

State: TX
State Course Title: Health I
State Course Code: 115.38
Date of Standards: 2020

TEKS	Course Title. (a or b), if applicable, e.g. Game Design 1a	Unit Name(s)	Lesson(s) Numbers
(1) Physical health and hygiene--personal health and hygiene. The student understands health literacy, preventative health behaviors, and how to access and evaluate health care information to make informed decisions.			
(A) analyze health information based on health-related standards;	Health and Physical Education 1b	Unit 2: Diseases, Disorders and Disasters	Activity 1
(B) develop and analyze strategies to prevent communicable and non-communicable diseases; and	Health and Physical Education 1b	Unit 2: Diseases, Disorders and Disasters	Lessons 1-4
(C) discuss the importance of early detection and warning signs that prompt individuals of all ages to seek health care.	Health and Physical Education 1b	Unit 2: Diseases, Disorders and Disasters	Lesson 4
(2) Mental health and wellness--social and emotional health. The student identifies and applies strategies to develop socio-emotional health, self-regulation, and healthy relationships.			
(A) discuss and demonstrate perspective-taking and ways to show respect for others' feelings and express empathy toward others; and	Health and Physical Education 1b	Unit 5: Our Relationships and Our Health	Lesson 4
(B) analyze forms of communication such as passive, aggressive, or assertive and their impact on conflict resolution.	Health and Physical Education 1b	Unit 8: Healthy Communities and Relationships	Lesson 4
(3) Mental health and wellness--developing a healthy self-concept. The student develops the capacity for self-assessment and evaluation, goal setting, and decision making in order to develop a healthy self-concept. The student is expected to explain and demonstrate decision-making skills based on health information.	Health and Physical Education 1b	Unit 6: Improving Your Health	Lessons 1-5
(4) Mental health and wellness--risk and protective factors. The student recognizes the influence of various factors influencing mental health and wellness.			
(A) analyze how adverse childhood experiences such as abuse, neglect, and trauma can influence brain development and how to recognize, process, and overcome negative events for overall mental health and wellness.	Health and Physical Education 1b	Unit 5: Our Relationships and Our Health	Lesson 2
(5) Mental health and wellness--identifying and managing mental health and wellness concerns. The student develops and uses appropriate skills to identify and manage conditions related to mental health and wellness.			
(A) discuss the suicide risk and suicide protective factors identified by the Centers for Disease Control and Prevention (CDC) and the importance of telling a parent or another trusted adult if one observes the warning signs in self or others; and	Health and Physical Education 1b	Unit 2: Diseases, Disorders and Disasters	Lesson 2

(B) discuss how the use of suicide prevention resources such as the National Suicide Prevention Hotline reduces the likelihood of suicide.	Health and Physical Education 1b	Unit 2: Diseases, Disorders and Disasters	Lesson 2
(6) Healthy eating and physical activity--food and beverage daily recommendations. The student analyzes and applies healthy eating strategies for enhancing and maintaining personal health throughout the lifespan.			
(A) evaluate food labels and menus to determine the nutritional content and value of foods and make healthy decisions about daily caloric intake;	Health and Physical Education 1b	Unit 7: Food as Fuel	Lesson 1
(B) compare and contrast the impact of healthy and unhealthy dietary practices; and	Health and Physical Education 1b	Unit 7: Food as Fuel	Lessons 2-4
(C) describe how a personal dietary plan affects overall health and how a plan might differ over the lifespan.	Health and Physical Education 1b	Unit 7: Food as Fuel	Activity 1
(7) Healthy eating and physical activity--physical activity. The student identifies, analyzes, and applies strategies for enhancing and maintaining optimal personal physical fitness throughout the lifespan.			
(A) analyze the relationships between nutrition, physical activity, and quality of life as they relate to mental, physical, and social health benefits; and	Health and Physical Education 1b	Unit 1: Healthy, Defined	Lessons 1-6
(B) analyze the relationships between body composition, diet, and physical activity, including how to balance caloric intake and physical activity.	Health and Physical Education 1b	Unit 7: Food as Fuel	Lesson 4
(8) Healthy eating and physical activity--risk and protective factors. The student analyzes and applies risk and protective factors related to healthy eating and physical activity.			
(A) evaluate the nutritional differences between preparing and serving fresh or minimally processed food versus serving commercially prepared or highly processed foods; and	Health and Physical Education 1b	Unit 7: Food as Fuel	Lessons 1, 4
(B) evaluate the connection between physical activity and dietary choices as they relate to the prevention of chronic conditions.	Health and Physical Education 1b	Unit 6: Improving Your Health	Lessons 1, 4
(9) Injury and violence prevention and safety--safety skills and unintentional injury. The student identifies and demonstrates safety and first aid knowledge to prevent and treat injuries. The student is expected to demonstrate basic first-aid procedures, including how to perform cardiopulmonary resuscitation (CPR) and choking rescue and how to use an automated external defibrillator (AED).	Health and Physical Education 1b	Unit 2: Diseases, Disorders and Disasters	Lessons 3, 4
(10) Injury and violence prevention and safety--healthy home, school, and community climate. The student understands that individual actions and awareness can impact safety, community, and environment.			
(A) formulate strategies for avoiding violence, gangs, weapons, and human trafficking; and	Health and Physical Education 1b	Unit 8: Healthy Communities and Relationships	Lesson 1
(B) assess the dynamics of gang behaviors.	Health and Physical Education 1b	Unit 8: Healthy Communities and Relationships	Lesson 1
(11) Injury and violence prevention and safety--digital citizenship and media. The student understands how to be a safe and responsible citizen in digital and online environments.			
(A) develop strategies to resist inappropriate digital and online communication such as social media posts, sending and receiving photos, sexting, and pornography; and	Health and Physical Education 1b	Unit 5: Our Relationships and Our Health	Lessons 3,4

(B) identify appropriate responses to situations in which digital and online safety are at risk, including identity protection and recognition of predators.	Health and Physical Education 1b	Unit 5: Our Relationships and Our Health	Lessons 3,4
(12) Injury and violence prevention and safety--interpersonal violence. The student understands the impact of interpersonal violence and the importance of seeking guidance and help to maintain personal safety.			
(A) research and analyze how exposure to family violence can influence cyclical behavioral patterns;	Health and Physical Education 1b	Unit 5: Our Relationships and Our Health	Lesson 2
(B) create a personal action plan, including identifying areas of support, for use when encountering bullying, cyberbullying, or harassment; and	Health and Physical Education 1b	Unit 5: Our Relationships and Our Health	Lesson 4
(C) describe the ramifications of bullying behavior.	Health and Physical Education 1b	Unit 5: Our Relationships and Our Health	Lesson 4
(13) Alcohol, tobacco, and other drugs--use, misuse, and physiological effects. The student understands the difference between use and misuse of different substances and how the use and misuse of substances impacts health.			
(A) examine examples of drug labels to determine the drug category and intended use;	Health and Physical Education 1b	Unit 3: Behavioral Impacts	Lesson 1
(B) identify and describe the importance of the safe storage and proper disposal of prescription and over-the-counter drugs; and	Health and Physical Education 1b	Unit 3: Behavioral Impacts	Lesson `1
(C) develop strategies for preventing the misuse of prescription and over-the-counter drugs, including recognizing the negative effects of combining drugs.	Health and Physical Education 1b	Unit 3: Behavioral Impacts	Lesson 1
(14) Alcohol, tobacco, and other drugs--short- and long-term impacts. The student identifies and analyzes the short- and long-term impacts of the use and misuse of alcohol; tobacco; drugs, including prescription drugs; and other substances. The student is expected to describe the interrelatedness of alcohol and other drugs to health problems.	Health and Physical Education 1b	Unit 3: Behavioral Impacts	Lessons 1-3
(15) Alcohol, tobacco, and other drugs--treatment. The student recognizes and understands the options for treatment and how to seek help related to the use and misuse of alcohol; tobacco; drugs, including prescription drugs; and other substances.			
(A) investigate and identify treatment options for substance abuse and addiction and misuse, including prescription drugs; and	Health and Physical Education 1b	Unit 3: Behavioral Impacts	Lessons 1-3
(B) explain how to report suspected abuse of drugs to a parent, school administrator, teacher, or another trusted adult.	Health and Physical Education 1b	Unit 3: Behavioral Impacts	Lessons 1-3
(16) Alcohol, tobacco, and other drugs--risk and protective factors. The student understands how various factors can influence decisions regarding substance use and the resources available for help.			
(A) compare and contrast physical and social influences on alcohol, tobacco, and other drug use behaviors;	Health and Physical Education 1b	Unit 3: Behavioral Impacts	Lessons 1-3
(B) design materials for health advocacy such as promoting a substance-free life; and	Health and Physical Education 1b	Unit 3: Behavioral Impacts	Activity 1, 3
(C) discuss ways to participate in school-related efforts to address health-risk behaviors.	Health and Physical Education 1b	Unit 3: Behavioral Impacts	Activity 1

(17) Alcohol, tobacco, and other drugs--prevention. The student analyzes information and applies critical-thinking skills to avoid substance use and misuse and recognizes the benefits of delayed use.			
(A) analyze the relationship between the use of refusal skills and the avoidance of alcohol, tobacco, and other drugs; and	Health and Physical Education 1b	Unit 3: Behavioral Impacts	Activity 2
(B) analyze the role that alcohol and other drugs play in unsafe situations, including sexual abuse and assault.	Health and Physical Education 1b	Unit 3: Behavioral Impacts	Lessons 1, 3, 4
(18) Reproductive and sexual health--healthy relationships. The student understands the characteristics of healthy romantic relationships.			
(A) analyze how friendships provide a foundation for healthy dating/romantic relationships;	Health and Physical Education 1b	Unit 3: Behavioral Impacts	Lesson 4
(B) identify character traits that promote healthy dating/romantic relationships and marriage; and	Health and Physical Education 1b	Unit 3: Behavioral Impacts	Lesson 4
(C) describe how a healthy marriage can provide a supportive environment for the nurturing and development of children.	Health and Physical Education 1b	Unit 3: Behavioral Impacts	Lesson 4
(19) Reproductive and sexual health--personal safety, limits, and boundaries. The student understands how to set and respect personal boundaries to reduce the risk of sexual harassment, sexual abuse, and sexual assault.			
(A) describe the characteristics of sex trafficking such as grooming, controlling behavior, exploitation, force, fraud, coercion, and violence;	Health and Physical Education 1b	Unit 8: Healthy Communities and Relationships	Lesson 1
(B) analyze the characteristics of harmful relationships that can lead to dating violence;	Health and Physical Education 1b	Unit 3: Behavioral Impacts	Lesson 4
(C) analyze healthy strategies for preventing physical, sexual, and emotional abuse;	Health and Physical Education 1b	Unit 3: Behavioral Impacts	Lesson 4
(D) analyze how a healthy sense of self and making and respecting decisions about safe boundaries and limits promote healthy dating/romantic relationships;	Health and Physical Education 1b	Unit 3: Behavioral Impacts	Lesson 4
(E) explain and demonstrate how refusal strategies can be used to say "no" assertively to unhealthy behaviors in dating/romantic relationships;	Health and Physical Education 1b	Unit 3: Behavioral Impacts	Activity 2
(F) examine factors, including alcohol and other substances, that increase sexual risk and that affect setting, perceiving, respecting, and making decisions about boundaries;	Health and Physical Education 1b	Unit 3: Behavioral Impacts	Lessons 1, 3, 4
(G) examine and discuss influences and pressures to become sexually active and why it is wrong to violate another person's boundaries and manipulate or threaten someone into sexual activity; and	Health and Physical Education 1b	Unit 3: Behavioral Impacts	Activity 2
(H) explain the importance of reporting to a parent or another trusted adult sexual harassment, sexual abuse, sexual assault, and dating violence involving self or others.	Health and Physical Education 1b	Unit 3: Behavioral Impacts	Lesson 4
(20) Reproductive and sexual health--anatomy, puberty, reproduction, and pregnancy. The student analyzes adolescent development, the process of fertilization, and healthy fetal development.			
(A) analyze the importance of telling a parent or another trusted adult, obtaining early pregnancy testing, and seeking prenatal care if signs of pregnancy occur.	Health and Physical Education 1b	Unit 3: Behavioral Impacts	Lesson 4

(21) Reproductive and sexual health--sexual risk. The student understands that there are risks associated with sexual activity and that abstinence from sexual activity is the only 100% effective method to avoid risks.			
(A) research and analyze the educational, financial, and social impacts of pregnancy on teen parents, the child, families, and society, including considering the effects on one's personal life goals;	Health and Physical Education 1b	Unit 5: Our Relationships and Our Health	Lessons 2-4
(B) describe various modes of transmission of STDs/STIs;	Health and Physical Education 1b	Unit 4: Key Players in Our Health	Lessons 1-5
(C) investigate and summarize the statistics on the prevalence of STDs/STIs among teens by referencing county, state, and/or federal data sources;	Health and Physical Education 1b	Unit 4: Key Players in Our Health	Lessons 1-5
(D) describe signs and symptoms of STDs/STIs, including human papillomavirus (HPV), human immunodeficiency virus/acquired immunodeficiency syndrome (HIV/AIDS), chlamydia, syphilis, gonorrhea, herpes, and trichomoniasis, and identify that not all STDs/STIs show symptoms;	Health and Physical Education 1b	Unit 4: Key Players in Our Health	Lessons 1-5
(E) analyze the importance of STD/STI screening, testing, and early treatment for sexually active people, including during yearly physicals or if there is a concern;	Health and Physical Education 1b	Unit 4: Key Players in Our Health	Lessons 1-5
(F) analyze emotional risks that can be associated with sexual activity for unmarried persons of school age, including stress, anxiety, and depression;	Health and Physical Education 1b	Unit 4: Key Players in Our Health	Lessons 1-5
(G) analyze the importance and benefits of abstinence from sexual activity as it relates to emotional health and the prevention of pregnancy and STDs/STIs;	Health and Physical Education 1b	Unit 4: Key Players in Our Health	Lessons 1-5
(H) identify support from parents and other trusted adults and create strategies, including building peer support, to be abstinent or for return to abstinence if sexually active;	Health and Physical Education 1b	Unit 4: Key Players in Our Health	Lessons 1-5
(I) analyze the effectiveness and the risks and failure rates (human-use reality rates) of barrier protection and other contraceptive methods, including how they work to reduce the risk of STDs/STIs and pregnancy; and	Health and Physical Education 1b	Unit 4: Key Players in Our Health	Lessons 1-5
(J) explain the legal responsibilities related to teen pregnancy, including child support and acknowledgement of paternity.	Health and Physical Education 1b	Unit 4: Key Players in Our Health	Lessons 1-5