

Goodheart–Willcox Publisher Correlation of *Essential Health Skills for High School* ©2023 to the National Health Education Standards (Grades 9–12)

Standard 1—Students will comprehend concepts related to health promotion and disease prevention to enhance health.

Standards	Correlating Pages
1.12.1 Predict how healthy behaviors can affect health status.	5 (Setting the Scene), 6–8, 16–18, 18 (4), 31 (19), 34–35, 37, 40 (5, Real World Health Skills), 248–255, 261–264, 267–269, 328–334, 335 (Real World Health Skills), 370 (Case Study), 513 (19), 609–611, 616, 641 (18), 752–757, 773–775, 777–781, 785, 787, 791–793
1.12.2 Describe the interrelationships of emotional, intellectual, physical, and social health.	7–10, 7 (Case Study), 12 (8), 211–220, 330–331, 335 (Real World Health Skills), 772–773, 780–781, 782–786, 788–789
1.12.3 Analyze how environment and personal health are interrelated.	19–27 , 22 (Local and Global Health), 25 (caption question), 26 (Skills for Health and Wellness), 27 (3, 5, 6, 8), 107, 138 (3), 176–183, 211, 610–622, 649–650, 659–660, 768 (14), 773, 777–781, 782–787
1.12.4 Analyze how genetics and family history can impact personal health.	13–16, 15 (caption question), 18 (3), 106, 211, 335 (6), 703, 730 (15), 750–752, 755, 773
1.12.5 Propose ways to reduce or prevent injuries and health problems.	35–38, 37 (caption question), 40 (5), 67 (Hands-On Skills Activity), 221–223, 230–231, 295 (20), 349–355, 358 (11), 382–385, 413–414, 421 (20), 427–429, 456–458, 559 (19), 565–571, 607 (17–20), 661–667, 671 (16, 18–20), 683–688, 691–695, 731 (17, 19–21), 785, 787, 791–795
1.12.6 Analyze the relationship between access to health care and health status.	26–27, 29 (14, 17), 55 (Local and Global Health), 57–59, 228–229, 662–665, 754–755
1.12.7 Compare and contrast the benefits of and barriers to practicing a variety of healthy behaviors.	16–26, 27 (4, 6, Real World), 39–40, 66 (3, 5, 14), 89–91, 96 (14), 228–229, 242 (9), 267–273, 277–279, 279 (5), 380–382, 385–389, 411–414, 426–429, 454–

Standards	Correlating Pages
	458, 464 (14), 465 (19), 470–476, 482–484, 490–492, 495–499, 504–506, 509 (Real World Health Skills), 564–602, 607 (17), 631–636, 640 (12, 15), 683–688, 692–693, 694–695, 695 (8), 739–740, 745–749, 758–759, 764, 768 (14), 782–787, 791–795
1.12.8 Analyze personal susceptibility to injury, illness, or death if engaging in unhealthy behaviors.	13–14, 13 (Warm-Up Activity), 16–18, 30 (8, 16), 31 (19), 184–191, 191 (1), 248–255, 267–269, 311–312, 366–374, 393 (Hands-On Skills Activity), 400–409, 421 (20), 431–445, 465 (Hands-On Skills Activity), 565–571, 573–582, 584–585, 606 (16), 607 (17), 616–628, 661–663, 666, 674–682, 682 (Real World Health Skills), 689–692, 695 (3), 702–705, 708–712, 716–717, 723–726, 738–740, 745–749, 764, 765 (4)
1.12.9 Analyze the potential severity of injury or illness if engaging in unhealthy behaviors.	13–14, 16–18, 18 (Real World Health Skills), 30 (8), 31 (19), 184–191, 191 (1), 248–255, 267–269, 311–312, 366–374, 393 (Hands-On Skills Activity), 400–409, 421 (20), 431–445, 465 (Hands-On Skills Activity), 565–571, 573–582, 584–585, 606 (16), 607 (17), 616–628, 674–682, 682 (Real World Health Skills), 689–692, 695 (3), 702–705, 708–712, 716–717, 723–726, 738–740, 745–749, 764, 765 (4)

Standard 2—Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

Standards	Correlating Pages
2.12.1 Analyze how the family influences the health of individuals.	13–17, 18 (3), 21–22, 27 (7), 31 (18), 106–107, 111 (5), 177–180, 271, 299–300, 306 (7), 380–382, 389 (1, 6), 392 (14), 412, 417 (6–7), 455–456, 464 (14), 516–517, 768 (14)
2.12.2 Analyze how the culture supports and challenges health beliefs, practices, and behaviors.	22, 23 (Local and Global Health), 27 (3), 106–107, 111 (8), 229 (Local and Global Health), 271, 299–305, 306 (7), 380–383, 392 (14), 412–413, 455–456, 464 (14), 481 (Local and Global Health), 516–517, 525, 535 (Health in the Media), 698 (7), 768 (14)

Standards	Correlating Pages
2.12.3 Analyze how peers influence healthy and unhealthy behaviors.	22 (Local and Global Health), 88–91, 93 (1), 96 (10), 105–107, 177, 271–272, 299–300, 380, 382–383, 389 (1), 392 (14, 16), 412–414, 417 (7), 456, 464 (14), 505–506, 512 (14), 516–524, 685, 785–786
2.12.4 Evaluate how the school and community can affect personal health practice and behaviors.	20–21, 23, 27 (8), 30 (10), 31 (Hands-On Skills Activity), 107, 111 (8), 138 (3), 206 (2), 229 (Local and Global Health), 234, 271–273, 299–300, 306 (7), 338, 346–347, 347 (9), 380, 392 (7), 412, 417 (1), 456, 459, 464 (14), 516–517, 521, 525
2.12.5 Evaluate the effect of media on personal and family health.	23–25, 29 (13), 30 (11, 15), 107–108, 138 (14), 177–178, 178 (Health in the Media), 235 (Health in the Media), 242 (15), 271–272, 294 (14), 300–304, 306 (3), 324 (7, 8), 380, 382, 384, 387 (Health in the Media), 392 (14), 412–413, 420 (14), 456, 459, 464 (14), 475 (Health in the Media), 519 (Research in Action), 522–524, 558 (14), 569 (Health in the Media), 785
2.12.6 Evaluate the impact of technology on personal, family, and community health.	23–25, 24 (Health in the Media), 29 (13), 30 (11, 15), 107–108, 138 (14), 177–178, 178 (Health in the Media), 235 (Health in the Media), 242 (15), 271–272, 294 (14), 300–304, 306 (3), 324 (7, 8), 380, 382, 384, 387 (Health in the Media), 392 (14), 412–413, 420 (14), 456, 459, 464 (14), 475 (Health in the Media), 519 (Research in Action), 522–524, 558 (14), 569 (Health in the Media), 785
2.12.7 Analyze how the perceptions of norms influence healthy and unhealthy behaviors.	22 (Local and Global Health), 271–272, 299–306, 379–382, 392 (16), 410–413, 456, 516–518, 768 (14)
2.12.8 Analyze the influence of personal values and beliefs on individual health practices and behaviors.	16, 23, 39, 75, 81, 86 (5), 113, 271, 300–306, 380, 392 (14), 412–414, 456, 458, 464 (14), 512 (14), 513 (Hands-On Skills Activity), 516–518
2.12.9 Analyze how some health risk behaviors can influence the likelihood of	16–18, 29 (8), 31 (17), 374 (Research in Action), 380–382, 400, 405–409, 420 (3), 457, 464 (9)

Standards	Correlating Pages
engaging in unhealthy behaviors.	
2.12.10 Analyze how public health policies and government regulations can influence health promotion and disease prevention.	49, 58–59, 62–63, 257–260, 317, 320–321, 382–383, 389 (2), 413–415, 419 (12), 421 (Hands-On Skills Activity), 447, 463 (2), 544–545, 628 (Real World Health Skills), 629–631, 637 (1), 643 (Health Management Plan), 660, 719 (Health in the Media), 775

Standard 3—Students will demonstrate the ability to access valid information, products, and services to enhance health.

Standards	Correlating Pages
3.12.1 Evaluate the validity of health information, products, and services.	43 (Research in Action), 44–46, 49 (2, 4, 7, Real World Health Skills), 138 (15), 324 (13), 352 (Health in the Media), 392 (15), 512 (15), 653 (Real World Health Skills)
3.12.2 Use resources from home, school, and community that provide valid health information.	42–44, 220 (Real World Health Skills), 307 (Warm-Up Activity), 512 (15), 673 (3), 684 (Skills for Health and Wellness)
3.12.3 Determine the accessibility of products and services that enhance health.	45–46, 50–52, 55 (Local and Global Health), 67 (19), 223, 242 (16), 687–688, 748 (Skills for Health and Wellness)
3.12.4 Determine when professional health services may be required.	55–56, 56 (5), 66 (10), 109, 111 (9), 203 (10), 221–223, 231 (5), 312–314, 594, 598, 601, 603 (1–3), 687–688, 740, 749, 768 (16)
3.12.5 Access valid and reliable health products and services.	45–46, 55–56, 67 (19), 111 (Real World Health Skills), 206 (17), 223, 231 (Real World Health Skills), 236–237, 242 (16), 313, 352 (Health in the Media), 559 (20), 687–688, 748 (Skills for Health and Wellness)

Standard 4—Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

Standards	Correlating Pages
4.12.1 Use skills for communicating effectively with family, peers, and others to enhance health.	73–79, 79 (Real World Health Skills), 207 (18), 294–295 (16), 479–485, 491–493, 499–500, 506–508, 512 (13, 16), 698 (16), 768 (16)
4.12.2 Demonstrate refusal, negotiation, and collaboration skills to enhance health and avoid or reduce health risks.	38, 82–85, 85 (Skills for Health and Wellness), 86 (Real World Health Skills), 91–93, 93 (Real World Health Skills), 96 (11), 272, 385, 388 (Skills for Health and Wellness), 389 (7), 393 (19), 414, 420 (8), 458, 465 (17), 471–474, 479–481, 484–485, 490–493, 499–501, 506–508, 509 (Skills for Health and Wellness), 512 (16), 685, 720 (Real World Health Skills)
4.12.3 Demonstrate strategies to prevent, manage, or resolve interpersonal conflicts without harming self or others.	82–85, 85 (Skills for Health and Wellness), 86 (Real World Health Skills), 97 (16), 232 (Warm-Up Activity), 294–295 (16), 471–474, 479–481, 490–493, 499–502, 506–509
4.12.4 Demonstrate how to ask for and offer assistance to enhance the health of self and others.	74–79, 198, 203, 222–223, 234–239, 237 (Skills for Health and Wellness), 309 (Skills for Health and Wellness), 385, 388–389, 414–417, 458, 461 (Skills for Health and Wellness), 471–474, 482–483, 491–493, 500–501, 508, 521, 523 (Skills for Health and Wellness), 524, 531, 535, 546, 558 (16)

Standard 5—Students will demonstrate the ability to use decision-making skills to enhance health.

Standards	Correlating Pages
5.12.1 Examine barriers that can hinder healthy decision making.	35–36, 66 (5, 14), 206 (7), 400–401, 409 (6), 420 (3), 430–433, 441–445, 453 (9)
5.12.2 Determine the value of applying a thoughtful decision-making process in health-related situations.	35–38, 40 (4), 65 (1), 66 (1, 14), 67 (17), 607 (17), 776 (Real World Health Skills), 785 (Research in Action), 798 (10)
5.12.3 Justify when individual or collaborative decision making is appropriate.	38, 66 (2), 799 (18)

Standards	Correlating Pages
5.12.4 Generate alternatives to health-related issues or problems.	35–36, 37 (caption question), 139 (17), 295 (19), 331 (Research in Action), 363 (Setting the Scene), 421 (20), 465 (20), 507, 537 (Warm-Up Activity), 559 (17), 640 (7), 699 (20)
5.12.5 Predict the potential short-term and long-term impact of each alternative on self and others.	37, 295 (19), 331 (Research in Action), 363 (Setting the Scene), 465 (20), 509 (Real World Health Skills), 699 (17)
5.12.6 Defend the healthy choice when making decisions.	37, 91–93, 93 (Real World Health Skills), 385, 388 (Skills for Health and Wellness), 389 (7), 393 (19), 414–416, 420 (8), 458, 465 (17), 491, 500, 506–508, 509 (5), 513 (17), 699 (18), 733 (Health Management Plan), 769 (19)
5.12.7 Evaluate the effectiveness of health-related decisions.	38, 40 (6), 173 (20), 203 (Real World Health Skills), 295 (20), 684 (Skills for Health and Wellness)

Standard 6—Students will demonstrate the ability to use goal-setting skills to enhance health.

Standards	Correlating Pages
6.12.1 Assess personal health practices and overall health status.	6–12, 11 (caption question), 12 (2), 12 (Real World Health Skills), 39, 52 (Skills for Health and Wellness), 76 (Quiz), 124 (Quiz), 135 (Real World Health Skills), 153 (Case Study), 243 (19), 289, 291 (8), 346 (Skills for Health and Wellness), 464–465 (16), 607 (18), 713 (Skills for Health and Wellness)
6.12.2 Develop a plan to attain a personal health goal that addresses strengths, needs, and risks.	39–40, 52 (Skills for Health and Wellness), 67 (18), 124 (Quiz), 135 (Real World Health Skills), 153 (Case Study), 183 (Real World Health Skills), 295 (18), 346 (Skills for Health and Wellness), 355 (Real World Health Skills), 536 (Real World Health Skills), 582 (Skills for Health and Wellness), 641 (19), 663 (Case Study), 713 (Skills for Health and Wellness)
6.12.3 Implement strategies and monitor progress in achieving a personal health	37–38, 40, 52 (Skills for Health and Wellness), 135 (Real World Health Skills), 207 (20), 305 (Research

Standards	Correlating Pages
goal.	in Action), 346 (Skills for Health and Wellness), 438 (Case Study), 582 (Skills for Health and Wellness), 671 (18), 713 (Skills for Health and Wellness)
6.12.4 Formulate an effective long-term personal health plan.	34–40, 52 (Skills for Health and Wellness), 99 (Health Management Plan), 153 (Case Study), 245 (Health Management Plan), 305 (Research in Action), 346 (Skills for Health and Wellness), 361 (Health Management Plan), 467 (Health Management Plan), 561 (Health Management Plan), 713 (Skills for Health and Wellness), 733 (Health Management Plan)

Standard 7—Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

Standards	Correlating Pages
7.12.1 Analyze the role of individual responsibility for enhancing health.	34–40, 40 (4), 52 (Skills for Health and Wellness), 168–169, 610, 612–616, 787, 789
7.12.2 Demonstrate a variety of healthy practices and behaviors that will maintain or improve the health of self and others.	60–61, 63 (Real World Health Skills), 74–81, 79 (Real World Health Skills), 88–92, 93 (Real World Health Skills), 97 (16), 117–120, 125–127, 130–133, 139 (19), 146–148, 153–160, 162–169, 194–199, 200 (Skills for Health and Wellness), 221–223, 230–231, 231 (9), 234–239, 237 (Skills for Health and Wellness), 261–264, 276–277, 278 (Skills for Health and Wellness), 287–291, 316–320, 337–347, 359 (18), 382–385, 388 (Skills for Health and Wellness), 393 (19), 413–414, 416 (Skills for Health and Wellness), 417, 426–429, 456–458, 461 (Skills for Health and Wellness), 465 (19), 471–474, 479–481, 490–493, 499–501, 506–508, 509 (Skills for Health and Wellness), 513 (19), 620, 622–624, 627–628, 631–636, 641 (18–19), 661–667, 671 (19), 712–713, 713 (Skills for Health and Wellness), 719–720, 731 (20), 739–740, 747–749, 812–818
7.12.3 Demonstrate a variety of behaviors to avoid or reduce health risks to self and	88–93, 93 (3, Real World Health Skills), 221–223, 230–231, 231 (9), 234–239, 237 (Skills for Health and Wellness), 261–264, 276–279, 278 (Skills for

Standards	Correlating Pages
others.	Health and Wellness), 287–291, 337–345, 349–355, 355 (8), 382–385, 388 (Skills for Health and Wellness), 393 (19), 413–414, 416 (Skills for Health and Wellness), 417, 421 (19), 426–429, 456–458, 461 (Skills for Health and Wellness), 465 (19), 471–474, 479–481, 490–493, 499–502, 506–508, 509 (Skills for Health and Wellness), 513 (19), 521, 523 (Skills for Health and Wellness), 524–526, 530–534, 543–546, 552–555, 555 (8), 559 (19), 565–571, 571 (Real World Health Skills), 573–579, 579 (5), 582–591, 591 (7), 594–603, 607 (17, 19), 620, 622–624, 627–628, 631–636, 641 (18–19), 661–667, 665 (Skills for Health and Wellness), 671 (19), 684–688, 692–695, 699 (19), 712–713, 713 (Skills for Health and Wellness), 719–720, 731 (20), 758–759, 764, 769 (19), 812–818

Standard 8—Students will demonstrate the ability to advocate for personal, family, and community health.

Standards	Correlating Pages
8.12.1 Utilize accurate peer and societal norms to formulate a health-enhancing message.	22 (Local and Global Health), 48–49, 73–79, 88–93, 120 (Real World Health Skills), 264, 325 (18), 383–385, 388 (Skills for Health and Wellness), 413–415, 457–458, 499–500, 506–508, 559 (20), 671 (20), 684 (Skills for Health and Wellness), 769 (20), 795 (Real World Health Skills)
8.12.2 Demonstrate how to influence and support others to make positive health choices.	48–49, 67 (20), 73–79, 90 (Case Study), 93 (4), 159 (Health in the Media), 173 (20), 229 (Local and Global Health), 264, 295 (20), 347 (Real World Health Skills), 378 (Real World Health Skills), 383, 385, 387–388, 408 (Health Across the Life Span), 413–417, 444 (Health in the Media), 457–459, 461, 479–481, 483–486, 491–493, 506–508, 586 (Case Study), 665 (Skills for Health and Wellness), 731 (21)
8.12.3 Work cooperatively as an advocate for improving personal, family, and community health.	55 (Local and Global Health), 60–61, 105 (Research in Action), 139 (20), 173 (20), 229 (Local and Global Health), 435 (Local and Global Health), 465

Standards	Correlating Pages
	(20), 488 (Research in Action), 535 (Health in the Media), 551 (Local and Global Health), 578 (Local and Global Health), 635 (Skills for Health and Wellness)
8.12.4 Adapt health messages and communication techniques to a specific target audience.	48–49, 71–79, 97 (19), 105 (Research in Action), 243 (21), 269 (Real World Health Skills), 273 (Health in the Media), 314 (Real World Health Skills), 359 (19), 387–388, 393 (20), 412–415, 421 (20), 457–458, 465 (20), 484–485, 490–493, 499–500, 508–509, 591 (Real World Health Skills), 626 (Case Study), 641 (20), 692 (Local and Global Health), 699 (20)