Goodheart-Willcox Publisher Correlation of *Essential Health Skills for High School* ©2028 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* 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.	26, 94, 101-102, 110-111, 127
1.12.2 Analyze the relationships between various dimensions of wellness as related to health outcomes.	3-6, 10-14, 27, 162, 199, 208, 233-234, 369-373, 404
1.12.3 Evaluate behaviors that reduce or prevent illnesses and injuries.	24-30, 43-44, 175-187, 207-229, 239-252, 257-260, 316-321, 328-336, 392-402, 407-411, 432-436
1.12.4 Evaluate practices and behaviors that support health and well-being, including how to manage health conditions.	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.	31-38, 46-53, 223-229, 236-237, 254-260, 331, 422, 427, 435-436, 438
1.12.6 Analyze how individual, interpersonal, community, societal, and environmental factors are interrelated and impact health outcomes.	10-23, 46-49, 56, 82-85, 105-108, 184-185, 188-191, 221-223, 312-316, 359, 369-373, 414
1.12.7 Analyze the benefits of and barriers to practicing a variety of health behaviors.	184-185, 208, 221-222, 231-234, 242, 403-404
1.12.8 Examine how self-efficacy, perceived susceptibility, and perceived	13-14, 18, 24-25, 71-73, 79, 84, 98-100, 122-125, 142, 155, 184-185, 188-189, 221, 262, 312-316,

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Standards	Correlating Pages
severity affect health behaviors.	420–421
1.12.9 Analyze the relationship between access to health care and overall health and well-being.	22, 49, 185, 414

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.	10–23, 46–48, 71–73, 82–85, 105–108, 123, 221–222, 312–316
2.12.2 Evaluate how social determinants of health influence health behaviors, health outcomes, and health equity.	21–22, 47–49, 83, 199, 221–222, 242, 414
2.12.3 Evaluate how individual, interpersonal, community, societal, and environmental influences and factors affect health equity.	21–22, 47–49, 199, 221–222, 242, 414
2.12.4 Formulate strategies to manage influences that impact health and well-being.	15–16, 23, 112, 326
2.12.5 Use resources to manage influences that impact health and well-being.	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.	34, 39–44, 49, 87, 159, 176–177, 180, 193, 208, 322–323, 351–353, 431

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Standards	Correlating Pages
3.12.2 Analyze supports and barriers to accessing valid and reliable health information, products, services, and other resources.	33, 42, 49, 184–185, 275, 427, 459
3.12.3 Evaluate the validity, reliability, and accessibility of health information, products, services, and other resources.	31–38, 40–41, 103, 223–226, 247, 259, 316, 427, 459
3.12.4 Use valid and reliable sources of health information, products, services, and other resources.	31–38, 40–41, 87, 180, 193–194, 223–226, 247, 259, 316
3.12.5 Apply strategies to manage misinformation and disinformation.	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.	54–70, 75–76, 113, 150, 172, 187, 193–194, 219, 268, 296, 311, 319–320, 325, 363–364, 483
4.12.2 Apply communication skills and strategies within a variety of interpersonal contexts.	54–70, 75–76, 150, 172, 187, 193–194, 219, 268, 311, 319–320, 325, 363–364, 483
4.12.3 Demonstrate how to ask for and offer assistance to support the health of self and others.	76, 159, 172, 187, 193–194, 268, 325
4.12.4 Use communication skills related to communicating boundaries, expressing consent, and removing consent in a variety of situations.	54–62, 75, 153
4.12.5 Apply refusal skills and strategies	75, 319–320

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Standards	Correlating Pages
in a variety of situations.	
4.12.6 Apply skills and strategies to prevent, manage, or resolve conflict.	63–70, 160, 473
4.12.7 Demonstrate collaboration skills in a variety of situations.	63–70, 350, 473
4.12.8 Demonstrate negotiation skills in a variety of situations.	63–70, 160, 222, 473
4.12.9 Adapt strategies to communicate with others with different perspectives and values in various contexts.	54–62, 63–70, 113, 150, 172, 187, 193–194, 219, 268, 296, 311, 319–320, 325, 380, 483
4.12.10 Communicate with empathy and compassion.	54–62, 63–70, 133–135, 138, 150, 172, 193–194, 311

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.	13–15, 24–25, 30, 138, 208, 218–219, 231–234, 273
5.12.2 Determine when and why health-related situations require the application of a thoughtful decision-making process.	24–25, 30, 208, 273
5.12.3 Apply an individual, supported, or collaborative decision-making process to maintain or improve health and well-being.	24–28, 30, 45, 177, 233, 260, 273, 311, 326, 356, 407
5.12.4 Analyze a variety of options based on priorities and potential outcomes when making a health-related decision.	25–26, 30, 120, 138, 211–215, 233, 239–246, 273, 311, 316–321, 326, 356, 407

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Standards	Correlating Pages
5.12.5 Analyze the potential impact of a decision on the health and well-being at individual, interpersonal, community, societal, and environmental levels.	13–15, 25–26, 30, 138, 208, 218–219, 231–234, 273, 311, 326, 336, 356, 407
5.12.6 Develop a plan of action to implement a health-related decision.	24–28, 30, 260, 273, 311, 326, 356, 407
5.12.7 Evaluate the impact of supports and barriers that affect decision making at individual, interpersonal, community, societal, and environmental levels.	24–28, 30, 45, 71–73, 76, 99–100, 221–222, 312–316, 356, 407
5.12.8 Evaluate the effectiveness of health-related decisions.	25–26, 30, 273, 336, 356

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.	28–29, 44, 53, 125, 243, 412, 446
6.12.2 Use an individual, supported, or collaborative goal-setting process as appropriate.	28–29, 44, 160, 243, 311, 336, 434
6.12.3 Develop a goal and analyze how it supports health and well-being.	28–29, 44, 53, 73, 120, 125, 160, 229, 243, 263, 275, 311, 336, 359, 412, 434, 446, 473
6.12.4 Implement a plan that addresses supports and barriers to attaining a health-related goal.	28–29, 44, 73, 120, 243, 263, 275, 359, 446
6.12.5 Monitor progress and adjust the goal or plan as appropriate.	28–29, 44, 73, 120, 243, 359, 446
6.12.6 Evaluate the goal-setting process and outcomes on health and well-being.	28–29, 44, 73, 120, 229, 243, 275, 359, 446

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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.	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
7.12.2 Evaluate practices, behaviors, and other factors supporting individual and collective health and well-being.	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
7.12.3 Adapt practices and behaviors to support individual and collective health and well-being.	56, 60–61, 65, 76, 128, 137, 158, 216–217, 227, 240–244, 320, 347, 356, 412, 490
7.12.4 Demonstrate a variety of practices and behaviors supporting individual and collective health and well-being.	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

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.	16–22, 46–49, 84, 95, 105–108, 185, 219, 221–222, 301, 382
8.12.2 Advocate for health issues either collaboratively or individually to promote health and well-being.	20, 49–51, 62, 84, 95, 103, 112–113, 120, 160, 177, 185, 206, 225, 295, 301, 367, 370, 382, 387, 436, 462, 486
8.12.3 Customize advocacy skills and strategies for varying audiences and contexts.	20, 49–51, 62, 84, 103, 120, 160, 177, 185, 219, 225, 252, 301, 349, 367, 370, 382, 387, 436, 462, 486
8.12.4 Demonstrate self-advocacy skills and strategies to promote health and	35–37, 42–43, 95, 118, 129–130, 179–180

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Standards	Correlating Pages
well-being.	
8.12.5 Demonstrate advocacy skills and strategies to promote health and well-being at interpersonal, community, societal, and environmental levels.	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
8.12.6 Evaluate the process, outcomes, and impact of advocacy efforts at the individual, interpersonal, community, societal, and environmental levels.	53, 103, 110, 112–113, 120, 185, 206, 252, 349, 387, 436
8.12.7 Analyze the role of collaboration among different people in a community to prevent and solve community health issues.	49–51, 103, 112–113, 185, 267, 295, 370, 422, 473

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