

**Multimedia Extensions, My Roadmap to the Future, My Success Roadmap**

**Grades: 7, 8, 9, 10, 11, 12**

**States: Hawaii Content and Performance Standards**

**Subjects: Health and PE, Library / Technology, Science, Social Studies**

**Hawaii Content and Performance Standards**

**Health and PE**

**Grade 7 - Adopted 2007**

<b>CONTENT STANDARD / COURSE</b>	<b>HI.HE.6-8.</b>	Health Education
<b>STANDARD / PERFORMANCE INDICATOR / DOMAIN</b>	<b>HE.6-8.1.</b>	<b>CORE CONCEPTS:</b> Understand concepts related to health promotion and disease prevention
<b>INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK</b>	<b>HE.6-8.1.1.</b>	<p>Mental and Emotional Health: Explain the relationship between mental, emotional, social, and physical health</p> <p><b>Multimedia Extensions</b>                      Multimedia Extensions: Stress                      Multimedia Extensions: Well-Being</p> <p><b>My Roadmap to the Future</b>                      Unit 3: Connections - Lesson 06: Analyzing Support                      Unit 4: Stress - Lesson 08: Analyzing Stress                      Unit 5: Well-Being - Lesson 09: Finding Balance                      Unit 5: Well-Being - Lesson 10: Analyzing Well-Being                      Unit 6: Motivation - Lesson 11: Showing Motivation                      Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>                      Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being                      Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
<b>INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK</b>	<b>HE.6-8.1.2.</b>	<p>Healthy Eating and Physical Activity: Describe short- and long-term effects and consequences of poor nutrition and lack of physical activity</p> <p><b>Multimedia Extensions</b>                      Multimedia Extensions: Stress</p>
<b>INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK</b>	<b>HE.6-8.1.6.</b>	<p>Alcohol and Other Drug-Free Lifestyle: Describe short- and long-term effects and consequences of drinking alcohol and using drugs</p> <p><b>My Success Roadmap</b>                      Unit 3: Highway Connections - Lesson 07: Social Support</p>
<b>INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK</b>	<b>HE.6-8.1.9.</b>	<p>Personal Health and Wellness: Identify choices individuals can make to promote or harm their health</p>

		<p><b>My Roadmap to the Future</b> Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b> Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>CONTENT STANDARD / COURSE</b>	<b>HI.HE.6-8.</b>	Health Education
<b>STANDARD / PERFORMANCE INDICATOR / DOMAIN</b>	<b>HE.6-8.2.</b>	<b>ACCESSING INFORMATION:</b> Access valid health information and health: promoting products and services
<b>INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK</b>	<b>HE.6-8.2.1.</b>	Health Information, Products, and Services Across Topic Areas: Identify when it is necessary to access health services for self and others  <b>My Success Roadmap</b> Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection
<b>INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK</b>	<b>HE.6-8.2.2.</b>	Health Information, Products, and Services Across Topic Areas: Use appropriate sources to access valid health information, products, and services  <b>My Success Roadmap</b> Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection
<b>CONTENT STANDARD / COURSE</b>	<b>HI.HE.6-8.</b>	Health Education
<b>STANDARD / PERFORMANCE INDICATOR / DOMAIN</b>	<b>HE.6-8.3.</b>	<b>SELF MANAGEMENT:</b> Practice health: enhancing behaviors and reduce health risks
<b>INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK</b>	<b>HE.6-8.3.1.</b>	Mental and Emotional Health: Explain personal preferences for coping and stress management strategies  <b>Multimedia Extensions</b> Multimedia Extensions: Stress Multimedia Extensions: Well-Being  <b>My Roadmap to the Future</b> Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation  <b>My Success Roadmap</b>

		<p>Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress</p> <p>Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress</p> <p>Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being</p> <p>Unit 6: Highway to Motivation - Lesson 13: Motivation</p> <p>Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK</b>	<b>HE.6-8.3.2.</b>	<p>Personal Health and Wellness: Explain the importance of assuming responsibility for personal health behaviors</p> <p><b>My Roadmap to the Future</b></p> <p>Unit 5: Well-Being - Lesson 09: Finding Balance</p> <p>Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p> <p>Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b></p> <p>Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being</p> <p>Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation</p> <p>Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>CONTENT STANDARD / COURSE</b>	<b>HI.HE.6-8.</b>	Health Education
<b>STANDARD / PERFORMANCE INDICATOR / DOMAIN</b>	<b>HE.6-8.4.</b>	<b>ANALYZING INFLUENCES:</b> Understand the influences of culture, family, peers, media, technology, and other factors on health
<b>INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK</b>	<b>HE.6-8.4.1.</b>	<p>Factors Influencing Health Across Topic Areas: Explain the influence of internal and external factors on health outcomes</p> <p><b>Multimedia Extensions</b></p> <p>Multimedia Extensions: Confidence</p> <p>Multimedia Extensions: Motivation</p> <p><b>My Roadmap to the Future</b></p> <p>Unit 5: Well-Being - Lesson 10: Analyzing Well-Being</p> <p>Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b></p> <p>Unit 3: Highway Connections - Lesson 07: Social Support</p> <p>Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being</p>
<b>CONTENT STANDARD / COURSE</b>	<b>HI.HE.6-8.</b>	Health Education
<b>STANDARD / PERFORMANCE INDICATOR / DOMAIN</b>	<b>HE.6-8.5.</b>	<b>INTERPERSONAL COMMUNICATION:</b> Use interpersonal communication skills to enhance health
<b>INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK</b>	<b>HE.6-8.5.1.</b>	<p>Communication Skills Across Topic Areas: Use effective verbal and non-verbal communication skills</p> <p><b>My Roadmap to the Future</b></p>

		Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation
<b>INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK</b>	<b>HE.6-8.5.2.</b>	Communication Skills Across Topic Areas: Use effective behaviors that communicate care, consideration, and respect of self and others  <b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation
<b>INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK</b>	<b>HE.6-8.5.3.</b>	Promoting Safety and Preventing Violence and Unintentional Injury: Identify possible causes of disputes connected to personal, family, and community matters  <b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation
<b>INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK</b>	<b>HE.6-8.5.4.</b>	Promoting Safety and Preventing Violence and Unintentional Injury: Apply appropriate conflict resolution strategies to deal with potentially harmful situations  <b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation
<b>CONTENT STANDARD / COURSE</b>	<b>HI.HE.6-8.</b>	Health Education
<b>STANDARD / PERFORMANCE INDICATOR / DOMAIN</b>	<b>HE.6-8.6.</b>	<b>DECISION MAKING AND GOAL SETTING:</b> Use <b>DECISION MAKING AND GOAL SETTING</b> skills to enhance health
<b>INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK</b>	<b>HE.6-8.6.1.</b>	Decision-Making Across Topic Areas: Describe decision-making processes related to health-related decisions  <b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 05: Making Connections Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation  <b>My Success Roadmap</b> Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action

		Planning
<b>INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK</b>	<b>HE.6-8.6.2.</b>	<p>Decision-Making Across Topic Areas: Assess health-related decisions for consequences that affect oneself and others</p> <p><b>My Roadmap to the Future</b>  Unit 3: Connections - Lesson 05: Making Connections  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK</b>	<b>HE.6-8.6.3.</b>	<p>Goal-Setting Across Topic Areas: Evaluate personal health strengths and risks to set personal goals</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Motivation  Multimedia Extensions: Well-Being</p> <p><b>My Roadmap to the Future</b>  Unit 2: Confidence - Lesson 04: Analyzing Confidence  Unit 4: Stress - Lesson 07: Handling Pressure  Unit 4: Stress - Lesson 08: Analyzing Stress  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 01: Your Future  Unit 1: Destination Success - Lesson 02: Your Goals  Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School  Unit 3: Highway Connections - Lesson 08: Analyzing Support &amp; Connection  Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being  Unit 6: Highway to Motivation - Lesson 13: Motivation  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>CONTENT STANDARD / COURSE</b>	<b>HI.HE.6-8.</b>	Health Education
<b>STANDARD / PERFORMANCE INDICATOR / DOMAIN</b>	<b>HE.6-8.7.</b>	ADVOCACY: Advocate for personal, family, and community health

INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK	HE.6-8.7.2.	<p>Advocacy Across Topic Areas: Use appropriate methods to communicate accurate health information and ideas</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School  Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
CONTENT STANDARD / COURSE	HI.PE.6-8.	Physical Education
STANDARD / PERFORMANCE INDICATOR / DOMAIN	PE.6-8.3.	ACTIVE LIFESTYLE: Participate regularly in physical activity
INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK	PE.6-8.3.2.	<p>Individual, Dual, and Lifetime Activities: Participate regularly in moderate to vigorous physical activities to meet personal goals</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Motivation  Multimedia Extensions: Stress</p> <p><b>My Roadmap to the Future</b>  Unit 2: Confidence - Lesson 04: Analyzing Confidence  Unit 4: Stress - Lesson 07: Handling Pressure  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 01: Your Future  Unit 1: Destination Success - Lesson 02: Your Goals  Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being  Unit 6: Highway to Motivation - Lesson 13: Motivation  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK	PE.6-8.3.3.	<p>Individual, Dual, and Lifetime Activities: Explain the relationship between a healthy lifestyle and regular participation in physical activities</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Stress</p> <p><b>My Success Roadmap</b>  Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
CONTENT STANDARD /	HI.PE.6-	Physical Education

<b>COURSE</b>	<b>8.</b>	
<b>STANDARD / PERFORMANCE INDICATOR / DOMAIN</b>	<b>PE.6-8.4.</b>	<b>PHYSICAL FITNESS:</b> Know ways to achieve and maintain a health: enhancing level of physical fitness
<b>INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK</b>	<b>PE.6-8.4.2.</b>	<p>Fitness and Conditioning-Related Activities: Set goals for improving the components of personal health-related physical fitness</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Motivation  Multimedia Extensions: Stress</p> <p><b>My Success Roadmap</b>  Unit 6: Highway to Motivation - Lesson 13: Motivation</p>

Hawaii Content and Performance Standards

Health and PE

Grade 8 - Adopted 2007

<b>CONTENT STANDARD / COURSE</b>	<b>HI.HE.6-8.</b>	Health Education
<b>STANDARD / PERFORMANCE INDICATOR / DOMAIN</b>	<b>HE.6-8.1.</b>	<b>CORE CONCEPTS:</b> Understand concepts related to health promotion and disease prevention
<b>INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK</b>	<b>HE.6-8.1.1.</b>	<p>Mental and Emotional Health: Explain the relationship between mental, emotional, social, and physical health</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Stress  Multimedia Extensions: Well-Being</p> <p><b>My Roadmap to the Future</b>  Unit 3: Connections - Lesson 06: Analyzing Support  Unit 4: Stress - Lesson 08: Analyzing Stress  Unit 5: Well-Being - Lesson 09: Finding Balance  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 11: Showing Motivation  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
<b>INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK</b>	<b>HE.6-8.1.2.</b>	<p>Healthy Eating and Physical Activity: Describe short- and long-term effects and consequences of poor nutrition and lack of physical activity</p>

		<b>Multimedia Extensions</b> Multimedia Extensions: Stress
INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK	HE.6-8.1.6.	Alcohol and Other Drug-Free Lifestyle: Describe short- and long-term effects and consequences of drinking alcohol and using drugs  <b>My Success Roadmap</b> Unit 3: Highway Connections - Lesson 07: Social Support
INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK	HE.6-8.1.9.	Personal Health and Wellness: Identify choices individuals can make to promote or harm their health  <b>My Roadmap to the Future</b> Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation  <b>My Success Roadmap</b> Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
CONTENT STANDARD / COURSE	HI.HE.6-8.	Health Education
STANDARD / PERFORMANCE INDICATOR / DOMAIN	HE.6-8.2.	ACCESSING INFORMATION: Access valid health information and health: promoting products and services
INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK	HE.6-8.2.1.	Health Information, Products, and Services Across Topic Areas: Identify when it is necessary to access health services for self and others  <b>My Success Roadmap</b> Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection
INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK	HE.6-8.2.2.	Health Information, Products, and Services Across Topic Areas: Use appropriate sources to access valid health information, products, and services  <b>My Success Roadmap</b> Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection
CONTENT STANDARD / COURSE	HI.HE.6-8.	Health Education
STANDARD / PERFORMANCE INDICATOR / DOMAIN	HE.6-8.3.	SELF MANAGEMENT: Practice health: enhancing behaviors and reduce health risks
INDICATOR / GRADE LEVEL	HE.6-	Mental and Emotional Health: Explain personal preferences for



EXPECTATION / BENCHMARK	8.3.1.	<p>coping and stress management strategies</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Stress  Multimedia Extensions: Well-Being</p> <p><b>My Roadmap to the Future</b>  Unit 4: Stress - Lesson 07: Handling Pressure  Unit 5: Well-Being - Lesson 09: Finding Balance  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress  Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 6: Highway to Motivation - Lesson 13: Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK	HE.6-8.3.2.	<p>Personal Health and Wellness: Explain the importance of assuming responsibility for personal health behaviors</p> <p><b>My Roadmap to the Future</b>  Unit 5: Well-Being - Lesson 09: Finding Balance  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
CONTENT STANDARD / COURSE	HI.HE.6-8.	Health Education
STANDARD / PERFORMANCE INDICATOR / DOMAIN	HE.6-8.4.	ANALYZING INFLUENCES: Understand the influences of culture, family, peers, media, technology, and other factors on health
INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK	HE.6-8.4.1.	<p>Factors Influencing Health Across Topic Areas: Explain the influence of internal and external factors on health outcomes</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Motivation</p> <p><b>My Roadmap to the Future</b>  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b></p>

		Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being
<b>CONTENT STANDARD / COURSE</b>	<b>HI.HE.6-8.</b>	Health Education
<b>STANDARD / PERFORMANCE INDICATOR / DOMAIN</b>	<b>HE.6-8.5.</b>	<b>INTERPERSONAL COMMUNICATION:</b> Use interpersonal communication skills to enhance health
<b>INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK</b>	<b>HE.6-8.5.1.</b>	Communication Skills Across Topic Areas: Use effective verbal and non-verbal communication skills  <b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation
<b>INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK</b>	<b>HE.6-8.5.2.</b>	Communication Skills Across Topic Areas: Use effective behaviors that communicate care, consideration, and respect of self and others  <b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation
<b>INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK</b>	<b>HE.6-8.5.3.</b>	Promoting Safety and Preventing Violence and Unintentional Injury: Identify possible causes of disputes connected to personal, family, and community matters  <b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation
<b>INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK</b>	<b>HE.6-8.5.4.</b>	Promoting Safety and Preventing Violence and Unintentional Injury: Apply appropriate conflict resolution strategies to deal with potentially harmful situations  <b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation
<b>CONTENT STANDARD / COURSE</b>	<b>HI.HE.6-8.</b>	Health Education
<b>STANDARD / PERFORMANCE INDICATOR / DOMAIN</b>	<b>HE.6-8.6.</b>	<b>DECISION MAKING AND GOAL SETTING:</b> Use <b>DECISION MAKING AND GOAL SETTING</b> skills to enhance health

<p><b>INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK</b></p>	<p><b>HE.6-8.6.1.</b></p>	<p>Decision-Making Across Topic Areas: Describe decision-making processes related to health-related decisions</p> <p><b>My Roadmap to the Future</b>  Unit 3: Connections - Lesson 05: Making Connections  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<p><b>INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK</b></p>	<p><b>HE.6-8.6.2.</b></p>	<p>Decision-Making Across Topic Areas: Assess health-related decisions for consequences that affect oneself and others</p> <p><b>My Roadmap to the Future</b>  Unit 3: Connections - Lesson 05: Making Connections  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<p><b>INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK</b></p>	<p><b>HE.6-8.6.3.</b></p>	<p>Goal-Setting Across Topic Areas: Evaluate personal health strengths and risks to set personal goals</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Motivation  Multimedia Extensions: Well-Being</p> <p><b>My Roadmap to the Future</b>  Unit 2: Confidence - Lesson 04: Analyzing Confidence  Unit 4: Stress - Lesson 07: Handling Pressure  Unit 4: Stress - Lesson 08: Analyzing Stress  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 11: Showing Motivation</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 01: Your Future  Unit 1: Destination Success - Lesson 02: Your Goals  Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School  Unit 3: Highway Connections - Lesson 08: Analyzing Support &amp; Connection  Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress</p>

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<b>CONTENT STANDARD / COURSE</b>	<b>HI.HE.6-8.</b>	Health Education
<b>STANDARD / PERFORMANCE INDICATOR / DOMAIN</b>	<b>HE.6-8.7.</b>	ADVOCACY: Advocate for personal, family, and community health
<b>INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK</b>	<b>HE.6-8.7.2.</b>	Advocacy Across Topic Areas: Use appropriate methods to communicate accurate health information and ideas  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
<b>CONTENT STANDARD / COURSE</b>	<b>HI.PE.6-8.</b>	Physical Education
<b>STANDARD / PERFORMANCE INDICATOR / DOMAIN</b>	<b>PE.6-8.3.</b>	ACTIVE LIFESTYLE: Participate regularly in physical activity
<b>INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK</b>	<b>PE.6-8.3.2.</b>	Individual, Dual, and Lifetime Activities: Participate regularly in moderate to vigorous physical activities to meet personal goals  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation Multimedia Extensions: Stress  <b>My Roadmap to the Future</b> Unit 2: Confidence - Lesson 04: Analyzing Confidence Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation  <b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 02: Your Goals Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning

<b>INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK</b>	<b>PE.6-8.3.3.</b>	Individual, Dual, and Lifetime Activities: Explain the relationship between a healthy lifestyle and regular participation in physical activities  <b>Multimedia Extensions</b> Multimedia Extensions: Stress  <b>My Success Roadmap</b> Unit 6: Highway to Motivation - Lesson 13: Motivation
<b>CONTENT STANDARD / COURSE</b>	<b>HI.PE.6-8.</b>	Physical Education
<b>STANDARD / PERFORMANCE INDICATOR / DOMAIN</b>	<b>PE.6-8.4.</b>	<b>PHYSICAL FITNESS:</b> Know ways to achieve and maintain a health: enhancing level of physical fitness
<b>INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK</b>	<b>PE.6-8.4.2.</b>	Fitness and Conditioning-Related Activities: Set goals for improving the components of personal health-related physical fitness  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation Multimedia Extensions: Stress  <b>My Success Roadmap</b> Unit 6: Highway to Motivation - Lesson 13: Motivation

## Hawaii Content and Performance Standards

### Health and PE

#### Grade 9 - Adopted 2007

<b>CONTENT STANDARD / COURSE</b>	<b>HI.HE.9-12.</b>	Health Education
<b>STANDARD / PERFORMANCE INDICATOR / DOMAIN</b>	<b>HE.9-12.1.</b>	<b>CORE CONCEPTS:</b> Understand concepts related to health promotion and disease prevention
<b>INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK</b>	<b>HE.9-12.1.1.</b>	Mental and Emotional Health: Compare the relationships among mental, emotional, social, and physical health in adulthood  <b>Multimedia Extensions</b> Multimedia Extensions: Stress Multimedia Extensions: Well-Being  <b>My Roadmap to the Future</b>

		<p>Unit 3: Connections - Lesson 06: Analyzing Support  Unit 4: Stress - Lesson 08: Analyzing Stress  Unit 5: Well-Being - Lesson 09: Finding Balance  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 11: Showing Motivation  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
<b>INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK</b>	<b>HE.9-12.1.3.</b>	<p>Personal Health and Wellness: Identify personal health behaviors and other factors that impact body system functions</p> <p><b>My Success Roadmap</b>  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
<b>CONTENT STANDARD / COURSE</b>	<b>HI.HE.9-12.</b>	Health Education
<b>STANDARD / PERFORMANCE INDICATOR / DOMAIN</b>	<b>HE.9-12.2.</b>	ACCESSING INFORMATION: Access valid health information and health: promoting products and services
<b>INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK</b>	<b>HE.9-12.2.1.</b>	<p>Health Information, Products, and Services Across Topic Areas: Compare health information provided from home, school, and community resources</p> <p><b>My Success Roadmap</b>  Unit 3: Highway Connections - Lesson 08: Analyzing Support &amp; Connection</p>
<b>INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK</b>	<b>HE.9-12.2.3.</b>	<p>Health Information, Products, and Services Across Topic Areas: Describe when and how to access health services for self and others</p> <p><b>My Success Roadmap</b>  Unit 3: Highway Connections - Lesson 08: Analyzing Support &amp; Connection</p>
<b>CONTENT STANDARD / COURSE</b>	<b>HI.HE.9-12.</b>	Health Education
<b>STANDARD / PERFORMANCE INDICATOR / DOMAIN</b>	<b>HE.9-12.3.</b>	SELF MANAGEMENT: Practice health: enhancing behaviors and reduce health risks
<b>INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK</b>	<b>HE.9-12.3.1.</b>	<p>Mental and Emotional Health: Compare a variety of personal coping and stress management strategies</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Stress  Multimedia Extensions: Well-Being</p>

		<p><b>My Roadmap to the Future</b>  Unit 4: Stress - Lesson 07: Handling Pressure  Unit 5: Well-Being - Lesson 09: Finding Balance  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress  Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 6: Highway to Motivation - Lesson 13: Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<p><b>INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK</b></p>	<p><b>HE.9-12.3.2.</b></p>	<p>Personal Health and Wellness: Compare the importance of enhancing health and safety in the community, workplace, and/or at home</p> <p><b>My Roadmap to the Future</b>  Unit 5: Well-Being - Lesson 09: Finding Balance  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<p><b>INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK</b></p>	<p><b>HE.9-12.3.3.</b></p>	<p>Personal Health and Wellness: Evaluate personal behaviors within the risk areas (e.g., tobacco use, alcohol and drug use, nutrition, fitness, personal safety, sexual activity)</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Well-Being</p> <p><b>My Roadmap to the Future</b>  Unit 4: Stress - Lesson 07: Handling Pressure  Unit 4: Stress - Lesson 08: Analyzing Stress</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 01: Your Future  Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School  Unit 3: Highway Connections - Lesson 08: Analyzing Support &amp; Connection  Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action</p>

		Planning
<b>CONTENT STANDARD / COURSE</b>	<b>HI.HE.9-12.</b>	Health Education
<b>STANDARD / PERFORMANCE INDICATOR / DOMAIN</b>	<b>HE.9-12.4.</b>	<b>ANALYZING INFLUENCES:</b> Understand the influences of culture, family, peers, media, technology, and other factors on health
<b>INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK</b>	<b>HE.9-12.4.1.</b>	<p>Factors Influencing Health Across Topic Areas: Evaluate the interrelationship of internal and external factors that influence health behaviors</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Motivation</p> <p><b>My Roadmap to the Future</b>  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  Unit 3: Highway Connections - Lesson 07: Social Support  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being</p>
<b>CONTENT STANDARD / COURSE</b>	<b>HI.HE.9-12.</b>	Health Education
<b>STANDARD / PERFORMANCE INDICATOR / DOMAIN</b>	<b>HE.9-12.5.</b>	<b>INTERPERSONAL COMMUNICATION:</b> Use interpersonal communication skills to enhance health
<b>INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK</b>	<b>HE.9-12.5.1.</b>	<p>Communication Skills Across Topic Areas: Know how to use appropriate verbal and non-verbal communication skills that are necessary to avoid potentially harmful situations</p> <p><b>My Roadmap to the Future</b>  Unit 3: Connections - Lesson 06: Analyzing Support  Unit 4: Stress - Lesson 07: Handling Pressure  Unit 5: Well-Being - Lesson 09: Finding Balance  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p>
<b>INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK</b>	<b>HE.9-12.5.2.</b>	<p>Promoting Safety and Preventing Violence and Unintentional Injury: Know how to use appropriate strategies to resolve disagreements</p> <p><b>My Roadmap to the Future</b>  Unit 3: Connections - Lesson 06: Analyzing Support  Unit 5: Well-Being - Lesson 09: Finding Balance  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p>
<b>CONTENT STANDARD / COURSE</b>	<b>HI.HE.9-12.</b>	Health Education



STANDARD / PERFORMANCE INDICATOR / DOMAIN	HE.9-12.6.	DECISION MAKING AND GOAL SETTING: Use DECISION MAKING AND GOAL SETTING skills to enhance health
INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK	HE.9-12.6.1.	<p>Decision-Making Across Topic Areas: Explain decision-making strategies used to make health-related decisions</p> <p><b>My Roadmap to the Future</b>  Unit 3: Connections - Lesson 05: Making Connections  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK	HE.9-12.6.2.	<p>Decision-Making Across Topic Areas: Evaluate health decisions that have immediate and long-term consequences on the individual, family, and community</p> <p><b>My Roadmap to the Future</b>  Unit 3: Connections - Lesson 05: Making Connections  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK	HE.9-12.6.3.	<p>Decision-Making Across Topic Areas: Know how to apply appropriate responses to risky situations</p> <p><b>My Roadmap to the Future</b>  Unit 3: Connections - Lesson 05: Making Connections  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
INDICATOR / GRADE LEVEL EXPECTATION /	HE.9-12.6.4.	Goal-Setting Across Topic Areas: Create and implement a plan for enhancing life-long goals

<b>BENCHMARK</b>		<p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Importance of School / Goal-Setting  Multimedia Extensions: Motivation</p> <p><b>My Roadmap to the Future</b>  Unit 1: Success, Education, &amp; Work - Lesson 01: Defining Success  Unit 1: Success, Education, &amp; Work - Lesson 02: Analyzing Jobs  Unit 2: Confidence - Lesson 04: Analyzing Confidence  Unit 4: Stress - Lesson 07: Handling Pressure  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 11: Showing Motivation  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 01: Your Future  Unit 1: Destination Success - Lesson 02: Your Goals  Unit 1: Destination Success - Lesson 03: Career Ideas  Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School  Unit 2: Highway to Confidence - Lesson 05: Confidence  Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being  Unit 6: Highway to Motivation - Lesson 13: Motivation  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>CONTENT STANDARD / COURSE</b>	<b>HI.HE.9-12.</b>	Health Education
<b>STANDARD / PERFORMANCE INDICATOR / DOMAIN</b>	<b>HE.9-12.7.</b>	ADVOCACY: Advocate for personal, family, and community health
<b>INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK</b>	<b>HE.9-12.7.2.</b>	<p>Advocacy Across Topic Areas: Design a school-wide health advocacy campaign that advocates for a healthy lifestyle</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School  Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
<b>INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK</b>	<b>HE.9-12.7.4.</b>	<p>Advocacy Across Topic Areas: Explain how health messages can be translated to particular audiences</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School  Unit 2: Highway to Confidence - Lesson 06: Analyzing School</p>

		Confidence
<b>CONTENT STANDARD / COURSE</b>	<b>HI.PE.9-12.</b>	Physical Education
<b>STANDARD / PERFORMANCE INDICATOR / DOMAIN</b>	<b>PE.9-12.3.</b>	ACTIVE LIFESTYLE: Participate regularly in physical activity
<b>INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK</b>	<b>PE.9-12.3.2.</b>	Individual, Dual, and Lifetime Activities: Describe reasons for, and healthful benefits of, continuing involvement in personally selected physical activities and identify strategies to do so  <b>Multimedia Extensions</b> Multimedia Extensions: Stress  <b>My Success Roadmap</b> Unit 6: Highway to Motivation - Lesson 13: Motivation
<b>CONTENT STANDARD / COURSE</b>	<b>HI.PE.9-12.</b>	Physical Education
<b>STANDARD / PERFORMANCE INDICATOR / DOMAIN</b>	<b>PE.9-12.4.</b>	PHYSICAL FITNESS: Know ways to achieve and maintain a health: enhancing level of physical fitness
<b>INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK</b>	<b>PE.9-12.4.1.</b>	Fitness and Conditioning-Related Activities: Set goals to improve personal fitness level based on various sources of information  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation

Hawaii Content and Performance Standards

Health and PE

Grade 10 - Adopted 2007

<b>CONTENT STANDARD / COURSE</b>	<b>HI.HE.9-12.</b>	Health Education
<b>STANDARD / PERFORMANCE INDICATOR / DOMAIN</b>	<b>HE.9-12.1.</b>	CORE CONCEPTS: Understand concepts related to health promotion and disease prevention
<b>INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK</b>	<b>HE.9-12.1.1.</b>	Mental and Emotional Health: Compare the relationships among mental, emotional, social, and physical health in adulthood  <b>Multimedia Extensions</b> Multimedia Extensions: Stress Multimedia Extensions: Well-Being

		<p><b>My Roadmap to the Future</b>  Unit 3: Connections - Lesson 06: Analyzing Support  Unit 4: Stress - Lesson 08: Analyzing Stress  Unit 5: Well-Being - Lesson 09: Finding Balance  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 11: Showing Motivation  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
<b>INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK</b>	<b>HE.9-12.1.3.</b>	<p>Personal Health and Wellness: Identify personal health behaviors and other factors that impact body system functions</p> <p><b>My Success Roadmap</b>  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
<b>CONTENT STANDARD / COURSE</b>	<b>HI.HE.9-12.</b>	Health Education
<b>STANDARD / PERFORMANCE INDICATOR / DOMAIN</b>	<b>HE.9-12.2.</b>	ACCESSING INFORMATION: Access valid health information and health: promoting products and services
<b>INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK</b>	<b>HE.9-12.2.1.</b>	<p>Health Information, Products, and Services Across Topic Areas: Compare health information provided from home, school, and community resources</p> <p><b>My Success Roadmap</b>  Unit 3: Highway Connections - Lesson 08: Analyzing Support &amp; Connection</p>
<b>INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK</b>	<b>HE.9-12.2.3.</b>	<p>Health Information, Products, and Services Across Topic Areas: Describe when and how to access health services for self and others</p> <p><b>My Success Roadmap</b>  Unit 3: Highway Connections - Lesson 08: Analyzing Support &amp; Connection</p>
<b>CONTENT STANDARD / COURSE</b>	<b>HI.HE.9-12.</b>	Health Education
<b>STANDARD / PERFORMANCE INDICATOR / DOMAIN</b>	<b>HE.9-12.3.</b>	SELF MANAGEMENT: Practice health: enhancing behaviors and reduce health risks
<b>INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK</b>	<b>HE.9-12.3.1.</b>	<p>Mental and Emotional Health: Compare a variety of personal coping and stress management strategies</p> <p><b>Multimedia Extensions</b></p>

		<p>Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p> <p><b>My Roadmap to the Future</b> Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b> Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being Unit 6: Highway to Motivation - Lesson 13: Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<p><b>INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK</b></p>	<p><b>HE.9-12.3.2.</b></p>	<p>Personal Health and Wellness: Compare the importance of enhancing health and safety in the community, workplace, and/or at home</p> <p><b>My Roadmap to the Future</b> Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b> Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<p><b>INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK</b></p>	<p><b>HE.9-12.3.3.</b></p>	<p>Personal Health and Wellness: Evaluate personal behaviors within the risk areas (e.g., tobacco use, alcohol and drug use, nutrition, fitness, personal safety, sexual activity)</p> <p><b>Multimedia Extensions</b> Multimedia Extensions: Well-Being</p> <p><b>My Roadmap to the Future</b> Unit 4: Stress - Lesson 07: Handling Pressure Unit 4: Stress - Lesson 08: Analyzing Stress</p> <p><b>My Success Roadmap</b> Unit 1: Destination Success - Lesson 01: Your Future Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 3: Highway Connections - Lesson 08: Analyzing Support &amp; Connection Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation</p>

		Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
<b>CONTENT STANDARD / COURSE</b>	<b>HI.HE.9-12.</b>	Health Education
<b>STANDARD / PERFORMANCE INDICATOR / DOMAIN</b>	<b>HE.9-12.4.</b>	<b>ANALYZING INFLUENCES:</b> Understand the influences of culture, family, peers, media, technology, and other factors on health
<b>INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK</b>	<b>HE.9-12.4.1.</b>	<p>Factors Influencing Health Across Topic Areas: Evaluate the interrelationship of internal and external factors that influence health behaviors</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Motivation</p> <p><b>My Roadmap to the Future</b>  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  Unit 3: Highway Connections - Lesson 07: Social Support  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being</p>
<b>CONTENT STANDARD / COURSE</b>	<b>HI.HE.9-12.</b>	Health Education
<b>STANDARD / PERFORMANCE INDICATOR / DOMAIN</b>	<b>HE.9-12.5.</b>	<b>INTERPERSONAL COMMUNICATION:</b> Use interpersonal communication skills to enhance health
<b>INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK</b>	<b>HE.9-12.5.1.</b>	<p>Communication Skills Across Topic Areas: Know how to use appropriate verbal and non-verbal communication skills that are necessary to avoid potentially harmful situations</p> <p><b>My Roadmap to the Future</b>  Unit 3: Connections - Lesson 06: Analyzing Support  Unit 4: Stress - Lesson 07: Handling Pressure  Unit 5: Well-Being - Lesson 09: Finding Balance  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p>
<b>INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK</b>	<b>HE.9-12.5.2.</b>	<p>Promoting Safety and Preventing Violence and Unintentional Injury:  Know how to use appropriate strategies to resolve disagreements</p> <p><b>My Roadmap to the Future</b>  Unit 3: Connections - Lesson 06: Analyzing Support  Unit 5: Well-Being - Lesson 09: Finding Balance  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p>
<b>CONTENT STANDARD /</b>	<b>HI.HE.9-</b>	Health Education

<b>COURSE</b>	12.	
<b>STANDARD / PERFORMANCE INDICATOR / DOMAIN</b>	HE.9-12.6.	DECISION MAKING AND GOAL SETTING: Use DECISION MAKING AND GOAL SETTING skills to enhance health
<b>INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK</b>	HE.9-12.6.1.	Decision-Making Across Topic Areas: Explain decision-making strategies used to make health-related decisions  <b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 05: Making Connections Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation  <b>My Success Roadmap</b> Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
<b>INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK</b>	HE.9-12.6.2.	Decision-Making Across Topic Areas: Evaluate health decisions that have immediate and long-term consequences on the individual, family, and community  <b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 05: Making Connections Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation  <b>My Success Roadmap</b> Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
<b>INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK</b>	HE.9-12.6.3.	Decision-Making Across Topic Areas: Know how to apply appropriate responses to risky situations  <b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 05: Making Connections Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation  <b>My Success Roadmap</b> Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
<b>INDICATOR / GRADE LEVEL</b>	HE.9-	Goal-Setting Across Topic Areas: Create and implement a plan for

<p><b>EXPECTATION / BENCHMARK</b></p>	<p><b>12.6.4.</b></p>	<p>enhancing life-long goals</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Importance of School / Goal-Setting  Multimedia Extensions: Motivation</p> <p><b>My Roadmap to the Future</b>  Unit 1: Success, Education, &amp; Work - Lesson 01: Defining Success  Unit 1: Success, Education, &amp; Work - Lesson 02: Analyzing Jobs  Unit 2: Confidence - Lesson 04: Analyzing Confidence  Unit 4: Stress - Lesson 07: Handling Pressure  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 11: Showing Motivation  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 01: Your Future  Unit 1: Destination Success - Lesson 02: Your Goals  Unit 1: Destination Success - Lesson 03: Career Ideas  Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School  Unit 2: Highway to Confidence - Lesson 05: Confidence  Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being  Unit 6: Highway to Motivation - Lesson 13: Motivation  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<p><b>CONTENT STANDARD / COURSE</b></p>	<p><b>HI.HE.9-12.</b></p>	<p>Health Education</p>
<p><b>STANDARD / PERFORMANCE INDICATOR / DOMAIN</b></p>	<p><b>HE.9-12.7.</b></p>	<p>ADVOCACY: Advocate for personal, family, and community health</p>
<p><b>INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK</b></p>	<p><b>HE.9-12.7.2.</b></p>	<p>Advocacy Across Topic Areas: Design a school-wide health advocacy campaign that advocates for a healthy lifestyle</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School  Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
<p><b>INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK</b></p>	<p><b>HE.9-12.7.4.</b></p>	<p>Advocacy Across Topic Areas: Explain how health messages can be translated to particular audiences</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 04: Analyzing the Importance</p>



		of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
<b>CONTENT STANDARD / COURSE</b>	<b>HI.PE.9-12.</b>	Physical Education
<b>STANDARD / PERFORMANCE INDICATOR / DOMAIN</b>	<b>PE.9-12.3.</b>	ACTIVE LIFESTYLE: Participate regularly in physical activity
<b>INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK</b>	<b>PE.9-12.3.2.</b>	Individual, Dual, and Lifetime Activities: Describe reasons for, and healthful benefits of, continuing involvement in personally selected physical activities and identify strategies to do so  <b>Multimedia Extensions</b> Multimedia Extensions: Stress  <b>My Success Roadmap</b> Unit 6: Highway to Motivation - Lesson 13: Motivation
<b>CONTENT STANDARD / COURSE</b>	<b>HI.PE.9-12.</b>	Physical Education
<b>STANDARD / PERFORMANCE INDICATOR / DOMAIN</b>	<b>PE.9-12.4.</b>	PHYSICAL FITNESS: Know ways to achieve and maintain a health-enhancing level of physical fitness
<b>INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK</b>	<b>PE.9-12.4.1.</b>	Fitness and Conditioning-Related Activities: Set goals to improve personal fitness level based on various sources of information  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation

**Hawaii Content and Performance Standards**

**Health and PE**

**Grade 11 - Adopted 2007**

<b>CONTENT STANDARD / COURSE</b>	<b>HI.HE.9-12.</b>	Health Education
<b>STANDARD / PERFORMANCE INDICATOR / DOMAIN</b>	<b>HE.9-12.1.</b>	CORE CONCEPTS: Understand concepts related to health promotion and disease prevention
<b>INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK</b>	<b>HE.9-12.1.1.</b>	Mental and Emotional Health: Compare the relationships among mental, emotional, social, and physical health in adulthood  <b>Multimedia Extensions</b>

		<p>Multimedia Extensions: Stress Multimedia Extensions: Well-Being</p> <p><b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 08: Analyzing Stress Unit 5: Well-Being - Lesson 09: Finding Balance Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 11: Showing Motivation Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b> Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
<b>INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK</b>	<b>HE.9-12.1.3.</b>	<p>Personal Health and Wellness: Identify personal health behaviors and other factors that impact body system functions</p> <p><b>My Success Roadmap</b> Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
<b>CONTENT STANDARD / COURSE</b>	<b>HI.HE.9-12.</b>	Health Education
<b>STANDARD / PERFORMANCE INDICATOR / DOMAIN</b>	<b>HE.9-12.2.</b>	ACCESSING INFORMATION: Access valid health information and health: promoting products and services
<b>INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK</b>	<b>HE.9-12.2.1.</b>	<p>Health Information, Products, and Services Across Topic Areas: Compare health information provided from home, school, and community resources</p> <p><b>My Success Roadmap</b> Unit 3: Highway Connections - Lesson 08: Analyzing Support &amp; Connection</p>
<b>INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK</b>	<b>HE.9-12.2.3.</b>	<p>Health Information, Products, and Services Across Topic Areas: Describe when and how to access health services for self and others</p> <p><b>My Success Roadmap</b> Unit 3: Highway Connections - Lesson 08: Analyzing Support &amp; Connection</p>
<b>CONTENT STANDARD / COURSE</b>	<b>HI.HE.9-12.</b>	Health Education
<b>STANDARD / PERFORMANCE INDICATOR / DOMAIN</b>	<b>HE.9-12.3.</b>	SELF MANAGEMENT: Practice health: enhancing behaviors and reduce health risks
<b>INDICATOR / GRADE LEVEL EXPECTATION /</b>	<b>HE.9-12.3.1.</b>	Mental and Emotional Health: Compare a variety of personal coping and stress management strategies

<p><b>BENCHMARK</b></p>		<p><b>Multimedia Extensions</b>  Multimedia Extensions: Stress  Multimedia Extensions: Well-Being</p> <p><b>My Roadmap to the Future</b>  Unit 4: Stress - Lesson 07: Handling Pressure  Unit 5: Well-Being - Lesson 09: Finding Balance  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress  Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 6: Highway to Motivation - Lesson 13: Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<p><b>INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK</b></p>	<p><b>HE.9-12.3.2.</b></p>	<p>Personal Health and Wellness: Compare the importance of enhancing health and safety in the community, workplace, and/or at home</p> <p><b>My Roadmap to the Future</b>  Unit 5: Well-Being - Lesson 09: Finding Balance  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<p><b>INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK</b></p>	<p><b>HE.9-12.3.3.</b></p>	<p>Personal Health and Wellness: Evaluate personal behaviors within the risk areas (e.g., tobacco use, alcohol and drug use, nutrition, fitness, personal safety, sexual activity)</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Well-Being</p> <p><b>My Roadmap to the Future</b>  Unit 4: Stress - Lesson 07: Handling Pressure  Unit 4: Stress - Lesson 08: Analyzing Stress</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 01: Your Future  Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School  Unit 3: Highway Connections - Lesson 08: Analyzing Support &amp; Connection  Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being</p>

		Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
<b>CONTENT STANDARD / COURSE</b>	<b>HI.HE.9-12.</b>	Health Education
<b>STANDARD / PERFORMANCE INDICATOR / DOMAIN</b>	<b>HE.9-12.4.</b>	<b>ANALYZING INFLUENCES:</b> Understand the influences of culture, family, peers, media, technology, and other factors on health
<b>INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK</b>	<b>HE.9-12.4.1.</b>	Factors Influencing Health Across Topic Areas: Evaluate the interrelationship of internal and external factors that influence health behaviors  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation  <b>My Roadmap to the Future</b> Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation  <b>My Success Roadmap</b> Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being
<b>CONTENT STANDARD / COURSE</b>	<b>HI.HE.9-12.</b>	Health Education
<b>STANDARD / PERFORMANCE INDICATOR / DOMAIN</b>	<b>HE.9-12.5.</b>	<b>INTERPERSONAL COMMUNICATION:</b> Use interpersonal communication skills to enhance health
<b>INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK</b>	<b>HE.9-12.5.1.</b>	Communication Skills Across Topic Areas: Know how to use appropriate verbal and non-verbal communication skills that are necessary to avoid potentially harmful situations  <b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation
<b>INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK</b>	<b>HE.9-12.5.2.</b>	Promoting Safety and Preventing Violence and Unintentional Injury: Know how to use appropriate strategies to resolve disagreements  <b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation

<b>CONTENT STANDARD / COURSE</b>	<b>HI.HE.9-12.</b>	Health Education
<b>STANDARD / PERFORMANCE INDICATOR / DOMAIN</b>	<b>HE.9-12.6.</b>	<b>DECISION MAKING AND GOAL SETTING:</b> Use <b>DECISION MAKING AND GOAL SETTING</b> skills to enhance health
<b>INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK</b>	<b>HE.9-12.6.1.</b>	<p>Decision-Making Across Topic Areas: Explain decision-making strategies used to make health-related decisions</p> <p><b>My Roadmap to the Future</b>  Unit 3: Connections - Lesson 05: Making Connections  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK</b>	<b>HE.9-12.6.2.</b>	<p>Decision-Making Across Topic Areas: Evaluate health decisions that have immediate and long-term consequences on the individual, family, and community</p> <p><b>My Roadmap to the Future</b>  Unit 3: Connections - Lesson 05: Making Connections  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK</b>	<b>HE.9-12.6.3.</b>	<p>Decision-Making Across Topic Areas: Know how to apply appropriate responses to risky situations</p> <p><b>My Roadmap to the Future</b>  Unit 3: Connections - Lesson 05: Making Connections  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>

<b>INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK</b>	<b>HE.9-12.6.4.</b>	<p>Goal-Setting Across Topic Areas: Create and implement a plan for enhancing life-long goals</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Importance of School / Goal-Setting  Multimedia Extensions: Motivation</p> <p><b>My Roadmap to the Future</b>  Unit 1: Success, Education, &amp; Work - Lesson 01: Defining Success  Unit 1: Success, Education, &amp; Work - Lesson 02: Analyzing Jobs  Unit 2: Confidence - Lesson 04: Analyzing Confidence  Unit 4: Stress - Lesson 07: Handling Pressure  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 11: Showing Motivation  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 01: Your Future  Unit 1: Destination Success - Lesson 02: Your Goals  Unit 1: Destination Success - Lesson 03: Career Ideas  Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School  Unit 2: Highway to Confidence - Lesson 05: Confidence  Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being  Unit 6: Highway to Motivation - Lesson 13: Motivation  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>CONTENT STANDARD / COURSE</b>	<b>HI.HE.9-12.</b>	Health Education
<b>STANDARD / PERFORMANCE INDICATOR / DOMAIN</b>	<b>HE.9-12.7.</b>	<b>ADVOCACY:</b> Advocate for personal, family, and community health
<b>INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK</b>	<b>HE.9-12.7.2.</b>	<p>Advocacy Across Topic Areas: Design a school-wide health advocacy campaign that advocates for a healthy lifestyle</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School  Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
<b>INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK</b>	<b>HE.9-12.7.4.</b>	<p>Advocacy Across Topic Areas: Explain how health messages can be translated to particular audiences</p> <p><b>My Success Roadmap</b></p>

		Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence
<b>CONTENT STANDARD / COURSE</b>	<b>HI.PE.9-12.</b>	Physical Education
<b>STANDARD / PERFORMANCE INDICATOR / DOMAIN</b>	<b>PE.9-12.3.</b>	ACTIVE LIFESTYLE: Participate regularly in physical activity
<b>INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK</b>	<b>PE.9-12.3.2.</b>	Individual, Dual, and Lifetime Activities: Describe reasons for, and healthful benefits of, continuing involvement in personally selected physical activities and identify strategies to do so  <b>Multimedia Extensions</b> Multimedia Extensions: Stress  <b>My Success Roadmap</b> Unit 6: Highway to Motivation - Lesson 13: Motivation
<b>CONTENT STANDARD / COURSE</b>	<b>HI.PE.9-12.</b>	Physical Education
<b>STANDARD / PERFORMANCE INDICATOR / DOMAIN</b>	<b>PE.9-12.4.</b>	PHYSICAL FITNESS: Know ways to achieve and maintain a health-enhancing level of physical fitness
<b>INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK</b>	<b>PE.9-12.4.1.</b>	Fitness and Conditioning-Related Activities: Set goals to improve personal fitness level based on various sources of information  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation

**Hawaii Content and Performance Standards**

**Health and PE**

**Grade 12 - Adopted 2007**

<b>CONTENT STANDARD / COURSE</b>	<b>HI.HE.9-12.</b>	Health Education
<b>STANDARD / PERFORMANCE INDICATOR / DOMAIN</b>	<b>HE.9-12.1.</b>	CORE CONCEPTS: Understand concepts related to health promotion and disease prevention
<b>INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK</b>	<b>HE.9-12.1.1.</b>	Mental and Emotional Health: Compare the relationships among mental, emotional, social, and physical health in adulthood

		<p><b>Multimedia Extensions</b>  Multimedia Extensions: Stress  Multimedia Extensions: Well-Being</p> <p><b>My Roadmap to the Future</b>  Unit 3: Connections - Lesson 06: Analyzing Support  Unit 4: Stress - Lesson 08: Analyzing Stress  Unit 5: Well-Being - Lesson 09: Finding Balance  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 11: Showing Motivation  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
<b>INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK</b>	<b>HE.9-12.1.3.</b>	<p>Personal Health and Wellness: Identify personal health behaviors and other factors that impact body system functions</p> <p><b>My Success Roadmap</b>  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being</p>
<b>CONTENT STANDARD / COURSE</b>	<b>HI.HE.9-12.</b>	Health Education
<b>STANDARD / PERFORMANCE INDICATOR / DOMAIN</b>	<b>HE.9-12.2.</b>	ACCESSING INFORMATION: Access valid health information and health: promoting products and services
<b>INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK</b>	<b>HE.9-12.2.1.</b>	<p>Health Information, Products, and Services Across Topic Areas: Compare health information provided from home, school, and community resources</p> <p><b>My Success Roadmap</b>  Unit 3: Highway Connections - Lesson 08: Analyzing Support &amp; Connection</p>
<b>INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK</b>	<b>HE.9-12.2.3.</b>	<p>Health Information, Products, and Services Across Topic Areas: Describe when and how to access health services for self and others</p> <p><b>My Success Roadmap</b>  Unit 3: Highway Connections - Lesson 08: Analyzing Support &amp; Connection</p>
<b>CONTENT STANDARD / COURSE</b>	<b>HI.HE.9-12.</b>	Health Education
<b>STANDARD / PERFORMANCE INDICATOR / DOMAIN</b>	<b>HE.9-12.3.</b>	SELF MANAGEMENT: Practice health: enhancing behaviors and reduce health risks
<b>INDICATOR / GRADE LEVEL</b>	<b>HE.9-</b>	Mental and Emotional Health: Compare a variety of personal



<p><b>EXPECTATION / BENCHMARK</b></p>	<p><b>12.3.1.</b></p>	<p>coping and stress management strategies</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Stress  Multimedia Extensions: Well-Being</p> <p><b>My Roadmap to the Future</b>  Unit 4: Stress - Lesson 07: Handling Pressure  Unit 5: Well-Being - Lesson 09: Finding Balance  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  Unit 4: Highway Roadblocks-Managing Stress - Lesson 09: Stress  Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 6: Highway to Motivation - Lesson 13: Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<p><b>INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK</b></p>	<p><b>HE.9-12.3.2.</b></p>	<p>Personal Health and Wellness: Compare the importance of enhancing health and safety in the community, workplace, and/or at home</p> <p><b>My Roadmap to the Future</b>  Unit 5: Well-Being - Lesson 09: Finding Balance  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<p><b>INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK</b></p>	<p><b>HE.9-12.3.3.</b></p>	<p>Personal Health and Wellness: Evaluate personal behaviors within the risk areas (e.g., tobacco use, alcohol and drug use, nutrition, fitness, personal safety, sexual activity)</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Well-Being</p> <p><b>My Roadmap to the Future</b>  Unit 4: Stress - Lesson 07: Handling Pressure  Unit 4: Stress - Lesson 08: Analyzing Stress</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 01: Your Future  Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School  Unit 3: Highway Connections - Lesson 08: Analyzing Support &amp; Connection  Unit 4: Highway Roadblocks-Managing Stress - Lesson 10:</p>

		Analyzing Stress Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning
<b>CONTENT STANDARD / COURSE</b>	<b>HI.HE.9-12.</b>	Health Education
<b>STANDARD / PERFORMANCE INDICATOR / DOMAIN</b>	<b>HE.9-12.4.</b>	<b>ANALYZING INFLUENCES:</b> Understand the influences of culture, family, peers, media, technology, and other factors on health
<b>INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK</b>	<b>HE.9-12.4.1.</b>	Factors Influencing Health Across Topic Areas: Evaluate the interrelationship of internal and external factors that influence health behaviors  <b>Multimedia Extensions</b> Multimedia Extensions: Confidence Multimedia Extensions: Motivation  <b>My Roadmap to the Future</b> Unit 5: Well-Being - Lesson 10: Analyzing Well-Being Unit 6: Motivation - Lesson 12: Analyzing Motivation  <b>My Success Roadmap</b> Unit 3: Highway Connections - Lesson 07: Social Support Unit 5: Highway to Well-Being - Lesson 11: Health & Well-Being
<b>CONTENT STANDARD / COURSE</b>	<b>HI.HE.9-12.</b>	Health Education
<b>STANDARD / PERFORMANCE INDICATOR / DOMAIN</b>	<b>HE.9-12.5.</b>	<b>INTERPERSONAL COMMUNICATION:</b> Use interpersonal communication skills to enhance health
<b>INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK</b>	<b>HE.9-12.5.1.</b>	Communication Skills Across Topic Areas: Know how to use appropriate verbal and non-verbal communication skills that are necessary to avoid potentially harmful situations  <b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 06: Analyzing Support Unit 4: Stress - Lesson 07: Handling Pressure Unit 5: Well-Being - Lesson 09: Finding Balance Unit 6: Motivation - Lesson 12: Analyzing Motivation
<b>INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK</b>	<b>HE.9-12.5.2.</b>	Promoting Safety and Preventing Violence and Unintentional Injury: Know how to use appropriate strategies to resolve disagreements  <b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 06: Analyzing Support Unit 5: Well-Being - Lesson 09: Finding Balance

		Unit 6: Motivation - Lesson 12: Analyzing Motivation
<b>CONTENT STANDARD / COURSE</b>	<b>HI.HE.9-12.</b>	Health Education
<b>STANDARD / PERFORMANCE INDICATOR / DOMAIN</b>	<b>HE.9-12.6.</b>	DECISION MAKING AND GOAL SETTING: Use DECISION MAKING AND GOAL SETTING skills to enhance health
<b>INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK</b>	<b>HE.9-12.6.1.</b>	<p>Decision-Making Across Topic Areas: Explain decision-making strategies used to make health-related decisions</p> <p><b>My Roadmap to the Future</b>  Unit 3: Connections - Lesson 05: Making Connections  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK</b>	<b>HE.9-12.6.2.</b>	<p>Decision-Making Across Topic Areas: Evaluate health decisions that have immediate and long-term consequences on the individual, family, and community</p> <p><b>My Roadmap to the Future</b>  Unit 3: Connections - Lesson 05: Making Connections  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK</b>	<b>HE.9-12.6.3.</b>	<p>Decision-Making Across Topic Areas: Know how to apply appropriate responses to risky situations</p> <p><b>My Roadmap to the Future</b>  Unit 3: Connections - Lesson 05: Making Connections  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>

		Planning
<b>INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK</b>	<b>HE.9-12.6.4.</b>	<p>Goal-Setting Across Topic Areas: Create and implement a plan for enhancing life-long goals</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Importance of School / Goal-Setting  Multimedia Extensions: Motivation</p> <p><b>My Roadmap to the Future</b>  Unit 1: Success, Education, &amp; Work - Lesson 01: Defining Success  Unit 1: Success, Education, &amp; Work - Lesson 02: Analyzing Jobs  Unit 2: Confidence - Lesson 04: Analyzing Confidence  Unit 4: Stress - Lesson 07: Handling Pressure  Unit 5: Well-Being - Lesson 10: Analyzing Well-Being  Unit 6: Motivation - Lesson 11: Showing Motivation  Unit 6: Motivation - Lesson 12: Analyzing Motivation</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 01: Your Future  Unit 1: Destination Success - Lesson 02: Your Goals  Unit 1: Destination Success - Lesson 03: Career Ideas  Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School  Unit 2: Highway to Confidence - Lesson 05: Confidence  Unit 4: Highway Roadblocks-Managing Stress - Lesson 10: Analyzing Stress  Unit 5: Highway to Well-Being - Lesson 11: Health &amp; Well-Being  Unit 5: Highway to Well-Being - Lesson 12: Analyzing Well-Being  Unit 6: Highway to Motivation - Lesson 13: Motivation  Unit 6: Highway to Motivation - Lesson 14: Analyzing Motivation  Unit 7: Creating a Success Highways Itinerary - Lesson 15: Action Planning</p>
<b>CONTENT STANDARD / COURSE</b>	<b>HI.HE.9-12.</b>	Health Education
<b>STANDARD / PERFORMANCE INDICATOR / DOMAIN</b>	<b>HE.9-12.7.</b>	ADVOCACY: Advocate for personal, family, and community health
<b>INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK</b>	<b>HE.9-12.7.2.</b>	<p>Advocacy Across Topic Areas: Design a school-wide health advocacy campaign that advocates for a healthy lifestyle</p> <p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School  Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
<b>INDICATOR / GRADE LEVEL EXPECTATION /</b>	<b>HE.9-12.7.4.</b>	Advocacy Across Topic Areas: Explain how health messages can be translated to particular audiences

<b>BENCHMARK</b>		<p><b>My Success Roadmap</b>  Unit 1: Destination Success - Lesson 04: Analyzing the Importance of School  Unit 2: Highway to Confidence - Lesson 06: Analyzing School Confidence</p>
<b>CONTENT STANDARD / COURSE</b>	<b>HI.PE.9-12.</b>	Physical Education
<b>STANDARD / PERFORMANCE INDICATOR / DOMAIN</b>	<b>PE.9-12.3.</b>	ACTIVE LIFESTYLE: Participate regularly in physical activity
<b>INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK</b>	<b>PE.9-12.3.2.</b>	<p>Individual, Dual, and Lifetime Activities: Describe reasons for, and healthful benefits of, continuing involvement in personally selected physical activities and identify strategies to do so</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Stress</p> <p><b>My Success Roadmap</b>  Unit 6: Highway to Motivation - Lesson 13: Motivation</p>
<b>CONTENT STANDARD / COURSE</b>	<b>HI.PE.9-12.</b>	Physical Education
<b>STANDARD / PERFORMANCE INDICATOR / DOMAIN</b>	<b>PE.9-12.4.</b>	PHYSICAL FITNESS: Know ways to achieve and maintain a health: enhancing level of physical fitness
<b>INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK</b>	<b>PE.9-12.4.1.</b>	<p>Fitness and Conditioning-Related Activities: Set goals to improve personal fitness level based on various sources of information</p> <p><b>Multimedia Extensions</b>  Multimedia Extensions: Confidence  Multimedia Extensions: Motivation</p>

Hawaii Content and Performance Standards

Social Studies

Grade 9 - Adopted 2007

<b>CONTENT STANDARD / COURSE</b>	<b>HI.SS.9PD.</b>	PARTICIPATION IN A DEMOCRACY
<b>STANDARD / PERFORMANCE INDICATOR / DOMAIN</b>	<b>SS.9PD.8.</b>	Economics: RESOURCES, MARKETS, AND GOVERNMENT- Understand economic concepts and the characteristics of various economic systems

<b>INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK</b>		TOPIC: Economic Role of Government
<b>EXPECTATION / TOPIC</b>	<b>SS.9PD.8.2.</b>	Explain how people, individually and collectively, participate in the U.S. economy  <b>Multimedia Extensions</b> Multimedia Extensions: Importance of School / Goal-Setting

Hawaii Content and Performance Standards

Social Studies

Grade 12 - Adopted 2007

<b>CONTENT STANDARD / COURSE</b>	<b>HI.SS.SOC.</b>	<b>SOCIOLOGY</b>
<b>STANDARD / PERFORMANCE INDICATOR / DOMAIN</b>	<b>SS.SOC.3.</b>	Understand the types, characteristics and dynamics of social groups and social institutions
<b>INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK</b>		TOPIC: Roles of Groups
<b>EXPECTATION / TOPIC</b>	<b>SS.SOC.3.1.</b>	Describe the behavior of social groups (e.g., family, peers, co-workers, teams) and their function in society  <b>My Roadmap to the Future</b> Unit 3: Connections - Lesson 05: Making Connections  <b>My Success Roadmap</b> Unit 3: Highway Connections - Lesson 07: Social Support Unit 3: Highway Connections - Lesson 08: Analyzing Support & Connection
<b>CONTENT STANDARD / COURSE</b>	<b>HI.SS.SOC.</b>	<b>SOCIOLOGY</b>
<b>STANDARD / PERFORMANCE INDICATOR / DOMAIN</b>	<b>SS.SOC.4.</b>	Recognize social problems and underlying causes
<b>INDICATOR / GRADE LEVEL EXPECTATION / BENCHMARK</b>		TOPIC: Control
<b>EXPECTATION / TOPIC</b>	<b>SS.SOC.4.3.</b>	Evaluate the effectiveness of various types of control over deviant and criminal behavior (e.g., deterrence, incarceration, sanction)  <b>Multimedia Extensions</b> Multimedia Extensions: Importance of School / Goal-Setting

