Goodheart–Willcox Publisher Correlation of *Essential Health Skills for High School* and *Human Development and Relationships* ©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.	***Essential Health Skills for High School***: Lesson 1.1, Lesson 1.2, Lesson 1.4, Lesson 4.1, Lesson 4.2, Lesson 4.4, Lesson 6.5, Lesson 7.1 ***Human Development and Relationships***: Lesson 9.3, Lesson 9.4, Lesson 9.5, Lesson 9.7
1.12.2 Describe the interrelationships of emotional, intellectual, physical, and social health.	***Essential Health Skills for High School***: Lesson 1.1, Lesson 3.3 ***Human Development and Relationships***: Lesson 9.4, Lesson 9.5
1.12.3 Analyze how environment and personal health are interrelated.	***Essential Health Skills for High School***: Lesson 1.3, Lesson 3.1, Lesson 3.3, Lesson 6.5, Lesson 7.3 ***Human Development and Relationships***: Lesson 9.4, Lesson 9.5, Lesson 9.7
1.12.4 Analyze how genetics and family history can impact personal health.	***Essential Health Skills for High School***: Lesson 1.2, Lesson 3.3 ***Human Development and Relationships***: Lesson 9.3, Lesson 9.4
1.12.5 Propose ways to reduce or prevent injuries and health problems.	***Essential Health Skills for High School***: 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 ***Human Development and Relationships***: Lesson 9.4, Lesson 9.5, Lesson 11.2, Lesson 11.3
1.12.6 Analyze the relationship between access to health care and health status.	***Essential Health Skills for High School***: Lesson 1.3, Lesson 1.7, Lesson 7.4 ***Human Development and Relationships***: Lesson 9.3

Copyright © 2025 Goodheart-Willcox Co., Inc. All Rights Reserved. You may not reproduce or allow unauthorized access to any G-W course or other materials, except as permitted by U.S. copyright law. Such materials may be used for your own educational purposes only, in a location not accessible by the general public.

Standards	Correlating Lessons
1.12.7 Compare and contrast the benefits of and barriers to practicing a variety of healthy behaviors.	***Essential Health Skills for High School***: 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 ***Human Development and Relationships***: Lesson 9.1, Lesson 9.2, Lesson 9.4, Lesson 9.5, Lesson 9.6, Lesson 9.7, Lesson 11.2, Lesson 11.3, Lesson 11.4
1.12.8 Analyze personal susceptibility to injury, illness, or death if engaging in unhealthy behaviors.	***Essential Health Skills for High School***: 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 7.4, Lesson 7.5, Lesson 7.6, Lesson 7.7 ***Human Development and Relationships***: Lesson 9.1, Lesson 9.2, Lesson 9.7, 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.	***Essential Health Skills for High School***: 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 ***Human Development and Relationships***: Lesson 9.1, Lesson 9.2, 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.	***Essential Health Skills for High School***: Lesson 1.2, Lesson 1.3, Lesson 2.1, Lesson 2.4, Lesson 3.1, Lesson 4.3, Lesson 5.6 ***Human Development and Relationships***: Lesson 9.7, Lesson 10.1

Copyright © 2025 Goodheart-Willcox Co., Inc. All Rights Reserved. You may not reproduce or allow unauthorized access to any G-W course or other materials, except as permitted by U.S. copyright law. Such materials may be used for your own educational purposes only, in a location not accessible by the general public.

Standards	Correlating Lessons
2.12.2 Analyze how the culture supports and challenges health beliefs, practices, and behaviors.	***Essential Health Skills for High School***: Lesson 1.3, Lesson 2.1, Lesson 2.4, Lesson 4.3, Lesson 5.6 ***Human Development and Relationships***: Lesson 9.7, Lesson 10.1
2.12.3 Analyze how peers influence healthy and unhealthy behaviors.	***Essential Health Skills for High School***: Lesson 1.3, Lesson 2.1, Lesson 2.4, Lesson 4.3, Lesson 5.6 ***Human Development and Relationships***: Lesson 9.5, Lesson 9.7, Lesson 10.1
2.12.4 Evaluate how the school and community can affect personal health practice and behaviors.	***Essential Health Skills for High School***: Lesson 1.3, Lesson 2.1, Lesson 2.4, Lesson 4.3, Lesson 5.6 ***Human Development and Relationships***: Lesson 9.7, Lesson 10.1
2.12.5 Evaluate the effect of media on personal and family health.	***Essential Health Skills for High School***: Lesson 1.3, Lesson 2.1, Lesson 2.4, Lesson 3.1, Lesson 4.3, Lesson 5.6 ***Human Development and Relationships***: Lesson 9.5, Lesson 9.7, Lesson 10.1
2.12.6 Evaluate the impact of technology on personal, family, and community health.	***Essential Health Skills for High School***: Lesson 1.3, Lesson 2.1, Lesson 2.4, Lesson 3.1, Lesson 4.3, Lesson 5.6 ***Human Development and Relationships***: Lesson 9.7, Lesson 10.1
2.12.7 Analyze how the perceptions of norms influence healthy and unhealthy behaviors.	***Essential Health Skills for High School***: Lesson 1.3, Lesson 2.4, Lesson 4.3, Lesson 5.6 ***Human Development and Relationships***: Lesson 9.7, Lesson 10.1
2.12.8 Analyze the influence of personal values and beliefs on individual health practices and behaviors.	***Essential Health Skills for High School***: Lesson 1.2, Lesson 1.3, Lesson 2.4, Lesson 4.3, Lesson 5.6 ***Human Development and Relationships***: Lesson 9.7, Lesson 10.1

Copyright © 2025 Goodheart-Willcox Co., Inc. All Rights Reserved. You may not reproduce or allow unauthorized access to any G-W course or other materials, except as permitted by U.S. copyright law. Such materials may be used for your own educational purposes only, in a location not accessible by the general public.

Standards	Correlating Lessons
2.12.9 Analyze how some health risk behaviors can influence the likelihood of engaging in unhealthy behaviors.	***Essential Health Skills for High School***: 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.	***Essential Health Skills for High School***: Lesson 1.5, Lesson 1.7, Lesson 2.4, Lesson 4.2, Lesson 5.6, Lesson 6.6 ***Human Development and Relationships***: Lesson 9.4

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.	***Essential Health Skills for High School***: Lesson 1.5
3.12.2 Use resources from home, school, and community that provide valid health information.	***Essential Health Skills for High School***: Lesson 1.5
3.12.3 Determine the accessibility of products and services that enhance health.	***Essential Health Skills for High School***: Lesson 1.5, Lesson 1.6
3.12.4 Determine when professional health services may be required.	***Essential Health Skills for High School***: Lesson 1.6, Lesson 7.1
3.12.5 Access valid and reliable health products and services.	***Essential Health Skills for High School***: 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.	***Essential Health Skills for High School***: Lesson 1.8

Copyright © 2025 Goodheart-Willcox Co., Inc. All Rights Reserved. You may not reproduce or allow unauthorized access to any G-W course or other materials, except as permitted by U.S. copyright law. Such materials may be used for your own educational purposes only, in a location not accessible by the general public.

Standards	Correlating Lessons
4.12.2 Demonstrate refusal, negotiation, and collaboration skills to enhance health and avoid or reduce health risks.	***Essential Health Skills for High School***: Lesson 1.4, Lesson 1.9, Lesson 1.10, Lesson 8.1, Lesson 8.2, Lesson 8.3 ***Human Development and Relationships***: Lesson 9.6, Lesson 9.7
4.12.3 Demonstrate strategies to prevent, manage, or resolve interpersonal conflicts without harming self or others.	***Essential Health Skills for High School***: Lesson 1.9, Lesson 8.1, Lesson 8.2, Lesson 8.3 ***Human Development and Relationships***: Lesson 9.6, Lesson 9.7
4.12.4 Demonstrate how to ask for and offer assistance to enhance the health of self and others.	***Essential Health Skills for High School***: Lesson 1.8, Lesson 3.2, Lesson 3.5, Lesson 3.6, Lesson 5.6, Lesson 8.1, Lesson 8.2, Lesson 8.3 ***Human Development and Relationships***: Lesson 9.6, Lesson 9.7

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.	***Essential Health Skills for High School***: 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.	***Essential Health Skills for High School***: Lesson 1.4 ***Human Development and Relationships***: Lesson 9.7
5.12.3 Justify when individual or collaborative decision making is appropriate.	***Essential Health Skills for High School***: Lesson 1.4
5.12.4 Generate alternatives to health-related issues or problems.	***Essential Health Skills for High School***: Lesson 1.4
5.12.5 Predict the potential short-term and long-term impact of each alternative on self and others.	***Essential Health Skills for High School***: Lesson 1.4

Copyright © 2025 Goodheart-Willcox Co., Inc. All Rights Reserved. You may not reproduce or allow unauthorized access to any G-W course or other materials, except as permitted by U.S. copyright law. Such materials may be used for your own educational purposes only, in a location not accessible by the general public.

Standards	Correlating Lessons
5.12.6 Defend the healthy choice when making decisions.	***Essential Health Skills for High School***: Lesson 1.4, Lesson 1.10, Lesson 5.6, Lesson 8.3 ***Human Development and Relationships***: Lesson 9.6, Lesson 9.7
5.12.7 Evaluate the effectiveness of health-related decisions.	***Essential Health Skills for High School***: 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.	***Essential Health Skills for High School***: Lesson 1.1
6.12.2 Develop a plan to attain a personal health goal that addresses strengths, needs, and risks.	***Essential Health Skills for High School***: Lesson 1.4
6.12.3 Implement strategies and monitor progress in achieving a personal health goal.	***Essential Health Skills for High School***: Lesson 1.4
6.12.4 Formulate an effective long-term personal health plan.	***Essential Health Skills for High School***: 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.	***Essential Health Skills for High School***: 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.	***Essential Health Skills for High School***: 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,

Copyright © 2025 Goodheart-Willcox Co., Inc. All Rights Reserved. You may not reproduce or allow unauthorized access to any G-W course or other materials, except as permitted by U.S. copyright law. Such materials may be used for your own educational purposes only, in a location not accessible by the general public.

Standards	Correlating Lessons
	Lesson 7.4, Lesson 7.5, Lesson 7.6, Lesson 8.1, Lesson 8.2, Lesson 8.3 ***Human Development and Relationships***: Lesson 9.1, Lesson 9.2, Lesson 9.6, Lesson 9.7
7.12.3 Demonstrate a variety of behaviors to avoid or reduce health risks to self and others.	***Essential Health Skills for High School***: 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 ***Human Development and Relationships***: Lesson 9.6, Lesson 9.7, Lesson 10.1, Lesson 10.2, Lesson 10.3, Lesson 10.4, Lesson 11.2, Lesson 11.3, Lesson 11.4

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.	***Essential Health Skills for High School***: Lesson 1.5, Lesson 1.8, Lesson 1.10, Lesson 5.6 ***Human Development and Relationships***: Lesson 9.7
8.12.2 Demonstrate how to influence and support others to make positive health choices.	***Essential Health Skills for High School***: Lesson 1.5, Lesson 1.8, Lesson 1.10, Lesson 5.6, Lesson 8.2, Lesson 8.3 ***Human Development and Relationships***: Lesson 9.7
8.12.3 Work cooperatively as an advocate for improving personal, family, and community health.	***Essential Health Skills for High School***: Lesson 1.7
8.12.4 Adapt health messages and communication techniques to a specific target audience.	***Essential Health Skills for High School***: Lesson 1.5, Lesson 1.8, Lesson 1.10, Lesson 5.6, Lesson 8.2, Lesson 8.3

Copyright © 2025 Goodheart-Willcox Co., Inc. All Rights Reserved. You may not reproduce or allow unauthorized access to any G-W course or other materials, except as permitted by U.S. copyright law. Such materials may be used for your own educational purposes only, in a location not accessible by the general public.

Standards	Correlating Lessons
	Human Development and Relationships: Lesson 9.6, Lesson 9.7

Copyright © 2025 Goodheart-Willcox Co., Inc. All Rights Reserved. You may not reproduce or allow unauthorized access to any G-W course or other materials, except as permitted by U.S. copyright law. Such materials may be used for your own educational purposes only, in a location not accessible by the general public.