Goodheart–Willcox Publisher Correlation of *Essential Health Skills for High School* and *Human Development, Relationships, and Sexual Health* ©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, Relationships, and Sexual Health***: Lesson 9.3, Lesson 9.4, Lesson 9.5, Lesson 9.7, Lesson 12.2
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, Relationships, and Sexual Health***: 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, Relationships, and Sexual Health***: 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, Relationships, and Sexual Health***: 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, Relationships, and Sexual Health***: Lesson 9.4, Lesson 9.5, Lesson 11.2, Lesson 11.3, Lesson 12.2, Lesson 12.3, Lesson 12.4, Lesson 12.5
1.12.6 Analyze the relationship between	***Essential Health Skills for High School***: Lesson

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Standards	Correlating Lessons
access to health care and health status.	1.3, Lesson 1.7, Lesson 7.4 ***Human Development, Relationships, and Sexual Health***: Lesson 9.3
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, Relationships, and Sexual Health***: 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, Lesson 12.2, Lesson 12.3, Lesson 12.4, Lesson 12.5
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, Relationships, and Sexual Health***: 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, Relationships, and Sexual Health***: 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.

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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, Relationships, and Sexual Health***: Lesson 9.7, Lesson 10.1
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, Relationships, and Sexual Health***: 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, Relationships, and Sexual Health***: 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, Relationships, and Sexual Health***: 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, Relationships, and Sexual Health***: 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, Relationships, and Sexual Health***: 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, Relationships, and Sexual Health***: Lesson 9.7, Lesson 10.1

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Standards	Correlating Lessons
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, Relationships, and Sexual Health***: Lesson 9.7, Lesson 10.1
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, Relationships, and Sexual Health***: Lesson 9.4, Lesson 12.1

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.

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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
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, Relationships, and Sexual Health***: Lesson 9.6, Lesson 9.7, Lesson 12.2
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, Relationships, and Sexual Health***: 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, Relationships, and Sexual Health***: 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, Relationships, and Sexual Health***: 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

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Standards	Correlating Lessons
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
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, Relationships, and Sexual Health***: 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	***Essential Health Skills for High School***: Lesson

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Standards	Correlating Lessons
practices and behaviors that will maintain or improve the health of self and others.	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 ***Human Development, Relationships, and Sexual Health***: Lesson 9.1, Lesson 9.2, Lesson 9.6, Lesson 9.7, Lesson 12.1, Lesson 12.3, Lesson 12.4, Lesson 12.5
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, Relationships, and Sexual Health***: 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, Lesson 12.3, Lesson 12.4, Lesson 12.5

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, Relationships, and Sexual Health***: 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, Relationships, and Sexual Health***: Lesson 9.7

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Standards	Correlating Lessons
8.12.3 Work cooperatively as an advocate for improving personal, family, and community health.	***Essential Health Skills for High School***: Lesson 1.7 ***Human Development, Relationships, and Sexual Health***: Lesson 12.1
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 ***Human Development, Relationships, and Sexual Health***: Lesson 9.6, Lesson 9.7

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