

## School-Connect 4.0 Alignment with National Health Education Standards

Based on Society of Health and Physical Educators (SHAPE) America's National Health Education Standards, School-Connect aligns well with what students should know and be able to do as result of a highly effective health education program. The standards serve as an important framework to address the holistic development of students and ensure consistency and quality in health education programs nationwide. States and local school districts across the country use the National Health Education Standards to develop or revise existing standards, frameworks and curricula.

<b>1. USE FUNCTIONAL HEALTH INFORMATION TO SUPPORT HEALTH AND WELL-BEING OF SELF AND OTHERS.</b>	
<b>2. ANALYZE INFLUENCES THAT AFFECT HEALTH AND WELL-BEING OF SELF AND OTHERS.</b>	
<b>3. ACCESS VALID AND RELIABLE RESOURCES TO SUPPORT HEALTH AND WELL-BEING OF SELF AND OTHERS.</b>	
<i>(Not applicable to School-Connect lessons)</i>	
<b>4. USE INTERPERSONAL COMMUNICATION SKILLS TO SUPPORT HEALTH AND WELL-BEING OF SELF AND OTHERS.</b>	
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.	1.7: Checking in on Ourselves and Others 2.1: Creating First Impressions 2.2: Reviving Digital Zombies 2.3: Tuning In to Others 2.4: Using Active Listening
4.12.2 Apply communication skills and strategies within a variety of interpersonal contexts.	2.5: Connecting with Peers 2.6: Communicating with Adults 10.2: Interviewing Effectively
4.12.3 Demonstrate how to ask for and offer assistance to support the health of self and others.	8.6: Recognizing When You/Others Need Help
4.12.4 Use communication skills related to communicating boundaries, expressing consent, and removing consent in a variety of situations.	6.5: Using Problem-solving Strategies 6.8: Understanding Healthy Dating
4.12.5 Apply refusal skills and strategies in a variety of situations.	8.5.4: Using Refusal Skills and Respectful Persuasion
4.12.6 Apply skills and strategies to prevent, manage, or resolve conflict.	6.3: Monitoring & Managing Emotions 6.4: De-escalating Conflict
4.12.7 Demonstrate collaboration skills in a variety of situations.	4.1: Preparing for Group Projects 4.2: Collaborating Effectively 4.3: Disagreeing Respectfully 4.4: Brainstorming and Idea Building 4.5: Agreeing on Group Responsibilities

4.12.8 Demonstrate negotiation skills in a variety of situations.	4.6: Negotiating Within Groups 6.4.1: Conflict Styles – Win or Lose?
4.12.9 Adapt strategies to communicate with others with different perspectives and values in various contexts	5.1: Valuing Community and Cultural Wealth 5.4: Appreciating Diversity 5.5: Branching Outside Your Social Circle 5.7: Skill-building for Challenging Conversations
4.12.10 Communicate with empathy and compassion.	2.4: Using Active Listening 5.2: Working Toward Empathy 5.3: Checking for Blind Spots 5.6: Advocating for Others 6.1: Developing Positive Relationships

## 5. USE A DECISION-MAKING PROCESS TO SUPPORT HEALTH AND WELL-BEING OF SELF AND OTHERS.

<p>5.12.1 Analyze how health-related decisions may affect personal and community health and well-being from a variety of perspectives.</p> <p>5.12.2 Determine when and why health-related situations require the application of a thoughtful decision-making process.</p> <p>5.12.3 Apply an individual, supported, or collaborative decision-making process to maintain or improve health and well-being.</p> <p>5.12.4 Analyze a variety of options based on priorities and potential outcomes when making a health-related decision.</p> <p>5.12.5 Analyze the potential impact of a decision on the health and well-being at individual, interpersonal, community, societal, and environmental levels.</p> <p>5.12.6 Develop a plan of action to implement a health-related decision.</p> <p>5.12.7 Evaluate the impact of supports and barriers that affect decision making at individual, interpersonal, community, societal, and environmental levels.</p> <p>5.12.8 Evaluate the effectiveness of health-related decisions.</p>	<p>6.5: Using Problem-solving Strategies</p> <p>6.5.1: SOLVE-ing Classroom Problems</p> <div data-bbox="1084 716 1396 1243"> <p><b>SOLVE</b> PROBLEM-SOLVING STEPS</p> <ul style="list-style-type: none"> <li><b>S</b> Stop and think.</li> <li><b>O</b> Objectively state the problem.</li> <li><b>L</b> List your options.</li> <li><b>V</b> Voice your choice &amp; act.</li> <li><b>E</b> Evaluate and adjust.</li> </ul> <p><small>school-connect.net</small></p> </div>
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## 6. USE A GOAL-SETTING PROCESS TO SUPPORT HEALTH AND WELL-BEING OF SELF AND OTHERS.

6.12.1 Assess personal health, well-being, and factors for engaging in a goal-setting process.  
6.12.2 Use an individual, supported, or collaborative goal-setting process as appropriate.  
6.12.3 Develop a goal and analyze how it supports health and well-being.  
6.12.4 Implement a plan that addresses supports and barriers to attaining a health-related goal.  
6.12.5 Monitor progress and adjust the goal or plan as appropriate.  
6.12.6 Evaluate the goal-setting process and outcomes on health and well-being.

1.5: Growing and Improving  
7.7: Setting Life Goals  
7.8: Mapping Your Plan  
8.3.3: Understanding Unhealthy Coping Strategies

### GOAL-SETTING & ACHIEVEMENT



## 7. DEMONSTRATE PRACTICES AND BEHAVIORS TO SUPPORT HEALTH AND WELL-BEING OF SELF AND OTHERS.

7.12.1 Analyze supports and barriers to engaging in health-related practices and behaviors.  
7.12.2 Evaluate practices, behaviors, and other factors supporting individual and collective health and well-being.  
7.12.3 Adapt practices and behaviors to support individual and collective health and well-being.  
7.12.4 Demonstrate a variety of practices and behaviors supporting individual and collective health and well-being.

8.1: Increasing Your Emotional Awareness  
8.2: Appreciating the Power of Thought  
8.3: Coping with Stress/Anxiety  
8.4: Understanding Sadness/Depression  
8.5: Breaking Through Loneliness  
8.6: Recognizing When You/Others Need Help  
8.7: Practicing Self-Care  
8.8: Cultivating Hope and Happiness  
8.9: Raising Awareness for Mental Health/Wellness (PBL)

### EMOTIONAL MANAGEMENT STRATEGIES



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## 8. ADVOCATE TO PROMOTE HEALTH AND WELL-BEING OF SELF AND OTHERS.

8.12.1 Examine a variety of factors that affect advocacy at individual, interpersonal, community, societal, and environmental levels.

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

8.12.3 Customize advocacy skills and strategies for varying audiences and contexts.

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

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

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

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

5.6: Advocating for Others

5.7: Skill-building for Challenging Conversations

5.8: Becoming Change Agents

5.9: Envisioning More Inclusive Communities (PBL)

