



Texas Essential Knowledge and Skills (TEKS) for Health Education, MIDDLE SCHOOL

	Aim for Success	Achieve Success	Freedom to Succeed	Power to Succeed	Radical	The Next Chapter	Focus on Success
TEKS- 6th Grade							
115.22 (b) Knowledge and Skills							
(1) Personal Health							
(D) Causes of poor body image							√
(2) Body Structure and Function							
(C) Hormones		√					
(D) Menstrual health	√						
(3) Disease Prevention							
(A) Modes of transmission	√						
(5) Reducing Health Risks							
(A) Use/Abuse of medications				√			
(B) Social influences on drug use				√			
(C) Dependency/addiction				√			
(D) Drugs and unsafe situations		√		√			
(E) Prevention of drug use		√		√			
(H) Strategies for avoiding drugs		√		√			
(I) Sexual activity/ abstinence	√	√	√				√
(7) Relationships and Health							
(A) Relationships affect health		√			√	√	√
(B) Resisting peer pressure		√					√
(C) Conflict resolution		√			√	√	
(D) Abstinence/refusing unsafe behaviors	√	√	√				√
(E) Communicating issues		√			√	√	√
(8) Media and Technology							
(A) Influence of technology on health		√					√
(10) Consideration and Respect							
(A) Empathy and consideration					√	√	
(C) Methods of self-control	√	√	√	√	√	√	√
(D) Expressing affection and love	√	√	√		√	√	√
(11) Decision-making, Problem-solving							
(A) Seek input of parents and adults	√	√					√
(B) Refusal skills		√			√	√	√
(C) Impact of peer pressure	√				√	√	
(D) Comparing risks and benefits				√			√
(E) Health implications of goals	√	√	√	√			√
(12) Bullying Prevention							
(A) Impact on victim and bullies					√	√	
(B) Prevention and intervention					√	√	
(C) Assertive without being aggressive					√	√	
(D) Responding to bullying					√	√	

	Aim for Success	Achieve Success	Freedom to Succeed	Power to Succeed	Radical	The Next Chapter	Focus on Success
TEKS- 7-8th Grade							
115.23 (b) Knowledge and Skills							
(2) Body Structure and Function							
(E) Physical/emotional development		√					
(3) Disease Prevention							
(D) HIV and STDs	√	√					
(4) Health Information							
(A) Media messages		√					√
(B) Evaluation criteria		√					√
(D) Legal implication/sexual activity				√			
(5) Reducing Health Risks							
(C) Abuse prevention and intervention	√	√	√				
(D) Abstinence	√	√	√				√
(E) Importance of abstinence	√	√	√				√
(F) Abstinence 100% effective	√	√	√				√
(H) Chemical dependency/addiction					√		
(I) Medicine and other drugs					√		
(J) Preventing tobacco, alcohol, drugs		√		√			
(7) Relationships and Health							
(A) Positive/negative relationships		√		√	√	√	√
(B) Strategies for monitoring relationships		√		√			√
(8) Media and Technology							
(A) Influence of technology on health		√					√
(B) Media and buying decisions		√					√
(9) Social factors and Health							
(A) Health and generations/populations							√
(B) Family health	√						
(10) Communication skills							
(A) positive/negative peer pressure		√		√	√	√	√
(11) Interpersonal skills							
(A) Responding to criticism							√
(B) Coping with problems and stress							√
(12) Decision-making, Problem-solving							
(B) Making health decisions	√	√	√	√	√	√	√
(C) Risks and benefits with personal health	√	√	√	√	√	√	√
(D) Refusal skills		√		√	√	√	√
(E) Effects of peer pressure		√	√	√	√	√	√
(F) Strategies for setting goals	√	√	√	√	√	√	√
(13) Bullying Prevention							
(A) Strategies for prevention			√		√	√	
(B) Seriousness of forms of bullying					√	√	√
(C) Demonstrating empathy					√	√	
(D) Ways to show disapproval of bullying					√	√	
(E) Responsibility to report bullying					√	√	√