

Goodheart–Willcox Publisher Correlation of *Comprehensive Health Skills for High School* ©2025 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 Lessons
1.12.1 Predict how healthy behaviors can affect health status.	Lesson 1.1, Lesson 1.2, Lesson 1.4, Lesson 4.1, Lesson 4.2, Lesson 4.4, Lesson 6.5, Lesson 7.1, Lesson 10.3, Lesson 10.4, Lesson 10.5, Lesson 10.7, Lesson 12.1
1.12.2 Describe the interrelationships of emotional, intellectual, physical, and social health.	Lesson 1.1, Lesson 3.3, Lesson 10.4, Lesson 10.5
1.12.3 Analyze how environment and personal health are interrelated.	Lesson 1.3, Lesson 3.1, Lesson 3.3, Lesson 6.5, Lesson 7.3, Lesson 10.4, Lesson 10.5, Lesson 10.7
1.12.4 Analyze how genetics and family history can impact personal health.	Lesson 1.2, Lesson 3.3, Lesson 10.3, Lesson 10.4
1.12.5 Propose ways to reduce or prevent injuries and health problems.	Lesson 1.4, Lesson 3.5, Lesson 4.5, Lesson 5.1, Lesson 5.6, Lesson 6.1, Lesson 7.1, Lesson 7.2, Lesson 7.4, Lesson 10.4, Lesson 10.5, Lesson 11.2, Lesson 11.3, Lesson 12.1, Lesson 12.2, Lesson 12.3, Lesson 12.4
1.12.6 Analyze the relationship between access to health care and health status.	Lesson 1.3, Lesson 1.7, Lesson 7.4, Lesson 10.3
1.12.7 Compare and contrast the benefits of and barriers to practicing a variety of healthy behaviors.	Lesson 1.2, Lesson 1.3, Lesson 1.4, Lesson 1.10, Lesson 4.3, Lesson 5.1, Lesson 5.6, Lesson 6.6, Lesson 7.2, Lesson 8.1, Lesson 8.2, Lesson 8.3, Lesson 8.4, Lesson 10.1, Lesson 10.2, Lesson 10.4, Lesson 10.5, Lesson 10.7, Lesson 11.2, Lesson 11.3, Lesson 11.4, Lesson 12.1, Lesson 12.2, Lesson 12.3, Lesson 12.4
1.12.8 Analyze personal susceptibility to	Lesson 1.2, Lesson 3.1, Lesson 3.4, Lesson 4.1,

Standards	Correlating Lessons
injury, illness, or death if engaging in unhealthy behaviors.	Lesson 4.2, Lesson 5.2, Lesson 5.3, Lesson 5.4, Lesson 5.5, Lesson 6.1, Lesson 6.3, Lesson 6.4, Lesson 6.5, Lesson 7.1, Lesson 7.3, Lesson 7.4, Lesson 7.5, Lesson 7.6, Lesson 7.7, Lesson 10.1, Lesson 10.2, Lesson 10.7, Lesson 11.1, Lesson 11.2, Lesson 11.4
1.12.9 Analyze the potential severity of injury or illness if engaging in unhealthy behaviors.	Lesson 1.2, Lesson 3.1, Lesson 3.4, Lesson 4.1, Lesson 4.2, Lesson 5.2, Lesson 5.3, Lesson 5.4, Lesson 5.5, Lesson 6.1, Lesson 6.3, Lesson 6.4, Lesson 6.5, Lesson 7.1, Lesson 7.3, Lesson 7.5, Lesson 7.6, Lesson 7.7, Lesson 10.1, Lesson 10.2, Lesson 11.1, Lesson 11.2, Lesson 11.4

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

Standards	Correlating Lessons
2.12.1 Analyze how the family influences the health of individuals.	Lesson 1.2, Lesson 1.3, Lesson 2.1, Lesson 2.4, Lesson 3.1, Lesson 4.3, Lesson 5.6, Lesson 9.1, Lesson 10.7
2.12.2 Analyze how the culture supports and challenges health beliefs, practices, and behaviors.	Lesson 1.3, Lesson 2.1, Lesson 2.4, Lesson 4.3, Lesson 5.6, Lesson 9.1, Lesson 10.7
2.12.3 Analyze how peers influence healthy and unhealthy behaviors.	Lesson 1.3, Lesson 2.1, Lesson 2.4, Lesson 4.3, Lesson 5.6, Lesson 9.1, Lesson 10.5, Lesson 10.7
2.12.4 Evaluate how the school and community can affect personal health practice and behaviors.	Lesson 1.3, Lesson 2.1, Lesson 2.4, Lesson 4.3, Lesson 5.6, Lesson 9.1, Lesson 10.7
2.12.5 Evaluate the effect of media on personal and family health.	Lesson 1.3, Lesson 2.1, Lesson 2.4, Lesson 3.1, Lesson 4.3, Lesson 5.6, Lesson 9.1, Lesson 10.5, Lesson 10.7
2.12.6 Evaluate the impact of technology on personal, family, and community	Lesson 1.3, Lesson 2.1, Lesson 2.4, Lesson 3.1, Lesson 4.3, Lesson 5.6, Lesson 9.1, Lesson 10.7

Standards	Correlating Lessons
health.	
2.12.7 Analyze how the perceptions of norms influence healthy and unhealthy behaviors.	Lesson 1.3, Lesson 2.4, Lesson 4.3, Lesson 5.6, Lesson 9.1, Lesson 10.7
2.12.8 Analyze the influence of personal values and beliefs on individual health practices and behaviors.	Lesson 1.2, Lesson 1.3, Lesson 2.4, Lesson 4.3, Lesson 5.6, Lesson 9.1, Lesson 10.7
2.12.9 Analyze how some health risk behaviors can influence the likelihood of engaging in unhealthy behaviors.	Lesson 1.2, Lesson 5.4, Lesson 5.6
2.12.10 Analyze how public health policies and government regulations can influence health promotion and disease prevention.	Lesson 1.5, Lesson 1.7, Lesson 2.4, Lesson 4.2, Lesson 5.6, Lesson 6.6, Lesson 10.4, Lesson 10.6

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

Standards	Correlating Lessons
3.12.1 Evaluate the validity of health information, products, and services.	Lesson 1.5
3.12.2 Use resources from home, school, and community that provide valid health information.	Lesson 1.5
3.12.3 Determine the accessibility of products and services that enhance health.	Lesson 1.5, Lesson 1.6
3.12.4 Determine when professional health services may be required.	Lesson 1.6, Lesson 7.1
3.12.5 Access valid and reliable health products and services.	Lesson 1.5, Lesson 1.6, Lesson 6.2

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

Standards	Correlating Lessons
4.12.1 Use skills for communicating effectively with family, peers, and others to enhance health.	Lesson 1.8
4.12.2 Demonstrate refusal, negotiation, and collaboration skills to enhance health and avoid or reduce health risks.	Lesson 1.4, Lesson 1.9, Lesson 1.10, Lesson 8.1, Lesson 8.2, Lesson 8.3, Lesson 8.4, Lesson 10.7, Lesson 12.1
4.12.3 Demonstrate strategies to prevent, manage, or resolve interpersonal conflicts without harming self or others.	Lesson 1.9, Lesson 8.1, Lesson 8.2, Lesson 8.3, Lesson 8.4, Lesson 10.7
4.12.4 Demonstrate how to ask for and offer assistance to enhance the health of self and others.	Lesson 1.8, Lesson 3.2, Lesson 3.5, Lesson 3.6, Lesson 5.6, Lesson 8.1, Lesson 8.2, Lesson 8.3, Lesson 8.4, Lesson 10.7

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

Standards	Correlating Lessons
5.12.1 Examine barriers that can hinder healthy decision making.	Lesson 1.4, Lesson 5.2, Lesson 5.4, Lesson 5.5
5.12.2 Determine the value of applying a thoughtful decision-making process in health-related situations.	Lesson 1.4, Lesson 10.7
5.12.3 Justify when individual or collaborative decision making is appropriate.	Lesson 1.4
5.12.4 Generate alternatives to health-related issues or problems.	Lesson 1.4
5.12.5 Predict the potential short-term and long-term impact of each alternative on self and others.	Lesson 1.4

Standards	Correlating Lessons
5.12.6 Defend the healthy choice when making decisions.	Lesson 1.4, Lesson 1.10, Lesson 5.6, Lesson 8.3, Lesson 8.4, Lesson 10.7
5.12.7 Evaluate the effectiveness of health-related decisions.	Lesson 1.4

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

Standards	Correlating Lessons
6.12.1 Assess personal health practices and overall health status.	Lesson 1.1
6.12.2 Develop a plan to attain a personal health goal that addresses strengths, needs, and risks.	Lesson 1.4
6.12.3 Implement strategies and monitor progress in achieving a personal health goal.	Lesson 1.4
6.12.4 Formulate an effective long-term personal health plan.	Lesson 1.4

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

Standards	Correlating Lessons
7.12.1 Analyze the role of individual responsibility for enhancing health.	Lesson 1.4, Lesson 6.5
7.12.2 Demonstrate a variety of healthy practices and behaviors that will maintain or improve the health of self and others.	Lesson 1.7, Lesson 1.8, Lesson 1.9, Lesson 1.10, Lesson 2.2, Lesson 2.3, Lesson 2.4, Lesson 2.5, Lesson 2.6, Lesson 2.7, Lesson 3.2, Lesson 3.5, Lesson 3.6, Lesson 4.2, Lesson 4.3, Lesson 4.5, Lesson 5.1, Lesson 5.6, Lesson 6.6, Lesson 7.1, Lesson 7.2, Lesson 7.4, Lesson 7.5, Lesson 7.6, Lesson 8.1, Lesson 8.2, Lesson 8.3, Lesson 8.4, Lesson 10.1, Lesson 10.2, Lesson 10.6, Lesson 10.7,

Standards	Correlating Lessons
	Lesson 12.2, Lesson 12.3, Lesson 12.4
7.12.3 Demonstrate a variety of behaviors to avoid or reduce health risks to self and others.	Lesson 1.10, Lesson 3.5, Lesson 3.6, Lesson 4.2, Lesson 4.3, Lesson 4.5, Lesson 5.1, Lesson 5.6, Lesson 6.1, Lesson 6.2, Lesson 6.3, Lesson 6.4, Lesson 6.5, Lesson 6.6, Lesson 7.2, Lesson 7.4, Lesson 7.5, Lesson 7.6, Lesson 8.1, Lesson 8.2, Lesson 8.3, Lesson 8.4, Lesson 9.1, Lesson 9.2, Lesson 9.3, Lesson 9.4, Lesson 10.7, Lesson 11.2, Lesson 11.3, Lesson 11.4, Lesson 12.2, Lesson 12.3, Lesson 12.4

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

Standards	Correlating Lessons
8.12.1 Utilize accurate peer and societal norms to formulate a health-enhancing message.	Lesson 1.5, Lesson 1.8, Lesson 1.10, Lesson 5.6, Lesson 10.7
8.12.2 Demonstrate how to influence and support others to make positive health choices.	Lesson 1.5, Lesson 1.8, Lesson 1.10, Lesson 5.6, Lesson 8.2, Lesson 8.3, Lesson 10.7
8.12.3 Work cooperatively as an advocate for improving personal, family, and community health.	Lesson 1.7, Lesson 10.6
8.12.4 Adapt health messages and communication techniques to a specific target audience.	Lesson 1.5, Lesson 1.8, Lesson 1.10, Lesson 5.6, Lesson 8.2, Lesson 8.3, Lesson 8.4, Lesson 10.7