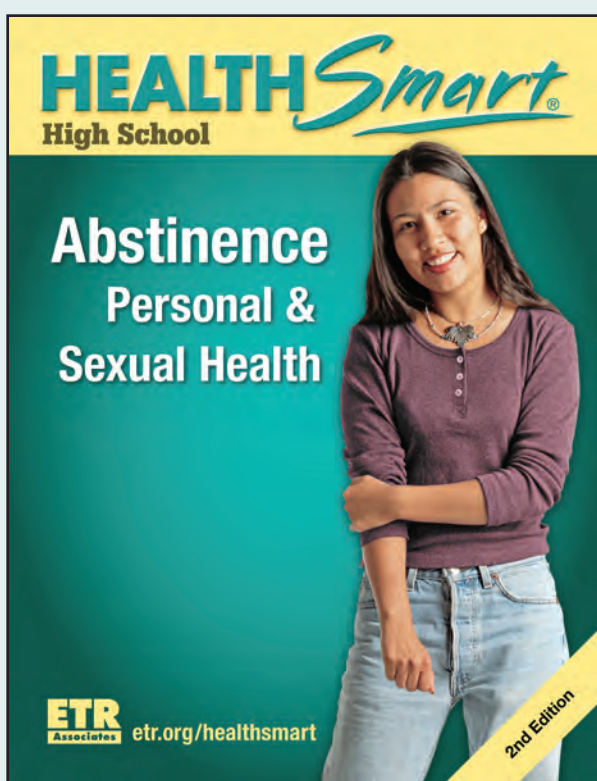


Lesson Objectives with HECAT & NHES Correlations



Lesson 1: Living a Healthy Life

1. Explain the difference between life expectancy and quality of life.
2. Describe factors that can affect quality of life.
3. Assess personal health- and wellness-related practices and behaviors that reduce or prevent health risks. (PHW6.12.1)

NHES Performance Indicators 1.12.1, 1.12.2, 6.12.1

Lesson 2: Preventing Infectious Disease

1. Summarize direct and indirect ways common infectious diseases can be transmitted. (PHW1.12.5)
2. Describe how common food-borne diseases are transmitted. (PHW1.12.6)
3. Explain the relationship between injection drug use and transmission of blood-borne diseases such as HIV and hepatitis. (PHW1.12.7)
4. Summarize ways to prevent the spread of infectious diseases. (PHW1.12.8)

NHES Performance Indicators 1.12.1, 1.12.3, 1.12.5, 1.12.8, 1.12.9, 6.12.1

Lesson 3: Preventing Chronic Disease

1. Describe the relationship between poor personal health and wellness habits and common chronic diseases. (PHW1.12.10)
2. Analyze the behavioral and environmental factors that contribute to the major chronic diseases. (PHW1.12.9)
3. Describe common chronic diseases and conditions among youth, such as allergies, asthma, diabetes and epilepsy.

NHES Performance Indicators 1.12.1, 1.12.3, 1.12.4, 1.12.8, 1.12.9, 6.12.1

Lesson 4: Getting Help to Stay Healthy

1. Summarize important health screenings, immunizations and examinations necessary to maintain good health. (PHW1.12.12)
2. Explain why it's important to seek help and treatment for common infectious and chronic diseases. (PHW1.12.11)
3. Determine when professional health and wellness services may be required. (PHW3.12.5)
4. Describe how to evaluate the validity and reliability of personal health and wellness information. (PHW3.12.1)

NHES Performance Indicators 1.12.1, 1.12.6, 3.12.1, 3.12.4, 6.12.1

Lesson 5: Health Habits for Quality of Life

1. Summarize personal strategies for reducing hearing damage. (PHW1.12.2)
2. Summarize personal strategies for avoiding vision damage. (PHW1.12.3)
3. Summarize personal strategies for minimizing potential harm from sun exposure. (PHW1.12.4)
4. Describe benefits of getting enough rest and sleep. (PHW1.12.1)
5. Summarize personal strategies for getting enough sleep.
6. Access resources that provide valid and reliable personal health and wellness information. (PHW3.12.7)
7. Create a plan for changing a health habit. (PHW7.12.2, PHW7.12.4)

NHES Performance Indicators 1.12.1, 1.12.5, 3.12.2, 6.12.1, 7.12.2

Lesson 6: Understanding Sexuality

1. Define sexuality.
2. Define aspects of sexuality, including sexual abstinence, sexual activity, sexual orientation and gender identity.
3. Summarize the benefits of respecting individual differences in aspects of sexuality. (SH1.12.39)
4. Describe the physical, emotional, intellectual and social dimensions of sexual health. (SH1.12.3)

NHES Performance Indicators 1.12.1, 1.12.2

Lesson 7: Review of the Reproductive Systems

1. Identify the organs of the male and female reproductive systems.
2. Describe the functions of the male and female reproductive systems.
3. Summarize the relationship between the menstrual cycle and becoming pregnant. (SH1.12.37)

NHES Performance Indicators 1.12.1

Lesson 8: Taking Care of Your Sexual Health

1. Explain the importance of vaccines, checkups and examinations to maintain sexual and reproductive health. (SH1.12.43)
2. Summarize the importance of talking with parents and other trusted adults about issues related to sexual health. (SH1.12.5)
3. Identify reliable resources for accurate information about sexual health. (SH3.12.1)
4. Analyze the role of individual responsibility for sexual health. (SH7.12.1)

NHES Performance Indicators 1.12.1, 1.12.6, 3.12.1, 3.12.4, 7.12.1

Lesson 9: Abstinence: What's in It for Me?

1. Describe benefits of sexual abstinence.
2. Summarize safe ways to express feelings of sexual attraction.
3. Justify why sexual abstinence is the safest, most effective risk avoidance method of protection from HIV, other STDs and pregnancy. (SH1.12.7)

NHES Performance Indicators 1.12.1, 1.12.7, 1.12.9

Lesson 10: Influences on Sexual Choices

1. Analyze factors that influence decisions around sexual risk behaviors. (SH1.12.8, SH1.12.9, SH2.12.2, SH2.12.4, SH2.12.5, SH2.12.9)
2. Analyze how peers and perceptions of norms influence the choice to be sexually abstinent. (SH2.12.3)
3. Analyze the relationship between using alcohol and other drugs and sexual risk behaviors. (SH1.12.13, SH2.12.5)

NHES Performance Indicators 2.12.1, 2.12.2, 2.12.3, 2.12.7, 2.12.8, 2.12.9

Lesson 11: Countering Media Pressure

1. Analyze the influence of media and technology on attitudes about sexual behaviors. (SH2.12.8)
2. Analyze the influence of media and technology on choices around sexual abstinence and sexual activity. (SH2.12.8)

NHES Performance Indicators 2.12.5, 2.12.6

Lesson 12: Setting Limits to Support Abstinence

1. Analyze situations that could lead to being pressured into having sex. (SH1.12.28)
2. Summarize the importance of setting personal limits to avoid risky sexual behavior. (SH1.12.11)

NHES Performance Indicators 1.12.1, 1.12.8, 7.12.1

Lesson 13: Making Decisions to Support Abstinence

1. Use decision-making skills to set personal limits regarding sexual behaviors. (SH5.12.2, SH5.12.3, SH5.12.5, SH5.12.6, SH5.12.7, SH5.12.8)
2. Examine barriers to making decisions about sexual limits or being sexually abstinent. (SH5.12.1)

NHES Performance Indicators 5.12.1, 5.12.2, 5.12.3, 5.12.4, 5.12.5, 5.12.6, 5.12.7

Lesson 14: Resisting Sexual Pressure

1. Summarize why individuals have the right to refuse sexual contact. (SH1.12.31)
2. Demonstrate effective communication skills for setting sexual limits and resisting sexual pressure. (SH4.12.3)

NHES Performance Indicators 4.12.1

Lesson 15: Roleplay Practice: Saying NO to Sexual Activity

1. Demonstrate effective refusal skills to avoid engaging in unwanted sexual behaviors. (SH4.12.2)

NHES Performance Indicators 4.12.1, 4.12.2

Lesson 16: Setting a Goal to Protect Sexual Health

1. Make a commitment to practice behaviors, such as being abstinent, that promote sexual health. (SH7.12.4)
2. Use goal-setting skills to develop a personal goal related to sexual health. (SH6.12.2, SH6.12.3, SH6.12.4, SH6.12.5, SH6.12.6)

NHES Performance Indicators 6.12.1, 6.12.2, 6.12.3

NHES Skills Addressed

- Comprehending Concepts
- Analyzing Influences
- Accessing Resources
- Communication
- Decision Making
- Goal Setting
- Practicing Health-Enhancing Behaviors

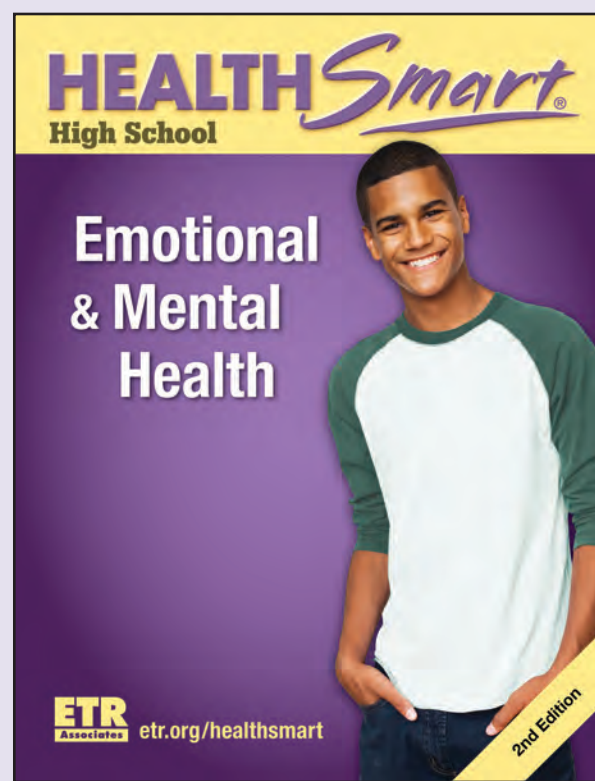
HECAT Healthy Behavior Outcomes

Personal Health & Wellness

- Practice appropriate hygiene habits. (PHW-2)
- Get an appropriate amount of sleep and rest. (PHW-3)
- Prevent vision and hearing loss. (PHW-4)
- Prevent damage from the sun. (PHW-5)
- Practice behaviors that prevent infectious diseases. (PHW-6)
- Practice behaviors that prevent chronic diseases. (PHW-7)
- Prevent serious health problems that result from common chronic diseases and conditions among youth, such as allergies, asthma, diabetes, and epilepsy. (PHW-8)
- Practice behaviors that prevent food-borne illnesses. (PHW-9)
- Seek out help for common infectious diseases and chronic diseases and conditions. (PHW-10)
- Seek out healthcare professionals for appropriate screenings and examinations. (PHW-11)

Sexual Health

- Establish and maintain healthy relationships. (SH-1)
- Be sexually abstinent. (SH-2)
- Engage in behaviors that prevent or reduce sexually transmitted disease (STD), including HIV infection. (SH-3)
- Engage in behaviors that prevent or reduce unintended pregnancy. (SH-4)
- Avoid pressuring others to engage in sexual behaviors. (SH-5)
- Support others to avoid or reduce sexual risk behaviors. (SH-6)
- Treat others with courtesy and respect without regard to their sexuality. (SH-7)
- Use appropriate health services to promote sexual health. (SH-8)



Lesson 1: Dimensions of Health

1. Assess personal behaviors that contribute to physical, mental/emotional, social, and spiritual health. (MEH6.12.1)
2. Analyze the interrelationship of physical, mental/emotional, social and spiritual health. (MEH1.12.1)

NHES Performance Indicators 1.12.3, 6.12.1

Lesson 2: Exploring Emotional Health

1. Analyze the characteristics of an emotionally healthy person. (MEH1.12.2)
2. Assess personal emotional health practices and behaviors. (MEH6.12.1)
3. Analyze how mental/emotional health can affect other health-related behaviors. (MEH1.12.3)
4. Identify barriers to emotional health. (MEH1.12.3)
5. Describe ways to improve emotional health. (MEH1.12.3)

NHES Performance Indicators 1.12.1, 1.12.7, 2.12.8, 6.12.1

Lesson 3: Taking Responsibility

1. Differentiate between an internal and external locus of control.
2. Analyze the role of individual responsibility in enhancing emotional health. (MEH7.12.1)
3. Summarize the characteristics of someone who has self-respect and self-control. (MEH1.12.12)
4. Analyze how prosocial behaviors can benefit overall health. (MEH1.12.13)

NHES Performance Indicators 1.12.1, 2.12.8, 7.12.1

Lesson 4: Optimism & Positive Self-Talk

1. Describe strategies for maintaining an optimistic outlook.
2. Change negative self-talk into positive self-talk to promote emotional health. (MEH7.12.3)
3. Demonstrate using positive self-talk. (MEH7.12.3)

NHES Performance Indicators 1.12.1, 2.12.8, 7.12.2

Lesson 5: Understanding Stress

1. Summarize personal stressors at home, in school and with friends. (MEH1.12.14)
2. Explain the body's physical and psychological responses to stressful situations. (MEH1.12.15)

NHES Performance Indicators 1.12.3, 1.12.8, 1.12.9

Lesson 6: Ways to Manage Stress

1. Evaluate effective strategies for dealing with stress. (MEH1.12.16)
2. Apply stress-management techniques to manage personal stressors. (MEH7.12.2)
3. Practice stress-management techniques. (MEH7.12.3)

NHES Performance Indicators 1.12.1, 1.12.5, 7.12.3

Lesson 7: Responding to Emotions in Healthy Ways

1. Describe healthy and unhealthy ways to express emotions.
2. Summarize strategies for dealing with strong or difficult emotions.
3. Describe negative consequences of expressing emotions in unhealthy ways. (MEH1.12.1)

NHES Performance Indicators 1.12.1, 4.12.1, 7.12.1

Lesson 8: Skills for Effective Communication

1. Demonstrate the use of I-messages to communicate emotions in healthy ways. (MEH4.12.1)
2. Demonstrate effective communication skills to enhance emotional health (MEH4.12.1)

NHES Performance Indicators 4.12.1, 7.12.2

Lesson 9: Building Healthy Relationships

1. Analyze characteristics of healthy relationships. (MEH1.12.24, SH1.12.2)
2. Explain how to build and maintain healthy family and peer relationships. (MEH1.12.23, SH1.12.1)
3. Explain the connection between healthy relationships and positive emotional health. (MEH2.12.1)

NHES Performance Indicators 1.12.1, 2.12.1, 2.12.3, 7.12.2

Lesson 10: Dealing with Difficult Relationships

1. Evaluate effective strategies for dealing with difficult relationships with family members, peers and boyfriends or girlfriends. (MEH1.12.26, SH1.12.4, V1.12.6)
2. Evaluate when to end an unhealthy friendship or dating relationship.
3. Demonstrate communication skills to end relationships in healthy ways. (MEH4.12.1)
4. Summarize ways to cope with feelings when a relationship ends.

NHES Performance Indicators 1.12.1, 2.12.1, 2.12.3, 4.12.1, 7.12.3

Lesson 11: Coping with Loss & Grief

1. Summarize feelings associated with loss and grief.
2. Summarize strategies for coping with loss and grief. (MEH1.12.5)
3. Demonstrate what to say to someone who's experienced the death of a loved one. (MEH4.12.1)

NHES Performance Indicators 1.12.1, 4.12.1, 4.12.4

Lesson 12: Managing Anger

1. Summarize impulsive behaviors that can result from anger and strategies for controlling them. (MEH1.12.17, V1.12.7)
2. Describe how to express anger in healthy and constructive ways. (V1.12.2)
3. Describe how to respond to someone else's anger in healthy and constructive ways.

NHES Performance Indicators 1.12.1, 1.12.5, 7.12.1, 7.12.3

Lesson 13: Skills for Conflict Resolution

1. Demonstrate strategies for managing and reducing interpersonal conflicts. (MEH1.12.9, MEH4.12.3)
2. Explain why it's important to understand the perspectives of others in resolving a conflict situation. (V1.12.4)

NHES Performance Indicators 1.12.5, 1.12.7, 4.12.3, 7.12.2, 7.12.3

Lesson 14: Goal Setting for Emotional Health

1. Set a realistic personal goal to improve or maintain positive emotional health. (MEH6.12.2)
2. Demonstrate how to use goal-setting skills to improve emotional health. (MEH6.12.3, MEH6.12.4, MEH6.12.5, MEH6.12.6)

NHES Performance Indicators 1.12.7, 6.12.1, 6.12.2, 6.12.3

Lesson 15: Understanding Mental Health Disorders

1. Identify myths or misinformation about mental illness.
2. Analyze how peers and perceptions of norms can influence views on mental health and mental illness. (MEH2.12.3)
3. Describe the causes, symptoms and effects of eating disorders. (MEH1.12.11)
4. Describe the causes, symptoms and effects of anxiety. (MEH1.12.8)
5. Describe the causes, symptoms and effects of depression. (MEH1.12.7)

NHES Performance Indicators 1.12.3, 1.12.4, 1.12.6, 1.12.9, 2.12.3, 2.12.5, 2.12.7, 3.12.4

Lesson 16: Getting Help for Mental Health Issues

1. Identify warning signs of suicide.
2. Determine when to seek help for emotional health problems. (MEH1.12.19, MEH3.12.5)
3. Identify valid and reliable resources for help with emotional health problems.
4. Demonstrate how to effectively ask for help with mental health issues. (MEH4.12.5)
5. Demonstrate how to effectively offer assistance to help others experiencing mental health issues. (MEH4.12.6)

NHES Performance Indicators 1.12.6, 1.12.7, 3.12.3, 3.12.4, 4.12.4

NHES Skills Addressed

- Comprehending Concepts
- Analyzing Influences
- Accessing Resources
- Communication
- Goal Setting
- Practicing Health-Enhancing Behaviors

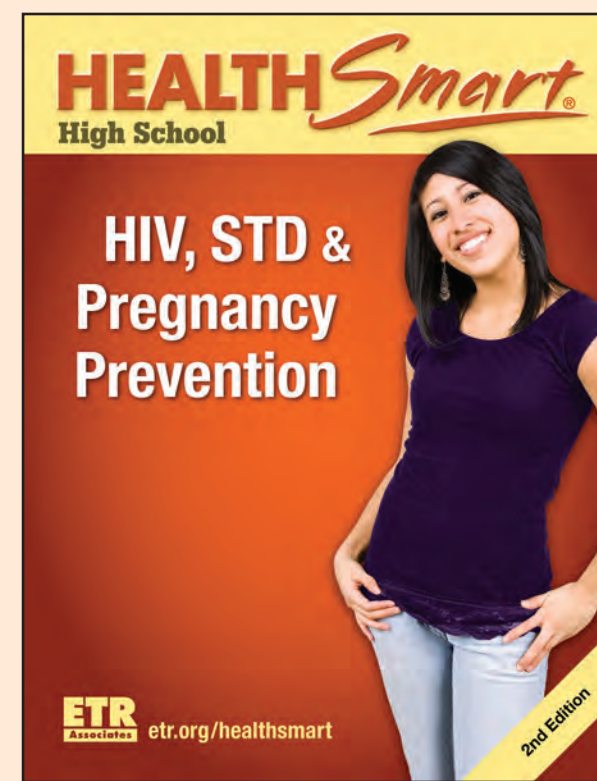
HECAT Healthy Behavior Outcomes

Mental & Emotional Health

- Express feelings in a healthy way. (MEH-1)
- Engage in activities that are mentally and emotionally healthful. (MEH-2)
- Prevent and manage interpersonal conflict in healthy ways. (MEH-3)
- Prevent and manage emotional stress and anxiety in healthy ways. (MEH-4)
- Use self-control and impulse-control strategies to promote health. (MEH-5)
- Get help for troublesome thoughts, feelings or actions for oneself and others. (MEH-6)
- Show tolerance and acceptance of differences in others. (MEH-7)
- Establish and maintain healthy relationships. (MEH-8)

Violence Prevention

- Manage interpersonal conflict in nonviolent ways (V-1)



Lesson 1: What Do You Know About Sex?

1. Define sexuality.
2. Define aspects of sexuality, including sexual abstinence, sexual activity, sexual orientation and gender identity.
3. Describe the positive effects of healthy sexuality on relationships. (SH1.12.35)

NHES Performance Indicators 1.12.1

Lesson 2: Respecting Sexual Differences

1. Summarize the benefits of respecting individual differences in aspects of sexuality, such as sexual abstinence, sexual activity, sexual orientation, gender and gender identity. (SH1.12.39)
2. Summarize how intolerance of differences in aspects of sexuality can affect others. (SH1.12.41)
3. Summarize ways to demonstrate respect for sexuality-related differences. (SH1.12.42)
4. Advocate for respecting different aspects of sexuality. (SH8.12.5, SH8.12.6)

NHES Performance Indicators 1.12.1, 8.12.2, 8.12.3, 8.12.4

Lesson 3: Understanding Sexual Risks & Responsibilities

1. Analyze the role of individual responsibility in making sexual decisions. (SH7.12.1)
2. Describe negative consequences of sexual activity.
3. Summarize the importance of setting personal limits to avoid risky sexual behavior. (SH1.12.11)
4. Examine the benefits of practicing sexual responsibility.
5. Describe responsible sexual behaviors. (SH1.12.38)

NHES Performance Indicators 1.12.7, 1.12.8, 1.12.9, 7.12.1

Lesson 4: Avoiding Pregnancy

1. Analyze the emotional, social, physical and financial effects of being a teen parent. (SH1.12.38)
2. Analyze different birth control options.
3. Explain the importance of using contraceptives correctly and consistently to reduce risk of pregnancy. (SH1.12.22)
4. Explain the importance of contraceptive counseling and services if sexually active. (SH1.12.33)

NHES Performance Indicators 1.12.1

Lesson 5: STD: The Facts

1. Summarize how common STDs are transmitted. (SH1.12.15)
2. Summarize how to prevent or reduce the risk of common STDs. (SH1.12.10)
3. Summarize symptoms of common STDs. (SH1.12.17)
4. Summarize the problems associated with asymptomatic STDs. (SH1.12.19)
5. Summarize the short- and long-term consequences of common STDs. (SH1.12.20)
6. Explain the importance of seeking testing and treatment if a person is having symptoms of STD or has been at risk. (SH1.12.3)

NHES Performance Indicators 1.12.1, 1.12.8, 1.12.9, 3.12.4

Lesson 6: HIV: The Facts

1. Summarize how HIV is transmitted. (SH1.12.16)
2. Describe the symptoms of HIV. (SH1.12.18)
3. Summarize the long-term physical consequences of HIV. (SH1.12.21)
4. Analyze the HIV risk of a variety of behaviors.
5. Summarize how to prevent or reduce the risk of HIV. (SH1.12.10)
6. Explain why it's safe to be a friend of someone who has HIV. (SH1.12.3)

NHES Performance Indicators 1.12.1, 1.12.8, 1.12.9

Lesson 7: Influences on Sexual Choices

1. Analyze risk factors that contribute to a person engaging in sexual risk behaviors. (SH1.12.8, SH2.12.2, SH2.12.3, SH2.12.4, SH2.12.7, SH2.12.8)
2. Analyze protective factors that protect a person from engaging in sexual risk behaviors. (SH1.12.9, SH2.12.2, SH2.12.3, SH2.12.4, SH2.12.7, SH2.12.8)
3. Analyze the relationship between using alcohol and other drugs and sexual risk behaviors. (SH1.12.13, SH2.12.5)

NHES Performance Indicators 1.12.1, 2.12.1, 2.12.2, 2.12.3, 2.12.4, 2.12.5, 2.12.6, 2.12.7, 2.12.8, 2.12.9

Lesson 8: Assessing & Avoiding STD Risks

1. Explain the increased risks associated with having multiple sexual partners, including serial monogamy. (SH1.12.27)
2. Explain the importance of partners sharing the responsibility for avoiding sexual activity and/or preventing sexual risk behaviors. (SH1.12.12, SH7.12.1)

NHES Performance Indicators 1.12.1, 1.12.9, 2.12.5, 7.12.1

Lesson 9: Getting Tested for HIV, Other STD & Pregnancy

1. Explain why it's sexually responsible to know the STD/HIV status of oneself and of a potential sexual partner. (SH1.12.34)
2. List the steps involved in getting tested for HIV, other STD and pregnancy.
3. Explain the importance of STD and HIV testing and counseling if sexually active. (SH1.12.35)
4. Identify local resources where teens can get tested for HIV, STD and pregnancy. (SH3.12.6)
5. Access valid and reliable sexual health services. (SH3.12.9)

NHES Performance Indicators 1.12.1, 3.12.1, 3.12.3, 3.12.5

Lesson 10: Using Condoms

1. Demonstrate steps for proper condom use. (SH7.12.3)
2. Explain how to overcome challenges to using condoms.
3. Determine the accessibility of condoms from local resources. (SH3.12.4)

NHES Performance Indicators 1.12.7, 3.12.3, 3.12.5, 7.12.3

Lesson 11: Negotiating Condom Use

1. Describe the effectiveness of condoms in reducing the risk of pregnancy, HIV and other STD.
2. Summarize the importance of using condoms consistently and correctly to reduce the risk of pregnancy, HIV and other STD. (SH1.12.23)
3. Demonstrate negotiation skills to support condom use. (SH4.12.2)

NHES Performance Indicators 4.12.1, 4.12.2

Lesson 12: Roleplay Practice: Saying NO to Unsafe Sex

1. Demonstrate effective refusal skills to resist having sex without a condom. (SH4.12.3)
2. Demonstrate negotiation skills to support condom use. (SH4.12.3)

NHES Performance Indicators 4.12.1, 4.12.2

Lesson 13: My Commitment to Protect Myself

1. Justify why sexual abstinence is the safest, most effective risk avoidance method of protection from HIV, other STD, and pregnancy. (SH1.12.7)
2. Summarize ways to reduce the risk of pregnancy and the sexual transmission of HIV and other common STDs if sexually active. (SH1.12.10)
3. Make a commitment to help protect themselves from pregnancy, HIV and other STD. (SH7.12.4)

NHES Performance Indicators 1.12.1, 6.12.4, 7.12.1

Lesson 14: Advocating to Keep Friends Safe & Healthy

1. Use advocacy skills to encourage others to prevent or reduce the risk of pregnancy, HIV and other STD. (SH8.12.2, SH8.12.4, SH8.12.6)

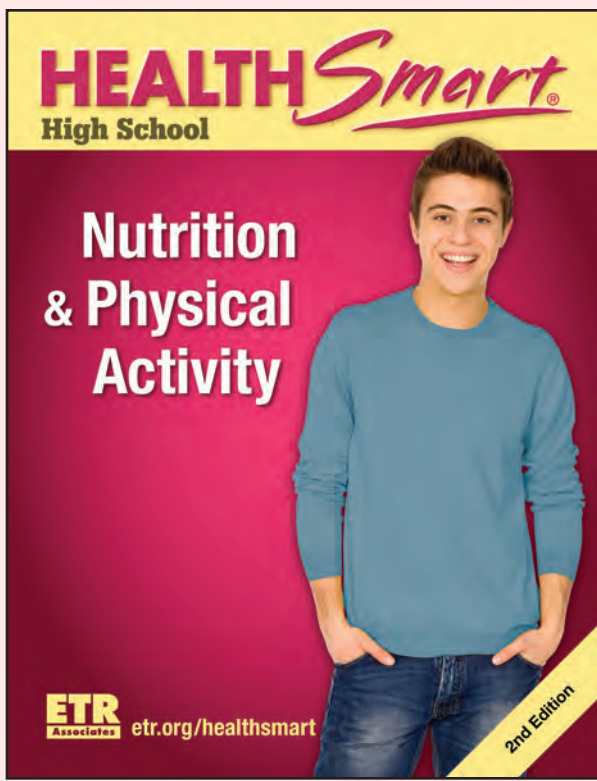
NHES Performance Indicators 8.12.2, 8.12.3, 8.12.4

NHES Skills Addressed

- Comprehending Concepts
- Analyzing Influences
- Accessing Resources
- Communication
- Practicing Health-Enhancing Behaviors
- Advocacy

HECAT Healthy Behavior Outcomes

Lesson Objectives with HECAT & NHES Correlations



Lesson 1: Nutrition & Health

1. Distinguish food sources that provide key nutrients.
2. Explain the benefits of consuming key nutrients. (HE1.12.5)
3. Describe the relationship between nutrition and overall health. (HE1.12.17)
4. Describe the relationship between diet and common chronic diseases. (HE1.12.2)

NHES Performance Indicators 1.12.1

Lesson 2: Guidelines for Healthy Eating

1. Describe the recommendations of the *Dietary Guidelines for Americans*. (HE1.12.1)
2. Explain how the *Dietary Guidelines for Americans* are useful in planning a healthy diet. (HE1.12.3)
3. Describe the importance of healthy eating and physical activity in maintaining a healthy weight. (HE1.12.16)

NHES Performance Indicators 1.12.1, 6.12.1

Lesson 3: What's on MyPlate?

1. Identify appropriate amounts to eat from each food group represented in the MyPlate system.
2. Plan a personal healthy diet for one day.
3. Describe the importance of eating a variety of appropriate foods to meet daily nutrient and calorie needs. (HE1.12.8)
4. Analyze the benefits of healthy eating. (HE1.12.20)

NHES Performance Indicators 1.12.1, 6.12.1

Lesson 4: Reading Food Labels

1. Demonstrate how to use food labels to make healthy choices. (HE3.12.8, HE7.12.3)
2. Explain how to incorporate foods that are high in fiber into a healthy daily diet. (HE1.12.4)
3. Explain how to incorporate an adequate amount of calcium into a healthy daily diet. (HE1.12.6)
4. Explain how to incorporate an adequate amount of iron into a healthy daily diet. (HE1.12.7)

NHES Performance Indicators 1.12.1, 3.12.2, 6.12.1, 7.12.2

Lesson 5: Eating Healthy at Fast-Food Restaurants

1. Summarize how to make healthier food selections when dining out. (HE1.12.12)
2. Summarize food preparation methods that add less fat, sugar and sodium to food. (HE1.12.10)

NHES Performance Indicators 1.12.1, 7.12.2

Lesson 6: Physical Activity & Health

1. Describe the components of health-related fitness.
2. Identify physical activities that contribute to maintaining or improving the components of health-related fitness. (PA1.12.8)
3. Summarize the physical, mental and social health benefits of physical activity. (PA1.12.3, PA1.12.7)
4. Explain how an inactive lifestyle can contribute to chronic disease. (PA1.12.1)

NHES Performance Indicators 1.12.1, 1.12.7

Lesson 7: Guidelines for Physical Activity

1. Summarize the recommended amounts and types of moderate, vigorous, muscle-strengthening and bone-strengthening physical activity for adolescents. (PA1.12.4)
2. Analyze ways to increase physical activity and decrease inactivity. (PA1.12.2)

NHES Performance Indicators 1.12.1, 1.12.7, 6.12.1

Lesson 8: Setting Healthy Eating & Physical Activity Goals

1. Assess strengths and areas that need improvement in personal nutrition and physical activity behaviors. (HE6.12.1, PA6.12.1)
2. Summarize expected benefits of healthy eating or physical activity. (HE1.12.20, PA1.12.3, PA1.12.7)
3. Identify ways to overcome barriers to healthy eating or physical activity. (HE6.12.3, PA6.12.3)
4. Set a specific, realistic and measurable health goal related to healthy eating or physical activity. (HE6.12.4, PA6.12.2, PA6.12.4)

NHES Performance Indicators 1.12.7, 6.12.1, 6.12.2, 6.12.3

Lesson 9: Tracking My Progress

1. Monitor personal progress toward a healthy eating or physical activity goal. (HE6.12.3, HE6.12.6, PA6.12.5, PA6.12.6)

NHES Performance Indicators 6.12.3, 7.12.2

Lesson 10: Staying Safe During Physical Activity

1. Explain the benefits of drinking water before, during and after physical activity.
2. Explain ways to reduce risk of injuries from participation in sports and other physical activity. (PA1.12.11, S1.12.10)
3. Describe methods for responding to climate-related conditions during physical activity. (PA1.12.9)
4. Summarize the importance of warming up before and cooling down after physical activity. (PA1.12.10)
5. Describe the use of safety equipment for specific physical activities. (PA1.12.14)

6. Persuade others to make healthy and safe physical activity choices. (PA8.12.2)

NHES Performance Indicators 1.12.1, 1.12.5, 8.12.2, 8.12.3

Lesson 11: Finding Accurate Information

1. Identify valid and reliable sources of nutrition and physical activity information. (HE3.12.1, PA3.12.1)
2. Access resources to answer questions about nutrition or physical activity. (HE3.12.7, PA3.12.7)
3. Effectively communicate accurate information about nutrition or physical activity. (HE4.12.1, PA4.12.1)

NHES Performance Indicators 3.12.1, 3.12.2, 4.12.1

Lesson 12: Analyzing Influences on Eating & Physical Activity

1. Analyze positive and negative influences on personal nutrition and physical activity behaviors. (HE2.12.2, HE2.12.3, HE2.12.4, HE2.12.6, HE2.12.7, HE2.12.8; PA2.12.2, PA2.12.3, PA2.12.4, PA2.12.6, PA2.12.7, PA2.12.8)
2. Describe strategies to overcome negative influences on personal nutrition and physical activity behaviors.

NHES Performance Indicators 2.12.1, 2.12.2, 2.12.3, 2.12.4, 2.12.5, 2.12.6, 2.12.8, 2.12.10

Lesson 13: Influences on Body Image

1. Analyze influences on body image. (MEH2.12.2, MEH2.12.3, MEH2.12.4, MEH2.12.7, MEH2.12.8)
2. Differentiate between a positive and negative body image. (MEH1.12.6)
3. Identify strategies to improve personal body image.

NHES Performance Indicators 1.12.1, 2.12.1, 2.12.2, 2.12.3, 2.12.5, 7.12.2

Lesson 14: Managing Weight in Healthy Ways

1. Analyze healthy and risky approaches to weight management. (HE 1.12.18)
2. Describe the importance of healthy eating and physical activity in maintaining a healthy weight. (HE 1.12.16)

NHES Performance Indicators 1.12.1, 1.12.8, 1.12.9

Lesson 15: Disordered Eating & Compulsive Exercising

1. Identify the symptoms of disordered eating and compulsive exercising.
2. Explain the effects of eating disorders on healthy growth and development. (HE 1.12.19, MEH1.12.11)
3. Explain why people with eating disorders need professional help. (MEH1.12.18, MEH3.12.5)
4. Practice strategies to help those with disordered eating and compulsive exercising behaviors. (HE4.12.4, MEH4.12.6)
5. Demonstrate how to get help for a friend with an eating disorder. (HE4.12.3)

NHES Performance Indicators 1.12.1, 1.12.9, 3.12.4, 4.12.4

Lesson 16: Food Safety at Home & Work

1. Identify risk factors that can lead to food-borne illness. (PHW1.12.6)
2. Summarize food safety strategies that can control germs that cause food-borne illness. (HE1.12.15)

NHES Performance Indicators 1.12.1, 1.12.5, 1.12.8, 1.12.9, 7.12.3

NHES Skills Addressed

- Comprehending Concepts
- Analyzing Influences
- Accessing Resources
- Communication
- Goal Setting
- Practicing Health-Enhancing Behaviors
- Advocacy

HECAT Healthy Behavior Outcomes

Healthy Eating

- Eat the appropriate number of servings from each food group every day. (HE-1)
- Eat a variety of foods within each food group every day. (HE-2)
- Eat an abundance of fruits and vegetables every day. (HE-3)
- Choose to eat whole-grain products and fat-free or low-fat milk or equivalent milk products regularly. (HE-4)
- Drink plenty of water every day. (HE-5)
- Limit foods and beverages high in added sugars, solid fat and sodium. (HE-6)
- Eat breakfast every day. (HE-7)
- Eat healthy snacks. (HE-8)
- Eat healthy foods when dining out. (HE-9)
- Prepare food in healthful ways. (HE-10)
- Balance caloric intake with caloric expenditure. (HE-11)
- Follow an eating plan for healthy growth and development. (HE-12)

Personal Health & Wellness

- Practice behaviors that prevent food-borne illnesses. (PHW-9)
- Prevent health problems that result from fads or trends. (PHW-12)

Physical Activity

- Engage in moderate to vigorous physical activity for at least 60 minutes every day. (PA-1)
- Regularly engage in physical activities that enhance cardiorespiratory endurance, flexibility, muscle endurance and muscle strength. (PA-2)
- Engage in warm-up and cool-down activities before and after structured exercise. (PA-3)
- Drink plenty of water before, during and after physical activity. (PA-4)
- Follow a physical activity plan for healthy growth and development. (PA-5)
- Avoid injury during physical activity. (PA-6)
- Support others to be physically active. (PA-7)



Lesson 1: Teens & Drug Use

1. Identify categories of drugs and their effects.
2. Summarize the harmful short- and long-term physical, psychological and social effects of using drugs. (AOD1.12.6)
3. Summarize why individuals choose to use or not use drugs. (AOD1.12.11)
4. Analyze the role of individual responsibility in choosing to be drug free. (AOD7.12.1)

NHES Performance Indicators 1.12.1, 1.12.9, 7.12.1

Lesson 2: Drug Misuse, Abuse & Addiction

1. Differentiate between drug misuse and abuse.
2. Identify factors that can contribute to addiction.
3. Describe the stages of addiction.
4. Summarize negative consequences of drug addiction.

NHES Performance Indicators 1.12.1, 1.12.4, 1.12.9

Lesson 3: Prescription & Over-the-Counter Drugs: Get the Facts

1. Differentiate between proper use, misuse and abuse of prescription and over-the-counter drugs. (AOD1.12.1, AOD1.12.2)
2. Correctly read sample labels for prescription and over-the-counter drugs. (AOD3.12.1)

NHES Performance Indicators 1.12.1, 3.12.2

Lesson 4: Tobacco: Get the Facts

1. Summarize why individuals choose to use tobacco. (T1.12.7)
2. Summarize the negative short- and long-term physical effects of tobacco use. (T1.12.2)
3. Summarize the negative personal and social consequences of tobacco use. (T1.12.3)
4. Summarize the negative effects of secondhand smoke. (T1.12.10)
5. Use accurate norms to support an advocacy message around avoiding tobacco use. (T8.12.1)

NHES Performance Indicators 1.12.1, 1.12.9, 2.12.7, 8.12.1, 8.12.2

Lesson 5: The Benefits of Quitting Tobacco Use

1. Summarize why individuals choose not to use tobacco. (T1.12.7)
2. Summarize the health benefits of abstaining from or discontinuing tobacco use. (T1.12.5)
3. Summarize how smoking cessation programs can help people quit. (T1.12.13)
4. Describe how the addiction to tobacco use can be treated. (T1.12.12)
5. Demonstrate appropriate ways to support people who are trying to stop using tobacco. (T1.12.11, T4.12.4)

NHES Performance Indicators 1.12.1, 1.12.7, 4.12.4, 8.12.2

Lesson 6: Alcohol: Get the Facts

1. Summarize the harmful short- and long-term physical, psychological and social effects of alcohol use. (AOD1.12.6)
2. Analyze the dangers of driving while under the influence of alcohol. (AOD1.12.19)
3. Describe the harmful effects of binge drinking. (AOD1.12.5)
4. Analyze short- and long-term benefits of remaining alcohol free. (AOD1.12.12)

NHES Performance Indicators 1.12.1, 1.12.8, 1.12.9

Lesson 7: Marijuana: Get the Facts

1. Summarize the harmful short- and long-term physical, psychological and social effects of marijuana use. (AOD1.12.6)
2. Counter myths about marijuana.
3. Analyze the benefits of remaining marijuana free. (AOD1.12.12)

NHES Performance Indicators 1.12.1, 1.12.8, 1.12.9

Lesson 8: Drugs & the Law

1. Summarize school rules and community laws about tobacco, alcohol and other drug use. (AOD1.12.14)
2. Analyze the relationship between using alcohol or other drugs and other health risks. (AOD1.12.16, AOD2.12.5)
3. Analyze how school rules and community laws influence behaviors around alcohol and other drug use. (AOD2.12.6, AOD2.12.7)

NHES Performance Indicators 1.12.1, 2.12.4, 2.12.9

Lesson 9: Getting Help for Drug Problems

1. Explain the role of denial and enabling in drug use problems.
2. Summarize long-term health benefits of abstaining from or discontinuing alcohol use. (AOD1.12.18)
3. Use skills for accessing resources to get help for drug use problems. (AOD3.12.4, 3.12.6, AOD3.12.7, AOD3.12.8)

NHES Performance Indicators 1.12.1, 3.12.2, 3.12.3, 3.12.4, 3.12.5

Lesson 10: Analyzing Influences on Tobacco, Alcohol & Other Drug Use

1. Analyze factors that influence choices around alcohol and other drug use. (AOD1.12.11, AOD2.12.2, AOD2.12.3, AOD2.12.4, AOD2.12.6, AOD2.12.7, AOD2.12.9)
2. Explain how perceived norms can influence choices around alcohol and other drugs. (AOD2.12.3)
3. Explain that most high school students don't use tobacco, alcohol or other drugs.

4. Summarize why alcohol or other drug use is an unhealthy way to manage weight or stress. (AOD1.12.10)

NHES Performance Indicators 1.12.1, 2.12.1, 2.12.2, 2.12.3, 2.12.4, 2.12.8, 2.12.10

Lesson 11: Countering Media Influences

1. Analyze how media can influence choices to use tobacco, alcohol or other drugs. (AOD2.12.8)
2. Counteract media messages that promote tobacco, alcohol or other drug use. (AOD8.12.2, AOD8.12.7)

NHES Performance Indicators 1.12.1, 2.12.5, 8.12.1, 8.12.2, 8.12.4

Lesson 12: Making Decisions About Drugs

1. Apply decision-making skills to situations involving drug use. (AOD5.12.1, 5.12.2, 5.12.3, 5.12.4, 5.12.5, 5.12.6, 5.12.7, 5.12.8, 5.12.9)
2. Analyze the role of individual responsibility in choosing to be drug free. (AOD7.12.1)

NHES Performance Indicators 1.12.5, 1.12.9, 5.12.1, 5.12.2, 5.12.3, 5.12.4, 5.12.5, 5.12.6, 5.12.7, 7.12.1

Lesson 13: My Drug-Free Future

1. Set a specific, realistic and measurable personal goal.
2. Explain how personal goals can be affected by tobacco, alcohol and other drug use.
3. Analyze the short- and long-term benefits of being drug free. (AOD1.12.12)

NHES Performance Indicators 1.12.1, 1.12.7, 1.12.8, 1.12.9, 6.12.2

Lesson 14: Saying NO to Drugs

1. Demonstrate effective refusal skills that can be used to say NO to pressure to use tobacco, alcohol, and other drugs. (AOD4.12.4)

NHES Performance Indicators 4.12.1, 4.12.2

Lesson 15: Resisting Drug Pressures: Roleplay Practice

1. Demonstrate effective refusal skills that can be used to say NO to pressure to use tobacco, alcohol, and other drugs. (AOD4.12.4)
2. Summarize how gang involvement can contribute to violence. (V1.12.22)
3. Describe ways to change attitudes, behaviors or the environment to help reduce the likelihood of violence. (V1.12.21)

NHES Performance Indicators 1.12.5, 1.12.9, 2.12.3, 2.12.4, 7.12.1

Lesson 16: Advocating for Being Drug Free

1. Summarize the harmful short- and long-term effects of marijuana and other drugs. (AOD1.12.6)
2. Analyze the short- and long-term benefits of remaining drug free. (AOD1.12.12)
3. Analyze the dangers of driving while under the influence of alcohol and other drugs. (AOD1.12.19)
4. Summarize the importance of not riding with a driver who has been using alcohol or other drugs. (AOD8.12.1, AOD8.12.2, AOD8.12.5, AOD8.12.6, AOD8.12.7)

NHES Performance Indicators 8.12.1, 8.12.2, 8.12.3, 8.12.4

NHES Skills Addressed

- Comprehending Concepts
- Analyzing Influences
- Accessing Resources
- Communication
- Decision Making
- Goal Setting
- Practicing Health-Enhancing Behaviors
- Advocacy

HECAT Healthy Behavior Outcomes

Tobacco

- Avoid using (or experimenting with) any form of tobacco. (T-1)
- Avoid secondhand smoke. (T-2)
- Support a tobacco-free environment. (T-3)
- Support others to be tobacco free. (T-4)
- Quit using tobacco if already using. (T-5)

Alcohol & Other Drugs

- Avoid misuse and abuse of over-the-counter and prescription drugs. (AOD-1)
- Avoid experimentation with alcohol and other drugs. (AOD-2)
- Avoid the use of alcohol. (AOD-3)
- Avoid the use of illegal drugs. (AOD-4)
- Avoid driving while under the influence of alcohol and other drugs. (AOD-5)
- Avoid riding in a motor vehicle with a driver who is under the influence of alcohol or other drugs. (AOD-6)
- Quit using alcohol and other drugs if already using. (AOD-7)
- Support others to be alcohol and other drug free. (AOD-8)

Key

HECAT = Health Education Curriculum Analysis Tool

Corresponding HECAT knowledge and skill expectations are listed after each objective.

AOD = Alcohol & Other Drugs

HE = Healthy Eating

MEH = Mental & Emotional Health

PA = Physical Activity

PHW = Personal Health & Wellness

S = Safety

SH = Sexual Health

T = Tobacco

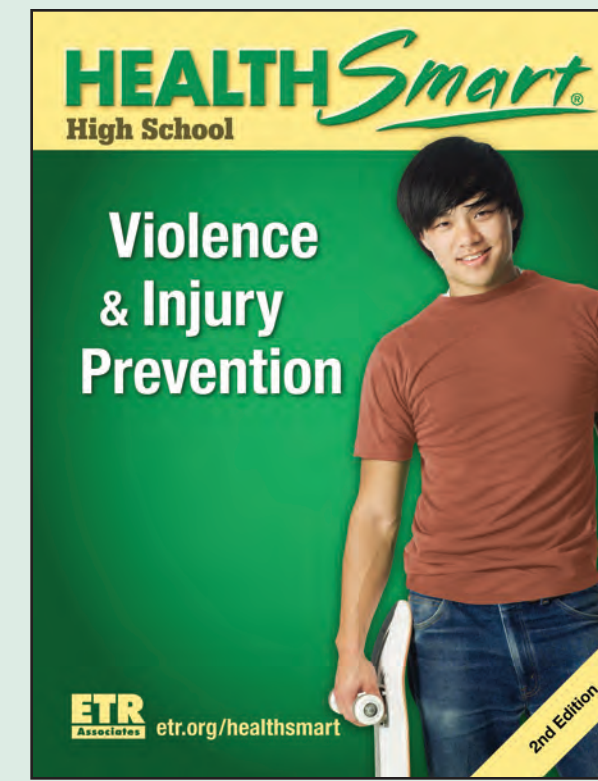
V = Violence Prevention

Example: AOD2.12.2 = Alcohol & Other Drugs, Standard 2, Grades 9–12, Performance Indicator 2.

NHES = National Health Education Standards

Standards and performance indicators met are listed for each lesson.

Example: 1.12.1 = Standard 1, Grades 9–12, Performance Indicator 1.



Lesson 1: Defining Violence

1. Define violence.
2. Identify roles people play in violent situations
3. Analyze short- and long-term consequences of violence to perpetrators, victims and bystanders. (V1.12.10)

NHES Performance Indicators 1.12.8, 1.12.9

Lesson 2: Factors That Contribute to Violence

1. Analyze factors that contribute to violence, including attitudes, behaviors and things in the environment.
2. Summarize the relationship between using alcohol and other drugs and violence. (V1.12.17, V2.12.5)
3. Summarize why the presence of weapons increases the likelihood of violent injury. (V1.12.20)
4. Summarize how gang involvement can contribute to violence. (V1.12.22)
5. Describe ways to change attitudes, behaviors or the environment to help reduce the likelihood of violence. (V1.12.21)

NHES Performance Indicators 1.12.1, 1.12.3, 2.12.9

Lesson 3: Preventing Bullying

1. Define bullying.
2. Describe short- and long-term consequences of bullying to perpetrators, victims and bystanders. (V1.12.10)
3. Explain how bystanders can help prevent or stop bullying by reporting dangerous situations or actions. (V1.12.11)
4. Describe strategies for preventing or stopping bullying.

NHES Performance Indicators 1.12.5, 1.12.7, 1.12.9, 2.12.3, 2.12.4, 7.12.1

Lesson 4: Preventing Cyberbullying

1. Analyze the influence of communication technology on peer relationships. (V2.12.8)
2. Differentiate cyberbullying from other forms of bullying.
3. Describe consequences of cyberbullying to perpetrators, victims and bystanders. (