

**ACP Blueprint  
MS Health Education 8  
Semester 1, 2023–2024**

Test Code	Year	Form
7080	23	3
Last Revision Date: 05/02/2023		

SE Descriptions	TEKS/SE	No. of Items	% of Test
<b>1. Physical Health and Hygiene.</b> Describe the relationships among the body systems.	1*	1	2%
<b>2. Physical Health and Hygiene.</b> List specific resources or facilities where members of the community can obtain medical care.	2A	1	2%
<b>3. Physical Health and Hygiene.</b> Identify barriers related to solving health problems and ways to overcome barriers.	2C	2	4%
<b>4. Mental Health and Wellness.</b> Analyze the relationship between thoughts, feelings, and behaviors and demonstrate healthy techniques for managing reactions in times of emotional stress.	3B	2	4%
<b>5. Mental Health and Wellness.</b> Evaluate the importance of social groups and peer influences and explain how they can affect individual mental health and wellness.	3C	1	2%
<b>6. Mental Health and Wellness.</b> Demonstrate perspective-taking and communication skills for building and maintaining healthy relationships and determining when and how to end unhealthy relationships.	3D	1	2%
<b>7. Mental Health and Wellness.</b> Explain how adolescent brain development influences cognitive processing, emotions, and decision making.	5A	2	4%
<b>8. Mental Health and Wellness.</b> Identify and describe how environmental influences such as air, water, or noise can affect an individual's mental health.	5B	2	4%
<b>9. Mental Health and Wellness.</b> Discuss the influence of childhood trauma and how to recognize, process, and overcome negative events.	5C	1	2%
<b>10. Mental Health and Wellness.</b> Differentiate between healthy and unhealthy self-management strategies for stress, anxiety, depression, trauma, loss, and grief.	6C	1	2%
<b>11. Mental Health and Wellness.</b> Describe the consequences of disordered eating and eating disorders such as bulimia, anorexia, and binge eating disorder and the importance of seeking help from a parent or another trusted adult for oneself or others related to disordered eating.	6D	1	2%
<b>12. Mental Health and Wellness.</b> 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.	6E	1	2%
<b>13. Mental Health and Wellness.</b> Research and discuss protective factors and healthy self-management strategies to avoid self-harming behaviors.	6F	1	2%
<b>14. Mental Health and Wellness.</b> Examine how the use of suicide prevention resources such as the National Suicide Prevention Hotline can reduce the likelihood of suicide.	6G	1	2%
<b>15. Healthy Eating and Physical Activity.</b> Analyze food labels and menus to determine the nutritional value of foods and make healthy decisions about daily caloric intake.	7A	3	5%

SE Descriptions	TEKS/SE	No. of Items	% of Test
<b>16. Healthy Eating and Physical Activity.</b> Identify and practice strategies for choosing healthy foods and beverages in diverse social environments, including at home, at school, and while dining out.	7C	2	4%
<b>17. Healthy Eating and Physical Activity.</b> Identify how to balance caloric intake and physical activity.	8B	1	2%
<b>18. Healthy Eating and Physical Activity.</b> Apply the CDC guidelines for daily physical activity to develop a physical fitness plan using appropriate technology.	8C	1	2%
<b>19. Healthy Eating and Physical Activity.</b> Explain how media influences buying decisions regarding physical fitness equipment or nutritional products.	9B	2	4%
<b>20. Healthy Eating and Physical Activity.</b> Analyze the impact of moderate physical activity and healthy dietary practices in the prevention of obesity, heart disease, and diabetes.	10A	2	4%
<b>21. Healthy Eating and Physical Activity.</b> Identify community and digital resources that can assist in developing healthy eating and physical activity behaviors.	10C	1	2%
<b>22. Healthy Eating and Physical Activity.</b> Investigate and compare the nutritional differences between preparing and serving fresh food or minimally processed food and serving commercially prepared or highly processed foods.	10D	2	4%
<b>23. Injury/Violence Prevention and Safety.</b> Demonstrate basic first-aid procedures, including CPR and the choking rescue.	11*	2	4%
<b>24. Injury/Violence Prevention and Safety.</b> Define safe haven and identify designated safe haven locations in the community.	12B	2	4%
<b>25. Injury/Violence Prevention and Safety.</b> Evaluate the dangers associated with a variety of weapons.	12C	1	2%
<b>26. Injury/Violence Prevention and Safety.</b> Evaluate strategies and techniques for identity protection in digital and online environments.	13C	2	4%
<b>27. Injury/Violence Prevention and Safety.</b> Identify forms of family violence, including physical, mental, and emotional violence.	14A	2	4%
<b>28. Injury/Violence Prevention and Safety.</b> Explain the responsibility to report bullying behavior, including cyberbullying.	14C	2	4%
<b>29. Alcohol, Tobacco, and Other Drugs.</b> Differentiate between appropriate and inappropriate use of prescription and over-the-counter drugs, including combining drugs, and the outcomes of each.	15A	2	4%
<b>30. Alcohol, Tobacco, and Other Drugs.</b> Identify and explain the importance of each component of an over-the-counter drug warning label.	15C	3	5%
<b>31. Alcohol, Tobacco, and Other Drugs.</b> Identify and describe treatment options for substance abuse and addiction.	17A	2	4%
<b>32. Alcohol, Tobacco, and Other Drugs.</b> Identify signs and symptoms of alcohol; tobacco; drugs, including prescription drugs; and other substance use and misuse such as using medicine prescribed for someone else or for reasons other than intended.	17B	2	4%

SE Descriptions			TEKS/SE	No. of Items	% of Test
<b>33. Alcohol, Tobacco, and Other Drugs.</b> Identify support systems and describe ways to report the suspected abuse of drugs to a parent, school administrator, teacher, or another trusted adult.			18D	2	4%
<b>34. Alcohol, Tobacco, and Other Drugs.</b> Develop and apply strategies, including demonstrating refusal skills, for avoiding alcohol, tobacco, and other drugs in various scenarios.			19*	1	2%
<b>Item Types by Point</b>	1-point items (MC & TE Items)	50	<b>Total</b>	<b>55</b>	
	2-point items (TE Items only)	5			
	<b>Total</b>	60			

**Note:** \*SE is included in the strand. Percentages are rounded to the nearest whole number. ACPs are administered online, with DAN.

### DAN/STAAR Tech-Enhanced (TE) Items Comparison

DAN TE Item Type	Definition	STAAR TE Item Type
Multiple Choice (MC)	Requires students to select one correct answer from several answer choices.	Multiple Choice
Inline Choice (IC)	Requires students to select the correct response from one or more dropdown menus within the question.	Inline Choice
Multiple Response (MR)	Requires students to select two or more correct answers from several answer choices.	Multiselect

**\*This test will include only a selection of the tech-enhanced item types listed.**