

**California Middle School and High School Health Standards  
(Based on the California Framework)**

**WHAT'S THE CATCH?**

Ch. 2: The Comparison Effect  
 Ch. 3: Give and Take  
 Ch. 4: Mirror, Mirror  
 Ch. 5: Scarcity  
 Ch. 6: Authority  
 Ch. 7: Peer Pressure  
 Ch. 8: Caught in the Net

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<b>Unifying Idea: Acceptance of personal responsibility for lifelong health</b>							
<b>Expectation 1:</b> Students will demonstrate ways in which they can enhance and maintain their health and well-being.							
<b>Mental and emotional health:</b>							
• Demonstrating personal characteristics that contribute to self-confidence & self-esteem, e.g...responsibility/respect for the dignity of others.	X	X	X	X	X	X	X
• Avoiding self-destructive behaviors and practicing strategies for resisting negative peer pressure.				X	X	X	
• Identify risk factors for negative behaviors and develop effective strategies for counteracting these risk factors.	X	X			X	X	
<b>Expectation 3:</b> Students will practice behaviors that reduce the risk of becoming involved in potentially dangerous situations and react to potentially dangerous situations in ways that help to protect their health.							
<b>Potentially dangerous situations:</b>							
• Demonstrating how peers can help each other avoid or cope with potentially dangerous situations in healthy ways.					X		
• Using appropriate skills to avoid, resolve, and cope with conflicts					X		
• Reporting or obtaining assistance when faced with unsafe situations					X	X	
• Avoiding, recognizing, and responding to negative social influences and pressure to use alcohol, tobacco, or other drugs.					X		
• Avoiding, recognizing, and responding to negative social influences and pressure to become sexually active, including applying refusal skills when appropriate.					X		
• Recognize and avoid situations that can increase risk of abuse.					X	X	
<b>Unifying Idea: Respect for and promotion of the health of others</b>							
<b>Expectation 5:</b> Students will understand and demonstrate how to promote positive health practices within the school and community, including how to cultivate positive relationships with their peers.							
<b>Friendship and peer relationships:</b>							
• Demonstrating how to resist negative peer pressure.		X			X		
• Encouraging healthy behavior and discouraging unhealthy risk-taking, including strategies for influencing others to avoid the use of alcohol, tobacco, and other drugs as well as other negative behaviors.					X		
• Interact effectively with many different people, including males & females and members of different ethnic and cultural groups.			X				
<b>Unifying Idea: An understanding of the process of growth and development</b>							
<b>Expectation 7:</b> Students will understand and accept individual differences in growth and development.							
<b>Growth and Development:</b>							
• Demonstrating an understanding of individual differences.	X		X				
• Recognizing health, nutrition, and psychological problems associated with not having a realistic body image, including dieting and eating disorders, and seeking appropriate help.	X						

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(cont'd.)

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<p><b>Unifying Idea: Informed use of health-related information, products, and services</b></p> <p><b>Expectation 9:</b> Students will identify information, products, and services that may be helpful or harmful to their health.</p> <p><b>Products and Services:</b></p> <ul style="list-style-type: none"> <li>Identifying a variety of consumer influences and analyzing how those influences affect decisions.</li> <li>Using critical-thinking skills to analyze marketing and advertising techniques and their influence on the selection of health-related services and products.</li> <li>Using unit pricing to determine the most economical purchases.</li> </ul>	X	X	X	X	X		
		X					
	X		X				

Web Source: <http://www.cde.ca.gov/ci/cr/cf/documents/healthfw.pdf>