

Standard ID	Standard Text	Edgenuity Lesson Name
WA.H.HS.	Health Education	
H.W.	Wellness (W)	
H.W1.	Dimensions of Health	
H1.W1.HS.	Analyze personal dimensions of health and design a plan to balance health.	Physical Fitness and Health
H.W3.	Analyzing Influences	
H2.W3.HS.	Analyze how a variety of factors impact personal and community health.	Nutrition and Physical Fitness in Your Community
H.W4.	Access Valid Information	
H3.W4.HS.	Create a resource that outlines where and how students can access valid and reliable health information, products, and services.	
H.W6.	Decision-Making	
H5.W6.HS.	Predict potential short- and long-term outcomes of a personal health-related decision.	Pressures, Boundaries, and Cyber Risks
H.W7.	Goal-Setting	
H6.W7.HS.	Implement strategies to achieve a personal health goal.	Choosing and Preparing Healthy Foods Maintaining a Healthy Body Composition and Body Image Physical Fitness and Health
H.Sa.	Safety (Sa)	
H.Sa3.	Violence Prevention	
H1.Sa3.HS.	Analyze potential dangers of sharing personal information through electronic media.	

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H.N.	Nutrition (N)	
H.N1.	Food Groups and Nutrients	
H1.N1.HS.	Predict impact of consuming adequate or inadequate amounts of nutrients.	Guidelines for Healthy Eating Nutrition and Health Choosing and Preparing Healthy Foods
H3.N1.HS.	Evaluate resources for accessing valid and reliable information, products, and services for healthy eating.	Choosing and Preparing Healthy Foods
H8.N1.HS.	Collaborate with others to advocate for healthy eating at home, in school, or in the community.	Nutrition and Physical Fitness in Your Community
H.N2.	Beverages	
H2.N2.HS.	Analyze the impact of school rules and community and federal laws on beverage availability and choice.	Nutrition and Health
H.N3.	Label Literacy	
H5.N3.HS.	Cite evidence from Nutrition Facts labels useful for making informed and healthy choices.	Guidelines for Healthy Eating Choosing and Preparing Healthy Foods
H3.N3.HS.	Analyze trends in portion size as compared to recommended serving sizes.	Guidelines for Healthy Eating Choosing and Preparing Healthy Foods
H.N4.	Caloric Intake and Expenditure	
H7.N4.HS.	Demonstrate how to balance caloric intake with caloric expenditure to maintain, gain, or reduce weight in a healthy manner.	Choosing and Preparing Healthy Foods Maintaining a Healthy Body Composition and Body Image
H.N5.	Disease Prevention	
H1.N5.HS.	Analyze and describe the relationship between nutritional choices, physical activity, and chronic diseases.	Nutrition and Health Nutrition and Physical Fitness in Your Community

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H.N6.	Nutritional Planning	
H7.N6.HS.	Design, monitor, and adjust a personal nutrition plan, considering cost, availability, access, nutritional value, balance, freshness, and culture.	
H6.N6.HS.	Apply strategies to overcome barriers to achieving a personal goal to improve healthy eating behaviors.	Maintaining a Healthy Body Composition and Body Image
H.Se.	Health Education Core Idea: Sexual Health (Se)	
H.Se1.	Anatomy, Reproduction, and Pregnancy	
H1.Se1.HSa.	Summarize fertilization, fetal development, and childbirth.	Conception, Pregnancy, and Birth
H5.Se1.HS.	Explain the role hormones play in sexual behavior and decision-making.	Puberty, Gender Identity, and Sexual Orientation
H1.Se1.HSb.	Describe emotional, social, physical, and financial effects of being a teen or young adult parent.	Pressures, Boundaries, and Cyber Risks
H1.Se1.HSc.	Describe behaviors that impact reproductive health.	Pressures, Boundaries, and Cyber Risks
H.Se2.	Puberty and Development	
H1.Se2.HSa.	Explain the physical, social, mental, and emotional changes associated with being a young adult.	Puberty, Gender Identity, and Sexual Orientation
H1.Se2.HSb.	Describe how sexuality and sexual expression change throughout the life span.	Puberty, Gender Identity, and Sexual Orientation
H.Se3.	Self-Identity	
H2.Se3.HS.	Evaluate how culture, media, society, and other people influence our perceptions of gender roles, sexuality, relationships, and sexual orientation.	Puberty, Gender Identity, and Sexual Orientation

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H.Se4.	Prevention	
H1.Se4.HSa.	Evaluate the effectiveness of abstinence, condoms, and other contraceptives in preventing pregnancy and STDs/HIV.	Abstinence, Safe Sex, and Making Informed Decisions Sexually Transmitted Infections, HIV, and AIDS
H7.Se4.HS.	Demonstrate steps to using a condom correctly.	Sexually Transmitted Infections, HIV, and AIDS
H1.Se4.HSb.	Understand that people can choose abstinence at different times in their lives.	Abstinence, Safe Sex, and Making Informed Decisions
H8.Se4.HS.	Advocate for STD testing and treatment for sexually active youth.	
H5.Se4.HS.	Use a decision-making model to make a sexual health-related decision.	Abstinence, Safe Sex, and Making Informed Decisions
H.Se5.	Healthy Relationships	
H4.Se5.HS.	Demonstrate effective ways to communicate with a partner about healthy sexual decisions and consent.	Abstinence, Safe Sex, and Making Informed Decisions
H2.Se5.HS.	Analyze factors that can affect the ability to give or recognize consent to sexual activity.	Abstinence, Safe Sex, and Making Informed Decisions Pressures, Boundaries, and Cyber Risks
H.Se6.	Washington State Laws	
H3.Se6.HS.	Describe laws related to accessing sexual health care services.	Conception, Pregnancy, and Birth
H7.Se6.HS.	Understand importance of personal and social responsibility for sexual decisions.	Conception, Pregnancy, and Birth Pressures, Boundaries, and Cyber Risks
H1.Se6.HSb.	Identify laws and concerns related to sending or posting sexually explicit pictures or messages.	Pressures, Boundaries, and Cyber Risks

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H.So.	Health Education Core Idea: Social Emotional Health (So)	
H.So1.	Self-Esteem	
H1.So1.HSa.	Assess self-esteem and determine its impact on personal dimensions of health.	The Importance of Mental and Emotional Health
H1.So1.HSb.	Understand changes in self-esteem can occur as people mature.	The Importance of Mental and Emotional Health
H.So2.	Body Image and Eating Disorders	
H3.So2.HS.	Explain why people with eating disorders need support services.	Maintaining a Healthy Body Composition and Body Image Mental and Emotional Problems
H1.So2.HS.	Identify supportive services for people with eating disorders.	Maintaining a Healthy Body Composition and Body Image Mental and Emotional Problems
H8.So2.HS.	Describe how to support someone who has symptoms of an eating disorder.	Maintaining a Healthy Body Composition and Body Image Mental and Emotional Problems
H.So3.	Stress Management	
H1.So3.HS.	Identify physical and psychological responses to stressors.	Stress and Stress Management
H7.So3.HS.	Develop a personal stress management plan.	
H.So4.	Expressing Emotions	
H8.So4.HS.	Advocate for ways to manage or resolve interpersonal conflict.	Characteristics of Healthy and Unhealthy Relationships
H1.So4.HS.	Summarize strategies for coping with difficult emotions, including defense mechanisms.	Characteristics of Healthy and Unhealthy Relationships

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H4.So4.HS.	Demonstrate effective communication skills to express emotions.	Characteristics of Healthy and Unhealthy Relationships
H.So5. Harassment, Intimidation, and Bullying		
H1.So5.HS.	Analyze strategies to prevent and respond to different types of harassment, intimidation, and bullying.	Puberty, Gender Identity, and Sexual Orientation
H2.So5.HS.	Compare and contrast the influence of family, peers, culture, media, technology, and other factors on harassment, intimidation, and bullying.	Puberty, Gender Identity, and Sexual Orientation Bullying
H.So6. Emotional and Mental/Behavioral Health		
H1.So6.HSa.	Compare and contrast emotional and mental and behavioral illness, mental well-being, and concurrent disorders.	Grief, Loss, Depression, and Suicide
H1.So6.HSb.	Describe how self-harm or suicide impacts other people.	Grief, Loss, Depression, and Suicide
H1.So6.HSc.	Explain how to help someone who is thinking about attempting suicide.	Grief, Loss, Depression, and Suicide
H3.So6.HSa.	Identify school and community resources that can help a person with emotional and mental and behavioral health concerns.	Mental and Emotional Problems Grief, Loss, Depression, and Suicide Seeking Help in Your Community
H3.So6.HSb.	Describe laws related to minors accessing mental health care.	Mental and Emotional Problems Grief, Loss, Depression, and Suicide Seeking Help in Your Community
H8.So6.HS.	Advocate for reducing stigma associated with emotional and mental and behavioral health.	Mental and Emotional Problems Grief, Loss, Depression, and Suicide

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H.Su.	Health Education Core Idea: Substance Use and Abuse (Su)	
H.Su1.	Use and Abuse	
H1.Su1.HSa.	Analyze why individuals choose to use or not use substances.	Alcohol Use and Its Dangers Nicotine, Tobacco, and their Dangers Prescription, Nonprescription, and Illegal Drugs A Substance-Free Lifestyle
H1.Su1.HSb.	Differentiate classifications of substances.	Nicotine, Tobacco, and their Dangers Prescription, Nonprescription, and Illegal Drugs A Substance-Free Lifestyle
H3.Su1.HSa.	Analyze validity of information on substance use.	Alcohol Use and Its Dangers Nicotine, Tobacco, and their Dangers Prescription, Nonprescription, and Illegal Drugs A Substance-Free Lifestyle
H3.Su1.5b.	Describe laws related to minors accessing substance abuse treatment.	Alcohol Use and Its Dangers Nicotine, Tobacco, and their Dangers Prescription, Nonprescription, and Illegal Drugs
H.Su2.	Effects	
H1.Su2.HSa.	Summarize short- and long-term effects of substance abuse on dimensions of health.	Alcohol Use and Its Dangers Nicotine, Tobacco, and their Dangers Prescription, Nonprescription, and Illegal Drugs A Substance-Free Lifestyle

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H1.Su2.HSb.	Analyze how addiction and dependency impact individuals, families, and society.	Alcohol Use and Its Dangers Nicotine, Tobacco, and their Dangers Prescription, Nonprescription, and Illegal Drugs A Substance-Free Lifestyle
H.Su3. Prevention		
H6.Su3.HS.	Predict how a drug-free lifestyle will support achievement of short- and long-term goals.	Prescription, Nonprescription, and Illegal Drugs A Substance-Free Lifestyle
H8.Su3.HS. Design a drug-free message for a community beyond school.		
H.Su4. Treatment		
H3.Su4.HS.	Analyze valid and reliable information to prevent or treat substance dependency and addiction.	Alcohol Use and Its Dangers Nicotine, Tobacco, and their Dangers Prescription, Nonprescription, and Illegal Drugs A Substance-Free Lifestyle
H1.Su4.HS. Understand how codependency relates to substance use and abuse.		
H.Su5. Legal Consequences		
H1.Su5.HS.	Compare and contrast school, local, state, and federal laws related to substance possession and use.	Prescription, Nonprescription, and Illegal Drugs