

Teen Health © 2021 Correlation to the National Health Standards

Module #	Module Title	Lesson #	Lesson Title	National Health Education Standards
FM (Module 0)	Your Health and Wellness	1	Your Total Health	1.8.1, 1.8.7
		2	Health Influences and Risk Factors	1.8.1, 1.8.3, 1.8.4, 1.8.5, 2.8.1, 2.8.2, 2.8.3, 2.8.4, 2.8.5, 2.8.6, 2.8.7, 2.8.8, 2.8.9, 2.8.10, 3.8.1, 3.8.2, 3.8.3, 3.8.5, 4.8.2, 7.8.3, 8.8.4
		3	Building Health Skills	1.8.1, 1.8.6, 1.8.7, 3.8.1, 3.8.2, 3.8.3, 3.8.4, 3.8.5, 4.8.1, 4.8.2, 4.8.3, 4.8.4, 5.8.1, 5.8.2, 5.8.3, 5.8.4, 5.8.5, 5.8.6, 5.8.7, 6.8.1, 6.8.2, 6.8.3, 6.8.4, 7.8.1, 7.8.2, 7.8.3, 8.8.1, 8.8.2, 8.8.3, 8.8.4
		4	Making Decisions and Setting Goals	1.8.7, 5.8.1, 5.8.3, 5.8.4, 5.8.5, 5.8.6, 5.8.7, 6.8.1, 6.8.2, 6.8.3, 6.8.4
		5	Choosing Health Services	1.8.7, 2.8.10, 3.8.1, 3.8.2, 3.8.3, 3.8.5
Module 1	Social Health	1	Building Character	1.8.1, 1.8.2, 1.8.3, 1.8.4, 1.8.5, 1.8.7, 1.8.8, 1.8.9, 2.8.1, 2.8.2, 2.8.3, 2.8.4, 2.8.5, 2.8.6, 2.8.7, 2.8.8, 2.8.9, 2.8.10, 3.8.1, 3.8.4, 4.8.2, 4.8.3, 4.8.4, 5.8.1, 5.8.2, 5.8.3, 5.8.4, 5.8.5, 5.8.6, 5.8.7, 6.8.1, 6.8.2, 6.8.3, 6.8.4, 7.8.1, 7.8.2, 7.8.3, 8.8.1, 8.8.2, 8.8.3, 8.8.4
		2	Practicing Communication Skills	1.8.2, 4.8.4, 8.8.4
		3	Family Relationships	1.8.4
		4	Peer Relationships	1.8.8, 1.8.9, 2.8.3, 4.8.2
Module 2	Dating Relationships and Abstinence	1	Beginning to Date	4.8.2
		2	Healthy Dating Relationships	1.8.1, 1.8.2, 2.8.2, 2.8.3, 2.8.8, 7.8.1, 8.8.4
		3	Abstinence and Saying No	1.8.8, 1.8.9
Module 3	Bullying and Cyberbullying	1	Bullying and Harassment	1.8.1, 1.8.2, 2.8.1, 2.8.2, 2.8.3, 2.8.4, 2.8.5, 2.8.6, 2.8.7, 2.8.8, 2.8.9, 2.8.10, 4.8.1, 7.8.1
		2	Cyberbullying	1.8.1, 1.8.2, 1.8.5, 2.8.2, 2.8.3, 2.8.8, 4.8.1, 4.8.2, 4.8.3, 5.8.3, 5.8.7, 7.8.1, 7.8.2
		3	Strategies to Stop Bullying	1.8.1, 1.8.2, 2.8.1, 2.8.2, 2.8.3, 2.8.4, 2.8.5, 2.8.6, 2.8.7, 2.8.8, 2.8.9, 2.8.10, 4.8.1, 7.8.1, 7.8.2
		4	Promoting Safe Schools	1.8.1, 1.8.2, 2.8.2, 2.8.3, 2.8.8, 4.8.1, 7.8.1
Module 4	Emotional Health	1	Your Mental and Emotional Health	1.8.1, 1.8.2, 1.8.5, 1.8.7, 1.8.8, 1.8.9, 2.8.1, 2.8.2, 2.8.3, 2.8.4, 2.8.5, 2.8.6, 2.8.7, 2.8.8, 2.8.9, 2.8.10, 3.8.1, 3.8.4, 4.8.2, 4.8.4, 5.8.1, 5.8.3, 5.8.4, 6.8.3, 7.8.1, 7.8.3
		2	Understanding Your Emotions	1.8.2, 1.8.5, 1.8.7, 5.8.1, 5.8.3, 5.8.4, 5.8.5, 5.8.6, 5.8.7
		3	Managing Stress	1.8.2, 1.8.3, 1.8.5, 1.8.7, 1.8.8, 1.8.9, 4.8.1, 4.8.2, 6.8.1, 6.8.2, 6.8.4
		4	Coping with Loss	7.8.1, 7.8.2, 7.8.3
Module 5	Mental and Emotional Disorders	1	Mental and Emotional Disorders	n/a
		2	Suicide Prevention	1.8.9, 3.8.4, 4.8.4, 5.8.4, 5.8.7
		3	Help for Mental and Emotional Disorders	4.8.4
Module 6	Conflict Resolution	1	Conflicts in Your Life	1.8.5, 4.8.2, 4.8.3, 5.8.3, 5.8.7, 7.8.2
		2	The Nature of Conflicts	1.8.5, 4.8.2, 4.8.3, 5.8.3, 5.8.7, 7.8.2
		3	Conflict Resolution Skills	1.8.5, 4.8.2, 4.8.3, 5.8.3, 5.8.7, 7.8.2
		4	Peer Mediation	1.8.5, 4.8.2, 4.8.3, 5.8.3, 5.8.7, 7.8.2
Module 7	Violence Prevention	1	Understanding Violence	1.8.8, 1.8.9, 3.8.4
		2	Violence Prevention	1.8.8, 1.8.9, 3.8.4
		3	Abuse	1.8.3, 1.8.4, 1.8.5, 1.8.8, 2.8.3, 2.8.7, 4.8.4, 7.8.1, 7.8.2, 7.8.3
		4	Preventing and Coping with Abuse	1.8.3, 1.8.4, 1.8.5, 1.8.8, 2.8.3, 2.8.7, 4.8.4, 7.8.1, 7.8.2, 7.8.3

Module 8	Nutrition	1	Nutrients Your Body Needs	6.8.1, 7.8.2, 7.8.3
		2	Creating a Healthful Eating Plan	5.8.4, 6.8.1, 6.8.2, 7.8.1, 7.8.2, 7.8.3, 8.8.1, 8.8.2
		3	Managing Your Weight	1.8.6, 2.8.2, 5.8.2, 5.8.4, 5.8.7, 6.8.1, 6.8.2, 6.8.3, 7.8.1, 7.8.2, 7.8.3
		4	Body Image and Eating Disorders	1.8.9, 3.8.4, 7.8.3
Module 9	Physical Activity	1	Becoming Physically Fit	1.8.6, 5.8.2, 5.8.4, 7.8.1, 7.8.2
		2	Creating Your Fitness Plan	1.8.1, 1.8.2, 1.8.3, 1.8.4, 1.8.5, 1.8.6, 1.8.7, 1.8.8, 1.8.9, 2.8.3, 2.8.4, 2.8.5, 2.8.6, 2.8.7, 2.8.8, 3.8.5, 4.8.2, 5.8.1, 5.8.3, 5.8.4, 5.8.5, 5.8.6, 5.8.7, 6.8.1, 6.8.2, 6.8.3, 7.8.1, 7.8.2, 8.8.2
		3	Performing at Your Best	1.8.1, 1.8.5, 5.8.1, 6.8.1, 6.8.2, 6.8.3
		4	Preventing Sports Injuries	1.8.5
Module 10	The Life Cycle	1	Changes During Puberty	1.8.2, 1.8.5, 1.8.6, 1.8.8, 1.8.9, 2.8.1, 2.8.7, 2.8.8, 5.8.1, 5.8.2, 5.8.3, 5.8.5, 5.8.6, 5.8.7, 7.8.1, 7.8.2, 7.8.3
		2	Male Reproductive Health	1.8.1, 1.8.6, 1.8.7, 1.8.8, 1.8.9, 2.8.9, 5.8.4, 5.8.5, 5.8.6, 5.8.7, 6.8.1, 7.8.1, 7.8.2, 7.8.3
		3	Female Reproductive Health	1.8.1, 1.8.5, 1.8.6, 1.8.7, 1.8.8, 1.8.9, 2.8.8, 2.8.9, 5.8.4, 5.8.6, 5.8.7, 6.8.1, 7.8.1, 7.8.2, 7.8.3
		4	Infant and Child Development	1.8.1, 1.8.2, 1.8.4, 1.8.6, 1.8.7, 1.8.8, 1.8.9, 2.8.1, 2.8.2, 2.8.8, 3.8.1, 3.8.2, 3.8.3, 3.8.4, 3.8.5, 5.8.2, 5.8.3, 5.8.4, 6.8.4
		5	Staying Healthy as You Age	1.8.1, 1.8.2, 1.8.5, 1.8.6, 1.8.7, 1.8.8, 1.8.9, 4.8.2, 4.8.4, 5.8.1, 5.8.2, 5.8.4, 5.8.6, 6.8.1, 6.8.2, 6.8.3, 7.8.1, 7.8.3
Module 11	Personal Health Care	1	Personal Hygiene and Consumer Choices	1.8.6, 1.8.9, 3.8.1, 3.8.2, 3.8.3, 3.8.5, 5.8.2, 5.8.3, 5.8.4, 5.8.7, 7.8.1, 7.8.2
		2	Taking Care of Your Skin and Hair	1.8.1, 1.8.3, 1.8.7, 1.8.8, 1.8.9
		3	Caring for Your Mouth and Teeth	1.8.1, 1.8.3, 1.8.6, 1.8.7, 1.8.8, 1.8.9, 5.8.1, 6.8.1, 6.8.2, 6.8.3, 7.8.1, 7.8.2, 7.8.3
		4	Protecting Your Eyes and Ears	n/a
Module 12	Your Body Systems	1	Your Skeletal and Muscular Systems	n/a
		2	Your Nervous System	n/a
		3	Your Circulatory and Respiratory Systems	n/a
		4	Your Digestive and Excretory Systems	n/a
		5	Your Endocrine System	1.8.1, 1.8.5, 1.8.6, 1.8.7, 1.8.8, 1.8.9, 2.8.8, 2.8.9, 5.8.4, 5.8.5, 5.8.6, 5.8.7, 6.8.1, 7.8.1, 7.8.2, 7.8.3
		6	Your Immune System	n/a
Module 13	Tobacco	1	Facts About Tobacco	1.8.9
		2	Health Risks of Tobacco Use	1.8.9
		3	Costs of Tobacco Use	1.8.9
		4	Saying No to Tobacco Use	3.8.1, 3.8.2, 3.8.5, 4.8.1, 4.8.2, 4.8.4, 5.8.1, 5.8.2, 5.8.3, 5.8.4, 5.8.5, 5.8.6, 5.8.7, 6.8.1, 6.8.2, 6.8.3, 6.8.4, 7.8.1, 7.8.2, 7.8.3, 8.8.1, 8.8.2, 8.8.3, 8.8.4
Module 14	Alcohol	1	Alcohol Use and Teens	1.8.1, 1.8.8, 1.8.9, 2.8.3, 2.8.5, 2.8.6, 2.8.7, 2.8.9, 4.8.1, 4.8.2, 5.8.1, 5.8.5, 5.8.6, 5.8.7, 7.8.1, 7.8.2, 7.8.3
		2	Effects of Alcohol Use	1.8.1, 1.8.8, 1.8.9, 2.8.3, 2.8.5, 2.8.6, 2.8.7, 2.8.9, 4.8.1, 4.8.2, 5.8.1, 5.8.5, 5.8.6, 5.8.7, 7.8.1, 7.8.2, 7.8.3
		3	Alcoholism and Alcohol Abuse	1.8.1, 1.8.8, 1.8.9, 2.8.3, 2.8.5, 2.8.6, 2.8.7, 2.8.9, 4.8.1, 4.8.2, 5.8.1, 5.8.5, 5.8.6, 5.8.7, 7.8.1, 7.8.2, 7.8.3
		1	Drug Use and Abuse	1.8.1, 1.8.8, 1.8.9, 2.8.3, 2.8.9, 4.8.1, 4.8.2, 4.8.4, 5.8.1, 5.8.2, 5.8.3, 5.8.4, 5.8.5, 5.8.6, 5.8.7, 6.8.1, 6.8.2, 6.8.3, 6.8.4, 7.8.1, 7.8.2, 7.8.3, 8.8.1, 8.8.2, 8.8.3, 8.8.4

Module 15	Drugs	2	Types of Drugs and Their Effects	1.8.1, 4.8.1, 4.8.2, 4.8.4, 5.8.1, 5.8.2, 5.8.3, 5.8.5, 5.8.6, 5.8.7, 6.8.1, 6.8.2, 6.8.3, 6.8.4, 7.8.1, 7.8.2, 7.8.3, 8.8.1, 8.8.2, 8.8.3, 8.8.4
		3	Staying Drug Free	1.8.1, 4.8.1, 4.8.2, 4.8.4, 5.8.1, 5.8.2, 5.8.3, 5.8.5, 5.8.6, 5.8.7, 6.8.1, 6.8.2, 6.8.3, 6.8.4, 7.8.1, 7.8.2, 7.8.3, 8.8.1, 8.8.2, 8.8.3, 8.8.4
Module 16	Using Medicines Wisely	1	Types of Medicines	1.8.6, 7.8.2
		2	Using Medicines Correctly	1.8.1, 1.8.6, 1.8.8, 1.8.9, 2.8.3, 2.8.9, 4.8.1, 4.8.2, 4.8.4, 5.8.1, 5.8.2, 5.8.3, 5.8.4, 5.8.5, 5.8.6, 5.8.7, 7.8.1, 7.8.2, 7.8.3, 8.8.1, 8.8.2, 8.8.3, 8.8.4
Module 17	Communicable Diseases	1	Preventing the Spread of Disease	1.8.1, 1.8.3, 1.8.5, 1.8.6, 1.8.7, 1.8.8, 1.8.9, 3.8.1, 3.8.2, 3.8.3, 3.8.4, 3.8.5, 4.8.4, 5.8.1, 6.8.1, 6.8.2, 6.8.3, 6.8.4, 7.8.1, 7.8.2, 7.8.3
		2	Communicable Diseases	1.8.1, 1.8.3, 1.8.5, 1.8.6, 1.8.7, 1.8.8, 1.8.9, 3.8.1, 3.8.2, 3.8.3, 3.8.4, 3.8.5, 4.8.4, 5.8.1, 6.8.1, 6.8.2, 6.8.3, 6.8.4, 7.8.1, 7.8.2, 7.8.3
		3	Sexually Transmitted Diseases	1.8.9
		4	HIV/AIDS	1.8.9
Module 18	Noncommunicable Diseases	1	Noncommunicable Diseases	1.8.3, 1.8.5, 1.8.7, 1.8.8, 1.8.9, 2.8.3, 2.8.7, 2.8.9, 4.8.2, 5.8.1, 5.8.3, 5.8.4, 5.8.5, 5.8.6, 7.8.3
		2	Cancer	1.8.3, 3.8.1, 3.8.4, 6.8.1, 7.8.1, 7.8.2, 7.8.3
		3	Heart and Circulatory Problems	1.8.3, 1.8.4, 1.8.5, 1.8.7, 1.8.8, 1.8.9, 2.8.1, 2.8.3, 2.8.4, 2.8.5, 2.8.6, 2.8.7, 2.8.8, 2.8.9, 2.8.10, 3.8.1, 3.8.5, 4.8.2, 5.8.1, 5.8.3, 5.8.4, 5.8.5, 5.8.6, 6.8.4, 7.8.2, 7.8.3, 8.8.2, 8.8.4
		4	Diabetes and Arthritis	1.8.3, 3.8.1, 3.8.4, 6.8.1, 7.8.1, 7.8.2, 7.8.3
		5	Allergies and Asthma	1.8.3, 3.8.1, 3.8.4, 6.8.1, 7.8.1, 7.8.2, 7.8.3
Module 19	Safety	1	Building Safe Habits	1.8.3, 1.8.5, 1.8.8, 1.8.9, 2.8.3, 2.8.4, 2.8.7, 2.8.9, 3.8.2, 4.8.2, 5.8.1, 5.8.3, 5.8.4, 5.8.5, 5.8.6, 5.8.7, 7.8.1, 7.8.2, 7.8.3
		2	Safety at Home and at School	2.8.4, 3.8.2
		3	Safety on the Road and Outdoors	1.8.3, 3.8.1, 3.8.4, 6.8.1, 7.8.1, 7.8.2, 7.8.3
		4	Personal Safety and Online Safety	1.8.5, 1.8.8, 2.8.4, 3.8.2, 5.8.4, 5.8.7, 7.8.1, 7.8.2
		5	Weather Safety and Natural Disasters	1.8.3, 3.8.1, 3.8.4, 6.8.1, 7.8.1, 7.8.2, 7.8.3
		6	First Aid and Emergencies	1.8.3, 3.8.1, 3.8.4, 6.8.1, 7.8.1, 7.8.2, 7.8.3
Module 20	Green Schools and Environmental Health	1	Pollution and Health	1.8.1, 1.8.2, 1.8.3, 1.8.4, 1.8.5, 1.8.6, 1.8.7, 1.8.8, 1.8.9, 2.8.3, 2.8.4, 2.8.5, 2.8.6, 2.8.7, 2.8.8, 2.8.9, 3.8.5, 4.8.2, 5.8.1, 5.8.3, 5.8.4, 5.8.5, 5.8.6, 5.8.7, 6.8.1, 6.8.2, 6.8.3, 7.8.2, 7.8.3, 8.8.2
		2	Preventing and Reducing Pollution	1.8.3, 1.8.6, 1.8.7, 2.8.1, 2.8.4, 2.8.10, 3.8.1, 3.8.2, 3.8.4, 3.8.5, 5.8.2, 5.8.3, 5.8.4, 5.8.7, 7.8.1, 8.8.1, 8.8.3, 8.8.4
		3	Green Schools	1.8.3, 2.8.10
Module 21/HRS 1	The Teen Years	1	Changes During the Teen Years	1.8.1, 1.8.2, 2.8.1, 2.8.2, 2.8.3, 2.8.4, 2.8.5, 2.8.6, 2.8.7, 2.8.8, 2.8.9, 2.8.10, 7.8.1
		2	Your Changing Body	1.8.2, 1.8.5, 1.8.6, 1.8.8, 1.8.9, 2.8.7, 2.8.8, 5.8.1, 5.8.2, 5.8.3, 5.8.5, 5.8.6, 5.8.7, 7.8.1, 7.8.2, 7.8.3
		3	Developing Your Personal Identity	1.8.1, 1.8.2, 2.8.1, 2.8.2, 2.8.3, 2.8.4, 2.8.5, 2.8.6, 2.8.7, 2.8.8, 2.8.9, 2.8.10, 7.8.1, 7.8.2
Module 22/HRS 2	The Reproductive System	1	The Female Reproductive System	1.8.1, 1.8.5, 1.8.6, 1.8.7, 1.8.8, 1.8.9, 2.8.8, 2.8.9, 5.8.4, 5.8.6, 5.8.7, 6.8.1, 7.8.1, 7.8.2, 7.8.3
		2	The Male Reproductive System	1.8.1, 1.8.6, 1.8.7, 1.8.8, 1.8.9, 2.8.9, 5.8.4, 5.8.5, 5.8.6, 5.8.7, 6.8.1, 7.8.1, 7.8.2, 7.8.3
		1	Responsible Relationships	1.8.8, 1.8.9, 2.8.3, 4.8.2

Module 23/HRS 3	Sexual Feelings and Relationships	2	Diversity in Relationships	1.8.1, 1.8.2, 2.8.2, 2.8.3, 2.8.8, 7.8.1
		3	Marriage and Parenthood	1.8.1, 1.8.2, 2.8.1, 2.8.3, 2.8.5, 2.8.7, 2.8.8, 2.8.9, 4.8.1, 4.8.2, 4.8.3, 4.8.4
		4	Pregnancy and Childbirth	n/a
		5	STDs and HIV/AIDS	1.8.9