



IDAHO
Health Standards – Middle Grades 7-8
Teen Health Course 3 © 2005

STANDARDS	PAGE REFERENCES
832. HEALTHY LIFESTYLES.	
01. Acquire the essential skills to lead a healthy life.	
a. Identify the components of physical fitness.	SE: 220-223, 224-229, 230-235 <i>Quick Write</i> 220, 224 <i>Hands-On Health</i> 226 <i>Health Skills Activity</i> 231 <i>Time Health</i> 242-243 <i>Building Health Skills</i> 244-245 TWE: MA 228
b. Identify the prevention, causes, symptoms, treatment, and consequences of diseases and disorders.	SE: 446-449, 450-453, 454-457, 458-463, 464-467, 476-479, 480-483, 484-488, 489-493, 494-497 <i>Quick Write</i> 446, 454 <i>Hands-On Health</i> 448 <i>Health Skills Activity</i> 456, 478 <i>Building Health Skills</i> 470-471 TWE: C 493
c. Demonstrate knowledge of basic first aid and injury prevention.	SE: 239-240, 508-513, 514-519, 524-527, 528-532, 533-537 <i>Quick Write</i> 508, 524 <i>Hands-On Health</i> 535 <i>Applying Health Skills</i> 537 <i>Building Health Skills</i> 540-541 TWE: C 513
d. Explain the relationship among mental/emotional, physical, and social health as a basis for wellness.	SE: 4-6, 8-13 <i>Hands-On Health</i> 7 <i>Applying Health Skills</i> 7, 333 <i>Thinking Critically</i> 7 <i>Health Skills Activity</i> 46 TWE: C 7 MA 144
e. Recognize the impact of substance abuse on personal health.	SE: 276-280, 281-285, 298-302, 304, 320-323, 325-327, 331, 477-478 <i>Applying Health Skills</i> 285 <i>Time Health</i> 290-291, 312-313, 334-335 <i>Hands-On Health</i> 326 TWE: MA 283

STANDARDS	PAGE REFERENCES
f. Identify how food choices affect health.	SE: 192-195, 196-201, 202-207, 208-211, 238, 253, 478, 487, 493 <i>Hands-On Health</i> 200, 252 <i>Health Skills Activity</i> 210, 394 <i>Time Health</i> 212-213 <i>Building Health Skills</i> 214-215 TWE: CT 199
g. Label the major components of each body system, and identify the relationship to overall health.	SE: 368-371, 372-375, 376-380, 381-384, 385-389, 390-395, 396-399, 400-405, 417 <i>Quick Write</i> 368, 372, 381 <i>Building Health Skills</i> 408-409 TWE: C 384
h. Analyze the importance of healthy relationships.	SE: 5, 12-13, 118-123, 124-128, 129-132, 142-146, 147, 151-155 <i>Hands-On Health</i> 127 <i>Health Skills Activity</i> 131 <i>Time Health</i> 134-135, 156-157 <i>Building Health Skills</i> 136-137 TWE: MA 144
i. Examine environmental health and recognize how it relates to a healthy lifestyle.	SE: 546-551, 552-557 <i>Connect to Science</i> 549 <i>Hands-On Health</i> 549 <i>Health Skills Activity</i> 556 <i>Time Health</i> 558-559 <i>Building Health Skills</i> 560-561 TWE: MA 549
833. RISK-TAKING BEHAVIOR.	
01. Demonstrate the ability to practice health-enhancing behaviors and reduce health risks.	
a. Identify risk factors that lead to STDs and pregnancy.	SE: 152, 154, 284, 464-467, 458-463 <i>Media Watch</i> 459 TWE: C 463
b. Evaluate the impact of risky behavior on personal health.	SE: 15-17, 241, 255, 256-258, 298-301, 320-323 TWE: WT 15
c. Identify the short-term effects and long-term consequences of substance abuse.	SE: 241, 301, 321, 325-327 <i>Time Health</i> 312-313 TWE: MA 304
834. COMMUNICATION SKILLS FOR HEALTHY RELATIONSHIPS.	
01. Demonstrate the ability to use communication skills to enhance health.	
a. Describe and explain the causes and effects of conflict in schools and families.	SE: 126-127, 164-167, 168-171, 172-174 <i>Hands-On Health</i> 165 <i>Building Health Skills</i> 184-185, 438-439 TWE: WT 175
b. Demonstrate communication skills that enhance personal relationships.	SE: 9, 34-38, 93-94, 123, 152-153, 459 <i>Health Skills Activity</i> 11 <i>Hands-On Health</i> 36, 93 <i>Applying Health Skills</i> 38 <i>Building Health Skills</i> 136-137 TWE: C 38

STANDARDS	PAGE REFERENCES
835. CONSUMER HEALTH.	
01. Organize, analyze, and apply health information practices and services appropriate for individual needs.	
a. Analyze the validity of health information, products, and services.	SE: 19, 45-46, 58-60, 68-69 <i>Media Watch</i> 46, 59 <i>Hands-On Health</i> 70 <i>Building Health Skills</i> 78-79, 408-409 <i>Applying Health Skills</i> 399 TWE: MA 45 CT 59
b. Identify the available resources that provide health care services and information.	SE: 19, 45, 63-67, 72-75 <i>Media Watch</i> 59 <i>Quick Write</i> 63 <i>Health Skills Activity</i> 66 <i>Building Health Skills</i> 78-79, 408-409 TWE: MA 45
636. MENTAL AND EMOTIONAL WELLNESS.	
01. Understand and demonstrate the key components to positive mental and emotional health.	
a. Identify mental and emotional disorders.	SE: 96-100, 101-105 <i>Quick Write</i> 96 <i>Health Skills Activity</i> 99 <i>Connect to Language Arts</i> 104 <i>Applying Health Skills</i> 105 <i>Time Health</i> 110-111 TWE: MA 97
b. Recognize the personal aspects of mental and emotional health.	SE: 86-90, 91-95, 96-100, 101-105, 106-109 <i>Health Skills Activity</i> 89, 99 <i>Hands-On Health</i> 93 <i>Connect to Language Arts</i> 104 <i>Time Health</i> 110-111 TWE: MA 88
c. Identify stressors and techniques for stress management.	SE: 39-43 <i>Quick Write</i> 39 <i>Health Skills Activity</i> 43, 110, 222, 398, 430 <i>Time Health</i> 50-51, 406-407 <i>Building Health Skills</i> 112-113, 500-501 TWE: C 43
d. Demonstrate aspects of emotional safety.	SE: 17, 88-90, 93-95, 151-155 <i>Health Skills Activity</i> 89 <i>Hands-On Health</i> 93 TWE: C 155
e. Analyze factors that influence the use of alcohol, tobacco, and drugs.	SE: 48-49, 148, 289, 303, 308-309, 330, 332 <i>Time Health</i> 290-291 <i>Quick Write</i> 308 <i>Health Skills Activity</i> 309 <i>Media Watch</i> 310 <i>Developing Good Character</i> 331 TWE: CT 48

Codes Used for TWE Pages

C	Close
CT	Critical Thinking
MA	More About
WT	What Teens Want to Know