

**CORRELATION
ARKANSAS DEPARTMENT OF EDUCATION
CURRICULUM FRAMEWORK**

Strand: Health and Wellness
COURSE NAME: Health Education
SUBMISSION TITLE: Health Education
COURSE 3
PUBLISHER: Glencoe/McGraw-Hill
GRADE(S): 8

STRAND	CONTENT STANDARD	CONTENT TOPIC	BENCHMARK NUMBER	BENCHMARK	PAGE(S) OR LOCATION(S) WHERE TAUGHT IN MAJOR TOOL	I/M
HEALTH AND WELLNESS	5. Human Growth and Development: Students shall understand characteristics relating to growth and development.	Body System	HW.5.8.1	Analyze the interaction between the body systems to promote health and wellness (e.g., obesity's impact on specific body systems)	SE 404-408, 409-412, 413-417, 418-421, 422-426, 427-432, 433-436, 437-441, 444, 447, 483; TWE 405, 406, 407, 410, 412, 415, 417, 419, 421, 423, 425, 435, 436, 439, 441; Reading Tutor 208-211, 212-214, 215-219, 220-223, 224-227, 228-231, 232-235, 236-241, 264-267; Student Activities Workbook 115, 116, 117, 119, 121, 122, 124, 125	I
					SE 402	M

		Growth	HW.5.8.2	Identify responsible behaviors and consequences related to physical, social, and emotional changes during adolescence	SE 8-12, 13-17, 38-43, 44-45, 130-133, 137, 138, 244-247, 270-271, 281, 323-325, 326-327, 336-337, 356-359, 360-363, 364-365, 379-382, 408, 412, 417, 421, 425, 426, 432, 436, 462-462, 470-471; 9, 10, 11, 12, 14, 15, 16, 17, 44, 60, 137, 138, 240, 245, 262, 336, 362, 461, 462, 463, 464, 468; Reading Tutor 1-3, 4-6, 7-10, 17-19, 23-26, 57-59, 60-63, 86-89, 93-96, 117-120, 124-127, 131-134, 163-165, 166-168, 182-184, 185-187, 195-197, 251-256; Student Activities Workbook 1, 2, 3, 4, 5, 6, 7, 9, 14, 15, 16, 17, 18, 19, 37, 38, 39, 40, 41, 52, 54, 56, 58, 59, 62, 68, 74, 75, 78, 79, 82, 87, 98, 104, 105, 106, 111, 114, 116, 119, 120, 123, 128, 134	I
					SE 2, 57-62, 136, 142, 143, 188-191, 202, 204-208, 260-265, 296-299, 317; STW 2C, 132, 135, 136, 142, 143, 202C	M

	6. Disease Prevention: Students shall evaluate and exhibit behaviors that reduce risks of chronic and communicable diseases.	Communicable and Non-communicable Disease	HW.6.8.1	Describe the importance of early detection in preventing the progression of disease	SE 478-482, 483-487, 488-491, 492-495, 500-501, 502; TWE 478, 479, 481, 482, 484, 485, 486, 489, 490, 491, 492, 494, 500; Reading Tutor 260-263, 264-267, 268-271, 272-276; Student Activities Workbook 140, 141	I
			HW.6.8.2	Investigate behaviors that increase or decrease the risks of developing cancer (e.g., tobacco use, food consumption, chemical exposure)	SE 308-310, 311-314, 509-510, 511-516; TWE 509, 512, 513, 515, 577; Reading Tutor 151-153, 154-156, 279-282, 283-287; Student Activities Workbook 88, 89, 90, 91, 92, 94, 95, 144, 147, 151	I
			HW.6.8.3	Analyze the physical and social implications of STI, HIV / AIDS (e.g., sterility, self-esteem)	SE 496-499, 505; TWE 497, 498; Reading Tutor 275-278; Student Activities Workbook 136, 137, 141, 142	I
			HW.6.8.4	Review community resources for the testing and treatment of HIV	SE 498; TWE 497; Reading Tutor 275-278	I
			HW.6.8.5	Develop avoidance strategies to prevent the spread of HIV and other STI	SE 492-495; TWE 493, 494; Reading Tutor 272-274; Student Activities Workbook 136, 137, 141, 142, 143	I

	7. Community Health and Promotion: Students shall demonstrate the ability to access valid health information, products, and services that promote consumer, community, and environmental health.	Environmental and Community Health	HW.7.8.1	Describe various pollutants and how they affect health: <ul style="list-style-type: none"> • air • smoke • noise • water • soil 	SE 510, 576-580, 582, 585; TWE 480, 577, 578, 579, 580, 583, 585; Reading Tutor 282, 324-327, 328-331; Student Activities Workbook 145, 146, 151, 162	I
					TWE 574C	M
		Health Information Service and Products	HW.7.8.2	Compare products for value and quality: <ul style="list-style-type: none"> • dietary supplements • dining out • misleading claims • recreation services 	SE 240-241, 243-247, 250-251; TWE 240, 241, 244, 249; Reading Tutor 117-120, 121-123; Student Activities Workbook 67, 69, 71	I
		Media and Technology	HW.7.8.3	Analyze the messages of media services that contribute to health information	SE 242, 270-271, 342, 344, 348; TWE 244, 270, 342, 343, 348; Reading Tutor 117-120, 174-178	I

	8. Healthy Life Skills and Relationships: Students shall demonstrate the ability to use decision-making, goal-setting, and interpersonal communication skills.	Interpersonal Relationships and Human Sexuality	HW.8.8.1	Examine how communication skills can prevent bullying, reduce prejudices, and encourage tolerance	SE 34, 130-133, 154-158, 159-163, 164-167, 168-169, 173, 184-187, 188-191; TWE 34, 111, 113, 156, 157, 160, 161, 162, 163, 165, 166, 167, 168, 185, 186, 187, 188, 190; Reading Tutor 47-50, 51-53, 57-59, 60-63, 67-69, 70-72, 73-75, 76-79, 83-85, 86-89, 90-92; Student Activities Workbook 9, 14, 15, 18, 30, 31, 32, 39, 40, 41, 42, 43, 44, 45, 46, 47, 48, 49, 50, 51, 52, 54, 55, 57, 58	I
					SE 108-111, 112-117, 134-139, 152, 174, 176-179, 192-195; TWE 110, 174C	M
			HW.8.8.2	Reinforce the importance of abstinence as it relates to sexual behavior	SE 118-121; TWE 119, 120, 144, 340; Reading Tutor 54-56; Student Activities Workbook 31	I
					SE 340; TWE 141	M
			HW.8.8.3	Evaluate how sexual decisions influence the following: <ul style="list-style-type: none"> • future • family • peers • community • future life-mate 	SE 118-121; TWE 114, 119, 120; Reading Tutor 54-56, 64-66; Student Activities Workbook 31	I

					SE 140-145; TWE 100C, 141, 142, 143	M
			HW.8.8.4	Evaluate how social issues effect sexual decisions: <ul style="list-style-type: none"> • peers • media • family • socioeconomic status 	SE 106-107, 119-121, 122-123, 124, 127, 151; TWE 114, 119, 120, 122; Reading Tutor 43-46, 47-50, 51-53, 54-56, 60-63, 64-65, 83-85; Student Activities Workbook 34, 37, 38, 40, 52, 55, 56, 58	I
					SE 102-105, 108-111, 112-117, 134-139, 140-145, 184-187; TWE 100C, 103, 104, 105, 141, 142, 143, 145	M
	9. Alcohol, Tobacco, and Other Drugs: Students shall demonstrate the ability to use drug knowledge and decision-making skills to address the use and abuse of medications, alcohol, tobacco, and other drugs.	Medicine	HW.9.8.1	Evaluate how dependency impacts family and society	SE 334-337, 387; TWE 335, 336, 337; Reading Tutor 166-168; Student Activities Workbook 96, 99, 103, 104, 105	I
					SE 339-340	M

		Tobacco	HW.9.8.2	Analyze the reversal of physiological damage from the cessation of tobacco use (e.g., lungs, arteries, stamina)	SE 317, 318; TWE 316, 317; Reading Tutor 154-156, 157-159; Student Activities Workbook 89	I
					SE 311-314; TWE 306C, 309, 312	M
			HW.9.8.3	Analyze how messages from media sources influence tobacco use	SE 311, 314, 319, 321, 324; TWE 320, 321, 324; Reading Tutor 154-156, 160-162, 163-165; Student Activities Workbook 89, 93	I
					SE 309; TWE 309	M
			HW.9.8.4	Evaluate different cessation strategies: <ul style="list-style-type: none"> • medications • support groups 	SE 317; TWE 316; Reading Tutor 157-159; Student Activities Workbook 89, 95	I
					SE 346	M
		Alcohol	HW.9.8.5	Identify and explain diseases caused by alcohol abuse: <ul style="list-style-type: none"> • alcoholism • cirrhosis of liver • fetal alcohol syndrome (FAS) 	SE 282-285, 286-290, 291-295; TWE 282, 283, 286, 287, 289, 292, 293; Reading Tutor 135-137, 138-141, 142-147; Student Activities Workbook 79, 80, 83, 84, 85, 86	I

			HW.9.8.6	Identify factors that determine the effects of alcohol on an individual (e.g., body weight)	SE 278-281, 282-283, 291-295; TWE 278, 279, 282, 283, 284, 285, 293; Reading Tutor 131-134, 135-137, 142-146; Student Activities Workbook 79, 80, 83, 84	I
					SE 162, 276; TWE 276C	M
			HW.9.8.7	Identify support services and community resources for assistance and treatment: <ul style="list-style-type: none"> • alcoholics anonymous (AA) • al-anon • alateen 	SE 294, 296-299, 300-301; TWE 297, 298, 299, 300; Reading Tutor 148-150; Student Activities Workbook 81, 85, 86	I
		Other Drugs	HW.9.8.8	Analyze the legal and social consequences of repetitive drug offenses	SE 177, 339-344; TWE 340, 341, 349; Reading Tutor 76-79, 169-173; Student Activities Workbook 51, 53	I
					SE 336-337, 345-351	M

			HW.9.8.9	Evaluate rehabilitative strategies and programs: <ul style="list-style-type: none"> • intervention • counseling • treatment centers • support groups • Narcotics Anonymous • in-patient rehab • out-patient rehab • counseling centers 	SE 294, 296-299, 300-301, 356-359; TWE 294, 297, 298, 299, 300, 357, 358; Reading Tutor 148-150, 174-178, 182-184; Student Activities Workbook 81, 85, 86, 89, 98, 101, 103	I
					SE 347, 349, 350; TWE 342	M
		Prevention Strategies	HW.9.8.10	Demonstrate and apply prevention strategies in avoiding the use of all addictive substances	SE 279-281, 295, 298-299, 309, 310, 319, 323-325, 331, 336, 360-363, 364-365, 369; TWE 279, 280, 281, 283, 288, 293, 294, 309, 324, 337, 361, 362, 363, 364; Reading Tutor 148-150, 151-153, 160-162, 163-165, 166-168, 185-187; Student Activities Workbook 3, 79, 82, 83, 89, 90, 94, 98, 99, 104, 105	I

	10. Personal Health and Safety: Students shall recognize and practice health-enhancing behaviors to avoid or reduce health risks.	Personal health	HW.10.8.1	Discuss and demonstrate skills necessary to manage mental and emotional health: <ul style="list-style-type: none"> • defense mechanisms • self talk • coping skills • stress management 	SE 38-43, 52-56, 57-62, 63-68, 69-71, 72-73, 74, 77, 90-93; TWE 39, 40, 42, 53, 54, 55, 56, 57, 60, 62, 63, 64, 65, 66, 68, 69, 70, 71, 72; Reading Tutor 17-19, 20-22, 23-26, 27-29, 30-32, 40-42; Student Activities workbook 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25, 29	I
					SE 573	M
			HW.10.8.2	Distinguish personal responsibility in making choices affecting individual health and wellness	SE 4-7, 11, 12, 13-17, 20, 23, 26-31, 38-43, 44-45, 49, 52-56, 132, 231, 238-242, 243-247, 248-251, 270-271, 478-482; TWE 5, 6, 7, 11, 14, 15, 16, 17, 28, 39, 40, 44, 132; Reading Tutor 1-3, 4-6, 7-10, 11-14, 17-19, 20-22, 51-53, 54-56, 57-59, 76-79, 90-92, 93-96, 97-102, 103-106, 113-116, 117-120, 121-123; Student Activities Workbook 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 18, 19, 26, 29, 31, 34, 35, 52, 54, 57, 58, 59, 60, 62, 63, 64, 65, 66, 67, 68, 69, 70, 71, 72, 73	I
					SE 112-117, 118, 178-179, 180-183, 192-195, 209-214, 215-220, 270; TWE 24C, 207, 370C	M

			HW.10.8.3	Discuss the warning signs of depression and suicidal thoughts	SE 86-89, 99; TWE 87, 88, 89; Reading Tutor 37-39; Student Activities Workbook 25, 27	I
			HW.10.8.4	Identify and practice depression coping strategies	SE 81, 84-85, 88, 90-93, 279; TWE 81, 88, 91, 92, 93, 205, 279; Reading Tutor 33-36, 40-42; Student Activities Workbook 18, 22, 27, 28, 29	I
					SE 69-71, 78, 80-83; TWE 78C, 82, 83	M
			HW.10.8.5	Identify and discuss suicide prevention strategies: <ul style="list-style-type: none"> • counseling • hot-line • trusted adult 	SE 86-89, 90-93, 99; TWE 87, 88, 89; Reading Tutor 37-39, 40-42; Student Activities Workbook 25, 27, 28, 29	I
					SE 94-95; TWE 94, 276C	M
		Personal Hygiene	HW.10.8.6	Analyze the importance of good hygiene brought about by the physiological changes of puberty	SE 372-378; TWE 373, 374; Reading Tutor 188-194; Student Activities Workbook 106	I
		Oral Health	HW.10.8.7	Evaluate the process of tooth decay as it relates to nutritional habits	SE 375-376; TWE 375; Reading Tutor 188-194; Student Activities Workbook 106	I
			HW.10.8.8	Evaluate the overall effect of good oral health	SE 375-376; TWE 375; Reading Tutor 188-194; Student Activities 106	I

			HW.10.8.9	Analyze the hazards of specific tobacco products on oral health	SE 310; Reading Tutor 151-153; Student Activities Workbook 91	M
			HW.10.8.10	Analyze the risks of oral piercing on oral health	TWE 428	M
		Safety	HW.10.8.11	Review safety procedures for the following: <ul style="list-style-type: none"> • traffic • bus • fire • weather • food handling 	SE 542-543, 545-546, 550-553; TWE 543, 546, 551, 552; Reading Tutor 300-303, 304-308, 309-311; Student Activities Workbook 152, 154, 155, 156, 157	I
					SE 247, 549	M
			HW.10.8.12	Construct and apply effective emergency procedures to life situations using role playing, skits, or another performance- based method	TWE 546, 555, 556, 558	M
					SE 538, 554-557, 558-562, 563-567; TWE 189, 494, 538C; Reading Tutor 312-314, 315-318, 319-323; Student Activities workbook 153, 154, 156, 158, 159, 160	M

		Violence	HW.10.8.13	Identify examples of harassment and intimidating behaviors found in media, technology, and peer groups	SE 154-158, 176-179, 180-183, 184-187, 188-191, 192-195, 196-197, 201; TWE 58, 181, 185, 186, 187, 190, 191, 193, 194, 196, 198; Reading Tutor 67-69, 70-72, 76-79, 80-82, 83-85, 86-89, 90-92; Student Activities Workbook 44, 45, 47, 50, 51, 52, 53, 54, 55, 56, 57	I
					SE 159-163; TWE 155	M
			HW.10.8.14	Recognize the inappropriate use and consequences of	INCOMPLETE BENCHMARK	
			HW.10.8.15	Identify individuals and other sources to help and report abuse: (e.g., counselor, teacher, resource officer)	SE 139, 177-179, 180-183, 192-195; TWE 139, 177, 178, 179, 181, 182, 183, 188, 189, 193, 194, 195; Reading Tutor 60-63, 76-79, 80-82, 90-92; Student Activities Workbook 51, 52, 54, 56, 57, 58	I
	11. Nutrition: Students shall understand concepts related to nutrition and develop skills for making healthy food choices.	Healthy Eating Habits	HW.11.8.1	Analyze factors that influence food choices: <ul style="list-style-type: none"> • time • cost/availability • culture • location • peers • media • family • body image 	SE 234-237, 248-251, 260-265, 266-269, 275; TWE 234, 235, 236, 250, 261, 262, 263, 264, 267, 268; Reading Tutor 110-112, 121-123, 124-127; Student Activities Workbook 67, 68, 69, 71, 73, 74, 75, 76, 78	I

					SE 232; TWE 232C	M
			HW.11.8.2	Develop a personal eating plan and physical activity schedule for weight management (e.g., caloric intake versus caloric expenditure)	SE 245-246, 248-251, 263-265; TWE 245, 263, 265; Reading Tutor 117-120, 121-123, 124-127; Student Activities Workbook 68, 69, 71, 74, 76, 78	I
					SE 222, 258; TWE 206, 222, 258C	M
		Food and Nutrition	HW.11.8.3	Analyze how nutrients affect risk factors of the following common chronic diseases: <ul style="list-style-type: none"> • cancer • cardiovascular disease • osteoporosis • type II diabetes 	SE 235-237, 239, 240, 524; TWE 237, 241, 513, 518, 519, 520, 523, 524; Reading Tutor 110-112, 124-127, 288-291, 292-295; Student Activities Workbook 67, 68, 70, 147, 149, 150, 151	I
					SE 517-520, 523, 526, 262-263; TWE 15, 239, 240, 506C	M
			HW.11.8.4	Analyze a daily nutrition log based on Nutrition Facts Labels	Twe 250	I
					SE 238-242; TWE 239, 240, 241, 242; Reading Tutor 113-116; Student Activities Workbook 67, 70	M
			HW.11.8.5	Assess one's personal healthy eating plan based on MyPyramid Guidelines (www.mypyramid.gov)	SE 243-247, 248-251, 257; TWE 243, 244, 248, 249; Reading Tutor 117-120, 121-123; Student Activities Workbook 68, 69	I

			HW.11.8.6	<p>Research causes, symptoms, consequences, and treatments for the three most common eating disorders:</p> <ul style="list-style-type: none"> • bulimia • anorexia nervosa • binge eating 	SE 266-269, 275; TWE 266, 267, 268, 269; Reading Tutor 128-130; Student Activities Workbook 75, 77	I
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