

Standard ID	Standard Text	Edgenuity Lesson Name
TX.115.32.	Health 1, Grades 9-10 (One-Half Credit).	
H1.1.	Health information. The student analyzes health information and applies strategies for enhancing and maintaining personal health throughout the life span. The student is expected to:	
H1.1.A.	Relate the nation's health goals and objectives to individual, family, and community health;	Communicable Diseases Environmental Health and Safety Guidelines for Healthy Eating Nutrition and Physical Fitness in Your Community Physical Fitness and Health Preventative Medical and Dental Care
H1.1.B.	Examine the relationship among body composition, diet, and fitness;	Maintaining a Healthy Body Composition and Body Image
H1.1.C.	Explain the relationship between nutrition, quality of life, and disease;	Nutrition and Health
H1.1.D.	Describe the causes, symptoms, and treatment of eating disorders;	Maintaining a Healthy Body Composition and Body Image
H1.1.E.	Examine issues related to death and grieving;	Grief, Loss, Depression, and Suicide
H1.1.F.	Discuss health-related social issues such as organ donation and homelessness;	Health Care in the Community Nutrition and Physical Fitness in Your Community Seeking Help in Your Community
H1.1.G.	Analyze strategies to prevent suicides;	Grief, Loss, Depression, and Suicide
H1.1.H.	Examine causes and effects of stress and develop strategies for managing stress and coping with anxiety and depression;	Grief, Loss, Depression, and Suicide Seeking Help in Your Community Stress and Stress Management
H1.1.I.	Describe the importance of taking responsibility for establishing and implementing health maintenance for individuals and family members of all ages;	Preventative Medical and Dental Care

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H1.1.J.	Identify the categories of drugs and what they are used to treat; and	
H1.1.K.	Examine examples of drug labels to determine the drug category and intended use.	
H1.2.	Health information. The student is health literate in disease prevention and health promotion throughout the life span. The student is expected to:	
H1.2.A.	Analyze the relationship between health promotion and disease prevention;	Communicable Diseases Non-communicable Diseases Preventative Medical and Dental Care
H1.2.B.	Analyze the influence of laws, policies, and practices on health-related issues including those related to disease prevention;	Non-communicable Diseases
H1.2.C.	Identify, describe, and assess available health-related services in the community that relate to disease prevention and health promotion;	Health Care in the Community
H1.2.D.	Develop and analyze strategies related to the prevention of communicable and non-communicable diseases;	Communicable Diseases Non-communicable Diseases
H1.2.E.	Explain why some medications require a prescription;	
H1.2.F.	Explain the connection between the proper and safe use of prescription drugs and overall health;	
H1.2.G.	Investigate the potential negative effects of combining drugs, including prescription and over-the-counter drugs; and	
H1.2.H.	Analyze the consequences of substance misuse of prescription and over-the-counter drugs.	Prescription, Nonprescription, and Illegal Drugs
H1.3.	Health information. The student recognizes the importance and significance of the reproductive process as it relates to the health of future generations. The student is expected to:	
H1.3.A.	Explain fetal development from conception through pregnancy and birth;	Conception, Pregnancy, and Birth
H1.3.B.	Explain the importance of the role of prenatal care and proper nutrition in promoting optimal health for both the baby and the mother such as breast feeding;	Conception, Pregnancy, and Birth Nutrition and Health
H1.3.C.	Analyze the harmful effects of certain substances such as alcohol, tobacco, and prescription drugs and environmental hazards such as lead on the fetus; and	Alcohol Use and Its Dangers Conception, Pregnancy, and Birth

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H1.3.C.	Analyze the harmful effects of certain substances such as alcohol, tobacco, and prescription drugs and environmental hazards such as lead on the fetus; and (Cont'd)	Nicotine, Tobacco, and their Dangers Prescription, Nonprescription, and Illegal Drugs
H1.3.D.	Explain the significance of genetics and its role in fetal development.	Conception, Pregnancy, and Birth
H1.4.	Health information. The student investigates and evaluates the impact of media and technology on individual, family, community, and world health. The student is expected to:	
H1.4.A.	Analyze the health messages delivered through media and technology;	Maintaining a Healthy Body Composition and Body Image Technology and Health
H1.4.B.	Explain how technology has impacted the health status of individuals, families, communities, and the world; and	Maintaining a Healthy Body Composition and Body Image Technology and Health
H1.4.C.	Examine social influences on drug-taking behaviors.	Prescription, Nonprescription, and Illegal Drugs
H1.5.	Health information. The student understands how to evaluate health information for appropriateness. The student is expected to:	
H1.5.A.	Develop evaluation criteria for health information;	Abstinence, Safe Sex, and Making Informed Decisions Making Informed Healthcare Decisions
H1.5.B.	Demonstrate ways to utilize criteria to evaluate health information for appropriateness;	Making Informed Healthcare Decisions
H1.5.C.	Discuss the legal implications regarding sexual activity as it relates to minor persons; and	Abstinence, Safe Sex, and Making Informed Decisions
H1.5.D.	Demonstrate decision-making skills based on health information.	Making Informed Healthcare Decisions
H1.6.	Health behaviors. The student assesses the relationship between body structure and function and personal health throughout the life span. The student is expected to:	
H1.6.A.	Examine the effects of health behaviors on body systems;	Alcohol Use and Its Dangers Communicable Diseases

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H1.6.A.	Examine the effects of health behaviors on body systems; (<i>Cont'd</i>)	Conception, Pregnancy, and Birth Guidelines for Healthy Eating Maintaining a Healthy Body Composition and Body Image Nicotine, Tobacco, and their Dangers Non-communicable Diseases Nutrition and Health Personal Hygiene and Health Physical Fitness and Health Prescription, Nonprescription, and Illegal Drugs Sexually Transmitted Infections, HIV, and AIDS
H1.6.B.	Relate the importance of early detection and warning signs that prompt individuals of all ages to seek health care; and	Making Informed Healthcare Decisions Preventative Medical and Dental Care
H1.6.C.	Appraise the significance of body changes occurring during adolescence.	Adolescent Development
H1.7.	Health behaviors. The student analyzes the relationship between unsafe behaviors and personal health and develops strategies to promote resiliency throughout the life span. The student is expected to:	
H1.7.A.	Identify and describe forms of prescription drug misuse such as combining drugs for another effect and administering a drug improperly and substance use disorders;	Prescription, Nonprescription, and Illegal Drugs
H1.7.B.	Analyze the harmful effects such as the physical, mental, social, and legal consequences of alcohol, tobacco, drugs, including prescription drugs, and other substances;	Alcohol Use and Its Dangers Nicotine, Tobacco, and their Dangers Prescription, Nonprescription, and Illegal Drugs
H1.7.C.	Explain the relationship between alcohol, tobacco, and other drugs and other substances used by adolescents and the role these substances play in unsafe situations such as Human Immunodeficiency Virus (HIV)/sexually transmitted disease (STD), unplanned pregnancies, and motor vehicle accidents;	Alcohol Use and Its Dangers Nicotine, Tobacco, and their Dangers Prescription, Nonprescription, and Illegal Drugs

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H1.7.D.	Develop strategies for preventing use of tobacco, alcohol, and other addictive substances;	A Substance-Free Lifestyle Alcohol Use and Its Dangers Nicotine, Tobacco, and their Dangers Prescription, Nonprescription, and Illegal Drugs
H1.7.E.	Develop strategies for preventing the misuse of prescription and over-the-counter drugs;	
H1.7.F.	Analyze the importance of alternatives to drug and substance use;	
		A Substance-Free Lifestyle
H1.7.G.	Analyze and apply strategies for avoiding violence, gangs, weapons, and drugs; and	
		Gang Violence
H1.7.H.	Analyze strategies for preventing and responding to deliberate and accidental injuries.	
		Safety and Injury Prevention
H1.8.	Health behaviors. The student analyzes health information and applies decision-making skills to promote the development and practice of safe behaviors. The student is expected to:	
H1.8.A.	Analyze the relationship between the use of refusal skills and the avoidance of unsafe situations such as sexual abstinence;	
		Abstinence, Safe Sex, and Making Informed Decisions
H1.8.B.	Analyze the importance and benefits of abstinence as it relates to emotional health and the prevention of pregnancy and sexually-transmitted diseases;	
		Abstinence, Safe Sex, and Making Informed Decisions
H1.8.C.	Analyze the effectiveness and ineffectiveness of barrier protection and other contraceptive methods, including the prevention of STDs, keeping in mind the effectiveness of remaining abstinent until marriage;	
		Abstinence, Safe Sex, and Making Informed Decisions
H1.8.D.	Analyze the importance of healthy strategies that prevent physical, sexual, and emotional abuse such as date rape;	
		Sexual Harassment and Sexual Assault
H1.8.E.	Analyze the importance of abstinence from sexual activity as the preferred choice of behavior in relationship to all sexual activity for unmarried persons of school age; and	
		Abstinence, Safe Sex, and Making Informed Decisions

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H1.8.F.	Discuss abstinence from sexual activity as the only method that is 100% effective in preventing pregnancy, STDs, and the sexual transmission of HIV or acquired immune deficiency syndrome and the emotional trauma associated with adolescent sexual activity.	Abstinence, Safe Sex, and Making Informed Decisions
H1.9.	Influencing factors. The student analyzes the effect of relationships on health behaviors. The student is expected to:	
H1.9.A.	Evaluate positive and negative effects of various relationships on physical and emotional health such as peers, family, and friends; and	Healthy Family Relationships Healthy Relationships: Dating and Marriage Parenting Understanding Relationships with Peers
H1.9.B.	Explain the benefits of positive relationships among community health professionals in promoting a healthy community.	Health Care in the Community Nutrition and Physical Fitness in Your Community Seeking Help in Your Community Understanding Relationships with Peers
H1.10.	Influencing factors. The student differentiates between positive and negative family influences. The student is expected to:	
H.1.10.A.	Describe the roles of parents, grandparents, and other family members in promoting a healthy family; and	Healthy Family Relationships Parenting
H.1.10.B.	Analyze the dynamics of family roles and responsibilities relating to health behavior.	Healthy Family Relationships Healthy Relationships: Dating and Marriage Parenting
H1.11.	Influencing factors. The student evaluates the effect of a variety of environmental factors on community and world health. The student is expected to:	
H1.11.A.	Assess the impact of population and economy on community and world health;	Health Care in the Community
H1.11.B.	Analyze the impact of the availability of health services in the community and the world; and	Health Care in the Community

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H1.11.C.	Describe a variety of community and world environmental protection programs.	Environmental Health and Safety
H1.12.	Influencing factors. The student understands how to access school and community health services for people of all ages. The student is expected to:	
H1.12.A.	Describe ways to report the suspected abuse of drugs to a parent or school administrator, teacher, or other trusted adult;	
H1.12.B.	Research various school and community health services for people of all ages such as vision and hearing screenings and immunization programs; and	Health Care in the Community
H1.12.C.	Compare and analyze the cost, availability, and accessibility of health services for people of all ages.	Health Care in the Community
H1.13.	Influencing factors. The student understands situations in which people of all ages require professional health services. The student is expected to:	
H1.13.A.	Identify support systems aimed at substance use disorders and substance misuse, including prescription drug misuse;	
H1.13.B.	Identify situations requiring professional health services for people of all ages such as primary, preventive, and emergency care; and	Preventative Medical and Dental Care
H1.13.C.	Explain how to access health services for people of all ages.	Health Care in the Community
H1.14.	Personal/interpersonal skills. The student analyzes, designs, and evaluates communication skills for building and maintaining healthy relationships throughout the life span. The student is expected to:	Preventative Medical and Dental Care
H1.14.A.	Demonstrate communication skills in building and maintaining healthy relationships;	Healthy Family Relationships
H1.14.B.	Distinguish between a dating relationship and a marriage;	Healthy Relationships: Dating and Marriage
H1.14.C.	Analyze behavior in a dating relationship that will enhance the dignity, respect, and responsibility relating to marriage;	Skills for Healthy Relationships
H1.14.D.	Evaluate the effectiveness of conflict resolution techniques in various situations;	Understanding Relationships with Peers
		Healthy Relationships: Dating and Marriage
		Healthy Relationships: Dating and Marriage
		Conflict Resolution and Decision-Making Skills

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H1.14.E.	Demonstrate refusal strategies;	Conflict Resolution and Decision-Making Skills
H1.14.F.	Explore methods for addressing critical-health issues; and	First Aid
H1.14.G.	Evaluate the dynamics of social groups.	Understanding Relationships with Peers
H1.15.	Personal/interpersonal skills. The student analyzes, designs, and evaluates strategies for expressing needs, wants, and emotions in healthy ways. The student is expected to:	
H1.15.A.	Demonstrate strategies for communicating needs, wants, and emotions;	Skills for Healthy Relationships
H1.15.B.	Examine the legal and ethical ramifications of unacceptable behaviors such as harassment, acquaintance rape, and sexual abuse; and	Sexual Harassment and Sexual Assault
H1.15.C.	Communicate the importance of practicing abstinence.	Abstinence, Safe Sex, and Making Informed Decisions
H1.16.	Personal/interpersonal skills. The student appraises communication skills that show consideration and respect for self, family, friends, and others. The student is expected to:	
H1.16.A.	Apply communication skills that demonstrate consideration and respect for self, family, and others;	Skills for Healthy Relationships
H1.16.B.	Demonstrate empathy towards others; and	Skills for Healthy Relationships
H1.16.C.	Analyze ways to show disapproval of inconsiderate and disrespectful behavior.	Skills for Healthy Relationships
H1.17.	Personal/interpersonal skills. The student synthesizes information and applies critical-thinking, decision-making, and problem-solving skills for making health-promoting decisions throughout the life span. The student is expected to:	
H1.17.A.	Identify individual and community protective factors and skills that prevent substance misuse and substance use disorders such as refusing invitations to misuse prescription drugs, knowing the risks associated with substance misuse, and reporting the use of drugs to a parent or school administrator, teacher, or other trusted adult;	A Substance-Free Lifestyle
H1.17.B.	Identify decision-making skills that promote individual, family, and community health;	Health Care in the Community Making Informed Healthcare Decisions Nutrition and Physical Fitness in Your Community

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H1.17.B.	Identify decision-making skills that promote individual, family, and community health; (<i>Cont'd</i>)	Seeking Help in Your Community The Importance of Mental and Emotional Health
H1.17.C.	Summarize the advantages of seeking advice and feedback regarding the use of decision-making and problem-solving skills;	Making Informed Healthcare Decisions
H1.17.D.	Classify forms of communication such as passive, aggressive, or assertive; and	Conflict Resolution and Decision-Making Skills
H1.17.E.	Associate risk-taking with consequences such as drinking and driving.	Alcohol Use and Its Dangers Nicotine, Tobacco, and their Dangers Prescription, Nonprescription, and Illegal Drugs
H1.18.	Personal/interpersonal skills. The student applies strategies for advocating and evaluating outcomes for health issues. The student is expected to:	
H1.18.A.	Research information about a personal health concern;	Making Informed Healthcare Decisions
H1.18.B.	Demonstrate knowledge about personal and family health concerns; and	Making Informed Healthcare Decisions
H1.18.C.	Develop strategies to evaluate information relating to a variety of critical health issues.	Making Informed Healthcare Decisions