

STANDARD 2.1 WELLNESS: All students will acquire health promotion concepts and skills to support a healthy, active lifestyle.

Strand: A. Personal Growth and Development

2.1.2.A.1. Explain what being “well” means and identify self-care practices that support wellness.

2.1.2.A.2. Use correct terminology to identify body parts, and explain how body parts work together to support wellness.

HPW Key*

- Grade K: TE pp4-9, PA1, TE pp10-15, SA1-2, PA2
- Grade 1: TE pp2-9, PA1, EA1; TE pp50-58, SA4-5, PA8-9, EA5, TE pp162-167, SA31, PA26, EA14; TE pp178-189, PA27, EA15
- Grade 2: TE pp2-8, TE pp22-27, PA2-3, SA3-4 TE pp36-42, SA8-9, PA6, TE p136, SA41, TE pp156-161, SA46-47, PA23, TE pp168-169, SA49, EA7
- Grade K: TE pp146-147
- Grade 1: TE pp154-161, SA28-29, PA25, EA13
- Grade 2: TE pp97-99, SA25, TE pp130-134, SA39-40

Strand: B. Nutrition

2.1.2.B.1 Explain why some foods are healthier to eat than others.

2.1.2.B.2 Explain how foods in the food pyramid differ in nutritional content and value.

2.1.2.B.3 Summarize information about food found on product labels.

HPW Key*

- Grade K: TE pp54-56, TE pp69-70
- Grade 1: TE pp98-105, SA11-12, PA16; TE pp106-112, SA13, PA15-17, EA9
- Grade 2: TE pp67-71, PA10, SA12-13, TE pp78-79, SA117, TE p84, SA19
- Grade K: TE pp58-59, PA8
- Grade 1: TE pp106-111, SA13(A&B), PA15
- Grade 2: TE pp66-69, SA12, PA10
- Grade 1: TE pp98-105, SA11-12, PA16, TE pp106-112, SA13, PA15-17, EA9
- Grade 2: TE p88, SA22-23

Strand: C. Diseases and Health Conditions

2.1.2.C.1 Summarize symptoms of common diseases and health conditions.

2.1.2.C.2 Summarize strategies to prevent the spread of common diseases and health conditions.

2.1.2.C.3 Determine how personal feelings can affect one’s wellness.

HPW Key*

- Grade K: TE pp158-160
- Grade 1: TE pp174-180, SA32-33, PA27, EA15
- Grade 2: TE pp156-161, SA46-47, PA23
- Grade K: TE pp158-161, SA29, TE pp166-169, SA32, PA23, TE pp14-15, SA2A-B
- Grade 1: TE pp174-180, SA32-33, PA27, EA15
- Grade 2: TE pp156-161, SA46-47, PA23
- Grade K: TE pp17-23, SA3, PA3, B: I’m Gonna Like Me /When I Feel Sad, P: Feelings
- Grade 1: TE pp11-15, PA2, EA 2
- Grade 2: TE pp11-13, SA1, B: Knots On a Counting Rope

Strand: D. Safety

2.1.2.D.1 Identify ways to prevent injuries at home, school, and in the community (e.g., fire safety, poison safety, accident prevention).

HPW Key*

- Grade K: TE pp108-117, SA19-20, PA14, TE pp124-129, SA23-25, PA17
- Grade 1: TE pp68-86, PA11-13, EA7-8, SA8
- Grade 2: TE pp140-149, SA42-45, PA21

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2.1.2.D.2 Differentiate among the characteristics of strangers, acquaintances, and trusted adults and describe safe and appropriate behaviors/touches.

- Grade K: TE pp130-136, PA18
- Grade 1: TE pp88-91, SA9, PA14
- Grade 2: TE pp150-154, EA6, PA22

2.1.2.D.3 Identify procedures associated with pedestrian, bicycle, and traffic safety.

- Grade K: TE pp108-117, SA19-20, PA14, TE pp124-129, SA23-25, PA17
- Grade 1: TE pp68-86, PA11-13, EA7-8, SA8
- Grade 2: TE pp140-149, SA42-45, PA21

Strand: E. Social and Emotional Health

2.1.2.E.1 Identify basic social and emotional needs of all people.

HPW Key*

- Grade K: TE pp4-6
- Grade 1: TE pp2-9, PA1, EA1, TE pp32-45, PA5-7, EA4, SA3
- Grade 2: TE pp2-6, TE p27, PA3 TE pp34-35, SA7, PA5, TE p121, TE p137, SA41

2.1.2.E.2 Determine possible causes of conflict between people and appropriate ways to prevent and resolve them.

- Grade K: TE pp27-28, TE pp48-51
- Grade 1: TE pp46-51, SA4, PA8
- Grade 2: TE pp44-48, PA7, SA10-11, TE pp16-21, SA2A-B

2.1.2.E.3 Explain healthy ways of coping with common stressful situations experienced by children.

- Grade K: TE pp20-23, PA3A-B, B: When Sophie Gets Angry, TE pp40-43
- Grade 1: TE pp20-29, SA1-2, PA3, EA3, TE pp52-58, SA5, EA5, PA9
- Grade 2: TE pp16-21, SA2

STANDARD 2.2 INTEGRATED SKILLS: All students will develop and use personal and interpersonal skills to support a healthy, active lifestyle.

Strand: A. Interpersonal Communication

2.2.2.A.1 Express needs, wants, and feelings in health- and safety-related situations.

HPW Key*

- Grade K: TE pp7-9, TE pp20-23, TE pp27-28, TE pp38-43, TE pp50-51, TE pp79-82, SA11-12, PA11, TE pp103-104, SA16, TE pp132-135
- Grade 1: TE pp2-9, PA1, EA1, TE pp19-25, SA2, PA3, EA3; TE pp46-51, TE pp56-57, TE pp90-91, TE pp134-135, TE pp139-141, SA24, PA22, TE pp142-145, SA25, PA23, TE pp146-149, SA26-27, PA24
- Grade 2: TE p7, TE pp16-21, SA2A-B, TE p27, PA3, TE pp57-64, PA9, TE pp104-106, TE pp111-112, PA18, SA31, TE pp114-118, SA32-36, TE pp152-153

Strand: B. Decision-Making and Goal Setting

2.2.2.B.1 Explain what a decision is and why it is advantageous to think before acting.

HPW Key*

- Grade K: TE pp121-123, TE p128, TE pp133-135
- Grade 1: TE pp142-145, SA25, PA23
- Grade 2: TE pp44-48, SA10-11, PA7, TE pp114-118, SA32-36

2.2.2.B.2 Relate decision-making by self and others to one's health.

- Grade K: TE pp69-70, P: Healthy Choices, TE pp104-106, P: Healthy Choices, TE pp154-155
- Grade 1: TE pp142-145, SA25, PA23, F: decision
- Grade 2: TE pp44-48, SA10-11, PA7, TE pp114-118, SA32-36

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2.2.2.B.3 Determine ways parents, peers, technology, culture, and the media influence health decisions.

- Grade K: TE pp100-105, SA16-18
- Grade 1: TE p133, TE pp146-151, SA26-27, PA24, TE pp7-8, TE pp101-102
- Grade 2: TE pp104-105

2.2.2.B.4 Select a personal health goal and explain why setting a goal is important.

- Grade K: TE pp7-9, TE pp22-23, TE pp63-65, PA9
- Grade 1: TE pp116-118, PA18
- Grade 2: TE pp22-27, PA2-3, SA3-4

Strand: C. Character Development

2.2.2.C.1 Explain the meaning of character and how it is reflected in the thoughts, feelings, and actions of oneself and others.

HPW Key*

- Grade K: TE pp40-47, PA6-7
- Grade 1: TE pp10-19, TE pp52-58, SA5, EA5, PA9, TE pp46-50, SA4, PA8
- Grade 2: TE pp10-15, SA1, PA1

2.2.2.C.2 Identify types of disabilities and demonstrate appropriate behavior when interacting with people with disabilities.

- Grade K: TE pp142-144, SA26, PA19, B: I Want to be Somebody New
- Grade 1: TE pp162-164, SA30, TE pp52-55, SA5, EA5
- Grade 2: TE pp120-129, SA37-38, PA20, B: Through Grandpa’s Eyes

Strand: D. Advocacy and Service

2.2.2.D.1 Determine the benefits for oneself and others of participating in a class or school service activity.

HPW Key*

- Grade K: TE pp7-9, TE pp16-19, TE pp20-23, TE pp27-28, TE pp50-51, TE p81, TE p103, SA16
- Grade 1: TE pp13-19, TE pp35-36, TE pp38-41, PA6, EA4, TE pp46-51, TE pp148-150, SA26;
- Grade 2: TE pp14-15, TE pp20-26, SA3-4, PA2, TE pp44-48, SA10-11, PA7, TE pp60-64, TE pp111-112, PA18, SA31

Strand: E. Health Services and Information

2.2.2.E.1 Determine where to access home, school, and community health professionals.

HPW Key*

- Grade K: TE pp170-173, SA33, PA24, TE pp34-37, PA5, TE pp120-122, PA15, SA21
- Grade 1: TE p92, PA14, TE p145, PA23
- Grade 2: TE pp166-169, SA48-49, PA24-25

STANDARD 2.3 DRUGS AND MEDICINES: All students will acquire knowledge about alcohol, tobacco, other drugs, and medicines and apply these concepts to support a healthy, active lifestyle.

Strand: A. Medicines

2.3.2.A.1 Explain what medicines are and when some types of medicines are used.

HPW Key*

- Grade K: TE pp90-93, SA13, PA12, TE pp104-105, SA17
- Grade 1: TE pp120-129, PA19-20, SA14-19, EA10, TE p137, SA22
- Grade 2: TE pp98-101, SA25-26A&B, PA16

2.3.2.A.2 Explain why medicines should be administered as directed.

- Grade K: TE pp90-93, SA13, PA12; TE pp104-105, SA17
- Grade 1: TE pp120-129, PA19-20, SA14-19, EA10
- Grade 2: TE pp98-101, SA25-26A&B, PA16

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Strand: B. Alcohol, Tobacco, and Other Drugs

2.3.2.B.1 Identify ways that drugs can be abused.

2.3.2.B.2 Explain effects of tobacco use on personal hygiene, health, and safety.

2.3.2.B.3 Explain why tobacco smoke is harmful to nonsmokers.

2.3.2.B.4 Identify products that contain alcohol.

2.3.2.B.5 List substances that should never be inhaled and explain why.

HPW Key*

- Grade K: TE pp90-93, SA13, PA12, TE pp104-105, SA17
- Grade 1: TE pp120-129, PA19-20, SA14-19, EA10, TE p137, SA22
- Grade 2: TE pp93-95, SA24, PA15, TE pp98-101, SA25-26A&B, PA16
- Grade K: TE pp98-99, SA15, TRG ppR72-R73
- Grade 1: TE pp130-135, SA20-21, PA21, EA11, TRG ppR72-R79
- Grade 2: TE pp97-99, SA25, TE pp102-106, PA17, SA27-28, TRG ppR92-R95
- Grade K: TE pp98-99, SA15, TRG ppR74-R79
- Grade 1: TE pp30-135, SA20-21, PA21, EA11, TRG ppR74-R79
- Grade 2: TE pp102-106, PA17, SA27-28, TRG ppR96-R101
- Grade 1: TE pp137-140, SA22-24
- Grade 2: TE pp109-110, SA29
- Grade K: TE pp94-97, SA14-15, PA13, TRG ppR86-R89
- Grade 1: TE pp120-129, PA19-20, SA14-19, EA10, TE p137, SA22
- Grade 2: TRG ppR106-R111

Strand: C. Dependency/Addiction and Treatment

2.3.2.C.1 Recognize that some people may have difficulty controlling their use of alcohol, tobacco, and other drugs.

2.3.2.C.2 Explain that people who abuse alcohol, tobacco, and other drugs can get help.

HPW Key*

- Grade K: TRG p55, TRG ppR59-R62
- Grade 1: TRG p55, TRG ppR59-R62
- Grade 2: TE pp108-112, PA18, SA29-31, TRG ppR57-R66
- Grade K: TE pp104-105, SA17-18, TRG ppR64-R65, TRG pR79, TRG pR89
- Grade 1: TE p145, PA23, TRG pR79, TRG pR89
- Grade 2: TE pp108-112, PA18, SA29-31, TRG ppR57-R66

STANDARD 2.4 HUMAN RELATIONSHIPS AND SEXUALITY: All students will acquire knowledge about the physical, emotional, and social aspects of human relationships and sexuality and apply these concepts to support a healthy, active lifestyle.

Strand: A. Relationships

2.4.2.A.1 Compare and contrast different kinds of families locally and globally.

2.4.2.A.2 Distinguish the roles and responsibilities of different family members.

HPW Key*

- Grade K: TE pp34-37, PA5
- Grade 1: TE pp32-37, PA5, TE p58, PA9
- Grade 2: TE pp30-35, SA5-7, PA4-5
- Grade K: TE pp38-43, PA6, TE pp44-47, PA7
- Grade 1: TE pp38-41, PA6, EA4
- Grade 2: TE pp30-35, SA5-7, PA4-5

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2.4.2.A.3 Determine the factors that contribute to healthy relationships.

- Grade K: TE pp35-37, PA5, F: family, B: The Surprise Family, TE pp39-43, PA6, B: The Surprise Family
- Grade 1: TE pp33-37, F: family, B: Herbie’s Special Family, TE pp43-45, SA3, PA7
- Grade 2: TE pp30-35, SA5,6,7, PA4

Strand: B. Sexuality

2.4.2.B.1 Compare and contrast the physical differences and similarities of the genders.

HPW Key*

- Grade K: TE pp138-144, SA26, PA19
- Grade 1: TE pp162-164, SA30
- Grade 2: TE pp120-129, SA37-38, PA20

Strand: C. Pregnancy and Parenting

2.4.2.C.1 Explain the factors that contribute to a mother having a healthy baby.

HPW Key*

- Grade K: TE pp146-151, SA27, PA19-20
- Grade 1: TE pp168-172

STANDARD 2.5 MOTOR SKILL DEVELOPMENT: All students will utilize safe, efficient, and effective movement to develop and maintain a healthy, active lifestyle.

SEE PE PROGRAM

STANDARD 2.6 FITNESS: All students will apply health-related and skill-related fitness concepts and skills to develop and maintain a healthy, active lifestyle.

Strand: A. Fitness and Physical Activity

2.6.2.A.1 Explain the role of regular physical activity in relation to personal health.

HPW Key*

- Grade K: TE pp60-65, SA9-10, PA9, Kids in Action Fitness for Children
- Grade 1: TE pp94-97, SA10, PA15
- Grade 2: TE pp70-73, PA11, TE pp86-89, SA20-23, PA14, EA3, TE p134, SA40

2.6.2.A.2 Explain what it means to be physically fit and engage in moderate to vigorous age-appropriate activities that promote fitness.

- Grade K: TE pp60-65, SA9-10, PA9, Kids in Action Fitness for Children
- Grade 1: TE pp94-97, SA10, PA15, TE pp116-118, PA18
- Grade 2: TE pp70-73, PA11, TE p87, SA20-21

2.6.2.A.3 Develop a fitness goal and monitor progress towards achievement of the goal.

- Grade K: TE pp60-65, SA9-10, PA9, Kids in Action Fitness for Children
- Grade 1: TE pp94-97, SA10, PA15, TE pp116-118, PA18
- Grade 2: TE pp70-73, PA11, TE pp86-89, SA20-23, PA14, EA3

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STANDARD 2.1 WELLNESS: All students will acquire health promotion concepts and skills to support a healthy, active lifestyle.

Strand: A. Personal Growth and Development

2.1.4.A.1. Explain the physical, social, emotional, and mental dimensions of personal wellness and how they interact.

2.1.4.A.2 Determine the relationship of personal health practices and behaviors on an individual's body systems.

HPW Key*

- Grade 3: TE pp4-7, EA1-2, TE pp14-17, EA1, PA3-6
- Grade 4: TE pp6-9, SA1, TR1: Components of Health PA1

- Grade 3: TE pp14-17, EA1, PA3-6, TE pp72-75, SA11-12, TR4, PA14, TE pp96-105, PA18, SA18, TR8 ;TE p143, TE pp146-150, SA33-34, PA25, EA11
- Grade 4: TE pp10-12, EA1-2, SA2-3, TE pp15-21, PA2-3, TR2:Goal Setting, SA5, EA3-4, TE pp154-163, PA21, SA40-41, EA23-24

Strand: B. Nutrition

2.1.4.B.1 Explain how healthy eating provides energy, helps to maintain healthy weight, lowers risk of disease, and keeps body systems functioning effectively.

2.1.4.B.2 Differentiate between healthy and unhealthy eating practices.

2.1.4.B.3 Create a healthy meal based on nutritional content, value, calories, and cost.

2.1.4.B.4 Interpret food product labels based on nutritional content.

HPW Key*

- Grade 3: TE pp72-75, SA11-12A-C, TR4: Nutrition/Nutrients/Fitness, PA14, TE pp108-109, SA19
- Grade 4: TE pp123-124, SA28, TR4: Nutrition/Nutrients/Fitness, TE pp149-152, SA39, EA20-21, PA20, TE pp168-169, TR5: Anatomy of MyPyramid, SA42, HF: Heart Smart Health Flash

- Grade 3: TE pp88-94, SA17, TR6-7: Food Labels/Food Safety, PA17, EA8
- Grade 4: TE pp130-132, TE pp136-138, EA19, SA34, TE pp140-143, TR7: Marketing, SA35, TE pp146-148, SA 38

- Grade 3: TE pp80-83, SA13,14, PA15, TE pp92-93
- Grade 4: TE pp136-138, TE pp146-148 SA38

- Grade 3: TE pp91-92, SA17, TR6: Food Labels
- Grade 4: TE pp132-135, TR6: Food Labels, SA 31-33

Strand: C. Diseases and Health Conditions

2.1.4.C.1 Explain how most diseases and health conditions are preventable.

2.1.4.C.2 Justify how the use of universal precautions, sanitation and waste disposal, proper food handling and storage, and environmental controls prevent diseases and health conditions.

2.1.4.C.3 Explain how mental health impacts one's wellness

HPW Key*

- Grade 3: TE pp146-150, SA33-34, PA25, EA11
- Grade 4: TE pp182-184, TR11-13: Germs

- Grade 3: TE pp92-93, TR7: Food Safety, TE p150
- Grade 4: TE pp144-145, SA37, TE pp174-178, EA27, SA43-44, PA22

- Grade 4: TE pp6-7, TE p11, SA 1, EA1, TR1: Components of Health

Strand: D. Safety

2.1.4.D.1 Determine the characteristics of safe and unsafe situations and develop strategies to reduce the risk of injuries at home, school, and in the community (e.g., fire safety, poison safety, accident prevention).

HPW Key*

- Grade 3: TE pp50-53, EA5, PA11, TE pp54-59, SA7-8, TE p62, PA12
- Grade 4: TE pp60-70, SA11-13, EA9-11, PA9

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2.1.4.D.2 Summarize the various forms of abuse and ways to get help.

- Grade 3: TE pp64-70, SA9-10, PA13, EA7
- Grade 4: TE pp68-70, SA13, EA10-11

2.1.4.D.3 Examine the impact of unsafe behaviors when traveling in vehicles, as a pedestrian, and when using other modes of transportation.

- Grade 3: TE pp49-58, EA5, PA11, SA7, V: Safety Rules and You
- Grade 4: TE pp61-63, SA11

2.1.4.D.4 Demonstrate simple first-aid procedures for choking, bleeding, burns, and poisoning.

- Grade 4: TE pp54-58, PA8, G: Emergency Game

Strand: E. Social and Emotional Health

2.1.4.E.1 Compare and contrast how individuals and families attempt to address basic human needs.

HPW Key*

- Grade 3: TE pp20-27, PA7-8, SA2-3
- Grade 4: TE pp6-7, SA1, TR1: Communication Skills, TE pp11-12, EA1, SA2-3, TE pp24-28, SA6, PA4

2.1.4.E.2 Distinguish among violence, harassment, gang violence, discrimination, and bullying and demonstrate strategies to prevent and resolve these types of conflicts.

- Grade 3: TE pp36-38, TR2: Conflict Resolution Skills, SA5, PA9
- Grade 4: TE pp80-86, SA16-18, PA11, EA12-13, TE pp74-78, SA14-15, PA10, TE pp68-69, SA13

2.1.4.E.3 Determine ways to cope with rejection, loss, and separation.

- Grade 4: TE pp76-79, PA10, B:One Thousand Paper Cranes, P: Effective Coping Skills

2.1.4.E.4 Summarize the causes of stress and explain ways to deal with stressful situations.

- Grade 3: TE pp24-27, SA2-3, PA8, TE pp41-45, TR1: Communication Skills, TR3: Handling Emotions, SA6, EA3, PA10
- Grade 4: TE pp72-79, SA14-15, PA10

STANDARD 2.2 INTEGRATED SKILLS: All students will develop and use personal and interpersonal skills to support a healthy, active lifestyle.

Strand: A. Interpersonal Communication

2.2.4.A.1 Demonstrate effective interpersonal communication in health- and safety-related situations.

HPW Key*

- Grade 3: TE pp32-37, SA5, PA9, B: King of the Playground, TE pp68-69, SA10, PA13, TE pp128-129, TR1: Communication Skills, TR2: Conflict Resolution Skills, P: 3Ps of Constructive Criticism
- Grade 4: TE pp30-33, SA7, PA5, TE pp68-69, TE p78, TR3: Communication Skills, G: Decision Making Game, TE pp83-84, SA18, G: Conflict Resolution Scenarios

2.2.4.A.2 Demonstrate effective interpersonal communication when responding to disagreements or conflicts with others.

- Grade 3: TE pp128-129, TE pp136-139, SA29-30, TE pp32-38, TR1-2: Communication/Conflict Resolution Skills, SA5, PA9
- Grade 4: TE pp30-33, TR3: Communication Skills, SA7, PA5, TE pp68-69, SA13, TE pp76-79, PA10, TE pp80-85, SA16-18, PA11, TE pp110-115, SA26-27, PA16

Strand: B. Decision-Making and Goal Setting

2.2.4.B.1 Use the decision-making process when addressing health-related issues.

HPW Key*

- Grade 3: TE pp68-69, PA13, TE pp91-92, SA17, TE pp138-139, SA29-30
- Grade 4: TE pp62-63, G: Decision Making Cards: Safety, TE pp69-70, TE pp106-107, SA24-25, P: Decision Making

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2.2.4.B.2 Differentiate between situations when a health-related decision should be made independently or with the help of others.

- Grade 3: TE p90, TE pp121-123, PA20, TE pp128-129
- Grade 4: TE pp90-91, V: McGruff's Drug Alert, TE pp76-77, TE p111, EA16

2.2.4.B.3 Determine how family, peers, technology, culture, and the media influence thoughts, feelings, health decisions, and behaviors.

- Grade 3: TE pp128-129, TE pp136-139, SA29-30, TE pp88-90
- Grade 4: TE pp24-28, SA6, PA4, TE pp80-82, SA16-17

2.2.4.B.4 Develop a personal health goal and track progress.

- Grade 3: TE pp14-17, EA1, PA3-6; TE pp84-87, SA16, PA16
- Grade 4: TE pp18-20, TR2: Goal Setting, SA5, PA3, TE pp50-52, EA7-8, TE pp118-119, EA18, TE pp149-150, EA20, SA39; TE p118, EA18

Strand: C. Character Development

2.2.4.C.1 Determine how an individual's character develops over time and impacts personal health.

HPW Key*

- Grade 3: TE pp21-27, PA7-8, B:Fathers, Mothers, Brothers, Sisters

2.2.4.C.2 Explain why core ethical values (such as respect, empathy, civic mindedness, and good citizenship) are important in the local and world community.

- Grade 3: TE pp7-13, SA1, PA2, TE pp28-31, SA4; TE pp32-46, TR1-2, SA5-6, PA9-10, EA3, TE pp103-105, TR8: Understanding Differences
- Grade 4: TE p8, TE pp14-15, SA4, TE pp27-28, SA6, PA4, TE pp31-33, TR3: Communication Skills, SA7, PA5; TE pp35-38, SA8, PA6

2.2.4.C.3 Determine how attitudes and assumptions toward individuals with disabilities may negatively or positively impact them.

- Grade 3: TE pp103-105, PA18, TR8:Understanding Differences

Strand: D. Advocacy and Service

2.2.4.D.1 Explain the impact of participation in different kinds of service projects on community wellness.

HPW Key*

- Grade 3: TE pp60-62, EA6, PA12, TE pp138-139, TE pp103-105, TR8: Understanding Differences
- Grade 4: TE pp48-51, PA7, EA8, TE pp98-99, SA22, PA13, TE pp114-115, SA27, PA16

Strand: E. Health Services and Information

2.2.2.E.1 Determine where to access home, school, and community health professionals.

HPW Key*

- Grade 3: TE pp88-90, TE14-17, EA1, PA3-6, TE pp80-81, SA15, TE pp120-123, SA24, PA20, TE p145, SA32
- Grade 4: TE pp18-19, TR2: Goal Setting, TE pp55-57, TE pp91-92, SA20, TE p198

STANDARD 2.3 DRUGS AND MEDICINES: All students will acquire knowledge about alcohol, tobacco, other drugs, and medicines and apply these concepts to support a healthy, active lifestyle.

Strand: A. Medicines

2.3.4.A. Distinguish between over-the-counter and prescription medicines.

HPW Key*

- Grade 3: TE pp116-123, SA23-24, PA19-20
- Grade 4: TE pp88-92, SA19-20, PA12

2.3.4.A.2 Determine possible side effects of common types of medicines.

- Grade 3: TE pp116-123, SA23-24, PA19-20
- Grade 4: TE pp88-92, SA19-20, PA12

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Strand: B. Alcohol, Tobacco, and Other Drugs

2.3.4.B.1 Explain why it is illegal to use or possess certain drugs/substances and the possible consequences.

2.3.4.B.2 Compare the short- and long-term physical effects of all types of tobacco use.

2.3.4.B.3 Identify specific environments where second-hand/passive smoke may impact the wellness of nonsmokers.

2.3.4.B.4 Summarize the short- and long-term physical and behavioral effects of alcohol use and abuse.

2.3.4.B.5 Identify the short- and long-term physical effects of inhaling certain substances.

HPW Key*

- Grade 3: TE p134, SA28
- Grade 4: TE p90, TE pp108-109, EA15, PA15
- Grade 3: TE pp125-128, SA25-26, PA21
- Grade 4: TE pp95-97, SA21, B: Ramona and Her Father
- Grade 3: TE pp124-129, SA25-26, PA21, TRG pp92-101
- Grade 4: TE pp94-99, SA21-22, PA13, TRG pp96-98
- Grade 3: TE pp130-133, SA27, TRG pp61-66
- Grade 4: TE pp100-103, SA23, EA14, PA14, TRG pp59-62
- Grade 3: TE p135, PA22, TRG pp108-111
- Grade 4: TE pp100-103, SA23, EA14, PA14, TRG pp108-111

Strand: C. Dependency/Addiction and Treatment

2.3.4.C.1 Identify signs that a person might have an alcohol, tobacco, and/or drug use problem.

2.3.4.C.2 Differentiate between drug use, abuse, and misuse.

2.3.4.C.3 Determine how advertising, peer pressure, and home environment influence children and teenagers to experiment with alcohol, tobacco, and other drugs.

HPW Key*

- Grade 3: TE p127, TE p133, TRG pp63-65, TRG pp103-104, TRG p111
- Grade 4: TE pp100-103, SA23, EA14, PA14, TRG pp63-68
- Grade 3: TE pp121-123, SA24, PA20
- Grade 4: TE pp88-92, SA19-20, PA12
- Grade 3: TE pp136-140, SA29-30, PA23, EA10
- Grade 4: TE pp97-99, SA22, PA13, TE p108, TE p112

STANDARD 2.4 HUMAN RELATIONSHIPS AND SEXUALITY: All students will acquire knowledge about the physical, emotional, and social aspects of human relationships and sexuality and apply these concepts to support a healthy, active lifestyle.

Strand: A. Relationships

2.4.4.A.1 Explain how families typically share common values, provide love and emotional support, and set boundaries and limits.

2.4.4.A.2 Explain why healthy relationships are fostered in some families and not in others.

HPW Key*

- Grade 3: TE pp20-23, PA7; TE pp24-27, SA2-3, PA8
- Grade 4: TE pp24-28, SA6, PA4, TE pp13-15, SA4, PA2
- Grade 3: TE pp20-23, PA7, TE pp28-31, SA4, TE pp32-37, SA5, PA9, TE p90, TE p94, PA17
- Grade 4: TE pp13-15, SA4, PA2, TE pp24-28, SA6, PA4, TE pp30-33, TR3: Communication Skills, SA8, PA5, TE pp34-40, PA6, EA5-6

Strand: B. Sexuality

2.4.4.B.1 Differentiate the physical, social, and emotional changes occurring at puberty and explain why puberty begins and ends at different ages.

HPW Key*

- Grade 3: TE pp100-103, SA18, PA18
- Grade 4: TE pp154-163, SA40-41, PA21, EA23-24

Strand: C. Pregnancy and Parenting

2.4.4.C.1 Explain the process of fertilization and how cells divide to create an embryo/fetus that grows and develops during pregnancy.

2.4.4.C.2 Relate the health of the birth mother to the development of a healthy fetus.

HPW Key*

- Grade 4: Human Growth Supplement
- Grade 4: TRG pp62-63, TRG p99, TRG p104

STANDARD 2.5 MOTOR SKILL DEVELOPMENT: All students will utilize safe, efficient, and effective movement to develop and maintain a healthy, active lifestyle.

Strand: A. Movement Skills and Concepts

To meet this standard see PE program

STANDARD 2.6 FITNESS: All students will apply health-related and skill-related fitness concepts and skills to develop and maintain a healthy, active lifestyle.

Strand: A. Fitness and Physical Activity

2.6.4.A.1 Determine the physical, social, emotional, and intellectual benefits of regular physical activity.

2.6.4.A.2 Participate in moderate to vigorous age-appropriate activities that address each component of health-related and skill-related fitness.

2.6.4.A.3 Develop a health-related fitness goal and track progress using health/fitness indicators.

2.6.4.A.4 Determine the extent to which different factors influence personal fitness, such as heredity, training, diet, and technology.

HPW Key*

- Grade 3: TE pp84-87, TR4: Nutrition/Nutrients/Fitness, SA16, PA16
- Grade 4: TE pp6-7, SA1, TR1: Components of Health, TE pp141-142, TE pp149-152, SA39, PA20, EA20-22, TRG p148
- Grade 3: TE pp84-87, TR4: Nutrition/Nutrients/Fitness, SA16, PA16
- Grade 4: TE pp149-151, SA39, EA20, PA20, TE pp170-171, HF: Heart Smart Health Flash
- Grade 3: TE pp84-87, TR4: Nutrition/Nutrients/Fitness, SA16, PA16
- Grade 4: TE pp149-151, SA39, EA20, PA20, TE pp166-167, TR8-10: Heart/Lungs/Circulatory System, TE pp170-171, HF: Heart Smart Health Flash
- Grade 3: TE pp85-87, SA16, PA16, TR4: Nutrition/Nutrients/Fitness
- Grade 4: TE pp141-143, SA35, V: Exercise/Nutrition/Sleep, TR7: Marketing Strategies, TE pp149-150, SA39, EA20

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STANDARD 2.1 WELLNESS: All students will acquire health promotion concepts and skills to support a healthy, active lifestyle.

Strand: A. Personal Growth and Development

- 2.1.6.A.1. Explain how health data can be used to assess and improve each dimension of personal wellness.
- 2.1.6.A.2 Relate how personal lifestyle habits, environment, and heredity influence growth and development in each life stage.
- 2.1.6.A.3 Determine factors that influence the purchase of healthcare products and use of personal hygiene practices.

HPW Key*

- Grade 5: TE pp114-117, TR6-7:MyPyramid/Major Nutrients, HF: Nutrition and Fitness Health Flash, TE pp129-132, TR10: Benefits of Exercise, EA17-18, TE pp155-156, SA33
- Grade 6: TE pp75-76, TR7: Adolescent Stress, EA13, PC: Vol 1
- Grade 5: TE pp136-147, TR11-12, SA28-29, PA17
- Grade 6: TE pp216-218, TR29, EA33
- Grade 5: TE pp124-127, SA24,25,26, TR9:Marketing Strategies TE p150
- Grade 6: TE pp206-208, EA30, TE pp220-221, V: Hygiene for Boys and Girls

Strand: B. Nutrition

- 2.1.6.B.1 Determine factors that influence food choices and eating patterns.
- 2.1.6.B.2 Summarize the benefits and risks associated with nutritional choices, based on eating patterns.
- 2.1.6.B.3 Create a daily balanced nutritional meal plan based on nutritional content, value, calories, and cost.
- 2.1.6.B.4 Compare and contrast nutritional information on similar food products in order to make informed choices.

HPW Key*

- Grade 5: TE p125-126, TR9: Marketing Strategies, SA26
- Grade 6: TE pp197-200, SA 52, TR27: Preventing Foodborne Illness, EA29, PC: Vol 2
- Grade 5: TE pp114-118, TR6-7, EA15, PA14, HF: Nutrition and Fitness Health Flash, TE pp107-108, V: To the Max: Eating and Exercising for Maximal Health,
- Grade 6: TE pp177-178, G: Nutrition Trivia Game, EA25
- Grade 5: TE pp108-112, PA13, HF: Nutrition and Fitness Health Flash, P: Nutritional Vision Chart, TE pp117-118, EA15, PA14, G: Nutrition Cards
- Grade 6: TE pp179-182, SA 49, TR22: Anatomy of MyPyramid, EA25, P: Nutritional Vision Chart, TE p208, SA 53, SRCD; TRG ppR126-R139
- Grade 5: TE pp120-127, EA16, TR8-9, SA24-27, PA15
- Grade 6: TE p209, TR28: Food Labels, SRCD: Food Labels; TRG ppR140-R145

Strand: C. Diseases and Health Conditions

CONTENT STATEMENT: The early detection and treatment of diseases and health conditions impact one's health. **Cumulative Progress Indicator (CPI)**

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

HPW Key*

- Grade 5: TE pp115-117, TR7: Heart Healthy Choices
- Grade 6: TE p234, SRCD: Common Illnesses, SA 59

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- 2.1.6.C.2 Determine the impact of public health strategies in preventing diseases and health conditions.
- 2.1.6.C.3 Compare and contrast common mental illnesses (such as depression, anxiety and panic disorders, and phobias) and ways to detect and treat them.

- Grade 5: TE pp91-93, PA11; TE p89, SA20, TRG ppR183- R184
- Grade 6: TE p239, SRCD: An Ounce of Prevention, SA 59
- Grade 5: TE pp65-67, SA13, PA8
- Grade 6: TE p81, TR8: Signs of Depression, SRCD: Let’s Talk About Depression, TRG pp R11-R27, TRG ppR29-R31

Strand: D. Safety

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

HPW Key*

- Grade 6: TE p81, TR8: Signs of Depression, SRCD: Let’s Talk About Depression
- Grade 5: TE pp164-169, SA36-37, PA20, TR15-16
- Grade 6: TE pp112-118, TR12: Abuse, SA 26-27
- Grade 5: TE pp158-163, EA1, SA34-35, PA19
- Grade 6: TE pp102-105, SA 23-24

Strand: E. Social and Emotional Health

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

HPW Key*

- Grade 5: TE pp10-16, EA2-4, TR2: Plot Coaster, SA2, PA2, B: The Black Snowman, TE pp18-22, SA3; TE p79, PA9
- Grade 6: TE pp12-17, SA 3,4, EA4-5, B:Holes; TE p171, V: WIN, TR21: Don’t Quit
- Grade 5: TE pp59-62, TR4: Dealing with Bullies, SA12, PA7, V: Bullying, TE pp141-143, TR12: Myth or Fact, SA28, PA17; TE pp170-173, EA22
- Grade 6: TE pp92-98, TR9-10: Conflict Causes/Conflict Resolution, SA21-22, V: Solving Conflicts with Teachers, Parents, and Peers, G: Conflict Resolution Strategies
- Grade 5: TE p54, PA6, B: Blackberries in the Dark, TE pp66-67, PA8, TE pp70-74, TR5: Steps to Resolving Conflict, SA14, EA9-10, G: Conflict Resolution Bingo Game; TE pp59-62, TR4: Dealing with Bullies, SA12, PA7
- Grade 6: TE pp27-28, B: Holes, Bridge to Terabithia, TE pp32-33, SA 8, TE p61, SA12, TE pp78-81, EA14, TR8: Signs of Depression, SRCD

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STANDARD 2.2 INTEGRATED SKILLS: All students will develop and use personal and interpersonal skills to support a healthy, active lifestyle.

Strand: A. Interpersonal Communication

2.2.6.A.1 Demonstrate verbal and nonverbal interpersonal communication in various settings that impact the health of oneself and others.

HPW Key*

- Grade 5: TE pp38-40, SA8A&B, TR3: Improving Communication Skills, TE p47, SA10, TE pp60-61, TE pp97-98, SA21-22, TE p167
- Grade 6: TE pp42-50, EA8-10, TR3-4: Communication Essentials, P: Methods of Communication, G: Communication Challenge, TE pp96-98, TE pp148-149, TE 154-156

2.2.6.A.2 Demonstrate use of refusal, negotiation, and assertiveness skills in different situations.

- Grade 5: TE pp38-40, TR3: Improving Communication Skills, SA8, EA1, TE pp59-62, TR4: Dealing with Bullies, SA12, PA7, TE pp70-72, TR5, SA14, EA9; TE pp97-98, SA21-22, TE pp166-167, SA36, PA20
- Grade 6: TE pp44-45, P: Methods of Communication, EA8, TE pp47-49, G: Communication Challenge, EA9; TE p50, SA10, TE pp85-86, SA20

Strand: B. Decision-Making and Goal Setting

2.2.6.B.1 Use effective decision-making strategies.

HPW Key*

- Grade 5: TE p60, SA12, TE p72, EA9, TE p124, SA24
- Grade 6: TE pp148-149, TE pp154-155, SA40, TR20: Strategies for Resisting Drugs, TE p169, SA48, P: Decision Making Process

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

- Grade 5: TE p95, V: ACE
- Grade 6: TE p159, SA42, TE pp163-165, SA45

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

- Grade 5: TE p70, SA14, TE p72, EA9, TE pp91-92
- Grade 6: TE pp147-148, TR18: Influences on Tobacco Use, TE p87, TE pp195-196, SA50, TR22: Anatomy of MyPyramid, SA50-51, P: Nutritional Vision Chart; TE pp206-207, EA30

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

- Grade 5: TE pp11-12, EA2-3; TE pp24-27, SA4-6, PA3; TE pp114-118, TR6-7, EA15, Health Flash; TE pp129-134, TR10: Benefits of Exercise, EA17-18, PA16
- Grade 6: TE pp18-22, TR1-2: Goal Setting, TE pp23-24, EA5-6, SA6, TE pp63-64, SA13-14; TE pp65-66, SA15; TE p237, SA61

Strand: C. Character Development

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

HPW Key*

- Grade 5: TE pp14-15, SA2, TE pp18-22, SA3, B: Number the Stars, P: Respect, TE pp43-45, B Sign of the Beaver, TE p138, V: Honesty Counts
- Grade 6: TE pp15-17, SA5, B: Holes, TE pp167-168, P: Respect

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

- Grade 5: TE pp8-9, TE pp14-16, SA2, PA2, TE pp18-22, P: Respect, TE pp43-46, SA9, TE p138, V: Honesty Counts, TE pp141-142, TR12: Myth or Fact, SA28
- Grade 6: TE p7, TE pp14-17, EA4, TE p82, SA18

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

- Grade 5: TE pp141-142, SA28, B: It's Your Turn at Bat
- Grade 6: TE pp82-83, SA18-19

Strand: D. Advocacy and Service

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

HPW Key*

- Grade 5: TE pp72-73
- Grade 6: TE p82, SA18

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

- Grade 5: TE p173, P: Safety Poster
- Grade 6: TE pp55-59, TE p235

Strand: E. Health Services and Information

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

HPW Key*

- Grade 5: TE pp160-162, SA34-35, TE pp171-173
- Grade 6: TE pp60-61

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

- Grade 5: TE pp66-67, B: Blackberries in the Dark, TE p79, PA9, TE pp81-83, PA10, TE p98, TE pp165-169
- Grade 6: TE p81, EA14, TR8: Signs of Depression, SRCD: Let's Look at Depression, TE pp114-116, TR12: Abuse, TE pp141-142, SA34-35

STANDARD 2.3 DRUGS AND MEDICINES: All students will acquire knowledge about alcohol, tobacco, other drugs, and medicines and apply these concepts to support a healthy, active lifestyle.

Strand: A. Medicines

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

HPW Key*

- Grade 5: TE pp81-83, SA15-16, EA13, PA10
- Grade 6: TE p141, TR17: Medicines are Drugs Too, TE p149, SA6, TE pp141-142, SA34-35

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

- Grade 5: TE pp81-83, SA16, EA13, PA10
- Grade 6: TE p138, SA33, P: Drug Classifications, TE pp141-142, SA34-35

Strand: B. Alcohol, Tobacco, and Other Drugs

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

HPW Key*

- Grade 5: TE pp81-83, SA16, EA13; TRG ppR56-R123
- Grade 6: TE p138, SA33, TE p143, HF: Act 2, P: Drug Classifications, TRG ppR104-R121, P: Drug Classifications, TE pp160-162, SA43-44, HF: Act5-7, SRCD

2.3.6.B.2 Relate tobacco use and the incidence of disease.

- Grade 5: TE pp84-87, SA17-19; TRG pp72-103
- Grade 6: TE pp145-147, SA36-37, SRCD: Tips for Teens, CD: Smoking and Chewing, HF: Act 3, TRG ppR72-89, TRG ppR72-R97

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

- Grade 6: TE pp145-146

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

- Grade 5: TE pp84-87, SA17-19, TE pp89-93, SA20, EA11, TRG pp56-71
- Grade 6: TE pp151-152, TR19: Alcohol Trends, SA38, HF: Act4, SRCD: Tips for Teens, TRG ppR56-R69

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

- Grade 5: TE pp97-98, SA21-22
- Grade 6: TE p148, TE pp154-156, SA40, TR20:Strategies for Resisting Drugs, TE pp163-165, SA45

2.3.6.B.6 Summarize the signs and symptoms of inhalant abuse.

- Grade 5: TE pp81-82, SA16, TE p85, SA17, TRG ppR113-R116
- Grade 6: PC: Parent Connection, Vol.II Tobacco and Inhalants, TRG ppR113-R116

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

- Grade 5: TE pp186-188, EA24; TE pp192-193, TR20-21, SA41, TRG ppR119-R120
- Grade 6: TE pp250-251, TRG ppR119-R120

Strand: C. Dependency/Addiction and Treatment

HPW Key*

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

- Grade 5: TE pp90-91, EA1
- Grade 6: TE pp153-154, SA39

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

- Grade 5: TE pp88-100, SA20, PA11
- Grade 6: TE p153, SA39; TE p156, SA41, TE pp170-174, V: W.I.N., T21: Don’t Quit

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

- Grade 5: TE pp88-100, SA20, PA11
- Grade 6: TE pp147-148, TR18: Influences on Alcohol Use, TE pp151-152, TE p154

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

- Grade 5: TE pp90-91, TE pp94-99, SA21-22, PA12
- Grade 6: TE p153, CD: Smoking and Chewing, SRCD

STANDARD 2.4 HUMAN RELATIONSHIPS AND SEXUALITY: All students will acquire knowledge about the physical, emotional, and social aspects of human relationships and sexuality and apply these concepts to support a healthy, active lifestyle.

Strand: A. Relationships

HPW Key*

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

- Grade 5: TE pp31-36, SA6-8, PA5, TR2-3: Communication Essentials, EA1, B: Journey
- Grade 6: TE pp26-31, SA7, EA7, B: Holes

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

- Grade 5: TE pp18-22, SA3, TR2: Improving Communication Skills, B: Sign of the Beaver, TE pp42-48, SA9-10;
- Grade 6: TE pp38-40, SA9, B: Holes

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- 2.4.6.A.3 Examine the types of relationships adolescents may experience.
- 2.4.6.A.4 Demonstrate successful resolution of a problem(s) among friends and in other relationships.
- 2.4.6.A.5 Compare and contrast the role of dating and dating behaviors in adolescence.

- Grade 5: TE pp136-143, TR11-12, SA 28, PA17
- Grade 6: TE pp216-219, TR29, EA33
- Grade 5: TE pp70-71, SA14, TR5: Resolving Conflicts, G: Conflict Resolution Bingo Game
- Grade 6: TE pp96-98, V: Solving Conflicts, G: Conflict Resolution Strategies, TR10: Conflict Resolution Checklist
- Grade 5: TE pp145-146, SA29, TE pp136-143, TR11-12, SA28, PA17
- Grade 6: Human Growth Supplement

Strand: B. Sexuality

- 2.4.6.B.1 Compare growth patterns of males and females during adolescence.
- 2.4.6.B.2 Summarize strategies to remain abstinent and resist pressures to become sexually active.
- 2.4.6.B.3 Determine behaviors that place one at risk for HIV/AIDS, STIs, HPV, or unintended pregnancy.
- 2.4.6.B.4 Predict the possible physical, social, and emotional impacts of adolescent decisions regarding sexual behavior.

HPW Key*

- Grade 5: TE pp144-151, SA29-31, TR13: Ovulation and Menstruation, PA18, TE pp137-140, TR11: The Life Cycle
- Grade 6: TE pp222-228, V: Bodies in Progress, SA57-58, TRG ppR171-R179
- Grade 6: Human Growth Supplement
- Grade 5: TE pp182-193, SA39-41, PA22-23, EA24, TR18-21: Immune System/HIV Transmitted and Not Transmitted
- Grade 6: TE pp246-248, SA64
- Grade 5: TE pp145-146, SA29, TE pp136-143, TR11-12: Life Cycle/Myth or Fact, SA28, PA17
- Grade 6: Human Growth Supplement

Strand: C. Pregnancy and Parenting

- 2.4.6.C.1 Summarize the sequence of fertilization, embryonic growth, and fetal development during pregnancy.
- 2.4.6.C.2 Identify the signs and symptoms of pregnancy.
- 2.4.6.C.3 Identify prenatal practices that support a healthy pregnancy.
- 2.4.6.C.4 Predict challenges that may be faced by adolescent parents and their families.

HPW Key*

- Grade 5: TRG pR180
- Grade 6: Human Growth Supplement, TRG pR180
- Grade 5: TRG pR179
- Grade 6: Human Growth Supplement
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STANDARD 2.5 MOTOR SKILL DEVELOPMENT: All students will utilize safe, efficient, and effective movement to develop and maintain a healthy, active lifestyle.

To meet this standard see PE program

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STANDARD 2.6 FITNESS: All students will apply health-related and skill-related fitness concepts and skills to develop and maintain a healthy, active lifestyle.

Strand: A. Fitness and Physical Activity

2.6.6.A.1 Analyze the social, emotional, and health benefits of selected physical experiences.

2.6.6.A.2 Determine to what extent various activities improve skill-related fitness versus health-related fitness.

2.6.6.A.3 Develop and implement a fitness plan based on the assessment of one's personal fitness level, and monitor health/fitness indicators before, during, and after the program.

2.6.6.A.4 Predict how factors such as health status, interests, environmental conditions, and available time may impact personal fitness.

2.6.6.A.5 Relate physical activity, healthy eating, and body composition to personal fitness and health.

2.6.6.A.6 Explain and apply the training principles of frequency, intensity, time, and type (FITT) to improve personal fitness.

2.6.6.A.7 Evaluate the short- and long-term effects of anabolic steroids and other performance-enhancing substances on personal health.

HPW Key*

- Grade 5: TE pp107-108, V: To the Max-Eating & Exercising for Maximum Health, TE pp128-134, TR10: Benefits of Exercise, EA17-19, PA16
- Grade 6: TE pp185-186, TR24: Benefits of Exercise

- Grade 5: TE pp128-134, TR10: Benefits of Exercise, EA17-19, PA16
- Grade 6: TE p187, V: Ten Reasons to Exercise

- Grade 5: TE pp128-134, TR10: Benefits of Exercise, EA17-19, PA16

- Grade 5: TE pp114-118, TR6-7: Major Nutrients/Heart-Healthy Choices, EA15, PA14, HF: Nutrition and Fitness Health Flash
- Grade 6: TE pp181-183

- Grade 5: TE pp111-112, HF: Nutrition and Fitness Health Flash, TE pp114-118, TR6-7: Major Nutrients/Heart-Healthy Choices, EA15, PA14

- Grade 5: pp128-134, TR10: Benefits of Exercise, EA17-19, PA16

- Grade 5: TE pp89-91, SA20, TRG ppR107-R109
- Grade 6: TE p161, HF: Act 6, SRCD: Tips for Teens: The Truth About Steroids

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STANDARD 2.1 WELLNESS: All students will acquire health promotion concepts and skills to support a healthy, active lifestyle.

Strand: A. Personal Growth and Development

- 2.1.8.A.1 Assess and apply health data to enhance each dimension of personal wellness.
- 2.1.8.A.2 Compare and contrast the impact of genetics, family history, personal health practices, and environment on personal growth and development in each life stage.
- 2.1.8.A.3 Relate advances in technology to maintaining and improving personal health.
- 2.1.8.A.4 Determine the impact of marketing techniques on the use of personal hygiene products, practices, and services.

HPW Key*

- Grade 8: TE pp18-20, EA2-3, SA6-7
- Grade 7: TE pp211-212, SA56, TE pp265-269, TR47: Causes of Death in US, EA39, SA68-70, TE pp217-218
- Grade 8: TE pp5-9, TR1: Wellness Continuum, SA1, EA1, TE pp16-20, SA5, SA7, EA2-3, TE pp24-28, SA8-12, TE pp220-226, SA85-88
- Grade 7: TE pp10-23, TR1-2: Wellness Continuum/Expressing Emotions, EA3-9, TE p134, TR20: Risk Factors for Drug Use, TE pp265-269, TR47: Causes of Death in US, EA39, SA68-70
- Grade 8: TE p8, SA1, TE pp19-20, SA7, TE pp246-253, SA95-97, EA31
- Grade 7: TE pp263-269, SA67,68,70, EA39
- Grade 8: TE pp216-219, TR30: Are You Normal?, TR44: Getting Sufficient Sleep, SA83, SA84, CD: Life Begins
- Grade 7: TE pp145-147, TR22: Consumer Skills, SA37; TE pp245-247, SA36, TE pp264-265, SA67

Strand: B. Nutrition

- 2.1.8.B.1 Analyze how culture, health status, age, and eating environment influence personal eating patterns and recommend ways to provide nutritional balance.
- 2.1.8.B.2 Identify and defend healthy ways for adolescents to lose, gain, or maintain weight.
- 2.1.8.B.3 Design a weekly nutritional plan for families with different lifestyles, resources, special needs, and cultural backgrounds.
- 2.1.8.B.4 Analyze the nutritional values of new products and supplements.

HPW Key*

- Grade 8: TE pp120-128, EA16, TR22-24A-C: Dietary Guidelines/MyPyramid/Sample Ethnic Pyramids, HF: Nutrition
- Grade 7: TE pp189-194, TR30-31C: MyPyramid/Alternative Pyramids, TE pp198-202, SA54, TR29: Food Labels, TR34
- Grade 8: TE pp146-151, TR30-34: Are You Normal?/Media Myths/Striving to Fit In/Unique and Beautiful/Eating Disorders, SA49, SA52, HF: Nutrition and Fitness
- Grade 7: TE pp217-222, EA33-35
- Grade 8: TE pp145, SRCD: Heart Healthy Recipes
- Grade 7: TE pp189-191, TR30: MyPyramid, TR31a: Alternative Pyramids
- Grade 8: TE pp143-145, SA47-48, TE p148, SA51
- Grade 7: TE pp187-188, SA50, TR29: Understanding Food Labels, TE p198, SA53

Strand: C. Diseases and Health Conditions

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

HPW Key*

- Grade 8: TE pp242-252, SA93-97, EA31, EA33, TR46: Preventing Foodborne Illness, TR48: Cancer Risk Factors, SA95-98
- Grade 7: TE pp268-269, SA70

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- 2.1.8.C.2 Analyze local, state, national, and international public health efforts to prevent and control diseases and health conditions.
- 2.1.8.C.3 Analyze the impact of mental illness (e.g., depression, impulse disorders such as gambling or shopping, eating disorders, and bipolar disorders) on physical, social, and emotional well-being.

- Grade 8: TE p249, TE p252, SA97, TE p263
- Grade 7: TE pp263-269, SA67-70, EA39, TE pp139-144, TR21, SA35-36, TE pp152-154, SA42, TE p159, EA24, TE pp168-169
- Grade 8: TE pp149-151, SA52-53, TR34: Eating Disorders, TE pp58-59, TR7: Warning Signs of Depression, TE pp44-45, TR4: Stress-Related Illnesses
- Grade 7: TE pp94-100, TR13-14: Warning Signs of Depression/Suicide, SA21-22, TE pp214-218, TR39: Body Image Media Myths

Strand: D. Safety

- 2.1.8.D.1 Assess the degree of risk in a variety of situations and identify strategies to reduce intentional and unintentional injuries to self and others.
- 2.1.8.D.2 Describe effective personal protection strategies used in public places and what to do when one’s safety is compromised.
- 2.1.8.D.3 Analyze the causes and the consequences of noncompliance with the traffic safety system.
- 2.1.8.D.4 Demonstrate first-aid procedures, including victim and situation assessment, Basic Life Support, and the care of head trauma, bleeding and wounds, burns, fractures, shock, and poisoning.

HPW Key*

- Grade 8: TE pp66-68, SA21-22, TR8: Violence in America, TE pp83-103, SA29,31,32,33, EA12, G: Decision Making
- Grade 7: TE pp265-269, SA68-70, EA39
- Grade 8: TE pp91-96, SA31-33, TR16: Water Safety Rules, TE p84, SA29
- Grade 7: TE pp121-123, TR18: Abduction Prevention Tips, SA32, TE pp66-72, SA13-15, EA18
- Grade 8: TE pp104-117, EA14-15, SA37-41, TR17-21: First Aid for Shock/Bleeding/Burns
- Grade 7: TE pp124-128, EA21-22, SA33

Strand: E. Social and Emotional Health

- 2.1.8.E.1 Analyze how personal assets, resiliency, and protective factors support healthy social and emotional health.
- 2.1.8.E.2 Determine the effectiveness of existing home, school, and community efforts to address social and emotional health and prevent conflict.
- 2.1.8.E.3 Explain how culture influences the ways families and groups cope with crisis and change.
- 2.1.8.E.4 Compare and contrast stress management strategies that are used to address various types of stress-induced situations.

HPW Key*

- Grade 8: TE pp10-14, SA2-4, TR2: Promoting Self Esteem, TE pp16-20, SA5-7, EA2-3, TE pp23-28, SA8-12, TE pp33-37, EA4-6, SA14-15
- Grade 7: TE pp10-23, TR1-2: Total Wellness/Expressing Emotions, EA3-9
- Grade 8: TE pp64-87, SA21-29, TR8-15: Violence Among Youth/Resolving Conflict/Giving and Receiving Constructive Criticism/Listening Skills/Managing Anger/Preventing Handgun Violence, EA11-13, Parent Connection Vol 2
- Grade 7: TE pp88-93, TR11-12: Conflict Essentials, SA20, HF: Stress Management and Conflict Resolution, TE pp82-86, SA17-18, TR9-10: Stress/Decision Making Process, TE pp104-109, SA23-27, TR15-16: Violence Trends/How Violence is Portrayed
- Grade 8: TE p8, SA1, TE pp22-28, SA8-12, TE pp30-37
- Grade 7: TE pp32-37, SA1-3
- Grade 8: TE pp40-62, SA16-20, TR3-7: Stress Essentials, EA5-10
- Grade 7: TE pp78-86, SA17-19, TR9-10: Stress/Decision Making Process, HF: Stress Management and Conflict Resolution

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STANDARD 2.2 INTEGRATED SKILLS: All students will develop and use personal and interpersonal skills to support a healthy, active lifestyle.

Strand: A. Interpersonal Communication

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

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

HPW Key*

- Grade 8: TE pp60-62, EA9, TE pp80-82, TR11-13: Giving and Receiving Constructive Criticism/Listening Skills, SA28, TE pp33-36, SA14-15, EA4, TE p265
- Grade 7: TE pp42-43, TR5: Relationship Builders, SA5, TE pp46-51, TR6: Communication Builders, TR7: Communication Blockers, SA7-8, TE p85, SA19, TE p93, SA20, TE pp236-237, EA36, TR42: Discussing Sexuality
- Grade 8: TE pp52-61, SA19-20, EA9, TR6-7: Symptoms of Stress/Managing Stress, TE pp198-205, EA22-23, SA79, TR40: Effective Strategies for Resisting Drugs
- Grade 7: TE pp48-49, TR6-7: Communication Builders and Blockers, TE pp52-53, SA9, TE pp90-93, TR11-12: Dealing with Conflict/Steps to Resolve Conflict, SA20, HF, TE pp154-155, TE p161, EA25; TE pp172-175, TE pp257-259

Strand: B. Decision-Making and Goal Setting

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

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

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

HPW Key*

- Grade 8: TE p234, TE pp48-51, SA17-18, TE 52-61, SA19-20, EA9, TR6-7, TE pp198-205, EA22-23, SA79, TR40, TE pp170-175, SA65-67, TE p95
- Grade 7: TE pp38-44, TR4-5, SA4-6, TE pp90-93, TR11-12, SA20, TE p117-118, SA29-31, TE p160-161, TR24: Skills for Resisting Drugs, EA25
- Grade 8: TE pp58-59, TR7: Warning Signs of Depression, SRCD: Let's Talk About Depression
- Grade 7: TE pp94-100, SA 21-22, TR13: Warning Signs of Depression, TR14: Warning Signs of Suicide, CD: Violence Prevention
- Grade 8: TE pp230-232, SA90-91, TE pp222-224, SA85-86, TE pp48-51, SA17-18, TE pp52-61, SA19-20, EA9, TR6-7, TE pp170-175, SA65-67
- Grade 7: TE pp38-44, TR4-5, SA4-6, TE pp90-93, TR11-12, SA20; TE108-109, TR16: How Violence is Portrayed in the Media, SA26-27, TE pp153-155, TE pp257-259, SA66, TE pp214-217, TR39: Body Image Media Myths, TE p133

Strand: C. Character Development

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

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

HPW Key*

- Grade 8: TE pp4-5, TE pp24-28 SA8-12, TE pp31-32, SA13
- Grade 7: TE pp6-9, EA1-2, TE pp19-22, EA6-7, TR2: Expressing Emotions, TE pp39-44, SA4-6, TR4-5: Good vs Bad Friendships/Relationship Builders, EA13
- Grade 8: TE pp222-224, SA85-86

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

- Grade 8: TE pp4-5, TE pp26-27, SA11, TE pp230-232
- Grade 7: TE p6, TE pp42-44, TR5: Relationship Builders, SA5-6, TE p235

Strand: D. Advocacy and Service

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

HPW Key*

- Grade 8: TE pp100-103, SA34-36, TE p85, TR15: Preventing Handgun Violence
- Grade 7: TE pp63-64, SA11-12, TE pp70-71, SA15, TE p177, EA27

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

- Grade 8: TE p7, TE pp232-233, TR45, TE pp182-183, TE p187, TE p175, TE p96, TE pp100-103, SA34-36, TE p85, TR15
- Grade 7: TE pp70-71, SA15, TE p109, TE p169, TE p177, EA27, TE p191, TE217

Strand: E. Health Services and Information

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

HPW Key*

- Grade 8: TE pp152-159, SA54-59, TR35-36: Consumer Skills/Expressing Consumer Complaints
- Grade 7: TE pp268-269, EA39, SA70, TE pp70-71, SA15, TE p191, TE pp145-147, TR22: Consumer Purchasing Skills, SA37

2.2.8.E.2 Compare and contrast situations that require support from trusted adults or health professionals.

- Grade 8: TE p232, SA91, TE pp254-255, SA98, TE p263
- Grade 7: TE pp96-100, TE pp116-123, SA29-32

STANDARD 2.3 DRUGS AND MEDICINES: All students will acquire knowledge about alcohol, tobacco, other drugs, and medicines and apply these concepts to support a healthy, active lifestyle.

Strand: A. Medicines

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

HPW Key*

- Grade 8: TE pp162-167, SA62-63
- Grade 7: TE pp138-147, T21-22: Drug Classifications/Consumer Purchasing Skills, SA35-37

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

- Grade 8: TE p148, SA51, TE pp162-167, SA61-63
- Grade 7: TE pp138-147, T21-22, SA35-37, TRG pR144, TE pp217-218

Strand: B. Alcohol, Tobacco, and Other Drugs

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

HPW Key*

- Grade 8: TE pp164-167, SA61-63, SA21, TE pp178-180, SA68-69, TE pp186-188
- Grade 7: TE pp140-145, SA35-36, TR21: Drug Classifications, TE pp150-151, SA39-41, TE pp158-159, SA43, EA24

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

- Grade 8: TE pp191-194, SA78, TRG ppR69-R120
- Grade 7: TE pp168-169, TE p142, SA35

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

- Grade 8: TE pp177-179, SA68, SRCD: The Truth About Tobacco
- Grade 8: TE pp149-150, SA38,39, SRCD: The Truth About Tobacco

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

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

- Grade 8: TE pp183-189, TR38-39: Social Impact of Alcohol Abuse/Warning Signs of Alcohol Dependence, SA74, TRG ppR53-R68
- Grade 7: TE pp156-161, TR23-24: Alcohol Trends/Skills for Refusing Drugs, SA35, SA43, EA24-25, SRCD: Truth About Alcohol, TRG ppR53-R66

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

- Grade 8: TE pp198-206, EA23-25, TR40-41, TRG ppR69-R120
- Grade 7: TE p134, TR20, TE pp170-175, TR19, TR25, EA26, SA46-47, TE p257, SA66, TE p274, SA71, TE pp168-169, TE p142, SA35

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

- Grade 8: TE pp190-195, SA78, TRG ppR110-R113
- Grade 7: TE pp162-165, SA35, SA44, SRCD: Truth About Inhalants, TRG pR110

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

- Grade 8: TE pp190-195, TRG ppR104-R117
- Grade 7: TE pp166-169, SA35, SA45, TRG pR116

Strand: C. Dependency/Addiction and Treatment

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

HPW Key*

- Grade 8: TE pp184-189, SA71-74, TR38: Social Impact of Alcohol Abuse, TR39: Warning Signs of Alcohol Dependence, TE pp193-194, SA78
- Grade 7: TE p157, TR23: Alcohol Trends, SRCD: Truth about Alcohol, TE pp150-151, SA39-41

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

STANDARD 2.4 HUMAN RELATIONSHIPS AND SEXUALITY: All students will acquire knowledge about the physical, emotional, and social aspects of human relationships and sexuality and apply these concepts to support a healthy, active lifestyle.

Strand: A. Relationships

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

HPW Key*

- Grade 8: TE pp23-28, SA8-11
- Grade 7: TE pp32-37, SA1-3

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

- Grade 8: TE pp23-28, SA8-11, TE pp60-62, EA9, TE pp228-232, SA89-91
- Grade 7: TE pp32-37, SA1-3, TE pp38-44, EA13, TR4-5, SA4-6

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

- Grade 8: TE p84, SA29, SRCD: Teen Dating Violence
- Grade 7: TE pp258-259

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

- Grade 8: TE pp228-232, SA89-91, TE pp60-62, EA9
- Grade 7: TE pp253-257, EA37, SA64-65, TR46: Maintaining a Healthy Sexual Identity

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

- Grade 8: TE pp228-234, SA89-91
- Grade 7: TE pp38-44, EA13, TR4-5: Good vs. Bad Friendships/Relationship Builders, SA4-6

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

- Grade 8: TE pp228-232, SA89-91
- Grade 7: TE pp257-259, SA66

Strand: B. Sexuality

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

HPW Key*

- Grade 8: TE pp216-219, SA83
- Grade 7: TE pp252-257, EA37, SA64-65, TR46: Maintaining a Healthy Sexual Identity

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

- Grade 8: TE pp228-235, SA89-91, TR45: Remaining Sexually Abstinent, TE pp264-266, SA101
- Grade 7: TE pp257-259, SA66, SRCD: Teen Dating Violence

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

- Grade 8: TE pp232-234

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

- Grade 8: TE p188, SA98, TE pp253-255, TE pp264-267
- Grade 7: TE pp257-259, SA66, SRCD: Teen Dating Violence, TE pp264-266, SA67-68, TR47, TE p274, SA71, SRCD: Getting High Can Get You Aids

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

- Grade 8: TE pp220-227, SA85-88
- Grade 7: TE pp252-257, EA37, SA64-65, TR46

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

- Grade 8: TE pp251-253, SA97, TR48: Cancer Risk Factors, TE p244, EA30, SRCD: An Ounce of Prevention
- Grade 7: TE pp268-269, EA39, SA70

Strand: C. Pregnancy and Parenting

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

HPW Key*

- Grade 8: TE pp212-215, EA26, SA81, SA82, SRCD: Conception and Pregnancy, Stages of Pregnancy, CD: Life Begins, TRG ppR176-R177
- Grade 7: TE pp247-250, SRCD: Outline of Pregnancy, Fetal Development, CD: Life Begins, TRG ppR176-R177

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

- Grade 8: TE pp212-215, EA26, SA81, SA82, SRCD: Conception and Pregnancy, Stages of Pregnancy, CD: Life Begins, TRG ppR176-R177
- Grade 7: TE pp247-250, SRCD: Outline of Pregnancy, Fetal Development, CD: Life Begins; TRG ppR176-R177

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

- Grade 8: TE pp214-215, CD: Life Begins, TRG ppR176-R177, TE pp128-131, SA43
- Grade 7: TE p250, SA63, CD: Life Begins; TRG ppR176-R177

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

- Grade 7: TE p250, SA63, TE pp36-37, SA3, CD: Life Begins

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

- Grade 8 TE pp214-215, CD: Life Begins, TRG ppR176-R177, TE pp128-131, SA43
- Grade 7: TE p250, SA63, CD: Life Begins; TRG ppR176-R177

STANDARD 2.5 MOTOR SKILL DEVELOPMENT: All students will utilize safe, efficient, and effective movement to develop and maintain a healthy, active lifestyle.

To meet this standard see PE program

STANDARD 2.6 FITNESS: All students will apply health-related and skill-related fitness concepts and skills to develop and maintain a healthy, active lifestyle.

Strand: A. Fitness and Physical Activity

2.6.8.A.1 Summarize the short- and long-term physical, social, and emotional benefits of regular physical activity.

HPW Key*

- Grade 8: TE pp132-140, EA19, TR27-29: Benefits of Exercise/Components of Fitness/Exercise Precautions, SA44-46, HF: Nutrition and Fitness
- Grade 7: TE pp204-212, TR35-38: FIT/Components of Fitness/Exercise Precautions, EA32, SA55-56; TE pp217-222, EA33-35

2.6.8.A.2 Use health data to develop and implement a personal fitness plan and evaluate its effectiveness.

- Grade 8: TE pp132-140, E19, TR27-29, SA44-46, HF: Nutrition and Fitness
- Grade 7: TE pp204-212, T35-38, EA32, SA55-56, TE pp217-222, EA33-35

2.6.8.A.3 Analyze how medical and technological advances impact personal fitness.

- Grade 8: TE pp152-157, SA54-57, TR35
- Grade 7: TE pp214-218, TR39: Body Image Media Myths

2.6.8.A.4 Determine ways to achieve a healthy body composition through healthy eating, physical activity, and other lifestyle behaviors.

- Grade 8: TE pp146-149, SA49-51, TR30-33
- Grade 7: TE pp217-222, EA33-35, TE pp204-212, TR35-38, EA32, SA55-56

2.6.8.A.5 Use the primary principles of training (FITT) for the purposes of modifying personal levels of fitness.

- Grade 8: TE pp134-137, SA44-45
- Grade 7: TE pp205-207, TR36:FIT, TE p221, EA33

2.6.8.A.6 Determine the physical, behavioral, legal, and ethical consequences of the use of anabolic steroids and other performance-enhancing substances.

- Grade 8: TE pp193-194, SA77-78, SRCD: The Truth about Steroids, TRG pR104-R106
- Grade 7: TE pp140-142, SA35, SRCD: Truth about Steroids, TRG ppR104-R106

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STANDARD 2.1 WELLNESS: All students will acquire health promotion concepts and skills to support a healthy, active lifestyle.

Strand: A. Personal Growth and Development

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

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

HPW Key*

TE pp3-5, G: Health Trivia Game, TE pp9-15, EA1-2, SA1-3, TR1: Total Wellness, TE pp17-20, SA4-5, EA3, TR2: It's OK to Have a C Day, TR3: Factors Influencing Emotional Health, TE pp24-31, SA6, TR5: Techniques for Fostering Self-Esteem, TE pp41-42, EA5

TE pp123-124, TE p333

Strand: B. Nutrition

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

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

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

HPW Key*

TE pp205-211, SA63-64, TR45: Benefits of Exercise, TR46: Components of Fitness

TE pp183-185, SA57-59, TE pp196-199, SA61-62, EA39-40, SRCD: Nutrition Values Chart

TE pp186-195, SA60, EA33, EA37-38, TR35: Dietary Guidelines, TR36: MyPyramid, TR37-39: Optional Pyramids, TR40: Food Labels, SRCD: Finding a Way to a healthier You, SRCD: Anatomy of MyPyramid, SRCD: Food Labels, SRCD: What Counts as a Cup/Oz Equivalent?

Strand: C. Diseases and Health Conditions

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

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

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

HPW Key*

TE pp290-311, SA82, TR64: Cancer Trends/Statistics, TR65: Normal vs Abnormal Cell Growth, TR66-67: Risk Factors for Cancer, TR70: Cardiovascular Disease, TR72-74: Chronic Diseases of the CVS, TR75: Eliminating High Risk Behaviors

TE pp167-169, TE pp173-176, TE pp325-333; SA55, SA56, SA85

TE pp87-92, SA20-23, TR24: Warning Signs of Depression, V: I Don't Really Want to Leave, or Dying is not an Option

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2.1.12.C.4 Relate advances in medicine and technology to the diagnosis and treatment of mental illness.

TE pp93-94, SA24, TR25: Suicide: Warning Signs

Strand: D. Safety

2.1.12.D.1 Determine the causes and outcomes of intentional and unintentional injuries in adolescents and young adults and propose prevention strategies.

HPW Key*

TE pp257-259, TR53: Violence in America, V: The Truth About Violence, TE pp265-268, TR55: Violence in the Media, TR56: The Truth About Violence, TR57: Strategies for Preventing Violence

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

TE pp262-263, SA76, V: Acquaintance Rape, The Ultimate Betrayal, TE pp268-269, SA77, TR 59: Fighting Fair, V: Real Life: Sexual Harassment

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

TE pp130-133, TR31: Social Impact of Alcohol Abuse, SRCD: The Truth About Alcohol, TE p138

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

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

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

TE pp271-284, SA78-80, EA49-50,; TR60: CPR, TR61: ABCs of CPR, TR63: Shock

Strand: E. Social and Emotional Health

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

HPW Key*

TE pp58-60, SA12, TR13: Dealing With Conflict

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

TE p261, TE p269

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

TE pp47-48, SA 9, TE pp68-71, SA14-15, TR16-17: Physiologic/Psychological Symptoms of Stress, TR18: Stress-Related Illness

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

TE pp73-85, SA16-19, EA8-10, TR20: Personal Stressors, TR21: Reactions to Stress, TR22: Helpful Hints: Stress Management Techniques, V: Handling Stress

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STANDARD 2.2 INTEGRATED SKILLS: All students will develop and use personal and interpersonal skills to support a healthy, active lifestyle.

Strand: A. Interpersonal Communication

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

HPW Key*

TE pp43-44, SA8

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

TE pp60-62, SA13, TR14: Resolving Conflict, C: Resolving Conflict, TE pp260-261, EA47-48, TR54: ABCs of Anger

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

Strand: B. Decision-Making and Goal Setting

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

HPW Key*

TE pp34-36, SA7, TE pp107-108, SA28-29, TE pp125-127, SA37-38, TE pp139-141, SA41-43, TR34: Decision Making Process

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

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

TE p33, V: Setting Goals for Healthy Living

Strand: C. Character Development

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

HPW Key*

See PE Program

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

TE pp21-23

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

TE p158, SA53, TE pp161-165, EA29, TE p171

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Strand: D. Advocacy and Service

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

HPW Key*

TE pp153-158, SA52-53, EA27-28

Strand: E. Health Services and Information

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

HPW Key*

TE pp213-215, SA65-66, TR47: Buying Health Products and Services

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

TE pp174-176, SA54-55

STANDARD 2.3 DRUGS AND MEDICINES: All students will acquire knowledge about alcohol, tobacco, other drugs, and medicines and apply these concepts to support a healthy, active lifestyle.

Strand: A. Medicines

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

HPW Key*

TE pp114-117, SA31-34, SRCD: Prescription Pain and Other Medications

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

TE pp111-114, SA30, TR26: Drugs as Medicines, TR27: Factors Influencing Drug Use, TR28: Drug Safety, TR29: OTC vs Prescription Drugs

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

TE p114, SRCD: Prescription Pain and Other Medications

Strand: B. Alcohol, Tobacco, and Other Drugs

2.3.12.B.1 Compare and contrast the incidence and impact of commonly abused substances (such as tobacco, alcohol, marijuana, inhalants, anabolic steroids, and other drugs) on individuals and communities in the United States and other countries.

HPW Key*

TE pp103-106, SA26-27, EA14-15, TE pp118-124, EA16-19, SA35, CD: Smoking and Chewing, SRCD: Smoking and Pregnancy, TR30: Current Trends in Tobacco Use, TE pp129-132, EA21-23, TR 31: Social Impact of Alcohol Abuse, SRCD: Tips for Teens: The Truth About Alcohol, TE pp143-148, SA44-51, EA24-25

2.3.12.B.2 Debate the various legal and financial consequences of the use, sale, and possession of illegal substances.

TE pp147-148, SA48, SA50

2.3.12.B.3 Correlate increased alcohol use with challenges that may occur at various life stages.

TE pp134-137, SA39-40, TR32: Stages of Alcoholism, TR33: Warning Signs of Alcoholism, SRCD: FAQs About Alcohol Abuse and Alcoholism

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- 2.3.12.B.4 Correlate the use of alcohol and other drugs with incidences of date rape, sexual assault, STIs, and unintended pregnancy. TE p138, TE pp148-149, SRCD: Tips for Teens: The Truth about Club Drugs, SRCD: Prescription Pain and Other Medications
- 2.3.12.B.5 Relate injected drug use to the incidence of diseases such as HIV/AIDS and hepatitis. TE: pp335-336, SA 86-87, SRCD: How Getting High Can Get You AIDS

Strand: C. Dependency/Addiction and Treatment

- 2.3.12.C.1 Correlate duration of drug abuse to the incidence of drug-related injury, illness, and death. **HPW Key***
TE pp111-115, SA30-32, TR26-29: Drugs as Medicines, TE pp120-123, TE pp131-132, TE p137, SA40, TE p145
- 2.3.12.C.2 Analyze the effectiveness of various strategies that support an individual’s ability to stop abusing drugs and remain drug-free. TE p 127, CD: Smoking and Chewing
- 2.3.12.C.3 Predict the societal impact of substance abuse on the individual, family, and community. TE pp123-124, SA 36, CD: Smoking and Chewing, SRCD: Health Consequences of Involuntary Exposure to Tobacco smoke, TE p138, TE p146, TE p148, SA51, SRCD: Club Drugs

STANDARD 2.4 HUMAN RELATIONSHIPS AND SEXUALITY: All students will acquire knowledge about the physical, emotional, and social aspects of human relationships and sexuality and apply these concepts to support a healthy, active lifestyle.

Strand: A. Relationships

- 2.4.12.A.1 Compare and contrast how family structures, values, rituals, and traditions meet basic human needs worldwide. **HPW Key***
TE pp41-42, EA5, TE pp235-238, SA68-69
- 2.4.12.A.2 Compare and contrast the current and historical role of life commitments, such as marriage. TE p236, SA68
- 2.4.12.A.3 Analyze how personal independence, past experience, and social responsibility influence the choice of friends in high school and young adulthood. TE p242, SA71
- 2.4.12.A.4 Predict how relationships may evolve over time, focusing on changes in friendships, family, dating relationships, and lifetime commitments such as marriage. TE pp241-246, SA71-72
- 2.4.12.A.5 Determine effective prevention and intervention strategies to address domestic or dating violence (e.g., rules of consent). TE pp262-263, TE p268, SA76-77

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2.4.12.A.6 Analyze how various technologies impact the development and maintenance of local and global interpersonal relationships.

Strand: B. Sexuality

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

HPW Key*

TE pp249-251, EA44, SA73, V: The Truth About Sex

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

TE pp250-253, SA73-75

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

TE pp251-252, DVD: Life Begins, TRG: ppR68-R78

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

TE pp235-239, SA68-70

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

TE pp296-299, TR68: Warning Signs of Cancer, TR69: Medical Tests for Early Detection

Strand: C. Pregnancy and Parenting

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

HPW Key*

TE p233, DVD: Life Begins (Pregnancy/Fetal Development)

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

TE p233, DVD: Life Begins (Health Risks and Teenage Pregnancy)

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

TE 232, DVD: Life Begins (Pregnancy)

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

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

TE pp49-55, SA10-11, TR6: Goals of Good Parenting, TR7: Parenting Skills, TR8: Responding to Your Child, TR9: Preventing Risky Behavior, TR10: Monitoring Your Child's Contacts, SRCD: Adventures in Parenting

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

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

TE pp49-51, SA10-11

STANDARD 2.5 MOTOR SKILL DEVELOPMENT: All students will utilize safe, efficient, and effective movement to develop and maintain a healthy, active lifestyle.

To meet this standard see PE program

STANDARD 2.6 FITNESS: All students will apply health-related and skill-related fitness concepts and skills to develop and maintain a healthy, active lifestyle.

Strand: A. Fitness and Physical Activity

HPW Key*

2.6.12.A.1 Compare the short- and long-term impact on wellness associated with physical inactivity.

TE p208, TR45: Benefits of Exercise

2.6.12.A.2 Design, implement, and evaluate a fitness plan that reflects knowledge and application of fitness-training principals.

see PE Program

2.6.12.A.3 Determine the role of genetics, gender, age, nutrition, activity level, and exercise type on body composition.

see PE Program

2.6.12.A.4 Compare and contrast the impact of health-related fitness components as a measure of fitness and health.

TE pp209-211, SA64, TR 46: Components of Fitness

2.6.12.A.5 Debate the use of performance-enhancing substances (i.e., anabolic steroids and other legal and illegal substances) to improve performance.

TE pp145-147, TE pp213-214, SA47, EA25

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