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)

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 and Relationships *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 and Relationships*: 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
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 and Relationships*: 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 and Relationships*: 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 and Relationships*: 17
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 and Relationships*: 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 and Relationships*: 7, 27, 76, 85, 91–92, 104–107, 108 (Develop Your Skills #1), 114

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)
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 and Relationships*: 37, 43–44, 90, 116 (Develop Your Skills #1)
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 and Relationships*: 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 and Relationships*: 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 and Relationships*: 27, 62, 64, 74–76, 85, 91–92, 104–107, 112–115

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Competency	Correlating Pages
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
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 and Relationships*: 19 (Develop Your Skills #1), 65 (Develop Your Skills #3), 77 (Develop Your Skills #2), 106 (Building Your Skills), 108 (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 and Relationships*: 19 (Develop Your Skills #1), 25 (Case Study), 86 (Develop Your Skills #3), 93
3.8.5 Use strategies to manage misinformation and disinformation.	Essential Health Skills for Middle School: 58 (Building Your Skills), 233

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 and Relationships*: 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 and Relationships*: 11 (Case Study)
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,

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Competency	Correlating Pages
	294 (Develop Your Skills #3), 309 (Case Study), 362 *Human Development and Relationships*: 77 (Develop Your Skills #1), 102 (Case Study)
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 and Relationships*: 34–36, 56–58, 95 (Building Your Skills)
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 and Relationships*: 35–38, 103
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 and Relationships*: 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 and Relationships*: 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 and Relationships*: 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 and Relationships*: 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
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 and Relationships*: 17–18, 94–95

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Competency	Correlating Pages
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 and Relationships*: 17–18, 36–37, 94–95
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 and Relationships*: 18, 37, 40 (Develop Your Skills #3), 94, 104, 108 (Develop Your Skills #1)
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 and Relationships*: 17–18, 36, 94–95, 96 (Develop Your Skills #3), 116 (Develop Your Skills #2)
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 and Relationships*: 15, 36–37, 95 (Building Your Skills)
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 and Relationships*: 5, 77 (Develop Your Skills #3), 96 (Develop Your Skills #2 and 3)

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 goal-setting.	*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), 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

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Competency	Correlating Pages
	(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 and Relationships*: 54 (Develop Your Skills #3)
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 and Relationships*: 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 and Relationships*: 37–38
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 and Relationships*: 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
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 and Relationships*: 40 (Develop Your Skills #1),

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Competency	Correlating Pages
	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 and Relationships*: 57 (Building Your Skills)
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 and Relationships*: 76, 95 (Building Your Skills)
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 and Relationships*: 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 and Relationships*: 108 (Develop Your Skills #3)
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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