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)

The following correlation shows performance indicators for the National Health Education Standards and their correlating page numbers in the Essential Health Skills for High 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—Use functional health information to support health and well–being of self and others.

Standards	Correlating Pages
1.12.1 Apply ways to build upon strengths and assets to support individual and collective health and well–being.	*Essential Health Skills for High School*: 26, 94, 101–102, 110–111, 127
1.12.2 Analyze the relationships between various dimensions of wellness as related to health outcomes.	*Essential Health Skills for High School*: 3–6, 10–14, 27, 162, 199, 208, 233–234, 369–373, 404 *Human Development, Relationships, and Sexual Health*: 22, 28, 38–43, 55–59, 71–72, 166–167
1.12.3 Evaluate behaviors that reduce or prevent illnesses and injuries.	*Essential Health Skills for High School*: 24–30, 43–44, 175–187, 207–229, 239–252, 257–260, 316–321, 328–336, 392–402, 407–411, 432–436 *Human Development, Relationships, and Sexual Health*: 23–25, 43, 61–66, 130–131, 133–137, 167–189
1.12.4 Evaluate practices and behaviors that support health and well–being, including how to manage health conditions.	*Essential Health Skills for High School*: 24–38, 43–44, 54–76, 101–103, 109–113, 115–118, 125–131, 133–138, 151–160, 208–229, 239–246, 423, 476–483, 485–490
1.12.5 Examine connections between individual health literacy, organizational health literacy, and health outcomes.	*Essential Health Skills for High School*: 31–38, 46–53, 223–229, 236–237, 254–260, 331, 422, 427, 435–436, 438 *Human Development, Relationships, and Sexual Health*: 4, 16, 128–130, 162–165
1.12.6 Analyze how individual,	*Essential Health Skills for High School*: 10–23, 46–

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Standards	Correlating Pages
interpersonal, community, societal, and environmental factors are interrelated and impact health outcomes.	49, 56, 82–85, 105–108, 184–185, 188–191, 221–223, 312–316, 359, 369–373, 414 *Human Development, Relationships, and Sexual Health*: 55–59, 113
1.12.7 Analyze the benefits of and barriers to practicing a variety of health behaviors.	*Essential Health Skills for High School*: 184–185, 208, 221–222, 231–234, 242, 403–404 *Human Development, Relationships, and Sexual Health*: 55–61
1.12.8 Examine how self–efficacy, perceived susceptibility, and perceived severity affect health behaviors.	*Essential Health Skills for High School*: 13–14, 18, 24–25, 71–73, 79, 84, 98–100, 122–125, 142, 155, 184–185, 188–189, 221, 262, 312–316, 420–421 *Human Development, Relationships, and Sexual Health*: 56–59, 84, 103–105, 109, 113, 125, 129, 137–139, 162–165
1.12.9 Analyze the relationship between access to health care and overall health and well–being.	*Essential Health Skills for High School*: 22, 49, 185, 414 *Human Development, Relationships, and Sexual Health*: 14, 24, 113, 167

Standard 2— Analyze influences that affect health and well–being of self and others.

Standards	Correlating Pages
2.12.1 Evaluate the interrelationships and impacts of various influences and health behaviors on health and well–being.	*Essential Health Skills for High School*: 10–23, 46–48, 71–73, 82–85, 105–108, 123, 221–222, 312–316 *Human Development, Relationships, and Sexual Health*: 28, 30, 55–59, 69, 84, 113, 149, 166–167
2.12.2 Evaluate how social determinants of health influence health behaviors, health outcomes, and health equity.	*Essential Health Skills for High School*: 21–22, 47–49, 83, 199, 221–222, 242, 414 *Human Development, Relationships, and Sexual Health*: 14, 24, 69
2.12.3 Evaluate how individual, interpersonal, community, societal, and	*Essential Health Skills for High School*: 21–22, 47–

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Standards	Correlating Pages
environmental influences and factors affect health equity.	49, 199, 221–222, 242, 414 *Human Development, Relationships, and Sexual Health*: 14, 24
2.12.4 Formulate strategies to manage influences that impact health and well–being.	*Essential Health Skills for High School*: 15–16, 23, 112, 326 *Human Development, Relationships, and Sexual Health*: 26, 66, 84, 124
2.12.5 Use resources to manage influences that impact health and well–being.	*Essential Health Skills for High School*: 15, 23, 112, 176–177, 84, 178–187, 193

Standard 3—Access valid and reliable resources to support health and well–being of self and others.

Standards	Correlating Pages
3.12.1 Analyze the accessibility of trusted adults, other individuals, health professionals, and other resources to promote health and well–being.	*Essential Health Skills for High School*: 34, 39–44, 49, 87, 159, 176–177, 180, 193, 208, 322–323, 351–353, 431 *Human Development, Relationships, and Sexual Health*: 16, 52–53, 90, 99–101, 150, 160, 182
3.12.2 Analyze supports and barriers to accessing valid and reliable health information, products, services, and other resources.	*Essential Health Skills for High School*: 33, 42, 49, 184–185, 275, 427, 459 *Human Development, Relationships, and Sexual Health*: 58, 149, 167
3.12.3 Evaluate the validity, reliability, and accessibility of health information, products, services, and other resources.	*Essential Health Skills for High School*: 31–38, 40–41, 103, 223–226, 247, 259, 316, 427, 459 *Human Development, Relationships, and Sexual Health*: 16, 59, 150, 160, 163–165, 171, 182
3.12.4 Use valid and reliable sources of health information, products, services, and other resources.	*Essential Health Skills for High School*: 31–38, 40–41, 87, 180, 193–194, 223–226, 247, 259, 316 *Human Development, Relationships, and Sexual Health*: 16, 121, 164

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Standards	Correlating Pages
3.12.5 Apply strategies to manage misinformation and disinformation.	*Essential Health Skills for High School*: 33–36, 109–110, 215, 427, 247, 275, 316, 459

Standard 4—Use interpersonal communication skills to support health and well–being of self and others.

Standards	Correlating Pages
4.12.1 Apply effective communication skills across multiple modes of communication and media formats to support health and well–being of self and others.	*Essential Health Skills for High School*: 54–70, 75–76, 113, 150, 172, 187, 193–194, 219, 268, 296, 311, 319–320, 325, 363–364, 483 *Human Development, Relationships, and Sexual Health*: 51–52, 62–63, 72–73, 76–78, 99–100, 135
4.12.2 Apply communication skills and strategies within a variety of interpersonal contexts.	*Essential Health Skills for High School*: 54–70, 75–76, 150, 172, 187, 193–194, 219, 268, 311, 319–320, 325, 363–364, 483 *Human Development, Relationships, and Sexual Health*: 51–52, 62–63,72–73, 76–77, 80–83, 101
4.12.3 Demonstrate how to ask for and offer assistance to support the health of self and others.	*Essential Health Skills for High School*: 76, 159, 172, 187, 193–194, 268, 325 *Human Development, Relationships, and Sexual Health*: 52–53, 65, 90, 99–100, 116, 182
4.12.4 Use communication skills related to communicating boundaries, expressing consent, and removing consent in a variety of situations.	*Essential Health Skills for High School*: 54–62, 75, 153 *Human Development, Relationships, and Sexual Health*: 51–52, 62–65, 80–83, 135
4.12.5 Apply refusal skills and strategies in a variety of situations.	*Essential Health Skills for High School*: 75, 319–320 *Human Development, Relationships, and Sexual Health*: 65
4.12.6 Apply skills and strategies to prevent, manage, or resolve conflict.	*Essential Health Skills for High School*: 63–70, 160, 473 *Human Development, Relationships, and Sexual Health*: 72–73, 76–77

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Standards	Correlating Pages
4.12.7 Demonstrate collaboration skills in a variety of situations.	*Essential Health Skills for High School*: 63–70, 350, 473
4.12.8 Demonstrate negotiation skills in a variety of situations.	*Essential Health Skills for High School*: 63–70, 160, 222, 473 *Human Development, Relationships, and Sexual Health*: 62–63
4.12.9 Adapt strategies to communicate with others with different perspectives and values in various contexts.	*Essential Health Skills for High School*: 54–62, 63–70, 113, 150, 172, 187, 193–194, 219, 268, 296, 311, 319–320, 325, 380, 483 *Human Development, Relationships, and Sexual Health*: 17, 51–52, 62–65, 72–73, 76–77, 135
4.12.10 Communicate with empathy and compassion.	*Essential Health Skills for High School*: 54–62, 63–70, 133–135, 138, 150, 172, 193–194, 311 *Human Development, Relationships, and Sexual Health*: 36, 62–63, 72–73, 135

Standard 5—Use a decision–making process to support health and well–being of self and others.

Standards	Correlating Pages
5.12.1 Analyze how health–related decisions may affect personal and community health and well–being from a variety of perspectives.	*Essential Health Skills for High School*: 13–15, 24–25, 30, 138, 208, 218–219, 231–234, 273 *Human Development, Relationships, and Sexual Health*: 60–61, 64, 71–72, 92, 142
5.12.2 Determine when and why health–related situations require the application of a thoughtful decision–making process.	*Essential Health Skills for High School*: 24–25, 30, 208, 273 *Human Development, Relationships, and Sexual Health*: 37, 44, 51–52, 60–61, 64, 79, 92, 142
5.12.3 Apply an individual, supported, or collaborative decision–making process to maintain or improve health and well–being.	*Essential Health Skills for High School*: 24–28, 30, 45, 177, 233, 260, 273, 311, 326, 356, 407 *Human Development, Relationships, and Sexual Health*: 44, 52–53, 64, 92, 140, 142, 144

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Standards	Correlating Pages
5.12.4 Analyze a variety of options based on priorities and potential outcomes when making a health–related decision.	*Essential Health Skills for High School*: 25–26, 30, 120, 138, 211–215, 233, 239–246, 273, 311, 316–321, 326, 356, 407 *Human Development, Relationships, and Sexual Health*: 61–65, 72–73, 92, 133–137, 142
5.12.5 Analyze the potential impact of a decision on the health and well–being at individual, interpersonal, community, societal, and environmental levels.	*Essential Health Skills for High School*: 13–15, 25–26, 30, 138, 208, 218–219, 231–234, 273, 311, 326, 336, 356, 407 *Human Development, Relationships, and Sexual Health*: 60–61, 64, 71–72, 92, 142
5.12.6 Develop a plan of action to implement a health–related decision.	*Essential Health Skills for High School*: 24–28, 30, 260, 273, 311, 326, 356, 407 *Human Development, Relationships, and Sexual Health*: 61–65, 92, 140, 142
5.12.7 Evaluate the impact of supports and barriers that affect decision making at individual, interpersonal, community, societal, and environmental levels.	*Essential Health Skills for High School*: 24–28, 30, 45, 71–73, 76, 99–100, 221–222, 312–316, 356, 407 *Human Development, Relationships, and Sexual Health*: 55–59, 64, 82, 142, 166–167
5.12.8 Evaluate the effectiveness of health–related decisions.	*Essential Health Skills for High School*: 25–26, 30, 273, 336, 356 *Human Development, Relationships, and Sexual Health*: 64, 72, 134–136, 143

Standard 6—Use a goal–setting process to support health and well–being of self and others.

Standards	Correlating Pages
6.12.1 Assess personal health, well–being, and factors for engaging in a goal–setting process.	*Essential Health Skills for High School*: 28–29, 44, 53, 125, 243, 412, 446
6.12.2 Use an individual, supported, or collaborative goal–setting process as appropriate.	*Essential Health Skills for High School*: 28–29, 44, 160, 243, 311, 336, 434 *Human Development, Relationships, and Sexual*

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Standards	Correlating Pages
	Health: 44, 52, 140
6.12.3 Develop a goal and analyze how it supports health and well–being.	*Essential Health Skills for High School*: 28–29, 44, 53, 73, 120, 125, 160, 229, 243, 263, 275, 311, 336, 359, 412, 434, 446, 473 *Human Development, Relationships, and Sexual Health*: 44, 52
6.12.4 Implement a plan that addresses supports and barriers to attaining a health–related goal.	*Essential Health Skills for High School*: 28–29, 44, 73, 120, 243, 263, 275, 359, 446 *Human Development, Relationships, and Sexual Health*: 125
6.12.5 Monitor progress and adjust the goal or plan as appropriate.	*Essential Health Skills for High School*: 28–29, 44, 73, 120, 243, 359, 446
6.12.6 Evaluate the goal–setting process and outcomes on health and well–being.	*Essential Health Skills for High School*: 28–29, 44, 73, 120, 229, 243, 275, 359, 446

Standard 7—Demonstrate practices and behaviors to support health and well–being of self and others.

Standards	Correlating Pages
7.12.1 Analyze supports and barriers to engaging in health–related practices and behaviors.	*Essential Health Skills for High School*: 10–23, 26, 53, 56, 80–85, 100, 147–149, 169, 177, 221–222, 242, 264, 281, 288–290, 293–294, 298, 301–302, 312–316, 331, 409–410 *Human Development, Relationships, and Sexual Health*: 55–59, 166–167, 174
7.12.2 Evaluate practices, behaviors, and other factors supporting individual and collective health and well–being.	*Essential Health Skills for High School*: 26, 43–45, 57–62, 65–69, 73–76, 101–103, 109–113, 115–118, 125–130, 133–137, 151–159, 178–180, 191–194, 211–215, 223–228, 237, 239–251, 257–260, 316–321, 329–348, 351–356, 359–366, 383–389, 392–402, 407–412, 432–436, 447–448, 455–456, 464, 476–483, 485–490 *Human Development, Relationships, and Sexual Health*: 6–7, 14–16, 23–25, 49–53, 61–65, 72–73,

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Standards	Correlating Pages
	76–78, 85–90, 98–101, 104–106, 130–137, 169–193
7.12.3 Adapt practices and behaviors to support individual and collective health and well–being.	*Essential Health Skills for High School*: 56, 60–61, 65, 76, 128, 137, 158, 216–217, 227, 240–244, 320, 347, 356, 412, 490 *Human Development, Relationships, and Sexual Health*: 18, 66, 72, 101, 124, 132
7.12.4 Demonstrate a variety of practices and behaviors supporting individual and collective health and well–being.	*Essential Health Skills for High School*: 43–44, 57–62, 65–69, 73–76, 101–103, 109–113, 115–118, 125–130, 133–137, 151–159, 178–180, 191–194, 211–215, 223–229, 239–251, 257–260, 316–321, 329–348, 351–356, 359–366, 383–389, 392–402, 407–412, 432–436, 447–448, 455–456, 464, 476–483, 485–490 *Human Development, Relationships, and Sexual Health*: 6–7, 14–16, 23–25, 49–53, 61–65, 72–73, 76–78, 85–90, 98–101, 104–106, 130–137, 169–193

Standard 8—Advocate to promote health and well–being of self and others.

Standards	Correlating Pages
8.12.1 Examine a variety of factors that affect advocacy at individual, interpersonal, community, societal, and environmental levels.	*Essential Health Skills for High School*: 16–22, 46–49, 84, 95, 105–108, 185, 219, 221–222, 301, 382 *Human Development, Relationships, and Sexual Health*: 14, 84, 129, 139, 158
8.12.2 Advocate for health issues either collaboratively or individually to promote health and well–being.	*Essential Health Skills for High School*: 20, 49–51, 62, 84, 95, 103, 112–113, 120, 160, 177, 185, 206, 225, 295, 301, 367, 370, 382, 387, 436, 462, 486 *Human Development, Relationships, and Sexual Health*: 14, 35, 84, 129, 139, 157–159, 186
8.12.3 Customize advocacy skills and strategies for varying audiences and contexts.	*Essential Health Skills for High School*: 20, 49–51, 62, 84, 103, 120, 160, 177, 185, 219, 225, 252, 301, 349, 367, 370, 382, 387, 436, 462, 486 *Human Development, Relationships, and Sexual*

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Standards	Correlating Pages
	Health: 14, 35, 84, 129, 139, 158, 186
8.12.4 Demonstrate self–advocacy skills and strategies to promote health and well–being.	*Essential Health Skills for High School*: 35–37, 42–43, 95, 118, 129–130, 179–180
8.12.5 Demonstrate advocacy skills and strategies to promote health and well–being at interpersonal, community, societal, and environmental levels.	*Essential Health Skills for High School*: 20, 49–51, 62, 84, 103, 110, 112–113, 120, 129–130, 160, 177, 185, 206, 215, 225, 252, 295, 301, 319–321, 349, 367, 370, 382, 387, 389, 436, 462, 486 *Human Development, Relationships, and Sexual Health*: 14, 35, 84, 129, 139, 157–159, 186
8.12.6 Evaluate the process, outcomes, and impact of advocacy efforts at the individual, interpersonal, community, societal, and environmental levels.	*Essential Health Skills for High School*: 53, 103, 110, 112–113, 120, 185, 206, 252, 349, 387, 436 *Human Development, Relationships, and Sexual Health*: 14, 35, 84, 129, 139
8.12.7 Analyze the role of collaboration among different people in a community to prevent and solve community health issues.	*Essential Health Skills for High School*: 49–51, 103, 112–113, 185, 267, 295, 370, 422, 473 *Human Development, Relationships, and Sexual Health*: 14, 44, 101–102, 129, 150

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