Correlation to the National Health Education Standards

By studying *Essential Health Skills for Middle School* and the supplement *Human Development and Relationships*, students will be prepared to master the national performance expectations for health and wellness (grades 6–8). To help you see how this can be accomplished, a *Correlation of Essential Health Skills for Middle School* and *Human Development and Relationships to the National Health Education Standards (Grades 6–8)* is shown.

Goodheart-Willcox Publisher Correlation of *Essential Health Skills for Middle School* and *Human Development and Relationships* ©2025 to the National Health Education Standards (Grades 6–8)

Standard 1

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

Competency	Correlating Pages
1.8.1 Analyze the relationship between healthy behaviors and personal health.	**Essential Health Skills for Middle School:** Lesson 1.1, Lesson 1.2, Lesson 1.3, Lesson 2.3, Lesson 3.2, Lesson 3.3, Lesson 3.4, Lesson 3.5, Lesson 4.1, Lesson 4.2, Lesson 4.3, Lesson 4.5, Lesson 5.2, Lesson 5.3, Lesson 6.4 **Human Development and Relationships:** Lesson 8.4
1.8.2 Describe the interrelationships of emotional, intellectual, physical, and social health in adolescence.	**Essential Health Skills for Middle School:** Lesson 1.1, Lesson 1.2, Lesson 2.3, Lesson 2.5, Lesson 4.1, Lesson 4.2, Lesson 4.3, Lesson 4.4, Lesson 4.6, Lesson 4.7, Lesson 5.2, Lesson 5.3, Lesson 5.4, Lesson 5.5, Lesson 7.1 **Human Development and Relationships:** Lesson 9.3
1.8.3 Analyze how the environment affects personal health.	**Essential Health Skills for Middle School:** Lesson 1.2, Lesson 1.3, Lesson 2.5, Lesson 3.2, Lesson 3.5, Lesson 4.1, Lesson 4.4, Lesson 4.6, Lesson 4.7, Lesson 6.4 **Human Development and Relationships:** Lesson 8.1
1.8.4 Describe how family history can impact personal health.	**Essential Health Skills for Middle School:** Lesson 1.2, Lesson 2.4, Lesson 2.5, Lesson 4.4, Lesson 4.6, Lesson 4.7, Lesson 5.1 **Human Development and Relationships:** Lesson 8.1
1.8.5 Describe ways to reduce or prevent injuries and other adolescent health problems.	**Essential Health Skills for Middle School:** Lesson 1.1, Lesson 1.2, Lesson 2.1, Lesson 2.2, Lesson 2.4, Lesson 2.5, Lesson 3.2, Lesson 3.3, Lesson 3.4, Lesson 3.5, Lesson 4.3, Lesson 4.7, Lesson 5.2, Lesson 5.6, Lesson 6.1, Lesson 6.2, Lesson 6.3, Lesson 6.4 **Human Development and Relationships:** Lesson 9.2, Lesson 10.1, Lesson 10.2
1.8.6 Explain how appropriate health	**Essential Health Skills for Middle School:** Lesson 1.1, Lesson

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Competency	Correlating Pages
care can promote personal health.	1.2, Lesson 2.4, Lesson 2.5, Lesson 4.3, Lesson 4.5, Lesson 4.7, Lesson 6.3 **Human Development and Relationships:** Lesson 8.1, Lesson 8.3, Lesson 10.1, Lesson 10.2, Lesson 10.3
1.8.7 Describe the benefits of and barriers to practicing healthy behaviors.	**Essential Health Skills for Middle School:** Lesson 1.3, Lesson 2.3, Lesson 4.1, Lesson 4.5, Lesson 5.1 **Human Development and Relationships:** Lesson 8.4, Lesson 10.1
1.8.8 Examine the likelihood of injury or illness if engaging in unhealthy behaviors.	**Essential Health Skills for Middle School:** Lesson 1.2, Lesson 2.1, Lesson 2.2, Lesson 2.3, Lesson 2.5, Lesson 3.2, Lesson 3.5, Lesson 5.2, Lesson 5.3, Lesson 5.4, Lesson 5.5 **Human Development and Relationships:** Lesson 10.2, Lesson 10.3
1.8.9 Examine the potential seriousness of injury or illness if engaging in unhealthy behaviors.	**Essential Health Skills for Middle School:** Lesson 2.1, Lesson 2.2, Lesson 2.5, Lesson 3.5, Lesson 5.1, Lesson 5.2, Lesson 5.3, Lesson 5.4, Lesson 5.5 **Human Development and Relationships:** Lesson 10.2, Lesson 10.3

Standard 2

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

Competency	Correlating Pages
2.8.1 Examine how the family influences the health of adolescents.	**Essential Health Skills for Middle School:** Lesson 1.2, Lesson 4.1, Lesson 4.3, Lesson 4.4, Lesson 4.7, Lesson 5.1, Lesson 7.2 **Human Development and Relationships:** Lesson 9.1
2.8.2 Describe the influence of culture on health beliefs, practices, and behaviors.	**Essential Health Skills for Middle School:** Lesson 1.2, Lesson 4.1, Lesson 4.7
2.8.3 Describe how peers influence healthy and unhealthy behaviors.	**Essential Health Skills for Middle School:** Lesson 1.2, Lesson 4.1, Lesson 4.4, Lesson 4.6, Lesson 4.7, Lesson 5.1, Lesson 7.3 **Human Development and Relationships:** Lesson 8.2, Lesson 9.1, Lesson 10.2
2.8.4 Analyze how the school and community can affect personal health practice and behaviors.	**Essential Health Skills for Middle School:** Lesson 1.2, Lesson 1.3, Lesson 4.4, Lesson 4.7, Lesson 5.1 **Human Development and Relationships:** Lesson 9.1
2.8.5 Analyze how messages from	**Essential Health Skills for Middle School:** Lesson 1.2, Lesson

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Competency	Correlating Pages
media influence health behaviors.	1.3, Lesson 2.1, Lesson 4.4, Lesson 4.6, Lesson 4.7, Lesson 5.1 **Human Development and Relationships:** Lesson 8.4
2.8.6 Analyze the influence of technology on personal and family health.	**Essential Health Skills for Middle School:** Lesson 1.3, Lesson 3.4, Lesson 4.3, Lesson 4.4, Lesson 7.1 **Human Development and Relationships:** Lesson 9.1
2.8.7 Explain how the perceptions of norms influence healthy and unhealthy behaviors.	**Essential Health Skills for Middle School:** Lesson 4.6 **Human Development and Relationships:** Lesson 8.4
2.8.8 Explain the influence of personal values and beliefs on individual health practices and behaviors.	**Essential Health Skills for Middle School:** Lesson 1.3 **Human Development and Relationships:** Lesson 8.4, Lesson 8.2, Lesson 9.4
2.8.9 Describe how some health risk behaviors can influence the likelihood of engaging in unhealthy behaviors.	**Essential Health Skills for Middle School:** Lesson 1.2, Lesson 4.7, Lesson 5.1, Lesson 5.2, Lesson 5.3, Lesson 5.4, Lesson 5.5
2.8.10 Explain how public health policies can influence health promotion and disease prevention.	**Essential Health Skills for Middle School:** Lesson 1.1, Lesson 1.3, Lesson 3.2, Lesson 3.4, Lesson 5.6, Lesson 6.4 **Human Development and Relationships:** Lesson 10.1, Lesson 10.3

Standard 3

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

Competency	Correlating Pages
3.8.1 Analyze the validity of health information, products, and services.	**Essential Health Skills for Middle School:** Lesson 1.3, Lesson 2.1, Lesson 5.2 **Human Development and Relationships:** Lesson 10.1
3.8.2 Access valid health information from home, school, and community.	**Essential Health Skills for Middle School:** Lesson 1.3, Lesson 4.5 **Human Development and Relationships:** Lesson 9.3
3.8.3 Determine the accessibility of products that enhance health.	**Essential Health Skills for Middle School:** Lesson 2.1, Lesson 2.2, Lesson 6.3
3.8.4 Describe situations that may require professional health services.	**Essential Health Skills for Middle School:** Lesson 3.5, Lesson 4.1, Lesson 4.3, Lesson 4.5, Lesson 4.6, Lesson 4.7, Lesson 5.6, Lesson 6.3 **Human Development and Relationships:** Lesson 8.1, Lesson 9.2, Lesson 9.4, Lesson 10.2

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Competency	Correlating Pages
3.8.5 Locate valid and reliable health products and services.	**Essential Health Skills for Middle School:** Lesson 1.3, Lesson 2.1, Lesson 4.7 **Human Development and Relationships:** Lesson 10.1, Lesson 10.2

Standard 4

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

Competency	Correlating Pages
4.8.1 Apply effective verbal and nonverbal communication skills to enhance health.	**Essential Health Skills for Middle School:** Lesson 4.1, Lesson 4.2, Lesson 4.3, Lesson 4.5, Lesson 4.7, Lesson 5.6, Lesson 6.3, Lesson 7.1, Lesson 7.2, Lesson 7.3 **Human Development and Relationships:** Lesson 8.4, Lesson 9.3, Lesson 10.2
4.8.2 Demonstrate refusal and negotiation skills that avoid or reduce health risks.	**Essential Health Skills for Middle School:** Lesson 1.3, Lesson 5.6, Lesson 7.1 **Human Development and Relationships:** Lesson 8.4, Lesson 10.2
4.8.3 Demonstrate effective conflict management or resolution strategies.	**Essential Health Skills for Middle School:** Lesson 1.3, Lesson 7.1, Lesson 7.2
4.8.4 Demonstrate how to ask for assistance to enhance the health of self and others.	**Essential Health Skills for Middle School:** Lesson 4.5, Lesson 4.7, Lesson 5.6, Lesson 6.3, Lesson 7.1 **Human Development and Relationships:** Lesson 10.2

Standard 5

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

Competency	Correlating Pages
5.8.1 Identify circumstances that can help or hinder healthy decision making.	**Essential Health Skills for Middle School:** Lesson 1.2, Lesson 5.1, Lesson 5.4, Lesson 5.5
5.8.2 Determine when health-related situations require the application of a thoughtful decision-making process.	**Essential Health Skills for Middle School:** Lesson 1.3, Lesson 4.1 **Human Development and Relationships:** Lesson 8.2, Lesson 10.1
5.8.3 Distinguish when individual or collaborative decision making is appropriate.	**Essential Health Skills for Middle School:** Lesson 1.3

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Competency	Correlating Pages
5.8.4 Distinguish between healthy and unhealthy alternatives to health-related issues or problems.	**Essential Health Skills for Middle School:** Lesson 1.3, Lesson 3.2, Lesson 4.2 **Human Development and Relationships:** Lesson 8.2, Lesson 10.1
5.8.5 Predict the potential short-term impact of each alternative on self and others.	**Essential Health Skills for Middle School:** Lesson 1.2 **Human Development and Relationships:** Lesson 10.1
5.8.6 Choose healthy alternatives over unhealthy alternatives when making a decision.	**Essential Health Skills for Middle School:** Lesson 1.3, Lesson 3.2, Lesson 5.1 **Human Development and Relationships:** Lesson 10.1
5.8.7 Analyze the outcomes of a health-related decision.	**Essential Health Skills for Middle School:** Lesson 1.3, Lesson 3.2 **Human Development and Relationships:** Lesson 10.1

Standard 6

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

Competency	Correlating Pages
6.8.1 Assess personal health practices.	**Essential Health Skills for Middle School:** Lesson 2.1, Lesson 2.2, Lesson 2.3, Lesson 3.2, Lesson 3.4, Lesson 4.1
6.8.2 Develop a goal to adopt, maintain, or improve a personal health practice.	**Essential Health Skills for Middle School:** Lesson 2.2, Lesson 2.3, Lesson 3.2, Lesson 3.4
6.8.3 Apply strategies and skills needed to attain a personal health goal.	**Essential Health Skills for Middle School:** Lesson 1.3, Lesson 2.3, Lesson 3.2, Lesson 3.4
6.8.4 Describe how personal health goals can vary with changing abilities, priorities, and responsibilities.	**Essential Health Skills for Middle School:** Lesson 1.3, Lesson 2.3

Standard 7

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

Competency	Correlating Pages
7.8.1 Explain the importance of assuming responsibility for personal health behaviors.	**Essential Health Skills for Middle School:** Lesson 1.2, Lesson 1.3, Lesson 2.4, Lesson 2.5, Lesson 3.2, Lesson 3.4, Lesson 3.5, Lesson 4.2, Lesson 4.3, Lesson 6.4
7.8.2 Demonstrate healthy practices	**Essential Health Skills for Middle School:** Lesson 1.1, Lesson

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Competency	Correlating Pages
and behaviors that will maintain or improve the health of self and others.	1.2, Lesson 2.1, Lesson 2.2, Lesson 2.3, Lesson 2.4, Lesson 2.5, Lesson 3.1, Lesson 3.2, Lesson 3.3, Lesson 3.4, Lesson 3.5, Lesson 4.1, Lesson 4.2, Lesson 4.3, Lesson 4.6, Lesson 5.6, Lesson 6.1, Lesson 6.2, Lesson 6.3, Lesson 6.4, Lesson 7.1, Lesson 7.3 **Human Development and Relationships:** Lesson 8.1, Lesson 8.4, Lesson 9.1, Lesson 9.2, Lesson 9.3, Lesson 9.4, Lesson 10.2
7.8.3 Demonstrate behaviors to avoid or reduce health risks to self and others.	**Essential Health Skills for Middle School:** Lesson 1.2, Lesson 1.3, Lesson 2.1, Lesson 2.2, Lesson 3.1, Lesson 3.2, Lesson 3.3, Lesson 3.4, Lesson 3.5, Lesson 4.6, Lesson 4.7, Lesson 5.2, Lesson 5.6, Lesson 6.1, Lesson 6.2, Lesson 6.3, Lesson 6.4, Lesson 7.3 **Human Development and Relationships:** Lesson 8.2, Lesson 8.4, Lesson 9.1, Lesson 9.2, Lesson 9.3, Lesson 9.4, Lesson 10.2, Lesson 10.3

Standard 8

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

Competency	Correlating Pages
8.8.1 State a health-enhancing message on a topic and support it with accurate information.	**Essential Health Skills for Middle School:** Lesson 1.3
8.8.2 Demonstrate how to influence and support others to make positive health choices.	**Essential Health Skills for Middle School:** Lesson 1.3, Lesson 4.5, Lesson 4.6, Lesson 4.7, Lesson 5.6, Lesson 6.4 **Human Development and Relationships:** Lesson 9.3, Lesson 9.4
8.8.3 Work cooperatively to advocate for healthy individuals, families, and schools.	**Essential Health Skills for Middle School:** Lesson 1.3, Lesson 4.5, Lesson 5.6
8.8.4 Identify ways in which health messages and communication techniques can be altered for different audiences.	**Essential Health Skills for Middle School:** Lesson 5.1, Lesson 6.4

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