Goodheart-Willcox Publisher Correlation of *Essential Health Skills for Middle School* and *Human Development, Relationships, and Sexual Health* ©2028 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, 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

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, Relationships, and Sexual Health*: 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, 135-136, 141-143
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, Relationships, and Sexual Health*: 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, Relationships, and Sexual Health*: 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, Relationships, and Sexual Health*: 17, 140-141

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Competency	Correlating Pages
1.8.6 Analyze how individual, interpersonal, community, and environmental factors impact personal health and well-being.	*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, 249–252, 262–267 *Human Development, Relationships, and Sexual Health*: 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, Relationships, and Sexual Health*: 7, 27, 76, 85, 91–92, 104–107, 108 (Develop Your Skills #1), 114, 141

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) *Human Development, Relationships, and Sexual Health*: 135–136
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, Relationships, and Sexual Health*: 37, 43–44, 90, 116 (Develop Your Skills #1), 128, 135–136
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, Relationships, and Sexual Health*: 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, Relationships, and Sexual Health*: 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.

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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, Relationships, and Sexual Health*: 27, 62, 64, 74–76, 85, 91–92, 104–107, 112–115, 141
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 *Human Development, Relationships, and Sexual Health*: 140–141
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, Relationships, and Sexual Health*: 19 (Develop Your Skills #1), 65 (Develop Your Skills #3), 77 (Develop Your Skills #2), 106 (Building Your Skills), 108 (Develop Your Skills #1), 129 (Develop Your Skills #2), 150 (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, Relationships, and Sexual Health*: 19 (Develop Your Skills #1), 25 (Case Study), 86 (Develop Your Skills #3), 93, 129 (Develop Your Skills #2), 140–141
3.8.5 Use strategies to manage misinformation and disinformation.	Essential Health Skills for Middle School: 58 (Building Your Skills), 233 *Human Development, Relationships, and Sexual Health*: 132, 140–141

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

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Competency	Correlating Pages
	Study), 410–412, 420–421, 427 (Develop Your Skills #1) *Human Development, Relationships, and Sexual Health*: 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, Relationships, and Sexual Health*: 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, 294 (Develop Your Skills #3), 309 (Case Study), 362 *Human Development, Relationships, and Sexual Health*: 77 (Develop Your Skills #1), 102 (Case Study), 138 (Develop Your Skills #3)
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, Relationships, and Sexual Health*: 34–36, 56–58, 95 (Building Your Skills), 136–137
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, Relationships, and Sexual Health*: 35–38, 103, 136
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, Relationships, and Sexual Health*: 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, Relationships, and Sexual Health*: 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, Relationships, and Sexual Health*: 52, 74
4.8.10 Demonstrate ways to	*Essential Health Skills for Middle School*: 56 (Case Study), 204–

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Competency	Correlating Pages
communicate empathy and compassion.	206, 226 (Case Study), 241 (Case Study), 256 (Develop Your Skills #1), 330 (Develop Your Skills #2) *Human Development, Relationships, and Sexual Health*: 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, Relationships, and Sexual Health*: 17–18, 94–95
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, Relationships, and Sexual Health*: 17–18, 36–37, 94–95, 129 (Develop Your Skills #3)
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, Relationships, and Sexual Health*: 18, 37, 40 (Develop Your Skills #3), 94, 104, 108 (Develop Your Skills #1), 136
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, Relationships, and Sexual Health*: 17–18, 36, 94–95, 96 (Develop Your Skills #3), 116 (Develop Your Skills #2), 129 (Develop Your Skills #3)
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, Relationships, and Sexual Health*: 15, 36–37, 95 (Building Your Skills), 135–136
5.8.6 Evaluate the results of a health-related decision on self	*Essential Health Skills for Middle School*: 23, 184 (Develop Your Skills #1), 247 (Develop Your Skills #2), 270 (Case Study), 294

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Competency	Correlating Pages
and others.	(Critical Thinking #1), 309 (Case Study), 350 (Case Study), 358 (Develop Your Skills #1), 383 *Human Development, Relationships, and Sexual Health*: 5, 77 (Develop Your Skills #3), 96 (Develop Your Skills #2 and 3), 138 (Develop Your Skills #2)

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 (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, Relationships, and Sexual Health*: 54 (Develop Your Skills #3), 137 (Case Study)
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, Relationships, and Sexual Health*: 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	*Essential Health Skills for Middle School*: 24, 66 (Develop Your

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Competency	Correlating Pages
barriers to health-related practices and behaviors.	Skills #3), 72 (Building Your Skills), 122 (Develop Your Skills #3), 232–233, 358 (Develop Your Skills #3) *Human Development, Relationships, and Sexual Health*: 37–38, 135–136, 150 (Develop Your Skills #3)
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, Relationships, and Sexual Health*: 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, 135–136, 141–143
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, Relationships, and Sexual Health*: 40 (Develop Your Skills #1), 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, Relationships, and Sexual Health*: 57 (Building Your Skills), 127 (Building Your Skills), 129 (Develop Your Skills #1)
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, Relationships, and Sexual Health*: 76, 95 (Building Your Skills), 128
8.8.3 Adapt advocacy skills and	*Essential Health Skills for Middle School*: 91 (Develop Your Skills

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Competency	Correlating Pages
strategies for a variety of audiences and contexts.	#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, Relationships, and Sexual Health*: 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, Relationships, and Sexual Health*: 108 (Develop Your Skills #3), 129 (Develop Your Skills #1), 138 (Develop Your Skills #1), 150 (Develop Your Skills #2)
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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