, and the community.
6. Describe situations that may produce stress, describe the body's responses to stress, and demonstrate healthy ways to manage stress.
7. Analyze how culture influences the ways families and groups cope with crisis and change.

## HPW Key\*

- 8/TE p10-14, SA2-4, T2; TE p16-20, SA5-7, E2-3; TE p23-28, SA8-12; TE p33-37, E4-6, SA14-15
- 7/TE p10-23, T1-2, E3-9
- 8/TE p216, SA83, T30; TE p220-232, SA85-91
- 7/TE p252-259, E37, SA64-66, T46, E38
- 8/TE p64-87, SA21-29, T8-15, E11-13, PC: Vol 2
- 7/TE p88-93, T11-12, SA20, HF: Stress Management; TE p82-86, SA17-18, T9-10; TE p104-109, SA23-27, T15-16
- 8/TE p64-71, SA21-25, T8, PC: Vol 2; TE p79, T10; TE p85-87, T15, E13
- 7/TE p62-72, SA10-15, E17-18; TE p104-109, SA23-27, T15-16
- 8/TE p40-62, SA16-20, T3-7, E5-10
- 7/TE p78-86, SA17-19, T9-10, HF: Stress Management
- 8/TE p40-62, SA16-20, T3-7, E5-10
- 7/TE p78-86, SA17-19, T9-10, HF: Stress Management
- 8/TE p8, SA1; TE p22-28, SA8-A12; TE p30-37
- 7/TE p32-37, SA1-3

## STANDARD 2.2 (INTEGRATED SKILLS) by Grade 8

### A. Communication

1. Analyze health ideas, opinions, and issues from a variety of valid and reliable health sources.
2. Present health information using a multimedia approach, adapting the wording and delivery method for various topics and audiences.
3. Assess the use of refusal, negotiation, and assertiveness skills and recommend strategies for improvement.
4. Assess the use of active and reflective listening.
5. Analyze the economic and political purposes and impacts of health messages found in the media.

## HPW Key\*

- 8/TE p18-20, E2-3, SA6-7; TE p6-8, T1, SA1; TE p150, TE p182; TE p193-194, SA78
- 7/TE p68-71; TE p13-15; TE p108-109, T16, SA26-27; TE p142/SA35; TE p145-147, T22, SA37; TE p168-169; TE p187-188, T29, SA50
- 8/TE p101-103; TE p96, TE p145, TE p150, TE p175, TE p182;
- 7/TE p70-71, SA15; TE p142, SA35; TE p165; TE p177, E27; TE p191; TE p216-217, T39; TE p221
- 8/TE p52-61, SA19-20, E9, T6-7; TE p198-205, E22-23, SA79, T40
- 7/TE p48-49, T6-7; TE p52-53, SA9; TE p90-93, T11-12, SA20, HF: Stress Management; TE p154-155; TE p161/E25; TE p172-175; TE p257-259
- 8/TE p80-82, T11-13, SA28; TE p33-36, SA14-15, E4
- 7/TE p20-22, T2; TE p42-43, T5, SA5; TE p46-51, T6-7, SA7-8
- 8/TE p146-149, T30-33, SA49-51; TE p181-182, SA70
- 7/TE p153-154; TE p159, E24; TE p199-200, T29, T34; TE p215-217, T39

\* **HPW Key:** Grade/TE = Teacher Edition; SA = Student Activity; E = Evaluation & Assessment; PA = Parent Activity; T = Transparency; TRG = Teacher Resource Guide; P = Poster; V = Video; CD = CD Rom; SRCD = Student Resource CD; G = Game; B = Book; HF = "Health Flash" Booklet; PC = "Parent Connection" Booklet; BLM = Black Line Master

## B. Decision Making

1. Demonstrate and assess the use of decision-making skills in health and safety situations.
2. Compare and contrast the influence of peers, family, the media, and past experiences on the use of decision-making skills and predict how these influences may change or conflict as one ages.
3. Predict social situations and conditions that may require adolescents and young adults to use decision making skills.
4. Discuss how ethical decision making requires careful thought and action.
5. Critique significant health decisions and discuss how the outcome(s) might have changed if the appropriate communication and decision-making skills had been employed.

### HPW Key\*

- 8/TE p234; TE p48-51, SA17-18; TE p52-61, SA19-20, E9, T6-7; TE p198-205, E22-23, SA79, T40; TE p170-175, SA65-67; TE p95
- 7/TE p38-44, T4-5, SA4-6; TE p90-93, T11-12, SA20; TE p117-118, SA29-31; TE p160-161, T24, E25
- 8/TE p230-232, SA90-91; TE p222-224, SA85-86; TE p48-51, SA17-18; TE p52-61, SA19-20, E9, T6-7; TE p170-175, SA65-67
- 7/ TE p38-44, T4-5, SA4-6; TE p90-93, T11-12, SA20; TE p108-109, T16, SA26-27; TE p153-155; TE p257-259, SA66; TE p214-217, T39; TE p133
- 8/TE p234; TE p48-51, SA17-18; TE p52-61, SA19-20, E9, T6-7; TE p198-204, E22-23, SA79, T40; TE p170-175, SA65-67; TE p95
- 7/TE p38-44, T4-5, SA4-6; TE p90-93, T11-12, SA20; TE p117-118, SA29-31
- 8/TE p198-201, E23
- 7/TE p38-44, T4-5, SA4-6; TE p90-93, T11-12, SA20; TE p117-118, SA29-31
- 8/TE p52-61, SA19-20, E9, T6-7; TE p80-84, T11-14, SA28, E12; TE p182-183
- 7/TE p46-53, T6-7, SA7-9; TE p90-93, T11-12, SA20; TE p117-118, SA29-31

## C. Planning and Goal Setting

1. Analyze factors that support or hinder the achievement of personal health goals.

### HPW Key\*

- 8/TE p204-205, T41, E24; TE p18-20, E2-3, SA6-7
- 7/TE p15-29, T1-3, E4-12; TE p216-221, T39, E33

## D. Character Development

1. Analyze how character development can be enhanced and supported by individual, group, and team activities.
2. Compare and contrast the characteristics of various role models and the core ethical values they represent.
3. Explain how community and public service supports the development of core ethical values.
4. Analyze personal and group adherence to student codes of conduct.

### HPW Key\*

- 8/ TE p4-5; TE p24-28, SA8-12; TE p31-32, SA13
- 7/ TE p6-9, E1-2; TE p19-22, E6-7, T2; TE p39-44, SA4-6, T4-5, E13
- 8/ TE p23-28, SA8-12; TE p60; TE p146-147, T30-32, SA49-50
- 7/TE p112-114, SA28; TE p32-37, SA1-3; TE p39-44, SA4-6, T4-5, E13
- 8/TE p6-8, T1, SA1; TE p24-28, SA8-12; TE p31-32, SA13
- 7/TE p61-64, SA10-12, E17; TE p70-71, SA15
- 8/TE p4-5; TE p26-27, SA11, TE p230-232;
- 7/TE p6; TE p42-44, T5, SA5-6; TE p235

## E. Leadership, Advocacy, and Service

1. Demonstrate the ability to function effectively in both leadership and supportive roles.
2. Discuss motivational techniques used to improve personal and group achievement and develop rewards and sanctions for group accomplishments.

### HPW Key\*

- 8/TE p4-5;
- 7/TE p39
- 8/TE p204-205, T41, E24
- 7/TE p25/T3

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| <ul style="list-style-type: none"> <li>3. Develop and articulate a group’s goals, shared values, and vision.</li> <li>4. Plan and implement volunteer activities to benefit a health organization or cause.</li> <li>5. Develop and defend a position or opinion on a health issue or problem and educate students and parents about the health issue or cause.</li> </ul> | <ul style="list-style-type: none"> <li>• 8/TE p4-5; TE p230-231</li> <li>• 7/TE p24-29, T3, E10-12; TE p174, T25; TE p235</li> <li>• 8/TE p100-103, SA34-36; TE p85, T15</li> <li>• 7/TE p63-64, SA11-12; TE p70-71, SA15; TE p177, E27</li> <li>• 8/TE p7; TE p232-233, T45; TE p182-183; TE p187; TE p175; TE p96; TE p100-103, SA34-36; TE p85, T15</li> <li>• 7/TE p70-71, SA15; TE p109; TE p169; TE p177, E27; TE p191; TE p217</li> </ul> |
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## F. Health Services and Careers

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| <ul style="list-style-type: none"> <li>1. Compare and contrast health and fitness services available in the school and community, demonstrate how to access them, and evaluate each comparing benefits and costs.</li> <li>2. Compare and contrast preparation and job requirements for health and fitness careers.</li> </ul> | <p><b>HPW Key*</b></p> <ul style="list-style-type: none"> <li>• 8/TE p152-159, SA54-59, T35-36</li> <li>• 7/TE p268-269, E39, SA70; TE p70-71, SA15; TE p191; TE p145-147, T22, SA37</li> <li>• 8/SEE SUPPLEMENT</li> <li>• 7/SEE SUPPLEMENT</li> </ul> |
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## STANDARD 2.3 (DRUGS AND MEDICINES) by Grade 8

### A. Medicines

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| <ul style="list-style-type: none"> <li>1. Compare and contrast commonly used over-the-counter medicines.</li> <li>2. Classify commonly administered medicines and describe the potential side effects of each classification.</li> <li>3. Recommend safe practices for the use of prescription medicines.</li> <li>4. Compare and contrast the benefits and dangers of naturally occurring substances, such as herbs, organics, and supplements.</li> </ul> | <p><b>HPW Key*</b></p> <ul style="list-style-type: none"> <li>• 8/TE p162-167, SA61-63</li> <li>• 7/TE p138-147, T21-22, SA35-37</li> <li>• 8/TE p162-167, SA61-63</li> <li>• 7/TE p138-147, T21-22, SA35-37</li> <li>• 8/TE p162-167, SA61-63</li> <li>• 7/TE p138-147, T21-22, SA35-37</li> <li>• 8/TE p148, SA51</li> <li>• 7/TE p138-147, T21-22, SA35-37; TRG pR144; TE p217-218</li> </ul> |
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### B. Alcohol, Tobacco and Other Drugs

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| <ul style="list-style-type: none"> <li>1. Investigate the relationship between tobacco use and respiratory diseases, cancer, heart disease, stroke, and injuries.</li> <li>2. Investigate the health risks posed to nonsmokers by second hand/passive smoking.</li> <li>3. Investigate how the use and abuse of alcohol contributes to illnesses such as cancer, liver disease, heart disease, and injuries.</li> </ul> | <p><b>HPW Key*</b></p> <ul style="list-style-type: none"> <li>• 8/TE p176-183, T37, SA68-70, TRG pR69-R120</li> <li>• 7/TE p148-155, SA35, SA38-39, SA42, SRCD: Truth About Tobacco</li> <li>• 8/TE p178-183, SA68-69, TRG pR69-R120</li> <li>• 7/TE p148-155, SA35, SA38-39, SA42, SRCD: Truth About Tobacco, TRG pR69-R120</li> <li>• 8/TE p184-189, SA71-72, TRG pR53-R68</li> <li>• 7/TE p156-161, T23-24; SA35, SA43, E24-25, SRCD: Truth About Alcohol, TRG pR53-R66</li> </ul> |
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| 4. Analyze how the use and abuse of alcohol impacts thinking, reaction time, and behavior.  | <ul style="list-style-type: none"> <li>• 8/TE p183-189, T38-39, SA74, TRG pR53-R68</li> <li>• 7/TE p156-161, T23-24; SA35, SA43, E24-25, SRCD: Truth About Alcohol, TRG pR53-R66</li> </ul>                               |
| 5. Describe sudden sniffing syndrome and the resultant brain, nerve, and vital organ damage that can result from the use of inhaled substances. | <ul style="list-style-type: none"> <li>• 8/TE p190-195, SA78, TRG pR110-R113</li> <li>• 7/TE p162-165, SA35, SA44, SRCD: Truth About Inhalants, TRG pR110</li> </ul>  |
| 6. Compare and contrast the physical and behavioral effects of each classification of drugs.  | <ul style="list-style-type: none"> <li>• 8/TE p190-195, SA78/, TRG pR69-R120</li> <li>• 7/TE p138-142, T21, SA35</li> </ul>   |
| 7. Analyze health risks associated with injecting drug use.   | <ul style="list-style-type: none"> <li>• 8/TE p190-195, TRG pR104-R117</li> <li>• 7/TE p166-169, SA35, SA45, TRG pR116</li> </ul>   |
| 8. Investigate the legal and financial consequences of the use, sale, and possession of illegal substances.                                     | <ul style="list-style-type: none"> <li>• 8/TE p191-194, SA78, TRG pR69-R120</li> <li>• 7/TE p168-169; TE p142, SA35</li> </ul>  |
| 9. Discuss how the use of alcohol and other drugs influences decision-making and places one at risk for sexual assault, pregnancy, and STDs.    | <ul style="list-style-type: none"> <li>• 8/TE p198-206, E23-25, T40-41, TRG pR69-R120</li> <li>• 7/TE p134, T20; TE p170-175, T19, T25, E26, SA46-47; TE p257, SA66; TE p274, SA71; TE p168-169; TE p142, SA35</li> </ul> |

### C. Dependency/Addiction and Treatment

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| 1. Analyze the physical, social, and emotional indicators and stages of dependency.            | <b>HPW Key*</b> <ul style="list-style-type: none"> <li>• 8/TE p184-189, SA71-74, T38-39; TE p193-194, SA78</li> <li>• 7/TE p157, T23, SRCD: Truth about Alcohol; TE p150-151, SA39-41</li> </ul>   |
| 2. Discuss ways to quit using substances and discuss factors that support the ability to quit. | <ul style="list-style-type: none"> <li>• 8/SEE SUPPLEMENT</li> <li>• 7/SEE SUPPLEMENT</li> </ul>   |
| 3. Analyze factors that influence the use and abuse alcohol, tobacco, and other drugs.         | <ul style="list-style-type: none"> <li>• 8/TE p170-175, SA65-67; TE p181-183, SA70; TE p202-204, E22, SA79</li> <li>• 7/TE p134, T20; TE p140-142, SA35; TE p152-154, SA42; TE p157-159, T23, SA43, E24; TE p163; TE p171-173, T19, E26, SA46</li> </ul> |
| 4. Describe how substance abuse affects the individual, the family, and the community.         | <ul style="list-style-type: none"> <li>• 8/TE p178-180, SA68-69; TE p186-189, SA72-73, T38-39; TE p193-194, SA78</li> <li>• 7/TE p140-142, SA35; TE p157, T23; TE p161, E25; TE p169</li> </ul>  |

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

### A. Relationships

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| 1. Compare and contrast the current and historical role of marriage and the family in community and society.  | <b>HPW Key*</b> <ul style="list-style-type: none"> <li>• 8/TE p23-28, SA8-11</li> <li>• 7/TE p32-37, SA1-3</li> </ul>                                 |
| 2. Discuss changes in family structures and the forces that influence change.   | <ul style="list-style-type: none"> <li>• 8/TE p23-28, SA8-11</li> <li>• 7/TE p32-37, SA1-3</li> </ul>   |
| 3. Analyze how relationships evolve over time, focusing on changes in friendships, family, dating relationships, and lifetime commitments such as marriage. | <ul style="list-style-type: none"> <li>• 8/TE p23-28, SA8-11; TE p228-234, SA89-91; TE p60-62, E9</li> <li>• 7/TE p38-44, E13, T4-5, SA4-6</li> </ul> |

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| <ul style="list-style-type: none"> <li>4. Discuss factors that enhance and sustain loving, healthy relationships.</li> <li>5. Describe how various cultures date or select life partners.</li> <li>6. Differentiate among affection, love, commitment, and sexual attraction.</li> <li>7. Describe the signs of an unhealthy relationship and develop strategies to end it.</li> <li>8. Develop standards for dating situations, such as dating in groups, setting limits, or only dating someone of the same age.</li> </ul> | <ul style="list-style-type: none"> <li>• 8/TE p228-232, SA89-91; TE p60-62, E9</li> <li>• 7/TE p38-44, E13, T4-5, SA4-6</li> <li>• 8/TE p230, SA90</li> <li>• 7/TE p33-35, SA1-2</li> <li>• 8/TE p228-234, SA89-91</li> <li>• 7/TE p253-257, E37, SA64-65, T46</li> <li>• 8/TE p228-234, SA89-91</li> <li>• 7/TE38-44, E13, T4-5, SA4-6</li> <li>• 8/TE p228-232, SA89-91</li> <li>• 7/TE p257-259, SA66</li> </ul> |
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## B. Sexuality

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| <ul style="list-style-type: none"> <li>1. Discuss the influence of hormones, heredity, nutrition, and the environment on the physical, social, and emotional changes that occur at puberty.</li> <li>2. Analyze internal and external pressures to become sexually active.</li> <li>3. Describe the physical, emotional, and social benefits of sexual abstinence and develop strategies to resist pressures to become sexually active.</li> <li>4. Discuss the potential short- and long-term physical, emotional, and social impacts of adolescent sexual activity.</li> <li>5. Analyze how certain behaviors place one at greater risk for HIV/AIDS, STDs, and unintended pregnancy.</li> <li>6. Compare and contrast methods of contraception, risk reduction, and risk elimination and explain how reliability, religious beliefs, age, gender, health history, and cost may influence their use.</li> <li>7. Discuss topics regarding sexual orientation.</li> <li>8. Discuss the importance of routine healthcare procedures such as breast self examination and testicular examination.</li> </ul> | <p><b>HPW Key*</b></p> <ul style="list-style-type: none"> <li>• 8/TE p216-219, SA83</li> <li>• 7/TE p252-257, E37, SA64-65, T46</li> <li>• 8/TE p228-235, SA89-91, T45; TE p222-224, SA85-86</li> <li>• 7/TE p257-259, SA66, SRCD: Teen Dating Violence</li> <li>• 8/TE p228-235, SA89-91; TE p264-266, SA101</li> <li>• 7/TE p257-259, SA66, SRCD: Teen Dating Violence</li> <li>• 8/TE p228-235, SA89-91; TE p264-266, SA101</li> <li>• 7/TE p257-259, SA66, SRCD: Teen Dating Violence</li> <li>• 8/TE p188, SA98; TE p253-255; TE p264-267</li> <li>• 7/TE p257-259, SA66, SRCD: Teen Dating Violence; TE p264-266, SA67-68, T47; TE p274, SA71, SRCD: Getting High Can Get You Aids</li> <li>• 8/TE p232-234; HIGH SCHOOL</li> <li>• 7/CAN DO SUPPLEMENT</li> <li>• 8/TE p220-227, SA85-88</li> <li>• 7/TE p252-257, E37, SA64-65, T46</li> <li>• 8/TE p251-253, SA97, T48; 8/TE p244, E30, SRCD: An Ounce of Prevention</li> <li>• 7/TE p268-269, E39, SA70</li> </ul> |
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## C. Pregnancy and Parenting

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| <ul style="list-style-type: none"> <li>1. Describe fertilization and each stage of embryonic and fetal development.</li> </ul> | <p><b>HPW Key*</b></p> <ul style="list-style-type: none"> <li>• 8/TE p212-215, E26, SA81, SA82, SRCD: Conception and Pregnancy, Stages of Pregnancy/ CD: Life Begins; TRG pR176-R177</li> <li>• 7/TE p247-250, SRCD: Outline of Pregnancy, Fetal Development; CD: Life Begins; TRG pR176-R177</li> </ul> |
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| <p>2. Discuss the signs and symptoms of pregnancy and explain how pregnancy is confirmed.</p>   | <ul style="list-style-type: none"> <li>• 8/TE p212-215, E26, SA81-82, SRCD: Conception and Pregnancy, Stages of Pregnancy/CD: Life Begins; TRG pR176-R177</li> <li>• 7/TE p247-250, SRCD:Outline of Pregnancy, Fetal Development; CD: Life Begins; TRG pR176-R177</li> </ul>  |
| <p>3. Analyze the physical and emotional changes that occur during each stage of pregnancy, including the stages of labor and childbirth.</p>                     | <ul style="list-style-type: none"> <li>• 8/TE p212-215, E26, SA81-82, SRCD: Conception and Pregnancy, Stages of Pregnancy, CD: Life Begins; TRG pR176-R177</li> <li>• 7/TE p247-250, SRCD:Outline of Pregnancy, Fetal Development; CD: Life Begins; TRG pR176-R177</li> </ul> |
| <p>4. Discuss the importance of regular prenatal care to help prevent complications that may occur during pregnancy and childbirth.</p>                           | <ul style="list-style-type: none"> <li>• 8/TE p214-215, CD: Life Begins/ TRG pR176-R177; TE p128-131, SA43</li> <li>• 7/TE p250, SA63, CD: Life Begins; TRG pR176-R177</li> </ul>   |
| <p>5. Describe the potential impact of alcohol, tobacco, other drugs, medicines, diseases, and environmental hazards on pre-natal and post-natal development.</p> | <ul style="list-style-type: none"> <li>• 8/TE p178-180, SA69; TE p186, SA72</li> <li>• 7/TE p175-176; TE p250, SA63, CD: Life Begins; TRG pR176-R177</li> </ul>   |
| <p>6. Describe the physical, economic, emotional, social, cultural and intellectual responsibilities of parent-hood.</p>  | <ul style="list-style-type: none"> <li>• 7/TE p250, SA63; TE p36-37, SA3</li> </ul>   |
| <p>7. Describe effective parenting strategies and resources for help with parenting.</p>  | <ul style="list-style-type: none"> <li>• 7/TE p250, SA63; TE p36-37, SA3</li> </ul>   |
| <p>8. Analyze the challenges and responsibilities of being a teen mother and/or teen father.</p>  | <ul style="list-style-type: none"> <li>• 7/TE p250, SA63; TE p36-37, SA3</li> </ul>   |

## STANDARD 2.5 (MOTOR SKILL DEVELOPMENT) by Grade 8

### **Descriptive Statement:**

In order to meet this standard, students must participate in a wide range of developmentally-appropriate games, sports, dance, and lifetime recreational activities that will help students develop and maintain a healthy, active lifestyle

To meet this standard see PE program

## STANDARD 2.6 (FITNESS) by Grade 8

### **A. Fitness and Physical Activity**

1. Summarize the potential short- and long-term physical, social, and emotional benefits of regular physical activity.
2. Differentiate how body systems adapt to acute exercise vs. regular exercise over a period of time.
3. Predict how factors such as health status, interests, environmental conditions, and available time impact personal fitness.

### **HPW Key\***

- 8/TE p132-140, E19, T27-29, SA44-46, HF: Nutrition & Fitness
- 7/TE p204-212, T35-38, E32, SA55-56; TE p217-222, E33-35
- 8/TE p132-140, E19, T27-29, SA44-46, HF: Nutrition & Fitness
- 7/TE p204-212, T35-38, E32, SA55-56; TE p217-222, E33-35
- 8/TE p132-140, E19, T27-29, SA44-46, HF: Nutrition & Fitness
- 7/TE p204-212, T35-38, E32, SA55-56; TE p217-222, E33-35

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| <p>4. Analyze the positive and negative impacts of technological advances on exercise, health, and fitness.</p>           | <ul style="list-style-type: none"> <li>• 8/TE p152-157, SA54-57, T35</li> <li>• 7/TE p214-218, T39</li> </ul>  |
| <p>5. Describe ways to achieve a healthy body composition through healthy eating and physical activity.</p>               | <ul style="list-style-type: none"> <li>• 8/TE p146-149, SA49-51, T30-33</li> <li>• 7/TE p217-222, E33-35; TE p204-212, T35-38, E32, SA55-56</li> </ul> |
| <p>6. Distinguish between facts and fallacies regarding the marketing of fitness products, services, and information.</p> | <ul style="list-style-type: none"> <li>• 8/TE p152-157, SA54-57, T35; TE p138, SA46, T29</li> <li>• 7/TE p214-218, T39</li> </ul>                      |

## B. Training

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| <p>1. Recognize signs and symptoms that warrant exercise termination and possible follow-up with a healthcare professional.</p>                                 | <p><b>HPW Key*</b></p> <ul style="list-style-type: none"> <li>• 8/TE p132-140, E19, T27-29, SA44-46, HF</li> <li>• 7/208-212/T37-38, E32, SA56</li> </ul>   |
| <p>2. Apply training principles to establish a progression of activity that will improve each component of fitness.</p>   | <ul style="list-style-type: none"> <li>• 8/TE p132-140, E19, T27-29, SA44-46, HF: Nutrition &amp; Fitness</li> <li>• 7/TE p204-212, T35-38, E32, SA55-56; TE p217-222, E33-35</li> </ul>              |
| <p>3. Describe and demonstrate various training methods, including isotonic, isometric, interval, and circuit methods.</p>                                      | <ul style="list-style-type: none"> <li>• 8/TE p132-140, E19, T27-29, SA44-46, HF: Nutrition &amp; Fitness</li> <li>• 7/TE p204-212, T35-38, E32, SA55-56</li> </ul>                                   |
| <p>4. Investigate the physical, behavioral, legal, and competitive consequences of the use of anabolic steroids and other performance enhancing substances.</p> | <ul style="list-style-type: none"> <li>• 8/TE p193-194, SA77-78, SRCD: The Truth about Steroids, TRG pR104-R106</li> <li>• 7/TE p140-142, SA35, SRCD: Truth about Steroids, TRG pR104-R106</li> </ul> |

## C. Achieving and Assessing Fitness

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| <p>1. Engage in a variety of sustained, vigorous physical activities that enhance each component of fitness.</p>   | <p><b>HPW Key*</b></p> <ul style="list-style-type: none"> <li>• 8/TE p132-140, E19, T27-29, SA44-46, HF: Nutrition &amp; Fitness</li> <li>• 7/TE p204-212, T35-38, E32, SA55-56; TE p217-222, E33-35</li> </ul> |
| <p>2. Perform at the intensity level needed to enhance cardiovascular fitness, as determined by target heart rate, perceived exertion, and recovery heart rate.</p>                          | <ul style="list-style-type: none"> <li>• 8/TE p132-140, E19, T27-29, SA44-46, HF: Nutrition &amp; Fitness</li> <li>• 7/TE p204-212, T35-38, E32, SA55-56; TE p217-222, E33-35</li> </ul>                        |
| <p>3. Monitor physiological responses before, during and after exercise and compare changes.</p>   | <ul style="list-style-type: none"> <li>• 8/TE p132-140, E19, T27-29, SA44-46, HF: Nutrition &amp; Fitness</li> <li>• 7/TE p204-212, T35-38, E32, SA55-56; TE p217-222, E33-35</li> </ul>                        |
| <p>4. Use health data and information from internal and external sources to develop a personal fitness plan, and use technology to evaluate the implementation and outcomes of the plan.</p> | <ul style="list-style-type: none"> <li>• 8/TE p132-140, E19, T27-29, SA44-46, HF: Nutrition &amp; Fitness</li> <li>• 7/TE p204-212, T35-38, E32, SA55-56; TE p217-222, E33-35</li> </ul>                        |
| <p>5. Demonstrate age- and gender-specific progress towards improving each component of fitness.</p>   | <ul style="list-style-type: none"> <li>• 8/TE p132-140, E19, T27-29, SA44-46, HF: Nutrition &amp; Fitness</li> <li>• 7/TE p204-212, T35-38, E32, SA55-56; TE p217-222, E33-35</li> </ul>                        |

\* **HPW Key:** Grade/TE = Teacher Edition; SA = Student Activity; E = Evaluation & Assessment; PA = Parent Activity; T = Transparency; TRG = Teacher Resource Guide; P = Poster; V = Video; CD = CD Rom; SRCD = Student Resource CD; G = Game; B = Book; HF = "Health Flash" Booklet; PC = "Parent Connection" Booklet; BLM = Black Line Master