

Standard ID	Standard Text	Edgenuity Lesson Name
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.	
		Choosing and Preparing Healthy Foods
		Nutrition and Health
		Physical Fitness and Health
H.W2.	Disease Prevention	
H2.W2.HSa.	Analyze prevention, lifestyle factors, and treatment of communicable and non-communicable diseases.	
		Communicable Diseases
H2.W2.HSb.	Assess personal risk factors and predict future health status.	
		Communicable Diseases
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.W5.	Communication	
H4.W5.HS.	Demonstrate strategies to prevent, manage, or resolve interpersonal conflicts without harming self or others.	
		Conflict Resolution and Decision-Making Skills
H.W6.	Decision-Making	
H5.W6.HS.	Predict potential short- and long-term outcomes of a personal health-related decision.	
		A Substance-Free Lifestyle
		Abstinence, Safe Sex, and Making Informed Decisions
		Alcohol Use and Its Dangers
		Maintaining a Healthy Body Composition and Body Image
		Nicotine, Tobacco, and their Dangers
		Nutrition and Health
		Physical Fitness and Health
		Prescription, Nonprescription, and Illegal Drugs

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H.W7.	Goal-Setting	
H6.W7.HS.	Implement strategies to achieve a personal health goal.	Choosing and Preparing Healthy Foods Physical Fitness and Health
H.Sa.	Safety (Sa)	
H.Sa1.	Injury Prevention	
H5.Sa1.HS.	Analyze impact of decisions related to bicycle, pedestrian, traffic, water, and recreation safety.	Safety and Injury Prevention
H1.Sa1.HS.	Describe how to prevent occupational injuries.	Safety and Injury Prevention
H2.Sa1.HS.	Compare how family, peers, culture, media, technology, and other factors influence safety and injury prevention practices and behaviors.	Safety and Injury Prevention
H.Sa2.	First Aid	
H7.Sa2.HSa.	Apply basic first aid skills.	First Aid
H7.Sa2.HSb.	Demonstrate CPR and AED procedures.	First Aid
H.Sa3.	Violence Prevention	
H2.Sa3.HS.	Evaluate societal influences on violence.	Gang Violence Healthy Relationships: Dating and Marriage
H7.Sa3.HS.	Demonstrate effective peer resistance, negotiation, and collaboration skills to avoid potentially violent situations.	Gang Violence Healthy Relationships: Dating and Marriage
H8.Sa3.HS.	Advocate for violence prevention.	Gang Violence Healthy Relationships: Dating and Marriage
H1.Sa3.HS.	Analyze potential dangers of sharing personal information through electronic media.	Bullying

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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.	
		Choosing and Preparing Healthy Foods Guidelines for Healthy Eating Nutrition and Health
H3.N1.HS.	Evaluate resources for accessing valid and reliable information, products, and services for healthy eating.	
		Choosing and Preparing Healthy Foods Guidelines for Healthy Eating Nutrition and Health
H8.N1.HS.	Collaborate with others to advocate for healthy eating at home, in school, or in the community.	
		Choosing and Preparing Healthy Foods 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.	
H.N3.	Label Literacy	
H5.N3.HS.	Cite evidence from Nutrition Facts labels useful for making informed and healthy choices.	
		Choosing and Preparing Healthy Foods Guidelines for Healthy Eating Nutrition and Health
H3.N3.HS.	Analyze trends in portion size as compared to recommended serving sizes.	
		Guidelines for Healthy Eating Nutrition and Health
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.	
		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.	
		Maintaining a Healthy Body Composition and Body Image
		Non-communicable Diseases
		Nutrition and Health
		Physical Fitness and Health

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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.	Choosing and Preparing Healthy Foods Nutrition and Health
H.Se.	Health Education Core Idea: Sexual Health (Se)	
H.Se1.	Anatomy, Reproduction, and Pregnancy	
H1.Se1.HSa.	Summarize fertilization, fetal development, and childbirth.	
H5.Se1.HS.	Explain the role hormones play in sexual behavior and decision-making.	Conception, Pregnancy, and Birth
H1.Se1.HSb.	Describe emotional, social, physical, and financial effects of being a teen or young adult parent.	Abstinence, Safe Sex, and Making Informed Decisions Puberty, Gender Identity, and Sexual Orientation
H1.Se1.HSc.	Describe behaviors that impact reproductive health.	Conception, Pregnancy, and Birth Parenting
H7.Se1.HS.	Describe steps of testicular self-exam and the importance of breast self-awareness.	Sexually Transmitted Infections, HIV, and AIDS
H.Se2.	Puberty and Development	Preventative Medical and Dental Care
H1.Se2.HSa.	Explain the physical, social, mental, and emotional changes associated with being a young adult.	
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.	Abstinence, Safe Sex, and Making Informed Decisions 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
H7.Se4.HS.	Demonstrate steps to using a condom correctly.	Abstinence, Safe Sex, and Making Informed Decisions
H3.Se4.HS.	Identify local youth-friendly sexual health services.	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.	Sexually Transmitted Infections, HIV, and AIDS
H5.Se4.HS.	Use a decision-making model to make a sexual health-related decision.	Abstinence, Safe Sex, and Making Informed Decisions
H1.Se4.HSb.	Understand that people can choose abstinence at different times in their lives.	Conception, Pregnancy, and Birth
H1.Se4.HSb.	Understand that people can choose abstinence at different times in their lives.	Sexually Transmitted Infections, HIV, and AIDS
H8.Se4.HS.	Advocate for STD testing and treatment for sexually active youth.	Abstinence, Safe Sex, and Making Informed Decisions
H5.Se4.HS.	Use a decision-making model to make a sexual health-related decision.	Sexually Transmitted Infections, HIV, and AIDS
H5.Se4.HS.	Use a decision-making model to make a sexual health-related decision.	Abstinence, Safe Sex, and Making Informed Decisions
H5.Se4.HS.	Use a decision-making model to make a sexual health-related decision.	Conception, Pregnancy, and Birth
H5.Se4.HS.	Use a decision-making model to make a sexual health-related decision.	Sexually Transmitted Infections, HIV, and AIDS
H5.Se4.HS.	Use a decision-making model to make a sexual health-related decision.	Abstinence, Safe Sex, and Making Informed Decisions
H5.Se4.HS.	Use a decision-making model to make a sexual health-related decision.	Conception, Pregnancy, and Birth
H5.Se4.HS.	Use a decision-making model to make a sexual health-related decision.	Sexually Transmitted Infections, HIV, and AIDS
H5.Se4.HS.	Use a decision-making model to make a sexual health-related decision.	Abstinence, Safe Sex, and Making Informed Decisions
H5.Se4.HS.	Use a decision-making model to make a sexual health-related decision.	Conception, Pregnancy, and Birth
H5.Se4.HS.	Use a decision-making model to make a sexual health-related decision.	Sexually Transmitted Infections, HIV, and AIDS
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	
H1.Se5.HSa.	Differentiate between affection, love, commitment, and sexual attraction.	Abstinence, Safe Sex, and Making Informed Decisions
H1.Se5.HSa.	Differentiate between affection, love, commitment, and sexual attraction.	Healthy Relationships: Dating and Marriage
H1.Se5.HSb.	Compare and contrast characteristics of healthy and unhealthy romantic and sexual relationships.	Abstinence, Safe Sex, and Making Informed Decisions
H1.Se5.HSb.	Compare and contrast characteristics of healthy and unhealthy romantic and sexual relationships.	Healthy Relationships: Dating and Marriage
H4.Se5.HS.	Demonstrate effective ways to communicate with a partner about healthy sexual decisions and consent.	Abstinence, Safe Sex, and Making Informed Decisions
H4.Se5.HS.	Demonstrate effective ways to communicate with a partner about healthy sexual decisions and consent.	Sexual Harassment and Sexual Assault

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H2.Se5.HS.	Analyze factors that can affect the ability to give or recognize consent to sexual activity.	Sexual Harassment and Sexual Assault
H3.Se5.HS.	Identify ways to access accurate information and resources for survivors of sexual offenses.	Sexual Harassment and Sexual Assault
H.Se6.	Washington State Laws	
H3.Se6.HS.	Describe laws related to accessing sexual health care services.	
H7.Se6.HS.	Understand importance of personal and social responsibility for sexual decisions.	Abstinence, Safe Sex, and Making Informed Decisions
H1.Se6.HSa.	Examine laws and consequences related to sexual offenses, including when a minor is involved.	Abstinence, Safe Sex, and Making Informed Decisions
H1.Se6.HSb.	Identify laws and concerns related to sending or posting sexually explicit pictures or messages.	
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.	Mental and Emotional Problems The Importance of Mental and Emotional Health
H1.So1.HSb.	Understand changes in self-esteem can occur as people mature.	Mental and Emotional Problems 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
H1.So2.HS.	Identify supportive services for people with eating disorders.	Maintaining a Healthy Body Composition and Body Image
H8.So2.HS.	Describe how to support someone who has symptoms of an eating disorder.	Maintaining a Healthy Body Composition and Body Image
H.So3.	Stress Management	
H1.So3.HS.	Identify physical and psychological responses to stressors.	Stress and Stress Management

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H7.So3.HS.	Develop a personal stress management plan.	Stress and Stress Management
H.So4. Expressing Emotions		
H8.So4.HS.	Advocate for ways to manage or resolve interpersonal conflict.	Mental and Emotional Problems
H1.So4.HS.	Summarize strategies for coping with difficult emotions, including defense mechanisms.	Mental and Emotional Problems
H4.So4.HS.	Demonstrate effective communication skills to express emotions.	Mental and Emotional Problems
H.So5. Harassment, Intimidation, and Bullying		
H1.So5.HS.	Analyze strategies to prevent and respond to different types of harassment, intimidation, and bullying.	Bullying
H2.So5.HS.	Compare and contrast the influence of family, peers, culture, media, technology, and other factors on harassment, intimidation, and bullying.	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 Mental and Emotional Problems Stress and Stress Management The Importance of Mental and Emotional Health
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.	Seeking Help in Your Community
H3.So6.HSb.	Describe laws related to minors accessing mental health care.	Grief, Loss, Depression, and Suicide
H8.So6.HS.	Advocate for reducing stigma associated with emotional and mental and behavioral health.	Mental and Emotional Problems Seeking Help in Your Community

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H8.So6.HS.	Advocate for reducing stigma associated with emotional and mental and behavioral health. <i>(Cont'd)</i>	Stress and Stress Management The Importance of Mental and Emotional Health
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
H1.Su1.HSb.	Differentiate classifications of substances.	Alcohol Use and Its Dangers Nicotine, Tobacco, and their Dangers Prescription, Nonprescription, and Illegal Drugs
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
H3.Su1.5b.	Describe laws related to minors accessing substance abuse treatment.	
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
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
H.Su3.	Prevention	
H6.Su3.HS.	Predict how a drug-free lifestyle will support achievement of short- and long-term goals.	A Substance-Free Lifestyle
H8.Su3.HS.	Design a drug-free message for a community beyond school.	A Substance-Free Lifestyle
H.Su4.	Treatment	
H3.Su4.HS.	Analyze valid and reliable information to prevent or treat substance dependency and addiction.	A Substance-Free Lifestyle

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H1.Su4.HS.	Understand how codependency relates to substance use and abuse.	A Substance-Free Lifestyle
H.Su5.	Legal Consequences	
H1.Su5.HS.	Compare and contrast school, local, state, and federal laws related to substance possession and use.	Alcohol Use and Its Dangers Nicotine, Tobacco, and their Dangers Prescription, Nonprescription, and Illegal Drugs