

Standard ID	Standard Text	Edgenuity Lesson Name
WA Grade 6, 7, 8	Health Education Core Idea: Wellness (W)	
1	Dimensions of Health	
H1.W1.6	Describe interrelationships of dimensions of health.	
		Mental and Emotional Health Social Health Personal Hygiene
H1.W1.7	Assess personal health behaviors in relation to dimensions of health.	
		Mental and Emotional Health Social Health Personal Hygiene
H1.W1.8	Analyze interrelationships of personal dimensions of health.	
		Mental and Emotional Health Social Health Personal Hygiene
2	Disease Prevention	
H1.W2.6	Differentiate between communicable and noncommunicable diseases.	
		Personal Hygiene Disease and Prevention Project: Immunizations Infectious Diseases Sexually Transmitted Diseases and Pregnancy
H2.W2.6	Determine how hereditary factors and health behaviors impact health.	
		Growth and Development
H7.W2.7a	Summarize lifestyle factors to prevent communicable and noncommunicable diseases.	
		Personal Hygiene Disease and Prevention Project: Immunizations Infectious Diseases Sexually Transmitted Diseases and Pregnancy
H7.W2.8a	Analyze how personal choices contribute to communicable and noncommunicable diseases.	
		Personal Hygiene Disease and Prevention Project: Immunizations

		Infectious Diseases Sexually Transmitted Diseases and Pregnancy
H7.W2.7b	Explain benefits and consequences of various health behaviors.	
		Adulthood Mental and Emotional Health Learning and Making Choices Social Health Personal Hygiene Nutrition Nutrients Good Eating Physical Fitness Top Condition Project: Fitness Program Disease and Prevention Infectious Diseases Drug Awareness Alcohol Awareness Tobacco Awareness
H7.W2.8b	Assess personal health behaviors that reduce or prevent health risks.	
		Adulthood Mental and Emotional Health Learning and Making Choices Social Health Personal Hygiene Nutrition Nutrients Good Eating Physical Fitness Top Condition Project: Fitness Program Disease and Prevention Infectious Diseases Drug Awareness Alcohol Awareness Tobacco Awareness
3	Analyzing Influences	
H2.W3.6	Explain factors that influence health decisions and behaviors.	

		Adulthood Mental and Emotional Health Learning and Making Choices Social Health Personal Hygiene Nutrition Nutrients Good Eating Physical Fitness Top Condition Project: Fitness Program Disease and Prevention Infectious Diseases Drug Awareness Alcohol Awareness Tobacco Awareness
H2.W3.7	Describe how peers, culture, and family influence health decisions and behaviors.	
		Adolescence Mental and Emotional Health Learning and Making Choices Social Health Family Friends
H2.W3.8	Describe how values, media, and technology influence decisions and behaviors.	
		Adolescence Mental and Emotional Health Learning and Making Choices Social Health Family Friends
4	Access Valid Information	
H3.W4.6	Describe situations that call for expert health resources and services.	

		Adolescence Adulthood Mental and Emotional Health Learning and Making Choices Drug Awareness Types of Drugs Sexually Transmitted Diseases and Pregnancy
H3.W4.7	Analyze the validity of health and wellness information and products.	
		Adolescence Adulthood Mental and Emotional Health Learning and Making Choices Drug Awareness Types of Drugs Sexually Transmitted Diseases and Pregnancy
H3.W4.8	Investigate local valid and reliable health and wellness information.	
		Adolescence Adulthood Mental and Emotional Health Learning and Making Choices Drug Awareness Types of Drugs Sexually Transmitted Diseases and Pregnancy
5	Communication	
H4.W5.6	Explain effective communication skills.	
		Adolescence Adulthood Family Friends Learning and Making Choices Social Health
H4.W5.7	Use communication skills effectively with family, peers, and others.	
		Adolescence Adulthood

		Mental and Emotional Health Learning and Making Choices Drug Awareness Types of Drugs Sexually Transmitted Diseases and Pregnancy Social Health
H4.W5.8	Demonstrate communication skills to enhance health and avoid or reduce health risks.	
		Adolescence Adulthood Mental and Emotional Health Learning and Making Choices Drug Awareness Types of Drugs Sexually Transmitted Diseases and Pregnancy Social Health
6	Decision Making	
H5.W6.6	Identify circumstances that help or hinder making healthy decisions related to personal health.	
		Adolescence Adulthood Mental and Emotional Health Learning and Making Choices Drug Awareness Types of Drugs Sexually Transmitted Diseases and Pregnancy Social Health
H5.W6.7	Determine healthy alternatives for making a personal health decision.	
		Adolescence Adulthood Mental and Emotional Health Learning and Making Choices Drug Awareness Types of Drugs Sexually Transmitted Diseases and Pregnancy

		Social Health
H5.W6.8	Demonstrate a decision-making model to make a personal health-enhancing choice.	
		Adolescence Adulthood Mental and Emotional Health Learning and Making Choices Drug Awareness Types of Drugs Sexually Transmitted Diseases and Pregnancy Social Health
7	Goal Setting	
H6.W7.6	Describe how goals can enhance health.	
		Learning and Making Choices Good Eating Project: My Plate Project: Menu Planner Physical Fitness Top Condition Project: Fitness Program Project: Fire Escape Project: Safety Check
H6.W7.7	Describe components of goalsetting to enhance health.	
		Learning and Making Choices Good Eating Project: My Plate Project: Menu Planner Physical Fitness Top Condition Project: Fitness Program Project: Fire Escape Project: Safety Check
H6.W7.8	Describe various short- and long-term goals that can be used to enhance health.	
		Learning and Making Choices Good Eating Project: My Plate

		Project: Menu Planner Physical Fitness Top Condition Project: Fitness Program Project: Fire Escape Project: Safety Check
WA Grade 6, 7, 8	Health Education Core Idea: Safety (S)	
1	Injury Prevention	
H1.Sa1.6	Identify guidelines related to bicycle, pedestrian, traffic, water, and recreation safety.	
		Road Safety Emergency Care: Part 1 Emergency Care: Part 2 Project: First Aid Kit
H1.Sa1.7	Explain importance of being responsible for promoting safety and avoiding or reducing injury.	
		Safety Safety in the Home Road Safety Project: Fire Escape Other Dangers in the Home Project: Safety Check Project: Heimlich Maneuver Emergency Care: Part 1 Emergency Care: Part 2 Project: First Aid Kit Project: Poison Control
H1.Sa1.8	Advocate for safety and injury prevention.	
		Safety Safety in the Home Road Safety Project: Fire Escape Other Dangers in the Home Project: Safety Check Project: Heimlich Maneuver

		Emergency Care: Part 1 Emergency Care: Part 2 Project: First Aid Kit Project: Poison Control
H1.Sa1.8	Describe how some health risk behaviors influence safety and injury prevention practices.	
		Safety Safety in the Home Road Safety Project: Fire Escape Other Dangers in the Home Project: Safety Check Project: Heimlich Maneuver Emergency Care: Part 1 Emergency Care: Part 2 Project: First Aid Kit Disease and Prevention Project: Immunizations Infectious Diseases Project: Poison Control
2	First Aid	
H1.Sa2.6a	Understand basic first aid skills.	
		Project: Heimlich Maneuver Emergency Care: Part 1 Emergency Care: Part 2 Project: First Aid Kit Project: Poison Control
H1.Sa2.6b	Understand cardiopulmonary resuscitation (CPR) and automated external defibrillator (AED) procedures.	
		Emergency Care: Part 1
H1.Sa2.7	Explain basic first aid skills.	
		Project: Heimlich Maneuver Emergency Care: Part 1 Emergency Care: Part 2 Project: First Aid Kit Project: Poison Control
H1.Sa2.7	Demonstrate CPR and AED procedures.	
		Emergency Care: Part 1
H7.Sa2.8a	Practice basic first aid skills.	



		Project: Heimlich Maneuver Emergency Care: Part 1 Emergency Care: Part 2 Project: First Aid Kit Project: Poison Control
H7.Sa2.8b	Demonstrate CPR and AED procedures.	
		Emergency Care: Part 1
3	Violence Prevention	
H1.SA3.6a	Describe situations that could lead to violence.	
H1.SA3.7a	Describe how risk of violence increases with presence of weapons.	
H1.SA3.8a	Analyze causes and effects of violence on individuals, families, and communities.	
H4.SA3.6	Demonstrate ways to resolve conflict to prevent, reduce, and avoid violence.	
H4.SA3.7	Demonstrate communication skills to prevent, reduce, and avoid violent situations.	
		Adolescence Adulthood Mental and Emotional Health Learning and Making Choices Drug Awareness Types of Drugs Sexually Transmitted Diseases and Pregnancy Social Health
H4.SA3.8	Differentiate between passive, aggressive, and assertive communication. Explain how bystanders can help prevent, reduce, and avoid violence.	
H1.SA3.6b	Identify potential dangers of sharing personal information through electronic media.	

H1.SA3.7b	Understand potential dangers of sharing personal information through electronic media.	
H1.SA3.8b	Explain how bystanders can help prevent, reduce, and avoid violence.	
H1.Sa3.8c	Describe potential dangers of sharing personal information through electronic media.	
WA Grade 6, 7, 8	Health Education Core Idea: Nutrition (N)	
1	Food Groups and Nutrients	
H1.N1.6a	Identify functions of the six nutrients: carbohydrates, fats, proteins, vitamins, minerals, water.	
		Nutrition Nutrients Project: Nutrients Project: Ingredients Basic Food Groups Good Eating Project: My Plate Project: My Menu Planner
H1.N1.7a	Classify foods by food groups and nutrients.	
		Nutrition Nutrients Project: Nutrients Project: Ingredients Basic Food Groups Good Eating Project: My Plate Project: My Menu Planner
H1.N1.8a	Compare and contrast nutritional value of fresh versus processed foods.	
		Nutrition Nutrients Project: Nutrients Project: Ingredients Basic Food Groups

		Good Eating Project: My Plate Project: My Menu Planner
H1.N1.6b	Describe consequences of skipping meals.	
		Nutrition Nutrients Project: Nutrients Project: Ingredients Basic Food Groups Good Eating Project: My Plate Project: My Menu Planner
H1.N1.7b	Summarize benefits of eating a variety of food from all food group.	
		Nutrition Nutrients Project: Nutrients Project: Ingredients Basic Food Groups Good Eating Project: My Plate Project: My Menu Planner
H3.N1.6	Understand differences between reliable and unreliable sources of nutrition information.	
		Nutrition Nutrients Project: Nutrients Project: Ingredients Basic Food Groups Good Eating Project: My Plate Project: My Menu Planner
H3.N1.7	Determine availability of valid and reliable nutrition information, products, and services.	
		Nutrition Nutrients

		Project: Nutrients Project: Ingredients Basic Food Groups Good Eating Project: My Plate Project: My Menu Planner
H3.N1.8	Investigate valid and reliable nutrition information, products, and services.	
		Nutrition Nutrients Project: Nutrients Project: Ingredients Basic Food Groups Good Eating Project: My Plate Project: My Menu Planner
2	Beverages	
H1.N2.6	Summarize importance of staying hydrated.	
		Nutrition Nutrients
H1.N2.7	Evaluate nutritional content for a variety of beverages and describe benefits and consequences of intake.	
		Nutrition Nutrients Project: Nutrients Project: Ingredients
H3.N2.6	Identify beverages that should be limited and provide evidence to support limiting intake.	
		Nutrition Nutrients Project: Nutrients Project: Ingredients
H8.N2.8	Develop a message to persuade someone to make healthy beverage choices.	
3	Label Literacy	
H1.N3.7	Demonstrate how to calculate nutritional value based on serving sizes.	
		Nutrition Nutrients

		Project: Nutrients Project: Ingredients Basic Food Groups Good Eating Project: My Plate Project: My Menu Planner
H3.N3.6a	Explain how different components of a Nutrition Facts label can be used to guide food and beverage choices.	
		Nutrition Nutrients Project: Nutrients Project: Ingredients Basic Food Groups Good Eating Project: My Plate Project: My Menu Planner
H3.N3.6b	Distinguish between serving size and portion size.	
		Nutrition Nutrients Project: Nutrients Project: Ingredients Basic Food Groups Good Eating Project: My Plate Project: My Menu Planner
H3.N3.7	Demonstrate how to use Nutrition Facts labels to make healthier choices.	
		Nutrition Nutrients Project: Nutrients Project: Ingredients Basic Food Groups Good Eating Project: My Plate Project: My Menu Planner
H3.N3.8	Draw conclusions from Nutrition Facts labels and make recommendations for healthy choices.	
		Nutrition

		Nutrients Project: Nutrients Project: Ingredients Basic Food Groups Good Eating Project: My Plate Project: My Menu Planner
4	Caloric Intake and Expenditure	
H1.N4.6a	Distinguish between nutrient-dense and empty-calorie foods and identify examples of each.	
		Nutrition Nutrients Project: Nutrients Project: Ingredients Basic Food Groups Good Eating Project: My Plate Project: My Menu Planner
H1.N4.7a	Explain relationship of caloric intake and expenditure to weight management.	
		Nutrition Nutrients Project: Nutrients Project: Ingredients Basic Food Groups Good Eating Project: My Plate Project: My Menu Planner
H1.N4.6b	Compare and contrast caloric expenditure for a variety of physical activities.	
		Nutrition Nutrients Good Eating Physical Fitness Top Condition Project: My Menu Planner
H1.N4.7b	Investigate strategies for healthy weight management.	

		Nutrition Nutrients Good Eating Physical Fitness Top Condition Project: Fitness Program Project: My Menu Planner
H7.N4.8	Conduct a personal caloric needs assessment based on age, gender, activity levels, and specific health requirements, to develop an eating plan.	
		Nutrition Nutrients Project: Nutrients Project: Ingredients Basic Food Groups Good Eating Project: My Plate Project: My Menu Planner
5	Disease Prevention	
H1.N5.6	Identify diseases often caused by nutritional choices.	
		Good Eating
H1.N5.7	Describe impact of nutritional choices in relation to disease prevention.	
		Nutrition Nutrients Project: Nutrients Project: Ingredients Basic Food Groups Good Eating Project: My Plate Project: My Menu Planner Physical Fitness Top Condition Essay: Improvements
H1.N5.8	Evaluate a variety of eating plans and determine potential short-term and long-term consequences based on nutritional intake.	
		Nutrition Nutrients Project: Nutrients

		Project: Ingredients Basic Food Groups Good Eating Project: My Plate Project: My Menu Planner Physical Fitness Top Condition Essay: Improvements
6	Nutritional Planning	
H2.N6.6	Identify circumstances that influence healthy decision making related to food choices and eating behaviors.	
		Nutrition Nutrients Project: Nutrients Project: Ingredients Basic Food Groups Good Eating Project: My Plate Project: My Menu Planner Physical Fitness Top Condition Essay: Improvements
H2.N6.7	Describe how peers, culture, and family influence nutritional choices.	
		Nutrition Nutrients Project: Nutrients Project: Ingredients Basic Food Groups Good Eating Project: My Plate Project: My Menu Planner Physical Fitness Top Condition Essay: Improvements



H2.N6.8	Draw conclusions regarding how society, culture, and economics influence nutrition choices.	
		Nutrition Nutrients Project: Nutrients Project: Ingredients Basic Food Groups Good Eating Project: My Plate Project: My Menu Planner Physical Fitness Top Condition Essay: Improvements
H3.N6.8	Investigate strategies to overcome barriers to achieving a personal goal to improve healthy eating behaviors.	
		Nutrition Nutrients Project: Nutrients Project: Ingredients Basic Food Groups Good Eating Project: My Plate Project: My Menu Planner Physical Fitness Top Condition Project: Fitness Program Essay: Improvements
H6.N6.6	Develop a SMART (specific, measurable, attainable, realistic, and timely) goal to improve eating behaviors.	
		Nutrition Nutrients Project: Nutrients Project: Ingredients Basic Food Groups Good Eating Project: My Plate Project: My Menu Planner

		Physical Fitness Top Condition Project: Fitness Program Essay: Improvements
H6.N6.8	Create short- and long-term goals to establish healthy eating patterns.	
		Nutrition Nutrients Project: Nutrients Project: Ingredients Basic Food Groups Good Eating Project: My Plate Project: My Menu Planner Physical Fitness Top Condition Project: Fitness Program Essay: Improvements
H6.N6.7a	Create a daily food plan with adequate amounts of each nutrient.	
		Nutrition Nutrients Project: Nutrients Project: Ingredients Basic Food Groups Good Eating Project: My Plate Project: My Menu Planner Physical Fitness Top Condition Project: Fitness Program Essay: Improvements
H6.N6.7b	Assess barriers to achieving a personal goal to improve healthy eating behaviors.	
		Nutrition Nutrients Project: Nutrients Project: Ingredients Basic Food Groups Good Eating Project: My Plate Project: My Menu Planner

		Physical Fitness Top Condition Project: Fitness Program Essay: Improvements
H7.N6.8	Assess personal food and beverage intake based on recommended individual needs.	
		Nutrition Nutrients Project: Nutrients Project: Ingredients Basic Food Groups Good Eating Project: My Plate Project: My Menu Planner Physical Fitness Top Condition Project: Fitness Program Essay: Improvements
WA Grade 6, 7, 8	Health Education Core Idea: Sexual Health (Se)	
1	Anatomy, Reproduction, and Pregnancy	
H1.Se1.6	Identify parts of the reproductive systems.	
		Growth and Development
H1.Se1.7a	Describe reproductive systems including body parts and functions.	
		Growth and Development
H1.Se1.8a	Summarize reproductive systems and their functions, including the path of an egg during ovulation and the path of sperm during ejaculation.	
		Growth and Development
H1.Se1.7b	Describe the stages of a pregnancy from fertilization to birth.	
		Growth and Development
H1.Se1.8b	Identify physical, emotional, and social effects of sexual activity.	
		Adolescence
2	Puberty and Development	
H1.Se2.6	Identify physical, social, mental, and emotional changes that occur during puberty.	
		Adolescence
H1.Se2.7	Recognize that there are individual differences in growth and development.	
		Growth and Development

		Adolescence Adulthood
H1.Se2.8	Describe physical, social, mental, and emotional changes that occur during adolescence.	
		Adolescence
3	Self-Identity	
H2.Se3.6	Understand the range of gender roles, identity, and expression across cultures.	
H2.Se3.7	Distinguish between biological sex, gender identity, gender expression, and sexual orientation.	
H2.Se3.8	Recognize external influences that shape attitudes about gender identity, gender expression, and sexual orientation.	
4	Prevention	
H1.Se4.6a	Define abstinence and explain why it is the most effective method to prevent pregnancy and sexually transmitted infections (STDs), including HIV.	
		Sexually Transmitted Diseases and Pregnancy
H1.Se4.7a	List and describe commonly used methods of birth control, including abstinence.	
		Sexually Transmitted Diseases and Pregnancy
H1.Se4.8a	Summarize ways to prevent pregnancy and STDs.	
		Sexually Transmitted Diseases and Pregnancy
H1.Se4.6b	Explain how STDs are transmitted and prevented.	
		Sexually Transmitted Diseases and Pregnancy
H1.Se4.7b	Describe methods to prevent the transmission of STDs/HIV, including abstinence.	
		Sexually Transmitted Diseases and Pregnancy
H1.Se4.8b	Summarize signs, symptoms, potential impact, and treatment of STDs.	
		Sexually Transmitted Diseases and Pregnancy
H1.Se4.8c	Identify examples of protective factors and risk behaviors.	
		Sexually Transmitted Diseases and Pregnancy
H1.Se4.6c	Identify examples of protective factors and risk behaviors.	
		Sexually Transmitted Diseases and Pregnancy
H1.Se4.7c	Understand that all STDs are treatable and many are curable.	
		Sexually Transmitted Diseases and Pregnancy
H1.Se4.8c	Compare and contrast potential outcomes of risk behaviors and protective factors.	
		Sexually Transmitted Diseases and Pregnancy
H3.Se4.7	Identify medically accurate information about STDs.	
		Sexually Transmitted Diseases and Pregnancy

H3.Se4.8	Identify medically accurate resources about contraceptive methods, STDs/HIV, and pregnancy.	
		Sexually Transmitted Diseases and Pregnancy
H5.Se4.7	Identify a decision-making model that can be used to make a health-related decision.	
		Sexually Transmitted Diseases and Pregnancy
H5.Se4.8	Use a decision-making model to make a health-related decision.	
		Sexually Transmitted Diseases and Pregnancy
H7.Se4.8	List steps to using a condom correctly.	
		Sexually Transmitted Diseases and Pregnancy
H7.Se4.8	Describe personal role in protecting one's own sexual and reproductive health.	
		Sexually Transmitted Diseases and Pregnancy
5	Healthy Relationships	
H1.Se5.6a	Identify ways to communicate effectively in a variety of relationships.	
		Mental and Emotional Health Learning and Making Choices Social Health Friends Family
H1.Se5.6b	Recognize that everyone has the right to set boundaries based on personal values.	
		Mental and Emotional Health Learning and Making Choices Social Health Friends Family Disease and Prevention Drug Awareness Alcohol Awareness Tobacco Awareness Sexually Transmitted Diseases and Pregnancy
H1.Se5.7	Describe characteristics of healthy and unhealthy relationships.	
		Mental and Emotional Health Learning and Making Choices Social Health Friends Family
H1.Se5.8a	Explain how to build and maintain healthy family, peer, and dating relationships.	
		Mental and Emotional Health Learning and Making Choices Social Health

		Friends Family
H1.Se5.8b	Define sexual consent and identify ways that consent can be communicated and accepted.	
H2.Se8.8	Analyze the impact of technology and social media on friendships and relationships.	
H3.Se5.6	Explain importance of talking with a family member and other trusted adults about relationships.	
		Mental and Emotional Health Learning and Making Choices Social Health Friends Family
H4.Se5.7a	Demonstrate communication skills that foster healthy relationships.	
		Mental and Emotional Health Learning and Making Choices Social Health Friends Family
H4.Se5.7b	Explain importance of setting personal boundaries and showing respect for the boundaries and values of others.	
		Mental and Emotional Health Learning and Making Choices Social Health Friends Family
H6.Se5.8	Develop a plan to communicate and maintain personal boundaries and values.	
		Mental and Emotional Health Learning and Making Choices Social Health Friends Family
6	Washington State Laws	
H1.Se6.6a	Understand which sexual health care services are available to youth.	
H1.Se6.7a	Identify laws related to accessing sexual health care services.	
H1.Se6.8a	Understand laws related to accessing sexual health care services.	

H1.Se6.6b	Understand that there are behaviors that constitute sexual offenses.	
H1.Se6.7b	Define sexual offenses as they relate to state law.	
H1.Se6.8b	Identify state laws related to sexual offenses, including when a minor is involved.	
H1.Se6.6c	Understand that it is illegal to send or post sexually explicit images or messages electronically.	
H1.Se6.7c	Identify consequences of sharing sexually explicit pictures or messages.	
H1.Se6.8c	Explain consequences of sharing sexually explicit pictures or messages.	
WA Grade 6, 7, 8	Health Education Core Idea: Social Emotional Health (So)	
1	Self-Esteem	
H1.So1.6a	Describe factors that can influence self-esteem.	
		Adolescence Adulthood Mental and Emotional Health Learning and Making Choices Social Health Family Friends Personal Hygiene Teeth, Eyes, and Ears Good Eating
H1.So1.6b	Understand how to improve one's self-esteem.	
		Adolescence Adulthood Mental and Emotional Health Learning and Making Choices Social Health Family Friends Personal Hygiene Teeth, Eyes, and Ears Good Eating
H1.So1.7	Explain how self-esteem influences personal health choices.	

		Adolescence Adulthood Mental and Emotional Health Learning and Making Choices Social Health Family Friends Personal Hygiene Teeth, Eyes, and Ears Good Eating
H1.So1.8	Compare characteristics of high and low self-esteem and impacts on health.	
		Adolescence Adulthood Mental and Emotional Health Learning and Making Choices Social Health Family Friends Personal Hygiene Teeth, Eyes, and Ears Good Eating
H7.So1.7	Describe personal choices that can positively impact self-esteem.	
		Adolescence Adulthood Mental and Emotional Health Learning and Making Choices Social Health Family Friends Personal Hygiene Teeth, Eyes, and Ears Good Eating
H7.So1.8	Demonstrate ability to make choices that positively impact self-esteem.	
		Adolescence Adulthood Mental and Emotional Health Learning and Making Choices Social Health Family



		Friends Personal Hygiene Teeth, Eyes, and Ears Good Eating
2	Body Image and Eating Disorders	
H1.So2.6a	Describe how self-esteem and body image are related.	
		Adolescence Adulthood Mental and Emotional Health Learning and Making Choices Social Health Family Friends Personal Hygiene Teeth, Eyes, and Ears Good Eating
H1.So2.6b	Explain importance of a positive body image.	
		Adolescence Adulthood Mental and Emotional Health Learning and Making Choices Social Health Family Friends Personal Hygiene Teeth, Eyes, and Ears Good Eating
H2.So2.7	Explain how peers and media influence body image.	
		Adolescence Adulthood Mental and Emotional Health Learning and Making Choices Social Health Family Friends Personal Hygiene Teeth, Eyes, and Ears Good Eating
H1.So2.8	Identify signs, symptoms, and consequences of eating disorders.	

		Good Eating
H2.So2.8	Explain how body image influences eating disorders.	
		Good Eating
3	Stress Management	
H1.So3.6a	Define stressor, eustress, and distress.	
		Mental and Emotional Health Learning and Making Choices Physical Fitness Drug Awareness Alcohol Awareness Tobacco Awareness
H1.So3.6b	Explain causes and effects of stress.	
		Mental and Emotional Health Learning and Making Choices Physical Fitness Drug Awareness Alcohol Awareness Tobacco Awareness
H1.So3.7	Differentiate between eustress and distress.	
H1.So3.8	Analyze effects of eustress and distress.	
H7.So3.6	Understand stress management techniques.	
		Mental and Emotional Health Learning and Making Choices Social Health Physical Fitness
H7.So3.7	Compare healthy and unhealthy ways of dealing with stress.	
		Mental and Emotional Health Learning and Making Choices Physical Fitness Drug Awareness Alcohol Awareness Tobacco Awareness
H7.So3.8	Evaluate personal stress management techniques.	
		Mental and Emotional Health Learning and Making Choices Social Health Physical Fitness

4	Expressing Emotions	
H1.So4.6a	Explain importance of understanding other perspectives when resolving interpersonal conflicts.	
		Mental and Emotional Health Learning and Making Choices Social Health Family Friends Adolescence Adulthood
H1.So4.7a	Describe ways to manage interpersonal conflict.	
		Mental and Emotional Health Learning and Making Choices Social Health Family Friends Adolescence Adulthood
H1.So4.6b	Summarize characteristics of empathy and compassion.	
		Mental and Emotional Health Learning and Making Choices Social Health Family Friends Adolescence Adulthood
H1.So4.7b	Explain how expressing emotions or feelings can influence others.	
		Mental and Emotional Health Learning and Making Choices Social Health Family Friends Adolescence Adulthood
H2.So4.8	Compare and contrast the influence of family, culture, and media on how emotions are expressed.	
		Mental and Emotional Health Learning and Making Choices Social Health

		Family Friends Adolescence Adulthood
H3.So4.6	Investigate resources for support when dealing with difficult emotions.	
		Mental and Emotional Health Learning and Making Choices Social Health Family Friends Adolescence Adulthood
H4.So4.8	Demonstrate ways to manage or resolve interpersonal conflict.	
		Mental and Emotional Health Learning and Making Choices Social Health Family Friends Adolescence Adulthood
5	Harassment, Intimidation, and Bullying	
H1.So5.6a	Describe different types of harassment, intimidation, and bullying.	
H1.So5.6b	Analyze harmful effects of harassment, intimidation, and bullying.	
H1.So5.7	Explain how harassment, intimidation, and bullying affect individuals, families, and communities.	
H1.So5.8a	Describe possible consequences of harassment, intimidation, and bullying.	
H1.So5.8c	Understand connection between bullying and harmful behaviors including suicide.	
H5.So5.7	Determine strategies for responding to harassment, intimidation, and bullying.	
H8.So5.8	Advocate for a bully-free school and community environment.	
6	Emotional, Mental, and Behavioral Health	
H1.So6.6a	Identify signs and symptoms of depression and anxiety.	
		Mental and Emotional Health

		Learning and Making Choices Social Health Family Friends Adolescence Adulthood Good Eating
H1.So6.7a	Identify different emotional and mental and behavioral health disorders.	
		Mental and Emotional Health Learning and Making Choices Social Health Family Friends Adolescence Adulthood Good Eating
H1.So6.8a	Explain causes, symptoms, and effects of emotional and mental and behavioral health disorders.	
		Mental and Emotional Health Learning and Making Choices Social Health Family Friends Adolescence Adulthood Good Eating
H1.So6.6b	Identify reasons individuals may want to harm themselves.	
		Mental and Emotional Health Learning and Making Choices Social Health Family Friends Adolescence Adulthood Good Eating
H1.So6.7b	Identify risk factors associated with self-harm and/or suicide.	
		Mental and Emotional Health Learning and Making Choices Social Health

		Family Friends Adolescence Adulthood Good Eating
H1.So6.8b	Recognize signs that someone may be at risk of suicide.	
H1.So6.6c	Understand that emotional and mental and behavioral health and well-being are as important as physical health and wellbeing.	
		Mental and Emotional Health Learning and Making Choices Social Health Family Friends Adolescence Adulthood Good Eating
H1.So6.7c	Identify how individuals experience stigma related to mental and behavioral health.	
		Mental and Emotional Health Learning and Making Choices Social Health Family Friends Adolescence Adulthood Good Eating
H1.So6.6d	Define stigma related to mental and behavioral health.	
		Mental and Emotional Health Learning and Making Choices Social Health Family Friends Adolescence Adulthood Good Eating
H1.So6.8d	Recognize stigma as it relates to emotional and mental and behavioral health.	
		Mental and Emotional Health Learning and Making Choices Social Health

		Family Friends Adolescence Adulthood Good Eating
H2.So6.7	Recognize how culture and media impact access to mental and behavioral health services.	
		Mental and Emotional Health Learning and Making Choices Social Health Family Friends Adolescence Adulthood Good Eating
H3.So6.6	Describe situations that call for professional emotional and mental and behavioral health services.	
		Mental and Emotional Health Learning and Making Choices Social Health Family Friends Adolescence Adulthood Good Eating
H3.So6.7	Identify valid and reliable emotional and mental and behavioral health services.	
		Mental and Emotional Health Learning and Making Choices Social Health Family Friends Adolescence Adulthood Good Eating
H3.So6.8	Identify valid and reliable emotional and mental and behavioral health supports and services available to youth age 13 and older.	
		Mental and Emotional Health Learning and Making Choices Social Health Family

		Friends Adolescence Adulthood Good Eating
H4.So6.7	Demonstrate supportive responses to people who may be experiencing mental and behavioral health disorders.	
		Mental and Emotional Health Learning and Making Choices Social Health Family Friends Adolescence Adulthood Good Eating
WA Grade 6, 7, 8	Health Education Core Idea: Substance Use and Abuse (Su)	
1	Use and Abuse	
H1.Su1.6a	Explain differences between appropriate use, misuse, and abuse of substances.	
		Drug Awareness Types of Drugs Project: Poison Control Project: Expiration Dates Alcohol Awareness Tobacco Awareness
H1.Su1.6b	Understand stages of addiction.	
		Drug Awareness Types of Drugs Project: Poison Control Project: Expiration Dates Alcohol Awareness Tobacco Awareness
H1.Su1.7	Distinguish between substance use, misuse, abuse, dependency, and addiction.	
		Drug Awareness Types of Drugs Project: Poison Control Project: Expiration Dates Alcohol Awareness Tobacco Awareness
H1.Su1.8	Explain classifications of substances.	
		Drug Awareness



		Types of Drugs Project: Poison Control Project: Expiration Dates Alcohol Awareness Tobacco Awareness
H2.Su1.6	Describe how peers and family influence substance use and abuse.	
		Drug Awareness Types of Drugs Project: Poison Control Project: Expiration Dates Alcohol Awareness Tobacco Awareness
H2.Su1.7	Describe how peers and media influence substance use and abuse.	
		Drug Awareness Types of Drugs Project: Poison Control Project: Expiration Dates Alcohol Awareness Tobacco Awareness
H2.Su1.8	Analyze factors that influence substance use and abuse.	
		Drug Awareness Types of Drugs Project: Poison Control Project: Expiration Dates Alcohol Awareness Tobacco Awareness
H3.Su1.8	Compare and contrast sources of information on substance use.	
		Drug Awareness Types of Drugs Project: Poison Control Project: Expiration Dates Alcohol Awareness Tobacco Awareness
2	Effects	
H1.Su2.6	Understand short- and long-term effects of substance abuse on physical and mental health.	
		Drug Awareness Types of Drugs Project: Poison Control

		Project: Expiration Dates Alcohol Awareness Tobacco Awareness
H1.Su2.7	Explain short- and long-term effects of substance abuse on dimensions of health.	
		Drug Awareness Types of Drugs Project: Poison Control Project: Expiration Dates Alcohol Awareness Tobacco Awareness
H1.Su2.8	Describe how substance abuse affects dimensions of health.	
		Drug Awareness Types of Drugs Project: Poison Control Project: Expiration Dates Alcohol Awareness Tobacco Awareness
3	Prevention	
H1.Su3.6	Identify how to use refusal skills to avoid substance use.	
		Mental and Emotional Health Learning and Making Choices Social Health Drug Awareness Types of Drugs Project: Poison Control Project: Expiration Dates Alcohol Awareness Tobacco Awareness
H7.Su3.6	Identify scenarios in which substances may be present and determine strategies to avoid exposure and use.	
		Mental and Emotional Health Learning and Making Choices Social Health Drug Awareness Types of Drugs Project: Poison Control Project: Expiration Dates Alcohol Awareness Tobacco Awareness

H7.Su3.7a	Demonstrate use of refusal skills to avoid substance use.	
		Mental and Emotional Health Learning and Making Choices Social Health Drug Awareness Types of Drugs Project: Poison Control Project: Expiration Dates Alcohol Awareness Tobacco Awareness
H7.Su3.7b	Assess scenarios in which substances may be present and determine strategies to avoid exposure and use.	
		Mental and Emotional Health Learning and Making Choices Social Health Drug Awareness Types of Drugs Project: Poison Control Project: Expiration Dates Alcohol Awareness Tobacco Awareness
H7.Su3.8a	Apply refusal skills to avoid substance use.	
		Mental and Emotional Health Learning and Making Choices Social Health Drug Awareness Types of Drugs Project: Poison Control Project: Expiration Dates Alcohol Awareness Tobacco Awareness
H7.Su3.8b	Demonstrate behaviors and practices to prevent substance use and improve the health of oneself and others.	
		Mental and Emotional Health Learning and Making Choices Social Health Drug Awareness Types of Drugs Project: Poison Control

		Project: Expiration Dates Alcohol Awareness Tobacco Awareness
H8.Su3.6	Promote benefits of abstaining from or discontinuing substance use.	
		Mental and Emotional Health Learning and Making Choices Social Health Drug Awareness Types of Drugs Project: Poison Control Project: Expiration Dates Alcohol Awareness Tobacco Awareness
H8.Su3.7	Construct a message describing benefits of being drug-free.	
		Project: Letter
H8.Su3.8	Create a drug-free message for school.	
		Project: Letter
4	Treatment	
H3.Su4.6	Identify valid and reliable substance abuse services.	
		Mental and Emotional Health Learning and Making Choices Social Health Drug Awareness Types of Drugs Project: Poison Control Project: Expiration Dates Alcohol Awareness Tobacco Awareness
H3.Su4.7	Describe situations that call for professional treatment for substance abuse.	
		Mental and Emotional Health Learning and Making Choices Social Health Drug Awareness Types of Drugs Project: Poison Control Project: Expiration Dates Alcohol Awareness Tobacco Awareness
H3.Su4.8	Investigate local services for those affected by substance abuse.	

5	Legal Consequences	
H1.Su5.6	Identify legal and illegal substances.	
		Mental and Emotional Health Learning and Making Choices Social Health Drug Awareness Types of Drugs Project: Poison Control Project: Expiration Dates Alcohol Awareness Tobacco Awareness
H1.Su5.7	Understand school policies related to substance possession and use.	
H6.Su5.8	Describe short- and long- term legal consequences of substance use and the effects on personal goals.	
		Mental and Emotional Health Learning and Making Choices Social Health Drug Awareness Types of Drugs Project: Poison Control Project: Expiration Dates Alcohol Awareness Tobacco Awareness