

## Health Curriculum Map

Unit	Nation Health Standards	CASEL Competencies	National Sex Ed Standards	Illinois State Standards
Unit 1: Promoting Health & Wellness	NHES #1 - Content  NHES #2 - Analyzing Influences  NHES #4 - Interpersonal Communication Skills  NHES #5 - Decision Making  NHES #7 - Practicing Healthy Behaviors	Self-Awareness  Decision Making  Relationship Skills  Responsible Decision Making  Self Management		22. Health promotion, illness & injury prevention  23. Understand human body systems, & factors that influence growth & development  24. Promote & enhance health and well-being, through effective communication and decision-making
Unit 2: Mental/ Emotional Health	NHES #1 - Content  NHES #2 - Analyzing Influences  NHES #3 - Accessing Valid Information	Self-Awareness  Social Awareness  Relationship Skills  Self Management	Identity	22. Health promotion, illness & injury prevention  23. Understand human body systems, & factors that influence growth & development

	<p>NHES #7 - Practicing Healthy Behaviors</p> <p>NHES #8 - Advocacy</p>			<p>24. Promote &amp; enhance health and well-being, through effective communication and decision-making</p>
Unit 3: Drug Education	<p>NHES #1 - Content</p> <p>NHES #2 - Analyzing Influences</p> <p>NHES #3 - Accessing Information</p> <p>NHES #4 - Interpersonal Communication Skills</p> <p>NHES #5 - Decision Making</p> <p>NHES #7 - Practicing Healthy Behaviors</p>	<p>Self-Awareness</p> <p>Social Awareness</p> <p>Relationship Skills</p> <p>Responsible Decision Making</p> <p>Self Management</p>	Personal Safety	<p>22. Health promotion, illness &amp; injury prevention</p> <p>23. Understand human body systems, &amp; factors that influence growth &amp; development</p> <p>24. Promote &amp; enhance health and well-being, through effective communication and decision-making</p>
Unit 4: Relations hips	<p>NHES #1 - Content</p> <p>NHES #2 - Analyzing</p>	<p>Self-Awareness</p> <p>Social Awareness</p>	<p>Identity</p> <p>Healthy Relationships</p>	<p>22. Health promotion, illness &amp; injury prevention</p>

	<p>Influences</p> <p>NHES #4 - Interpersonal Communication Skills</p> <p>NHES #5- Decision Making</p> <p>NHES #7 - Practicing Healthy Behaviors</p>	<p>Relationship Skills</p> <p>Responsible Decision Making</p> <p>Self Management</p>	<p>Personal Safety</p>	<p>23. Understand human body systems, &amp; factors that influence growth &amp; development</p> <p>24. Promote &amp; enhance health and well-being, through effective communication and decision-making</p>
Unit 5: Reproductive Health	<p>NHES #1 - Content</p> <p>NHES #2 - Analyzing Influences</p> <p>NHES #4 - Interpersonal Communication Skills</p> <p>NHES #5 - Decision Making</p> <p>NHES #6 - Goal Setting</p> <p>NHES #7 - Practicing Healthy Behaviors</p>	<p>Self-Awareness</p> <p>Social Awareness</p> <p>Responsible Decision Making</p> <p>Self Management</p> <p>Relationship Skills</p> <p>Goal Setting</p>	<p>Anatomy &amp; Physiology</p> <p>Puberty &amp; Adolescent Development</p> <p>Pregnancy &amp; Reproduction</p> <p>Sexually Transmitted Diseases &amp; HIV</p> <p>Healthy Relationships</p> <p>Personal Safety</p>	<p>22. Health promotion, illness &amp; injury prevention</p> <p>23. Understand human body systems, &amp; factors that influence growth &amp; development</p> <p>24. Promote &amp; enhance health and well-being, through effective communication and decision-making</p>

Unit 6: Promoting A Healthy Lifestyle	NHES #1 - Content  NHES #2 - Analyzing Influences  NHES #3 - Accessing Information  NHES #4 Interpersonal Communication Skills  NHES #5 - Decision Making  NHES #6 - Goal Setting  NHES #7 Practicing Healthy Behaviors  NHES #8 - Advocacy	Self Awareness  Social Awareness  Relationship Skills  Responsible Decision Making  Self Management		

**Health Skill  
Performance Indicators**

Health Skill 1 - Use functional health information

Analyze the relationships between various dimensions of wellness as related to health outcomes

Evaluate behaviors that reduce/prevent illness & injuries, support health & well-being, and manage health outcomes

Analyze how individual, interpersonal, community, societal & environmental factors impact health outcomes

Analyze relationship between access to health care and overall health

Health Skill 2 - Analyze Influences that affect health & well-being of self and others

Evaluate the influences of behaviors on overall health & well-being

Evaluate how individual, interpersonal, community, societal and environmental factors affect health and equity

Formulate strategies to manage influences that impact health & well-being

Use resources to manage influences that impact health & well-being

Health Skill 3 - Access valid & reliable resources to support health & well-being of self & others

Analyze accessibility of trusted adults, health professionals and other resources to promote health & well-being

Analyze supports and barriers to accessing valid and reliable health information

Evaluate the validity, reliability, and accessibility of health information, products, services, and other resources

Use valid and reliable sources of health information, products, services, and other resources

Health Skill 4 - Use interpersonal communication skills to

support health & well-being of self & others

Apply effective communication skills to support health & well-being of self & others

Apply communication skills within a variety of interpersonal contexts

Demonstrate how to ask for & offer assistance to support health of self & others

Apply refusal skills to a variety of situations

Apply skills and strategies to prevent, manage, or resolve conflict

Demonstrate collaboration skills in a variety of situations

Health Skill 5 - Use a decision-making process to support health & well-being of self & others

Analyze how health-related decisions may affect personal & community health and well-being

Determine when & why health-related situations require the application of a decision-making process

Analyze a variety of options based on priorities and potential outcomes when making a health-related decision

Develop a plan of action to implement a health-related decision

Evaluate the effectiveness of health-related decisions

Health Skill 6 - Use goal-setting to support health & well-being of self and others

Assess personal health, well-being, and factors for engaging in a goal-setting process

Develop a goal and analyze how it supports health and well-being

Implement a plan that addresses supports and barriers to

attaining a health-related goal

Monitor progress and adjust the goal or plan as appropriate

Evaluate the goal-setting process and outcomes on health and well-being

Health Skill 7 - Demonstrate practices and behaviors to support health & well-being of self and others

Analyze supports & barriers to engaging in health-related practices and behaviors

Evaluate practices, behaviors, and other factors to support health & well-being of self and others

Adapt practices & behaviors to support health & well-being of self and others

Demonstrate a variety of practices & behaviors to support health & well-being of self and others

Health Skill #8 - Advocate to promote health & well-being of self and others

Advocate for health issues either collaboratively or individually to promote health and well-being

Demonstrate self-advocacy skills and strategies to promote health and well-being

Demonstrate advocacy skills and strategies to promote health and well-being at interpersonal, community, societal, and environmental levels

Evaluate the process, outcomes, and impact of advocacy efforts at the individual, interpersonal, community, societal, and environmental levels

Analyze the role of collaboration among different people in a community to prevent and solve community health issues

