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

The following correlation shows performance indicators for the National Health Education Standards and their correlating page numbers in the Essential Health Skills for Middle School and Human Development, Relationships, and Sexual Health *text. For a comprehensive list of the program's activities by standard, see the Standard Scope and Sequence documents in the Course Planning section of the Online Instructor Resources.*

Standard 1

Students will use functional health information to support health and well-being of self and others.

Competency	Correlating Pages
1.8.1 Analyze ways to build upon strengths and assets to support individual and collective health and well-being.	*Essential Health Skills for Middle School*: 161 (Building Your Skills), 191 (Building Your Skills), 194 (Case Study)
1.8.2 Analyze how practices and behaviors support a variety of dimensions of wellness.	*Essential Health Skills for Middle School*: 18, 20 (Develop Your Skills #1), 55–56, 61–65, 68–69, 73–75, 143–150, 163 (Develop Your Skills #1), 172–174, 178–179, 182–186, 191 (Building Your Skills), 199–206, 213–218, 245–246, 252–254, 274, 333–344, 348–357, 362–369, 382–385, 397–399, 419–421, 425–426, 427 (Develop Your Skills #2) *Human Development, Relationships, and Sexual Health*: 6–7, 8 (Develop Your Skills #2), 17–18, 33–36, 39, 50–53, 59–60, 63–64, 74–76, 85, 103–104, 114–115, 135–136, 141–143
1.8.3 Analyze behaviors that reduce or prevent illnesses and injuries.	*Essential Health Skills for Middle School*: 7–8, 12, 18, 55–56, 60, 68–69, 73, 98–105, 119–121, 122 (Develop Your Skills #2), 147–148, 153–155, 178–182, 184 (Develop Your Skills #3), 245–246, 252–254, 319–324, 333–344, 348–357, 373–376 *Human Development, Relationships, and Sexual Health*: 74–76, 79–85, 94–95, 103–107, 114–115
1.8.4 Analyze practices and behaviors that support health and well-being, including how to manage health conditions.	*Essential Health Skills for Middle School*: 7–8, 55–57, 59, 63–65, 68–69, 98–99, 116–118, 182–183, 213–218, 231–235, 244–245, 324–328, 362–369 *Human Development, Relationships, and Sexual Health*: 105–107, 114
1.8.5 Analyze connections between health literacy and health outcomes.	*Essential Health Skills for Middle School*: 17, 27–30, 245, 322 *Human Development, Relationships, and Sexual Health*: 17, 140–141
1.8.6 Analyze how individual, interpersonal, community, and environmental factors impact personal	*Essential Health Skills for Middle School*: 11–19, 108–109, 122 (Develop Your Skills #1), 140, 147–148, 158–160, 166–167, 175 (Critical Thinking #1), 190–191, 194 (Case Study), 221–222, 239–243,

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Competency	Correlating Pages
health and well-being.	249–252, 262–267 *Human Development, Relationships, and Sexual Health*: 4–5, 43–45, 71, 90
1.8.7 Explain how health care promotes personal health.	*Essential Health Skills for Middle School*: 7–9, 10 (Critical Thinking #2), 17, 98–99, 103–105, 116–118, 182–183, 218, 231, 234–235, 244–245, 252, 324–325, 362–369 *Human Development, Relationships, and Sexual Health*: 7, 27, 76, 85, 91–92, 104–107, 108 (Develop Your Skills #1), 114, 141

Standard 2

Students will analyze influences that affect health and well-being of self and others.

Competency	Correlating Pages
2.8.1 Analyze the interrelationships between various influences on health and well-being.	*Essential Health Skills for Middle School*: 122 (Develop Your Skills #1), 150 (Case Study), 166, 239–242, 249–251, 256 (Develop Your Skills #3), 262–267, 358 (Develop Your Skills #3) *Human Development, Relationships, and Sexual Health*: 135–136
2.8.2 Analyze individual, interpersonal, community, societal, and environmental factors that influence health behaviors, health outcomes, and health equity.	*Essential Health Skills for Middle School*: 150 (Case Study), 166, 180 (Case Study), 190–191, 194 (Case Study), 229 (Develop Your Skills #3), 239–242, 249–251, 256 (Develop Your Skills #3), 262–267, 303–304, 307, 317 (Develop Your Skills #2), 358 (Develop Your Skills #3), 377–378, 386 (Develop Your Skills #3), 403 (Develop Your Skills #3), 405–407, 414 (Develop Your Skills #3), 418 (Case Study), 425–426 *Human Development, Relationships, and Sexual Health*: 37, 43–44, 90, 116 (Develop Your Skills #1), 128, 135–136
2.8.3 Analyze how various influences affect the health and well-being of people and communities in different ways.	*Essential Health Skills for Middle School*: 134 (Develop Your Skills #2), 166, 240–241, 249–251, 263–264, 268 (Develop Your Skills #2) *Human Development, Relationships, and Sexual Health*: 116 (Develop Your Skills #3)
2.8.4 Apply strategies and resources to manage influences that impact health and well-being.	*Essential Health Skills for Middle School*: 245–246, 254, 256 (Develop Your Skills #3), 322, 377–378 *Human Development, Relationships, and Sexual Health*: 19 (Develop Your Skills #2), 37–38

Standard 3

Students will access valid and reliable resources to support health and well-being of self and others.

Competency	Correlating Pages
3.8.1 Describe situations that may require support from trusted adults, other individuals, and health professionals.	*Essential Health Skills for Middle School*: 70, 96, 105, 116–118, 182–183, 195, 210–211, 218, 231, 244, 252–253, 323–328, 360–369, 403 (Develop Your Skills #2) *Human Development, Relationships, and Sexual Health*: 27, 62, 64, 74–

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Competency	Correlating Pages
	76, 85, 91–92, 104–107, 112–115, 141
3.8.2 Identify supports and barriers to accessing valid and reliable health information, products, services, and other resources.	*Essential Health Skills for Middle School*: 9, 29–30, 232–233, 322 *Human Development, Relationships, and Sexual Health*: 140–141
3.8.3 Access valid and reliable sources of health information, products, services, and other resources.	*Essential Health Skills for Middle School*: 27–30, 34 (Develop Your Skills #1), 42 (Building Your Skills), 52 (Develop Your Skills #2), 58 (Building Your Skills), 77 (Develop Your Skills #3), 83 (Case Study), 106 (Develop Your Skills #2), 232 (Building Your Skills), 237 (Develop Your Skills #2), 370 (Develop Your Skills #2), 376 (Case Study), 403 (Develop Your Skills #2) *Human Development, Relationships, and Sexual Health*: 19 (Develop Your Skills #1), 65 (Develop Your Skills #3), 77 (Develop Your Skills #2), 106 (Building Your Skills), 108 (Develop Your Skills #1), 129 (Develop Your Skills #2), 150 (Develop Your Skills #1)
3.8.4 Analyze the validity, reliability, and accessibility of health information, products, services, and other resources.	*Essential Health Skills for Middle School*: 27–30, 83 (Case Study), 106 (Develop Your Skills #2), 93, 196 (Develop Your Skills #1), 305 (Develop Your Skills #2) *Human Development, Relationships, and Sexual Health*: 19 (Develop Your Skills #1), 25 (Case Study), 86 (Develop Your Skills #3), 93, 129 (Develop Your Skills #2), 140–141
3.8.5 Use strategies to manage misinformation and disinformation.	*Essential Health Skills for Middle School*: 58 (Building Your Skills), 233 *Human Development, Relationships, and Sexual Health*: 132, 140–141

Standard 4

Students will use interpersonal communication skills to support health and well-being of self and others.

Competency	Correlating Pages
4.8.1 Use effective communication skills across various modes of communication to support health and well-being of self and others.	*Essential Health Skills for Middle School*: 20 (Develop Your Skills #2), 25, 34 (Develop Your Skills #3), 106 (Develop Your Skills #3), 154 (Case Study), 184 (Develop Your Skills #2), 202–203, 207 (Develop Your Skills #1), 226 (Case Study), 256 (Develop Your Skills #1), 305 (Develop Your Skills #1), 321–322, 330 (Develop Your Skills #1), 392–402, 403 (Develop Your Skills #1), 408 (Case Study), 410–412, 420–421, 427 (Develop Your Skills #1) *Human Development, Relationships, and Sexual Health*: 11 (Case Study), 34–36, 38, 46 (Building Your Skills), 54 (Develop Your Skills #2), 65 (Develop Your Skills #2), 103
4.8.2 Apply active listening skills and strategies in a variety of interpersonal contexts.	*Essential Health Skills for Middle School*: 205–206, 397–398 *Human Development, Relationships, and Sexual Health*: 11 (Case Study)

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Competency	Correlating Pages
4.8.3 Use various communication strategies to seek and offer support and assistance.	*Essential Health Skills for Middle School*: 56 (Case Study), 77 (Develop Your Skills #1), 169 (Building Your Skills), 232 (Building Your Skills), 154 (Case Study), 184 (Develop Your Skills #2), 202 (Case Study), 212 (Case Study), 226 (Case Study), 235–236, 241 (Case Study), 254–255, 294 (Develop Your Skills #3), 309 (Case Study), 362 *Human Development, Relationships, and Sexual Health*: 77 (Develop Your Skills #1), 102 (Case Study), 138 (Develop Your Skills #3)
4.8.4 Demonstrate ways to communicate boundaries and consent for a variety of situations.	*Essential Health Skills for Middle School*: 361, 391 *Human Development, Relationships, and Sexual Health*: 34–36, 56–58, 95 (Building Your Skills), 136–137
4.8.5 Use refusal skills and strategies in a variety of situations.	*Essential Health Skills for Middle School*: 25, 34 (Develop Your Skills #3), 276, 291 (Building Your Skills), 297, 309, 321–322, 330 (Develop Your Skills #1), 426 *Human Development, Relationships, and Sexual Health*: 35–38, 103, 136
4.8.6 Use skills and strategies to prevent, manage, or resolve conflict.	*Essential Health Skills for Middle School*: 26, 91 (Develop Your Skills #3), 254, 399–402, 408 (Case Study), 409–411, 414 (Develop Your Skills #2) *Human Development, Relationships, and Sexual Health*: 54 (Develop Your Skills #2)
4.8.7 Use collaboration skills in a variety of situations.	*Essential Health Skills for Middle School*: 31–33, 149, 171, 195, 207 (Develop Your Skills #2), 232 (Building Your Skills), 233–236, 237 (Develop Your Skills #2 and 3), 253–255, 319–320, 330 (Develop Your Skills #3), 392–398, 402, 425 *Human Development, Relationships, and Sexual Health*: 37, 106–107, 108 (Develop Your Skills #3)
4.8.8 Use negotiation skills in a variety of situations.	*Essential Health Skills for Middle School*: 26, 400–402, 411–412
4.8.9 Demonstrate strategies to communicate with others with different perspectives and values.	*Essential Health Skills for Middle School*: 14 (Case Study), 26, 91 (Develop Your Skills #3), 204, 397, 401–402, 410, 417, 421 *Human Development, Relationships, and Sexual Health*: 52, 74
4.8.10 Demonstrate ways to communicate empathy and compassion.	*Essential Health Skills for Middle School*: 56 (Case Study), 204–206, 226 (Case Study), 241 (Case Study), 256 (Develop Your Skills #1), 330 (Develop Your Skills #2) *Human Development, Relationships, and Sexual Health*: 11 (Case Study), 54 (Develop Your Skills #2), 102 (Case Study)

Standard 5

Students will use a decision-making process to support health and well-being of self and others.

Competency	Correlating Pages

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Competency	Correlating Pages
5.8.1 Explain how the use of a decision-making process affects health and well-being.	*Essential Health Skills for Middle School*: 151 (Develop Your Skills #3), 263 (Case Study), 294 (Critical Thinking #1), 383, 414 (Develop Your Skills #2) *Human Development, Relationships, and Sexual Health*: 17–18, 94–95
5.8.2 Determine when health-related situations require the application of a thoughtful decision-making process.	*Essential Health Skills for Middle School*: 23, 151 (Develop Your Skills #3), 267 (Building Your Skills), 301 (Case Study), 309 (Case Study) *Human Development, Relationships, and Sexual Health*: 17–18, 36–37, 94–95, 129 (Develop Your Skills #3)
5.8.3 Use an individual, supported, or collaborative decision making process to maintain or improve health and well-being.	*Essential Health Skills for Middle School*: 22, 267 (Building Your Skills), 317 (Develop Your Skills #3), 420 (Building Your Skills) *Human Development, Relationships, and Sexual Health*: 18, 37, 40 (Develop Your Skills #3), 94, 104, 108 (Develop Your Skills #1), 136
5.8.4 Evaluate how various options may affect health-related outcomes at individual, interpersonal, community, societal, and environmental levels.	*Essential Health Skills for Middle School*: 23, 77 (Develop Your Skills #2), 151 (Develop Your Skills #3), 184 (Develop Your Skills #1), 247 (Develop Your Skills #2), 267 (Building Your Skills), 301 (Case Study), 358 (Develop Your Skills #1) *Human Development, Relationships, and Sexual Health*: 17–18, 36, 94–95, 96 (Develop Your Skills #3), 116 (Develop Your Skills #2), 129 (Develop Your Skills #3)
5.8.5 Identify supports and barriers that affect decision making at individual, interpersonal, community, societal, and environmental levels.	*Essential Health Skills for Middle School*: 17 (Building Your Skills), 25, 66 (Develop Your Skills #3), 175 (Critical Thinking #1), 180 (Case Study), 192, 196 (Critical Thinking #1), 256 (Critical Thinking #2), 263 (Case Study), 270 (Case Study), 280 (Building Your Skills), 300, 307, 317 (Develop Your Skills #2), 320 (Building Your Skills), 330 (Critical Thinking #2), 358 (Develop Your Skills #3) *Human Development, Relationships, and Sexual Health*: 15, 36–37, 95 (Building Your Skills), 135–136
5.8.6 Evaluate the results of a health-related decision on self and others.	*Essential Health Skills for Middle School*: 23, 184 (Develop Your Skills #1), 247 (Develop Your Skills #2), 270 (Case Study), 294 (Critical Thinking #1), 309 (Case Study), 350 (Case Study), 358 (Develop Your Skills #1), 383 *Human Development, Relationships, and Sexual Health*: 5, 77 (Develop Your Skills #3), 96 (Develop Your Skills #2 and 3), 138 (Develop Your Skills #2)

Standard 6

Students will use a goal-setting process to support health and well-being of self and others.

Competency	Correlating Pages
6.8.1 Assess personal health and well-being to identify focus areas for	*Essential Health Skills for Middle School*: 10 (Develop Your Skills #1), 72 (Building Your Skills), 86 (Building Your Skills), 122 (Develop Your Skills #3), 151 (Develop Your Skills #1), 161 (Building Your Skills),

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Competency	Correlating Pages
goal-setting.	370 (Develop Your Skills #3)
6.8.2 Analyze when individual, supported, or collaborative goal-setting is appropriate.	*Essential Health Skills for Middle School*: 86 (Building Your Skills), 237 (Develop Your Skills #3)
6.8.3 Develop a goal and explain how it supports health and well-being.	*Essential Health Skills for Middle School*: 23, 52 (Develop Your Skills #3), 86 (Building Your Skills), 149, 151 (Develop Your Skills #1), 161 (Building Your Skills), 169 (Building Your Skills), 229 (Develop Your Skills #2), 237 (Develop Your Skills), 330 (Develop Your Skills #3), 370 (Develop Your Skills #3) *Human Development, Relationships, and Sexual Health*: 54 (Develop Your Skills #3), 137 (Case Study)
6.8.4 Develop a plan that addresses supports and barriers to attaining a health-related goal.	*Essential Health Skills for Middle School*: 23, 34 (Develop Your Skills #2), 168, 169 (Building Your Skills), 171, 414 (Develop Your Skills #1) *Human Development, Relationships, and Sexual Health*: 96 (Develop Your Skills #2)
6.8.5 Monitor progress to determine whether a health-related goal or plan should be maintained or adjusted.	*Essential Health Skills for Middle School*: 23–24, 34 (Develop Your Skills #2), 72 (Building Your Skills), 122 (Develop Your Skills #3), 144 (Building Your Skills), 171, 386 (Develop Your Skills #2)
6.8.6 Examine the goal-setting process and outcomes on health and well-being.	*Essential Health Skills for Middle School*: 24, 72 (Building Your Skills), 386 (Develop Your Skills #2)

Standard 7

Students will demonstrate practices and behaviors to support health and well-being of self and others.

Competency	Correlating Pages
7.8.1 Examine supports and barriers to health-related practices and behaviors.	*Essential Health Skills for Middle School*: 24, 66 (Develop Your Skills #3), 72 (Building Your Skills), 122 (Develop Your Skills #3), 232–233, 358 (Develop Your Skills #3) *Human Development, Relationships, and Sexual Health*: 37–38, 135–136, 150 (Develop Your Skills #3)
7.8.2 Analyze practices and behaviors that support personal and community health and well-being.	*Essential Health Skills for Middle School*: 20 (Develop Your Skills #1), 55–56, 61–65, 66 (Develop Your Skills #1), 68–69, 73–75, 91 (Develop Your Skills #1), 99–105, 119–121, 122 (Develop Your Skills #3), 143–150, 161 (Building Your Skills), 163 (Develop Your Skills #1), 172–174, 178–179, 182–183, 199–206, 213–218, 232 (Building Your Skills), 245–246, 252–254, 268 (Develop Your Skills #1), 274–275, 281 (Develop Your Skills #1), 319–324, 333–344, 345 (Develop Your Skills #2), 348–357, 362–369, 382–385, 397–399, 419–421, 425–426 *Human Development, Relationships, and Sexual Health*: 6–7, 8 (Develop Your Skills #2), 17–18, 33–39, 50–53, 59–60, 63–64, 65 (Develop Your Skills #1), 74–76, 85, 103–104, 114–115, 135–136, 141–

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Competency	Correlating Pages
	143
7.8.3 Demonstrate practices and behaviors that support personal and community health and well-being.	*Essential Health Skills for Middle School*: 20 (Develop Your Skills #1), 106 (Develop Your Skills #1), 121 (Building Your Skills), 122 (Develop Your Skills #3), 161 (Building Your Skills), 163 (Develop Your Skills #1), 175 (Develop Your Skills #3), 184 (Develop Your Skills #3), 191 (Building Your Skills), 196 (Develop Your Skills #2), 219 (Develop Your Skills #1 and 2), 229 (Develop Your Skills #1), 291 (Building Your Skills), 345 (Develop Your Skills #1), 370 (Develop Your Skills #1), 427 (Develop Your Skills #2) *Human Development, Relationships, and Sexual Health*: 40 (Develop Your Skills #1), 54 (Develop Your Skills #2)

Standard 8

Students will advocate to promote health and well-being of self and others.

Competency	Correlating Pages
8.8.1 Analyze opportunities to advocate for the health and well-being of individuals, families, and communities.	*Essential Health Skills for Middle School*: 17 (Building Your Skills), 31–33, 207 (Develop Your Skills #3), 231, 252–254, 345 (Develop Your Skills #3), 358 (Develop Your Skills #2), 381 (Building Your Skills), 383–385, 386 (Develop Your Skills #1) *Human Development, Relationships, and Sexual Health*: 57 (Building Your Skills), 127 (Building Your Skills), 129 (Develop Your Skills #1)
8.8.2 Determine when individual or collaborative advocacy is appropriate to promote health and well-being.	*Essential Health Skills for Middle School*: 32, 149, 235–236, 241 (Case Study), 252, 328–329 *Human Development, Relationships, and Sexual Health*: 76, 95 (Building Your Skills), 128
8.8.3 Adapt advocacy skills and strategies for a variety of audiences and contexts.	*Essential Health Skills for Middle School*: 91 (Develop Your Skills #2), 175 (Develop Your Skills #2), 281 (Develop Your Skills #3), 294 (Develop Your Skills #1), 320 (Building Your Skills), 330 (Develop Your Skills #2), 358 (Develop Your Skills #2), 381 (Building Your Skills) *Human Development, Relationships, and Sexual Health*: 40 (Develop Your Skills #2), 86 (Develop Your Skills #2)
8.8.4 Demonstrate advocacy skills and strategies to promote the health and well-being of self and others.	*Essential Health Skills for Middle School*: 10 (Develop Your Skills #2), 17 (Building Your Skills), 31–33, 42 (Building Your Skills), 66 (Develop Your Skills #2), 91 (Develop Your Skills #2), 106 (Develop Your Skills #3), 163 (Develop Your Skills #2), 235–236, 237 (Develop Your Skills #1), 252–254, 280 (Building Your Skills), 281 (Develop Your Skills #3), 320 (Building Your Skills), 328–329, 345 (Develop Your Skills #3), 381 (Building Your Skills), 383–385 *Human Development, Relationships, and Sexual Health*: 108 (Develop Your Skills #3), 129 (Develop Your Skills #1), 138 (Develop Your

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Competency	Correlating Pages
	Skills #1), 150 (Develop Your Skills #2)
8.8.5 Evaluate the effectiveness of advocacy efforts for promoting health and well-being.	*Essential Health Skills for Middle School*: 17 (Building Your Skills), 381 (Building Your Skills)

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