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| Standards | Benchmarks | Student Edition | Teacher Annotated Edition |
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| Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health. | 1.12.1. Predict how healthy behaviors can affect health status. | 3, 7, 8, 10, 11, 13, 14, 34, 47, 57, 84, 85, 87, 98, 104, 105, 107, 109, 110, 121, 122, 180, 191, 292, 305, 315, 335, 297, 401, 402, 407, 409, 414, 501, 502, 513, 521, 523, 529, 552, 553, 560, 566, 571, 572, 573, 579, 624, 625, 627, 628, 630, 631, 633, 634, 635, 640, 650 | 15, 52, 54, 56, 94, 97, 99, 113, 626, TM20, TM21, TM49, TH57, TM59, TM60, TM65, TM67, TM68, TM98, TM100, TM101, TM103, TM104, TM106, TM106, TM107, TM108, TM123, TM124, TM125, TM127, TM138, TM155, TM156, TM157 |
| | 1.12.2. Describe the interrelationships of emotional, intellectual, physical, and social health. | 11, 22, 23, 25, 30, 32, 33, 48, 79, 80, 83, 84, 86, 87, 88, 89, 90, 91, 93, 94, 95, 101, 102, 103, 104, 105, 108, 109, 112, 114, 115, 117, 121, 126, 127, 129, 135, 175, 224, 227, 231, 232, 233, 234, 265, 268, 275, 282, 285, 397, 501, 503, 505, 509, 557, 565, 568, 578, 579, 580, 582, 632, 634 | 11, 56, 80, 86, 97, 234, TM19, TM20, TM21, TM33, TM34, TM39, TM60, TM67 |
| | 1.12.3. Analyze how environmental and personal health are interrelated. | 6, 7, 14, 22, 84, 85, 86, 112, 224, 228, 232, 477, 479, 561, 562, 563, 633, 640, 699, 700, 701, 792, 703, 704, 705, 706, 707, 709, 711, 712, 713, 714, 715, 716, 717, 718, 719, 721, 722, 723, 725, 726 | 563, 707, TM33, TM59, TM152, TM153, TM154, TM155 |
| | 1.12.4. Analyze how genetics and family history can impact personal health. | 6, 14, 22, 112, 116, 119, 120, 270, 286, 366, 450, 451, 452, 453, 454, 467, 468, 469, 470, 483, 531, 534, 552, 557, 559, 561, 563, 576, 577, 578, 627, 639, 734 | 119, TM122, TM123, TM124 |

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| | 1.12.5. Propose ways to reduce or prevent injuries and health problems. | 47, 80, 83, 84, 87, 95, 98, 100, 101, 104, 105, 107, 108, 109, 110, 115, 121, 125, 137, 139, 143, 159, 161, 166, 167, 168, 169, 170, 171, 172, 173, 176, 179, 180, 181, 183, 184, 185, 190, 191, 192, 194, 196, 197, 198, 199, 201, 203, 212, 213, 216, 218, 221, 222, 223, 224, 227, 228, 237, 246, 249, 252, 258, 259, 262, 267, 272, 273, 280, 282, 285, 290, 299, 303, 305, 306, 307, 335, 341, 345, 347, 350, 352, 355, 363, 364, 368, 369, 385, 390, 396, 397, 404, 410, 411, 413, 414, 415, 416, 430, 431, 434, 438, 440, 441, 443, 446, 450, 451, 454, 455, 456, 459, 465, 466, 468, 469, 470, 471, 472, 475, 478, 479, 480, 481, 484, 485, 487, 488, 489, 490, 491, 511, 552, 553, 559, 560, 562, 567, 568, 571, 572, 573, 580, 597, 598, 599, 601, 602, 603, 604, 605, 606, 607, 608, 609, 611, 616, 617, 619, 621, 644, 645, 646, 647, 648, 650, 651, 652, 653, 654, 654, 655, 656, 657, 658, 659, 660, 661, 662, 663, 665, 666, 667, 669, 670, 671, 672, 673, 674, 675, 676, 677, 678, 679, 680, 681, 682, 683, 684, 685, 686, 687, 688, 689, 690, 691, 693, 695, 696, 697, 706, 707, 708, 709, 710, 712, 713, 714, 715, 716, 717, 718, 719, 723, 725, 727, 732, 733, 735, 737, 741, 742, 744, 745 | 94, 95, 97, 99, 111, 113, 173, 184, 188, 195, 216, 235, 239, 242, 244, 326, 480, 645, 646, 658, 659, 670, 687, 689, 690, 691, 706, 715, TM25, TM33, TM35, TM50, TM64, TM65, TM66, TM67, TM 71, TM75, TM86, TM86, TM90, TM93, TM95, TM96, TM101, TM103, TM107, TM108, TM122, TM125, TM131, TM138, TM142, TM143, TM144, TM145, TM148, TM149, TM150 |
| | 1.12.6. Analyze the relationship between access to health care and health status. | 14, 281, 283, 434, 435, 553, 626, 722, 731, 735, 739, 744 | 730, TM98, TM156, TM160 |

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| | 1.12.7. Compare and contrast the benefits of and barriers to practicing a variety of healthy behaviors. | 23, 37, 42, 47, 104, 122, 190, 198, 212, 229, 391, 419, 429, 500, 509, 560, 604, 605, 608, 609, 613, 614, 616, 619, 620, 621, 726, 730, 736, 737, 744 | 97, 99, 193, 217, 526, TM50, TM55, TM62, TM64, TM67, TM76, TM78, TM81, TM85, TM105, TM131, TM132, TM133, TM135 |
| | 1.12.8. Analyze personal susceptibility to injury, illness or death if engaging in unhealthy behaviors. | 6, 14, 41, 84, 89, 93, 162, 168, 173, 187, 191, 192, 196, 197, 202, 203, 209, 210, 211, 212, 213, 218, 228, 243, 250, 254, 255, 256, 257, 258, 259, 262, 266, 267, 268, 270, 272, 273, 274, 275, 276, 278, 285, 286, 287, 291, 292, 293, 298, 301, 316, 319, 325, 326, 327, 329, 330, 331, 332, 343, 344, 345, 346, 351, 352, 353, 355, 356, 357, 358, 359, 373, 375, 376, 386, 388, 396, 297, 419, 420, 425, 428, 429, 431, 432, 437, 449, 451, 452, 454, 455, 457, 467, 468, 501, 511, 553, 554, 555, 556, 591, 594, 595, 597, 600, 606, 608, 610, 611, 616, 617, 619, 620, 643, 644, 649, 654, 660, 665, 685, 696, 707, 708, 711, 713, 726 | 6, 119, 255, TM56, TM58, TM79, TM84, TM89, TM100, TM101, TM103, TM134, |

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| | 1.12.9. Analyze the potential severity of injury or illness if engaging in unhealthy behaviors. | 5, 23, 35, 80, 84, 89, 93, 110, 162, 168, 173, 188, 191, 192, 196, 197, 202, 203, 204, 210, 211, 212, 213, 218, 227, 243, 250, 254, 255, 256, 257, 258, 259, 262, 266, 267, 268, 270, 272, 274, 275, 276, 278, 285, 287, 291, 292, 293, 296, 298, 301, 304, 305, 307, 310, 311, 313, 316, 317, 318, 319, 324, 325, 326, 327, 329, 330, 331, 332, 338, 339, 343, 344, 345, 346, 351, 352, 353, 354, 355, 356, 358, 359, 366, 367, 368, 371, 372, 374, 375, 376, 377, 379, 380, 381, 382, 383, 384, 385, 386, 387, 388, 389, 394, 396, 297, 400, 419, 420, 422, 424, 425, 426, 427, 427, 431, 437, 449, 450, 451, 452, 454, 455, 456, 457, 459, 466, 467, 468, 470, 471, 475, 477, 478, 480, 481, 491, 501, 556, 559, 562, 563, 570, 571, 572, 573, 594, 595, 597, 600, 606, 608, 610, 611, 616, 617, 619, 620, 643, 644, 648, 649, 654, 658, 662, 663, 667, 678, 679, 681, 682, 683, 685, 686, 688, 692, 693, 696, 697, 707, 708, 711, 712, 713, 726 | 5, 97, 210, 217, 255, 310, 316, 352, 480, 645, 658, 658, TH56, TM58, TM79, TM84, TM84, TM89, TM90, TM99, TM100, TM101, TM103, TM106, TM107, TM123, TM124, TM124, TM132, TM134 |

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| Standard 2: Students will Analyze the influence of family, peers, culture, media, technology and other factors on health behaviors. | 2.12.1. Analyze how family influences the health of individuals. | 15, 28, 33, 34, 41, 49, 62, 70, 96, 104, 105, 119, 121, 127, 129, 313, 348, 355, 359, 362, 374, 444, 487, 516, 517, 517, 518, 520, 521, 522, 524, 525, 528, 530, 531, 532, 533, 534, 535, 537, 540, 541, 544, 545, 546, 547, 567, 632, 639, 641, 694 | 28, 80, 125, 311, 518, 524, 525, TM38, TM72, TM75, TM85, TM114, TM115, TM116, TM117, TM120, TM121, TM122, TM123 |
| | 2.12.2. Analyze how the culture supports and challenges health beliefs, practices and behaviors. | 44, 47, 58, 60, 61, 70, 73, 74, 75, 104, 105, 122, 128, 199, 207, 227, 228, 444, 496, 509, 512, 516, 518, 523, 524, 530, 536, 537, 540, 541, 559, 583, 586, 588, 590, 591, 594, 621, 641, 694 | 58, 125, 517, 518, 586, TM29, TM72, TM116, TM128, TM129, TM138 |
| | 2.12.3. Analyze how peers influence healthy and unhealthy behaviors. | 15, 23, 28, 34, 46, 49, 64, 66, 67, 68, 69, 70, 71, 72, 73, 74, 75, 77, 96, 104, 105, 121, 231, 312, 313, 317, 363, 374, 388, 392, 444, 487, 509, 523, 546, 619, 667 | 54, 56, 68, 80, 326, TM72, TM77, TM85 |
| | 2.12.4. Evaluate how the school and community can impact personal health practice and behaviors. | 34, 47, 49, 66, 70, 85, 96, 98, 104, 105, 121, 388, 427, 518, 520, 523, 524, 632, 640, 706, 720, 729, 734, 741 | 46, 80, 100, TM72, TM76, TM79, TM94, TM115, TM118 |
| | 2.12.5. Evaluate the effect of media on personal and family health. | 31, 64, 77, 195, 199, 207, 225, 228, 229, 253, 263, 269, 272, 277, 313, 314, 328, 347, 348, 349, 368, 372, 374, 387, 388, 389, 390, 396, 397, 416, 419, 502, 503, 511, 512, 518, 522, 524, 584, 588, 590, 629, 640, 742, 743, 745 | 170, TM32, TM55, TM57, TM62, TM66, TM72, TM77, TM83, TM88, TM117, TM127, TM132 |

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| | 2.12.6. Evaluate the impact of technology on personal, family and community health. | 64, 274, 275, 286, 420, 476, 500, 523, 629, 640, 735, 736 | |
| | 2.12.7. Analyze how the perceptions of norms influence healthy and unhealthy behaviors. | 44, 45, 47, 60, 61, 62, 64, 66, 67, 68, 69, 207, 227, 234, 253, 313, 314, 331, 347, 583, 584, 585, 586, 590, 594, 619, 641 | 7, 58, 68, 584, 586, TM28, TM29, TM72, TM76, TM78, TM134 |
| | 2.12.8. Analyze the influence of personal values and beliefs on individual health practices and behaviors. | 9, 27, 28, 30, 31, 41, 42, 44, 45, 47, 48, 57, 60, 61, 65, 71, 72, 73, 74, 75, 105, 110, 128, 253, 267, 269, 270, 273, 281, 282, 283, 285, 312, 347, 374, 375, 376, 392, 396, 499, 513, 518, 520, 530, 540, 546, 547, 577, 578, 586, 590, 594, 619, 621, 641 | 28, 30, 36, 45, 56, 58, 271, 518, 586, TM28, TM29, TM38, TM72, TM76, TM78, TM86, TM121, TM129, TM132 |
| | 2.12.9. Analyze how some health risk behaviors can influence the likelihood of engaging in unhealthy behaviors. | 23, 27, 47, 72, 73, 74, 75, 118, 119, 121, 128, 129, 255, 256, 257, 258, 259, 262, 310, 311, 312, 313, 314, 316, 316, 317, 318, 319, 324, 325, 326, 327, 328, 329, 330, 331, 332, 341, 345, 346, 351, 356, 357, 358, 359, 363, 379, 375, 376, 379, 381, 396, 420, 428, 437, 442, 443, 444, 445, 475, 481, 501, 503, 504, 509, 511, 531, 534, 568, 619, 648, 667 | 97, 119, 326, TM71, TM79, TM80, TM84, TM85 |

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| | 2.12.10. Analyze how public health policies and government regulations can influence health promotion and disease prevention. | 47, 49, 311, 312, 328, 343, 349, 352, 356, 357, 358, 369, 375, 387, 389, 396, 403, 404, 424, 437, 707, 727, 729, 734, 737 | TM72, TM88, TM89, TM94, TM160 |

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| Standard 3: Students will demonstrate the ability to access valid information and products and services to enhance health. | 3.12.1. Evaluate the validity of health information, products and services. | 12, 13, 14, 76, 153, 171, 254, 263, 287, 298, 307, 372, 426, 486, 578, 596, 630, 694, 710, 732, 738, 741, 742, 743, 743 | 170, 254, 596, TM54, TM55, TH57, TM62, TM67, TM99, TM100, TM103, TM105, TM111, TM121, TM122, TM123, TM124, TM128, TM132, TM133, TM134, TM143, TM155, TM156, TM159, TM160 |
| | 3.12.2. Use resources from home, school and community that provide valid health information. | 47, 49, 76, 121, 122, 125, 129, 133, 134, 135, 136, 138, 140, 142, 144, 146, 148, 150, 151, 152, 153, 154, 156, 157, 158, 159, 163, 167, 173, 174, 175, 178, 181, 182, 183, 184, 185, 187, 189, 190, 192, 193, 194, 195, 196, 197, 198, 199, 203, 205, 209, 213, 215, 218, 219, 220, 221, 225, 228, 234, 239, 240, 241, 243, 245, 247, 250, 251, 252, 253, 256, 258, 259, 262, 263, 266, 267, 268, 269, 270, 275, 277, 278, 279, 280, 281, 282, 283, 285, 286, 287, 333, 334, 335, 336, 337, 341, 361, 362, 369, 396, 397, 416, 446, 447, 513, 529, 530, 573, 578, 591, 594, 596, 597, 598, 599, 601, 602, 603, 604, 605, 607, 608, 609, 611, 612, 613, 615, 616, 617, 620, 621, 624, 625, 627, 628, 629, 630, 633, 634, 635, 637, 639, 640, 667, 670, 697, 701, 704, 705, 707, 710, 711, 712, 713, 714, 715, 716, 717, 718, 719, 721, 722, 723, 726, 727, 732, 734, 735, 736, 737, 738, 739, 741, 742, 743, 744, 745 | 52, 143, 157, 170, 184, 188, 193, 217, 235, 242, 248, 251, 267, 270, 271, 333, 595, 601, 605, 633, TM24, TM29, TM37, TM40, TM43, TM44, TM45, TM50, TM51, TH57, TM63, TM64, TM66, TM67, TM69, TM73, TM74, TM78, TM79, TM85, TM88, TM89, TM92, TM94, TM99, TM121, TM122, TM123, TM124, TM128, TM131, TM132, TM140, TM142, TM143, TM154, TM156, TM158, TM159, TM160 |
| | 3.12.3. Determine the accessibility of products and services that enhance health. | 199, 249, 263, 268, 281, 287, 333, 394, 535, 615, 616, 617, 621, 745 | 595, 633, TM67, TM73, TM133, TM159 |

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| | 3.12.4. Determine when professional health services may be required. | 13, 33, 115, 117, 120, 121, 122, 124, 125, 143, 147, 149, 153, 204, 236, 253, 254, 263, 265, 266, 267, 268, 273, 274, 276, 277, 280, 281, 282, 283, 287, 291, 293, 299, 300, 302, 307, 316, 333, 339, 359, 360, 361, 365, 366, 407, 408, 411, 412, 426, 427, 428, 429, 430, 431, 453, 459, 460, 466, 482, 483, 484, 491, 569, 584, 595, 597, 600, 601, 607, 615, 616, 621, 629, 633, 686 | 251, 254, 595, 633, TM39, TM40, TM99, TM105, TM106 |
| | 3.12.5. Access valid and reliable health products and services. | 12, 13, 47, 49, 76, 112, 122, 125, 129, 165, 181, 182, 195, 197, 199, 304, 205, 263, 268, 277, 281, 282, 283, 287, 289, 290, 292, 293, 294, 295, 298, 299, 300, 301, 302, 303, 306, 307, 334, 336, 362, 397, 407, 411, 415, 416, 483, 486, 534, 535, 541, 541, 569, 573, 584, 591, 595, 596, 597, 600, 607, 609, 615, 616, 621, 629, 630, 633, 667, 697, 710, 712, 715, 727, 732, 735, 738, 739, 742, 742, 743, 745 | 248, 251, 291, 316, 434, 605, 633, TM37, TM51, TM52, TM53, TM67, TM73, TM85, TM99, TM100, TM122, TM132, TM140, TM142, TM160 |

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| Standard 4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risk. | 4.12.1. Utilize skills for communicating effectively with family, peers, and others to enhance health. | 29, 31, 32, 34, 35, 36, 37, 38, 39, 40, 43, 45, 47, 48, 49, 64, 66, 72, 89, 99, 108, 109, 112, 120, 121, 125, 127, 129, 141, 145, 147, 151, 153, 155, 156, 158, 159, 163, 174, 176, 190, 197, 199, 201, 203, 225, 227, 228, 250, 253, 263, 267, 287, 303, 340, 362, 364, 416, 429, 442, 446, 447, 501, 503, 506, 507, 408, 519, 421, 522, 525, 528, 529, 530, 538, 541, 545, 565, 585, 589, 591, 595, 596, 597, 619, 621, 624, 630, 637, 639, 640, 641, 649, 672, 673, 675, 703, 706, 712, 717, 727, 731, 745 | 32, 37, 38, 40, 46, 54, 119, 120, 135, 155, 157, 169, 170, 171, 173, 176, 188, 193, 210, 211, 222, 233, 267, 239, 242, 246, 257, 267, 271, 334, 595, 596, 601, 602, 605, 611, 633, 702, 707, 713, 719, 721, 731, TM24, TM25, TM27, TM30, TM42, TM43, TM58, TM64, TM68, TM69, TM78, TM81, TM90, TM94, TM95, TM104, TM110, TM123, TM124, TM133 |
| | 4.12.2. Demonstrate refusal, negotiation, and collaboration skills to enhance health and avoid or reduce health risks. | 35, 36, 37, 43, 48, 72, 309, 332, 338, 339, 357, 358, 362, 363, 364, 368, 369, 392, 501, 507, 511, 538, 540, 541, 585, 589, 591, 595, 619, 641, 649, 703 | 46, 357, TM30, TM75, TM76, TM81, TM83, TM90, TM100 |
| | 4.12.3. Demonstrate strategies to prevent, manage or resolve interpersonal conflicts without harming self or others. | 29, 31, 32, 35, 36, 37, 38, 39, 40, 43, 45, 46, 48, 49, 66, 72, 99, 109, 403, 506, 507, 508, 512, 521, 522, 528, 540, 541, 589, 619, 634, 641, 675, 703, 745 | 38, 527, TM24 |

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| | 4.12.4. Demonstrate how to ask for and offer assistance to enhance the health of self and others. | 23, 29, 33, 43, 45, 72, 89, 120, 121, 124, 127, 227, 228, 332, 333, 334, 335, 336, 337, 339, 340, 341, 357, 358, 361, 362, 364, 365, 367, 369, 394, 395, 395, 396, 397, 421, 447, 483, 487, 509, 535, 540, 630, 632, 672, 673, 683, 684, 706, 717 | 46, 120, 357, TM34, TM39, TM40, TM47, TM58, TM80, TM90, TM104, TM124, TM139 |

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| Standard 5: Students will demonstrate the ability to use decision-making skills to enhance health. | 5.12.1. Examine barriers that can hinder healthy decision making. | 9, 16, 21, 22, 77, 141, 159, 183, 198, 210, 211, 213, 214, 216, 218, 221, 224, 224, 225, 227, 229, 287, 337, 373, 391, 393, 429, 441, 590, 609, 610, 611, 619, 621, 721, 726, 735, 736, 743 | 41, 706, TM64, TM81, TM85, TM91 |
| | 5.12.2. Determine the value of applying a thoughtful decision making process in health related situations. | 5, 6, 9, 27, 28, 41, 42, 43, 174, 211, 212, 218, 282, 287, 306, 421, 547, 590, 591, 595, 598, 599, 601, 602, 603, 604, 605, 606, 607, 608, 609, 610, 611, 612, 613, 614, 615, 616, 617, 621, 635, 637 | 6, 169, 326, TM19, TM24, TM25, TM128 |
| | 5.12.3. Justify when individual or collaborative decision making is appropriate. | 66, 76, 287, 595, 615, 616, 619, 620, 621, 637 | |
| | 5.12.4. Generate alternatives to health-related issues or problems. | 9, 42, 43, 48, 137, 159, 161, 166, 167, 168, 169, 171, 172, 173, 174, 176, 177, 179, 180, 181, 183, 184, 185, 190, 191, 192, 194, 196, 197, 198, 199, 203, 211, 212, 213, 216, 218, 221, 222, 223, 224, 227, 228, 237, 246, 249, 252, 258, 259, 262, 267, 272, 273, 273, 280, 282, 285, 286, 391, 392, 394, 408, 547, 597, 598, 599, 601, 602, 603, 604, 605, 606, 607, 608, 609, 611, 616, 617, 619, 621, 706, 708, 709, 710, 712, 713, 714, 715, 716, 717, 718, 719, 723, 725, 727, 732, 733, 735, 737, 741, 742, 744, 745 | 41, 169, 170, 171, 173, 184, 188, 194, 216, 235, 239, 242, 244, 706, 715, TM19, TM81 |

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| | 5.12.5. Predict the potential short and long-term impact of each alternative on self and others. | 9, 14, 41, 42, 43, 48, 77, 135, 141, 159, 163, 168, 170, 197, 199, 222, 232, 233, 234, 246, 254, 255, 258, 259, 263, 391, 392, 393, 547, 573, 616, 617, 708, 736 | 41, 137, 188, 193, 223, 233, 244, 255, 601, 706, TM19, TM87, TM134 |
| | 5.12.6. Defend the healthy choice when making decisions. | 43, 66, 77, 363, 364, 392, 576 | 41, 244, TM80, TM81 |
| | 5.12.7. Evaluate the effectiveness of health-related decisions. | 6, 9, 20, 43, 48, 66, 212, 213, 228, 229, 232, 233, 234, 282, 573, 596, 598, 599, 600, 601, 602, 603, 604, 605, 606, 607, 608, 609, 610, 611, 612, 613, 620, 621, 708, 710 | 223, TM23, TM24, TM34, TM49 |

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| Standard 6: Students will demonstrate the ability to use goal-setting skills to enhance health. | 6.12.1. Assess personal health practices and overall health status. | 7, 16, 17, 18, 19, 20, 21, 22, 23, 27, 33, 40, 51, 57, 66, 67, 76, 77, 84, 96, 104, 105, 143, 147, 149, 151, 153, 159, 163, 164, 171, 178, 183, 187, 192, 206, 208, 215, 221, 222, 224, 229, 233, 236, 238, 240, 244, 245, 247, 257, 258, 259, 261, 262, 265, 266, 267, 269, 270, 280, 283, 285, 363, 391, 481, 491, 528, 595, 615, 621, 625, 627, 640, 643, 658, 697, 716 | 16, 56, 58, 97, 139, 163, 216, 217, 235, 632, TM20, TM21, TM49, TH56, TM58, TM60, TM63, TM139 |
| | 6.12.2. Develop a plan to attain a personal health goal that addresses strengths, needs, and risks. | 16, 17, 18, 19, 20, 21, 22, 57, 66, 76, 77, 84, 96, 203, 217, 221, 224, 238, 262, 491, 697 | 97, 216, TM20, TM21, TM60, TM62, TM63, TM78, TM139 |
| | 6.12.3. Implement strategies and monitor progress in achieving a personal health goal. | 16, 18, 19, 21, 27, 66, 203, 238, 247, 262, 391 | TM21, TM63 |
| | 6.12.4. Formulate an effective long-term personal health plan. | 18, 19, 20, 21, 23, 66, 96, 217, 233, 238, 262 | 97, TM20, TM21, TM58, TM75, TM78, TM101 |

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| Standard 7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks. | 7.12.1. Analyze the role of individual responsibility in enhancing health. | 5, 6, 7, 8, 10, 14, 18, 22, 23, 33, 39, 47, 57, 64, 65, 66, 67, 80, 83, 96, 100, 108, 109, 110, 117, 119, 120, 122, 124, 127, 128, 137, 162, 170, 171, 194, 195, 196, 197, 208, 215, 220, 240, 245, 261, 265, 274, 280, 283, 285, 287, 293, 302, 303, 359, 360, 361, 365, 366, 367, 368, 369, 373, 374, 385, 391, 394, 395, 396, 397, 401, 414, 444, 467, 477, 484, 501, 503, 517, 539, 541, 546, 551, 573, 591, 620, 621, 625, 630, 634, 640, 669, 688, 706, 730, 733, 735, 739, 741, 742, 743, 744 | 5, 6, 56, 120, 169, 171, 235, TM19, TM27, TM29, TM30, TM80, TM86, TM101, TM106, TM128, TM132, TM138, TM155 |

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| | 7.12.2. Demonstrate a variety of healthy practices and behaviors that will maintain or improve the health of self and others. | 7, 9, 10, 11, 13, 22, 23, 27, 33, 36, 37, 38, 39, 40, 41, 48, 49, 77, 84, 87, 95, 96, 97, 98, 100, 101, 104, 105, 107, 108, 109, 110, 112, 121, 127, 128, 129, 137, 159, 161, 162, 164, 165, 166, 167, 168, 169, 170, 171, 172, 173, 174, 175, 176, 176, 177, 179, 180, 183, 184, 185, 187, 188, 190, 191, 192, 194, 195, 196, 197, 198, 199, 201, 203, 206, 208, 209, 214, 215, 216, 217, 218, 219, 220, 221, 222, 223, 224, 225, 228, 229, 232, 233, 235, 237, 239, 240, 242, 244, 246, 247, 248, 249, 251, 252, 253, 258, 259, 261, 262, 267, 268, 269, 270, 272, 273, 274, 275, 276, 278, 279, 280, 285, 286, 287, 299, 300, 305, 335, 350, 363, 368, 369, 372, 373, 374, 390, 393, 401, 407, 409, 410, 412, 415, 440, 441, 450, 451, 459, 465, 468, 471, 472, 479, 481, 484, 485, 488, 489, 497, 498, 499, 503, 504, 505, 511, 512, 513, 513, 518, 519, 521, 523, 524, 525, 528, 531, 532, 533, 538, 539, 540, 544, 545, 547, 552, 553, 556, 557, 558, 560, 562, 563, 565, 567, 571, 562, 573, 579, 582, 585, 591, 625, 626, 627, 628, 630, 634, 635, 639, | 80, 94, 95, 97, 99, 111, 114, 139, 171, 173, 188, 216, 235, 237, 239, 240, 271, 480, 496, 527, 558, 627, 632, TM19, TH23, TM24, TM27, TM30, TM33, TM38, TM49, TM50, TM55, TM57, TM68, TM 73, TM77, TM101, TM104, TM123, TM124, TM133, TM135, TM155, TM156 |

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| | 7.12.3. Demonstrate a variety of behaviors that avoid or reduce health risks to self and others. | 9, 10, 13, 23, 36, 37, 39, 46, 47, 77, 83, 94, 95, 97, 104, 109, 115, 128, 137, 139, 143, 159, 162, 170, 171, 175, 176, 177, 179, 180, 187, 188, 190, 191, 192, 194, 195, 196, 198, 199, 202, 203, 206, 208, 211, 212, 214, 215, 216, 218, 221, 223, 227, 232, 233, 239, 240, 246, 247, 248, 249, 251, 252, 253, 257, 258, 259, 260, 262, 265, 267, 269, 270, 272, 273, 274, 275, 276, 277, 278, 279, 280, 285, 286, 287, 293, 299, 301, 302, 303, 305, 306, 309, 335, 338, 339, 349, 350, 357, 363, 368, 369, 272, 373, 374, 385, 387, 388, 390, 393, 394, 395, 401, 403, 407, 408, 409, 410, 412, 413, 414, 415, 416, 440, 441, 442, 443, 445, 446, 454, 455, 456, 457, 465, 466, 468, 469, 470, 473, 475, 478, 480, 481, 487, 488, 489, 490, 500, 509, 511, 528, 535, 546, 554, 555, 557, 560, 562, 567, 569, 572, 573, 580, 591, 598, 599, 600, 601, 602, 603, 604, 606, 619, 620, 621, 627, 628, 634, 640, 643, 644, 645, 646, 647, 648, 649, 650, 651, 652, 653, 654, 655, 656, 657, 658, 659, 660, 661, 662, 663, 664, 665, 666, 669, 670, 671, 672, 673 | 194, 271, 357, 480, 503, 605, 606, 611, 632, 645, 659, 670, 678, 687, 689, 690, 691, TM19, TM31, TM33, TM35, TM38, TM49, TM50, TM68, TM73, TM77, TM99, TM100, TM101, TM106, TM124, TM127, TM132, TM138, TM142, TM143, TM144, TM145, TM147, TM149, TM150, TM157 |

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| Standard 8: Students will Demonstrate the ability to advocate for personal, family and community health. | 8.12.1. Utilize accurate peer and societal norms to formulate a health-enhancing message. | 60, 61, 64, 66, 67, 71, 72, 73, 74, 75, 127, 129, 159, 197, 199, 227, 228, 263, 287, 364, 368, 380, 384, 389, 397, 404, 421, 435, 447, 456, 471, 491, 511, 535, 540, 541, 545, 569, 585, 589, 619, 628, 630, 637, 641, 661, 667, 697, 703, 706, 717, 727 | 119, 120, 169, 171, 188, 257, 271, 325, 334, 463, 707, 713, TM62, TM62, TM88, TM89, TM90, TM91, TM95, TM106, TM107, TM110, TM111, TM118, TM123, TM124, TM144, TM155, TM160 |
| | 8.12.2. Demonstrate how to influence and support others to make positive health choices. | 23, 66, 89, 120, 121, 125, 129, 159, 197, 199, 227, 228, 250, 263, 287, 294, 296, 303, 306, 307, 317, 334, 336, 337, 339, 340, 341, 361, 362, 369, 384, 389, 394, 395, 396, 397, 404, 416, 421, 447, 449, 456, 471, 483, 487, 491, 509, 513, 563, 565, 569, 589, 591, 637, 641, 667, 676, 697, 701, 703, 717, 727 | 257, 271, 334, 463, 707, 713, TM39, TM49, TM58, TM59, TM62, TM66, TM80, TM86, TM89, TM90, TM91, TM95, TM106, TM107, TM121, TM154 |
| | 8.12.3. Work cooperatively as an advocate for improving personal, family and community health. | 47, 125, 127, 129, 229, 263, 287, 313, 314, 384, 421, 439, 449, 471, 541, 585, 630, 661, 722 | 5, 46, 119, 211, 223, 233, 239, 242, 271, 334, 455, 463, 602, 707, 713, TM24, TM62, TM78, TM89, TM98, TM106, TM107, TM118, TM123, TM124, TM131, TM138, TM139, TM144, TM155, TM160 |
| | 8.12.4. Adapt health messages and communication techniques to a specific target audience. | 23, 125, 127, 129, 197, 199, 227, 228, 250, 263, 287, 306, 307, 311, 337, 341, 362, 364, 369, 380, 384, 389, 395, 397, 416, 447, 471, 491, 541, 630, 637, 641, 697, 703, 706, 717, 727 | 46, 119, 239, 257, 325, 334, 463, 707, 713, TM79, TM89, TM90, TM91, TM95, TM106, TM107, TM124, TM133, TM154, TM155 |