

Michiga	n Model for Health Skills Competencies - Gr K	CA	SEL's 5	SEL Co	ompetend	cies	MN	/IH Skills	Learned	l & Natio	onal Hea	alth Ed.	Standa	rds
UNITS	LESSONS	Self-Awareness	Social Awareness	Relationship Skills	Responsible Decision-Making	Self-Management	Core Concepts	Analyzing Influences	Accessing Valid & Reliable Information	Interpersonal Communcation	Advocacy	Decision-Making	Goal Setting	Self-Management
	Lesson 1: Learning to Show Respect and Caring			Х						*				
nal	Lesson 2: Making Friends			Χ			*			*				
Social & Emotional Health	Lesson 3: Caring Touch	Χ					*							
& Emc Health	Lesson 4: So Many Different Feelings	Χ					*							
∞ ∄	Lesson 5: What to Do About Strong Feelings					Χ								*
cia	Lesson 6: Sharing our Feelings			Χ						*				
So	Lesson 7: Compliments and Appreciation			Χ						*				
	Lesson 8: Being Responsible at Home and School		Χ			Χ			*					*
Nutrition & Physical Activity	Lesson 1: Food Variety for Nutritious Eating	X				Х	*							*
utrition { Physical Activity	Lesson 2: Using Food Groups to Make Choices	Χ				Χ	*							*
N P F	Lesson 3: On the Move	Х				Х	*							*
	Lesson 1: Helping Ourselves Stay Safe					Χ								*
≥	Lesson 2: Moving Around Safely	Χ				Χ	*							*
Safety	Lesson 3: Staying Safe Around Dangerous Objects					Χ								*
S	Lesson 4: When and How to Phone 911		Χ						*					
	Lesson 5: Staying Personally Safe		Χ			Χ			*					*
Alcohol, Tobacco, & Other Drugs	Lesson 1: Being Safe With Medicines	Х				Х	*							*
Alcc Toba & O Dru	Lesson 2: Poison Safety		Х			Х			*					*
a & & SS	Lesson 1: Germ Buster					Х								*
Personal Health & Wellness	Lesson 2: Taking Care of Teeth					Х								*
Per Hea	Lesson 3: Helping Others Remember to Wash and Brush			Χ							*			



Michiga	n Model for Health Skills Competencies - Gr 1	CA	SEL's 5	SEL C	ompetend	cies	MN	MH Skill	s Learne	d & Natio	nal Hea	lth Ed.	Standa	rds
UNITS	LESSONS	Self-Awareness	Social Awareness	Relationship Skills	Responsible Decision-Making	Self-Management	Core Concepts	Analyzing Influences	Accessing Valid & Reliable Information	Interpersonal Communcation	Advocacy	Decision-Making	Goal Setting	Self-Management
	Lesson 1: Predicting How People Feel					Х								*
_	Lesson 2: Asking Others How They Feel					Χ								*
iona	Lesson 3: Showing Courtesy to Others			Χ						*				
Social & Emotional Health	Lesson 4: Appreciating Other People			Х						*				
& Emc Health	Lesson 5: Helping Our Friends and Family	Х					*							
ocial	Lesson 6: Building Friendships by Listening	Х		Х			*			*				
So	Lesson 7: Three Steps for Solving Problems and Making Decisions	Х	Χ		Х		*	*	*			*		
	Lesson 8: Practicing the WIN Steps	Х			Χ		*					*		
n & al	Lesson 1: Food Group Fun	Х				Χ	*							*
Nutrition & Physical Activity	Lesson 2: Making Healthy Snack Choices	Х				Χ	*							*
Nut Ph	Lesson 3: Physical Activity, Rest, and Sleep	Х					*							
	Lesson 1: Safety on Wheels	Х				Х	*							*
	Lesson 2: The Dangers of Fire	Х				Х	*							*
rty.	Lesson 3: Applying What We Know to Prevent Fires and Burns	Х				Х	*							*
Safety	Lesson 4: Staying Safe in a Fire Emergency	Х				Χ	*							*
	Lesson 5: The Three D's for Telling					X								*
	Lesson 6: Calling 911		Χ						*					
	Lesson 7: Staying Personally Safe	Х	Χ			Χ	*		*					*
ol, o, & ugs	Lesson 1: Using Medicines Safely	Х				Χ	*							*
Alcohol, Tobacco, & Other Drugs	Lesson 2: Household Poisons	Χ	Χ				*		*					
Tol	Lesson 3: Terrible Tobacco	Χ				Χ	*							*



Michiga	an Model for Health Skills Competencies - Gr 1	CA	SEL's 5	SEL Co	ompetend	ies	MN	/IH Skills	s Learne	d & Natio	nal Hea	lth Ed.	Standa	rds
UNITS	LESSONS	Self-Awareness	Social Awareness	Relationship Skills	Responsible Decision-Making	Self-Management	Core Concepts	Analyzing Influences	Accessing Valid & Reliable Information	Interpersonal Communcation	Advocacy	Decision-Making	Goal Setting	Self-Management
a & & SS	Lesson 1: Stop That Sneeze					Χ								*
Personal Health & Wellness	Lesson 2: Washing Hands the Right Way	Х				Χ	*							*
Pe H N	Lesson 3: Preventing Tooth Decay	Х				Χ	*							*
AH/V	NOT IN GRADE LEVEL													



Michiga	n Model for Health Skills Competencies - Gr 2	CA	SEL's 5	SEL Co	mpetend	cies	MI	MH Skill	s Learne	d & Natio	nal Hea	lth Ed.	Standa	rds
UNITS	LESSONS	Self-Awareness	Social Awareness	Relationship Skills	Responsible Decision-Making	Self-Management	Core Concepts	Analyzing Influences	Accessing Valid & Reliable Information	Interpersonal Communcation	Advocacy	Decision-Making	Goal Setting	Self-Management
	Lesson 1: Tending Our Garden of Feelings	Х		Х		Х	*			*				*
	Lesson 2: Handling Mixed Feelings	Х				Х	*							*
Emotional alth	Lesson 3: Expressing Feelings Respectfully			Х		Χ				*				*
notic h	Lesson 4: Listening to Others With Respect			Х						*				
	Lesson 5: Everyone Deserves Respect	Х				Χ	*							*
<u>ia</u> ₩	Lesson 6: Showing Respect for Other People					Χ								*
Social	Lesson 7: Managing Anger and Other Strong Feelings			Χ		Χ				*				*
	Lesson 8: Making Good Decisions		Χ		Χ				*			*		
	Lesson 9: Practicing the WIN Steps											*		
د <u>ه</u> د ۷	Lesson 1: The Food Groups: Building Blocks for Health	Х					*							
utrition & Physical Activity	Lesson 2: Combination Foods and Foods to Balance	Х					*							
Nutrition & Physical Activity	Lesson 3: Physical Activity: Nutrition's Partner for Health					Х	*							*
	Lesson 1: Wheeled Recreation Equals Physical Activity					Χ								*
.>.	Lesson 2: Water Safety	Х					*							
Safety	Lesson 3: Staying Safe Online	Х				Χ	*							*
S	Lesson 4: Staying Personally Safe	Х	Χ			Χ	*		*					*
	Lesson 5: Practicing Ways to Stay Personally Safe					Χ								*



Michiga	n Model for Health Skills Competencies - Gr 2	CA	SEL's 5	SEL Co	mpetend	cies	MN	/IH Skill	s Learne	d & Natio	nal Hea	lth Ed.	Standa	rds
UNITS	LESSONS	Self-Awareness	Social Awareness	Relationship Skills	Responsible Decision-Making	Self-Management	Core Concepts	Analyzing Influences	Accessing Valid & Reliable Information	Interpersonal Communcation	Advocacy	Decision-Making	Goal Setting	Self-Management
ax ()	Lesson 1: Kids and Caffeine: A Shaky Mix	Х				Х	*							*
Alcohol, Tobacco, & Other Drugs	Lesson 2: Using Medicine Safely	Х		Χ		Χ	*			*				*
Alcohol, Tobacco, a	Lesson 3: Staying Away from Nicotine and Alcohol					Χ	*							
Tot Oth	Lesson 4: Say "No" to Secondhand Smoke and E- Cigarette Aerosol					Х								*
Personal Health & Wellness	NOT IN GRADE LEVEL													
AII/	NOT IN GRADE LEVEL													



Mich	igan Model for Health Skills Competencies - Gr 3	CAS	SEL's 5	SEL C	ompeten	cies	MN	IH Skills	Learne	d & Natio	nal Hea	alth Ed.	Standa	rds
UNITS	LESSONS	Self-Awareness	Social Awareness	Relationship Skills	Responsible Decision-Making	Self-Management	Core Concepts	Analyzing Influences	Accessing Valid & Reliable Information	Interpersonal Communcation	Advocacy	Decision-Making	Goal Setting	Self-Management
	Lesson 1: Identifying Positive Role Models and Friends	Х	Х				*	*						
<u> </u>	Lesson 2: Creating Positive Friendships	Χ		Χ		Χ	*			*				*
tion	Lesson 3: Everyone Has Special Talents	Χ				Χ	*							*
& Emotional Health	Lesson 4: Respecting Our Differences					Χ								*
	Lesson 5: Helping Others by Protecting Them From Bullies			Χ		Χ				*				*
Social &	Lesson 6: Helping Others and Getting Help					Х								*
So	Lesson 7: Expressing Thanks and Appreciation			Χ						*				
	Lesson 8: Expressing Annoyance Respectfully									*				
ity	Lesson 1: The Magic Numbers	Х					*							
ر دti∨	Lesson 2: Don't Be Tricked by Advertising	Χ	Χ					*						
itio al A	Lesson 3: Three Types of Physical Activity	Χ					*							
Nutrition & Physical Activity	Lesson 4: My Plan to Be Physically Active					Х							*	
F.	Lesson 5: Encouraging Health Habits			Χ							*			
	Lesson 1: Three Keys to Passenger Safety: Safety belts, booster seats, back seat	Х				Х	*							*
Safety	Lesson 2: Safety Belt Smarts	Χ	Χ			Χ		*						*
Sa	Lesson 3: Safety First	Х				Χ	*		*					*
	Lesson 4: Stay as Safe as Possible	Χ	Χ			Χ	*		*					*



Michi	gan Model for Health Skills Competencies - Gr 3	CAS	SEL's 5	SEL C	ompeten	cies	MM	IH Skills	s Learne	d & Natio	nal Hea	ilth Ed.	Standa	rds
UNITS	LESSONS	Self-Awareness	Social Awareness	Relationship Skills	Responsible Decision-Making	Self-Management	Core Concepts	Analyzing Influences	Accessing Valid & Reliable Information	Interpersonal Communcation	Advocacy	Decision-Making	Goal Setting	Self-Management
_	Lesson 1: Being Safe with Medicines and Poisons					Χ								*
જ ૦	Lesson 2: The Negative Effects of Tobacco Use	Χ					*							
Tobacco, r Drugs	Lesson 3: Tobacco and the Media	Χ	Χ					*						
Tob r Dr	Lesson 4: Alcohol and Alcohol Use Disorders	Χ					*							
hol, Tobacc Other Drugs	Lesson 5: Marijuana	Χ					*							
Alcohol	Lesson 6: Avoiding Drugs With the Help of Positive Influences	Χ	Χ					*						
,	Lesson 7: Practicing Saying "No" to Drugs			Χ		Χ				*				*
Pesonal Health & Wellness	Lesson 1: Hello Hygiene, Goodbye Germs	X				Х	*							*
Pes Hea Well	Lesson 2: Keepin' It Clean					Х							*	*
≥	NOT IN GRADE LEVEL													



Mich	gan Model for Health Skills Competencies - Gr 4	CA	SEL's 5	SEL Co	ompetend	ies	MI	MH Skill	s Learne	d & Natio	nal Hea	alth Ed.	Standa	rds
UNITS	LESSONS	Self-Awareness	Social Awareness	Relationship Skills	Responsible Decision-Making	Self-Management	Core Concepts	Analyzing Influences	Accessing Valid & Reliable Information	Interpersonal Communcation	Advocacy	Decision-Making	Goal Setting	Self-Management
	Lesson 1: Using Self-Control to Manage Strong Feelings					Χ								*
	Lesson 2: Feeling Better Through Positive Self-Talk					Х								*
nal	Lesson 3: Bullying Hurts Everyone, but No One is Helpless	Х				Χ	*							*
Social & Emotional Health	Lesson 4: Practicing Ways to Protect Self and Others From Bullying					Х				*				*
æ He	Lesson 5: Making WISE Decisions		Χ		X				*			*		
cia	Lesson 6: Practicing the WISE steps for Decision Making				Χ							*		
S	Lesson 7: More Practice Making Decisions the WISE Way				Χ							*		
	Lesson 8: What to Do When You Disagree					Х								*
	Lesson 9: Practicing Ways to Resolve Conflicts			Х		Х				*				*
٥X	Lesson 1: Help Yourself to the Food Groups	Х				Х	*							*
Nutrition & Physical Activity	Lesson 2: Serve Up Good Nutrition	Х				Χ	*							*
utrition { Physical Activity	Lesson 3: Food Advertising Influences	Х	Х					*						
Nu P	Lesson 4: Finding the Balance: Physical Activity, Rest, and Sleep					Х	*						*	*
	Lesson 1: Preventing Fires and Burns	Х				Χ	*							*
	Lesson 2: Escaping Fires at Home					Χ								*
	Lesson 3: Don't Take Risks With Medicines					Χ	*							*
ety	Lesson 4: Preventing Injuries at Home					Χ	*							*
Safety	Lesson 5: Staying Safe When Home Alone	Х	Χ			Χ		*	*					*
	Lesson 6: Dangerous Objects and Weapons	Х				Χ	*							*
	Lesson 7: Using the Internet Safely	Х				Χ	*							*
	Lesson 8: Learning About Personal Safety	Х				Χ	*							*



Mich	igan Model for Health Skills Competencies - Gr 4	CA	SEL's 5	SEL Co	ompetenc	ies	MN	/IH Skill	s Learne	d & Natio	nal Hea	alth Ed.	Standa	rds
UNITS	LESSONS	Self-Awareness	Social Awareness	Relationship Skills	Responsible Decision-Making	Self-Management	Core Concepts	Analyzing Influences	Accessing Valid & Reliable Information	Interpersonal Communcation	Advocacy	Decision-Making	Goal Setting	Self-Management
% ٥,	Lesson 1: Dangers of Secondhand Smoke and E-Cigarette Aerosol	Х				Х	*							*
obacco	Lesson 2: Why Not Alcohol?	Х					*							
Tobacco r Drugs	Lesson 3: Influences of Family and Friends	Х	Χ				*	*						
ohol, T Other	Lesson 4: Advertising and Drugs	Х	Χ					*						
Alcohol, Othe	Lesson 5: Marijuana: What's Fact? What's Fiction?	Х					*							
₹	Lesson 6: How to Say "No" to Drugs			Χ		Х				*				*
Personal Health & Wellness	NOT IN GRADE LEVEL													
NH	Lesson 1: HIV Infection—What to Do and What Not to Do						*							*



Mich	igan Model for Health Skills Competencies - Gr 5	CA	SEL's 5	SEL C	ompeten	cies	MN	/IH Skill	s Learne	d & Natio	nal Hea	alth Ed.	Standa	rds
UNITS	LESSONS	Self-Awareness	Social Awareness	Relationship Skills	Responsible Decision-Making	Self-Management	Core Concepts	Analyzing Influences	Accessing Valid & Reliable Information	Interpersonal Communcation	Advocacy	Decision-Making	Goal Setting	Self-Management
	Lesson 1: Managing Strong Feelings					Х								*
	Lesson 2: Telling Others What Bothers Us					Х								*
	Lesson 3: Healthy Ways to Handle Harassment or Bullying	Х	Х			Χ	*		*					*
	Lesson 4: Practicing Positive Ways to End Bullying		Χ			Χ	*		*					*
<u>la</u>	Lesson 5: Speaking with Respect for Self and Others			Χ						*				
tior	Lesson 6: Listening with Respect			Χ						*				
& Emc Health	Lesson 7: Making WISE Decisions to Avoid Trouble			Χ		Χ			*	*		*		*
Social & Emotional Health	Lesson 8: Practicing the WISE Way to Avoid Trouble			X		X				*		*		*
000	Lesson 9: Getting Help from Adults for People in Danger		Χ						*					
S	Lesson 10: Working Things Out			Χ		Χ				*				*
	Lesson 11: Finding Healthy Solutions to Conflicts			Χ		Χ				*		*		*
	Lesson 12: Practicing Our Conflict Resolution Skills			Х		Χ				*		*		*
	Lesson 13: Setting Positive Goals for Health and Happiness					Χ							*	
	Lesson 14: Making Our School a Caring and Respectful Place			Χ							*			
∞	Lesson 1: What's in Food?	Х				Χ	*							*
Nutrition & Physical Activity	Lesson 2: More About Nutrients and Using Food Labels	Х	Χ				*		*					
utri Phy Act	Lesson 3: Guidelines for Healthy Eating	Х	Χ				*		*					
Z	Lesson 4: Planning a Healthy, Scrumptious Meal					Χ								*
	Lesson 1: Having Fun and Staying Safe	Х				Х	*							*
Safety	Lesson 2: Staying Safe at Home Alone					Χ								*
Sa	Lesson 3: Staying Safe in Public					Χ								*
	Lesson 4: Learning About Personal Safety	Х				Χ	*							*



Mich	igan Model for Health Skills Competencies - Gr 5	CA	SEL's 5	SEL C	ompeten	cies	MN	H Skill	s Learne	d & Natio	nal Hea	alth Ed.	Standa	rds
UNITS	LESSONS	Self-Awareness	Social Awareness	Relationship Skills	Responsible Decision-Making	Self-Management	Core Concepts	Analyzing Influences	Accessing Valid & Reliable Information	Interpersonal Communcation	Advocacy	Decision-Making	Goal Setting	Self-Management
∞ŏ	Lesson 1: Inhalants and Medicines – More Dangerous Than You Think	х	Х			Х	*	*						*
ó	Lesson 2: Tobacco and Your Health	Х		Χ			*				*			
Tobacco, r Drugs	Lesson 3: What's in an Ad?	Х	Χ					*						
	Lesson 4: Marijuana: Know the Facts!	Х					*							
Alcohol, Tobacc Other Drugs	Lesson 5: Saying "No" to Tobacco, Marijuana, Inhalants, and Taking Medicine Unsafely			Х		Х				*				*
₹	Lesson 6: The Power of Choice	Х	Х				*	*						
	Lesson 7: Impaired Driving: How to Stay Safe	Х				Χ	*							*
Personal Health & Wellness	Lesson 1: Clean and Cool	Х	_			Х	*				_	-	*	
Pers Heal Welli	Lesson 2: Becoming a Savvy Consumer	Х	Х					*	*					
ΑII	Lesson 1: HIV Infection – Prevention and Compassion						*							*



Mich	igan Model for Health Skills Competencies - Gr 6	CA	SEL's 5	SEL C	ompeten	cies	MM	H Skills	s Learne	d & Natio	nal Hea	alth Ed.	Standa	rds
UNITS	LESSONS	Self-Awareness	Social Awareness	Relationship Skills	Responsible Decision Making	Self-Management	Core Concepts	Analyzing Influences	Accessing Valid & Reliable Information	Interpersonal Communcation	Advocacy	Decision-Making	Goal Setting	Self-Management
	Lesson 1: Taking Healthy Risks in Friendships	Х					*							
	Lesson 2: Listening to and Appreciating Our Friends & Others			Х						*				
ē	Lesson 3: Speaking Assertively and Respectfully			Х		Χ				*				*
Social & Emotional Health	Lesson 4: Managing Strong Feelings in Healthy Ways					Χ								*
& Emo Health	Lesson 5: Expressing Anger Without Angry Behaviors	Х					*							
~ ±	Lesson 6: Getting Help From Others		Χ						*					
ocia	Lesson 7: Making Healthy Decisions				Χ							*		
S	Lesson 8: Practicing How to Make Decisions & Solve Problems				Χ							*		
	Lesson 9: Finding Ways to Resolve Conflicts			Χ						*				
	Lesson 10: Learning How to Manage Stress	Х				Χ	*						*	*
	Lesson 1: CSI: Foodborne Illness	Х				Χ	*							*
a	Lesson 2: Benefits of Healthy Eating & Physical Activity	Χ				Χ	*							*
ysic	Lesson 3: My Plan for Healthy Eating & Physical Activity	Χ				Χ	*							*
. Phy	Lesson 4: Built to Last	Х	Х				*	*						
Nutrition & Physical Activity	Lesson 5: Strategies for Healthy Physical Activity, Eating & Sleep					Χ								*
Nutrii	Lesson 6: Making a Plan for Healthy Eating & Physical Activity - Part 1					X							*	*
	Lesson 7: Making a Plan for Healthy Eating & Physical Activity - Part 2					Χ							*	*



Michi	gan Model for Health Skills Competencies - Gr 6	CAS	SEL's 5	SEL C	ompeten	cies	MN	IH Skills	s Learne	d & Natio	nal He	alth Ed.	Standa	ırds
UNITS	LESSONS	Self-Awareness	Social Awareness	Relationship Skills	Responsible Decision Making	Self-Management	Core Concepts	Analyzing Influences	Accessing Valid & Reliable Information	Interpersonal Communcation	Advocacy	Decision-Making	Goal Setting	Self-Management
	Lesson 1: Car Safety	Х	Х				*	*						
	Lesson 2: Staying Safe in Public Places – Part 1					Χ								*
	Lesson 3: Staying Safe in Public Places – Part 2					Χ								*
rt.	Lesson 4: Keeping Self and Others Safe in a School Crisis					Χ								*
Safety	Lesson 5: Protecting Yourself From Hazards, Hackers, and Humiliation while on the Internet – Part 1	Х				X	*							*
	Lesson 6: Protecting Yourself From Hazards, Hackers, and Humiliation while on the Internet – Part 2	Х	Х			Х	*		*					*
	Lesson 7: Advocates for Safety			Χ							*			
	Lesson 8: Staying Personally Safe	Χ	Χ			Х	*		*					*
	Lesson 1: The New Student's Idea of Fun	Χ	Χ				*	*						
	Lesson 2: Common Myths About Drugs That Claim to Help You	Х					*							
ంద	Lesson 3: The New Student Replies	Χ					*				*			
	Lesson 4: Sometimes You Just Have to "Do the Right Thing"	Χ	Χ					*						
Alcohol, Tobacco, Other Drugs	Lesson 5: Drug Use Hurts Your Friends, Family and Future, Too	Χ					*							
ol, c	Lesson 6: Youth Tobacco Laws and Policies: What and Why?	Χ					*							
100	Lesson 7: Saying "No" and Sticking to It			Х						*				
<	Lesson 8: Locating and Giving Help With Alcohol, Tobacco, and Other Drug Problems	Х	X					*	*					
	Lesson 9: If in Doubt, Don't Go					Χ								*
	Lesson 10: Remaining Drug-Free and Proud of It					Х	*							*
Personal Health & Wellness	Lesson 1: Germ Busters					х								*
≥H	NOT IN GRADE LEVEL													



Michigan Model for Health Skills Competencies Gr 7-8				SEL C	ompetend	cies	MM	H Skills	Learne	d & Natio	nal He	alth Ed	Standa	ards
UNITS	LESSONS	Self-Awareness	Social Awareness	Relationship Skills	Responsible Decision-Making	Self-Management	Core Concepts	Analyzing Influences	Accessing Valid & Reliable Information	Interpersonal Communcation	Advocacy	Decision-Making	Goal Setting	Self-Management
	Lesson 1: Why Do I Behave the Way I Do?	Х	Х		•			*						
	Lesson 2: Stress Affects Everyone	Х	Х			Χ		*						*
	Lesson 3: Healthy Ways to Manage Stress - Part 1	Х				Χ			*					*
_	Lesson 4: Healthy Ways to Manage Stress - Part 2	Х	Χ			Χ		*	*					*
Social and Emotional Health & Safety	Lesson 5: Managing Anger and Listening Tips	Х		Х		Χ	*			*				*
Ĭ E	Lesson 6: Empathy and I-Statements			Χ						*				
iong	Lesson 7: Decision-Making and Problem-Solving				X							*		
I Emotio & Safety	Lesson 8: Conflict Resolution			Х	X					*		*		
<u> </u>	Lesson 9: Taking Control	Х	Χ	Χ	Χ	Χ	*	*	*	*				*
ll an	Lesson 10: The Many Faces of Bullying - Part 1		Χ	Х	X	Χ		*	*	*	*	*		*
ocia	Lesson 11: The Many Faces of Bullying - Part 2	Х	Χ	Χ	X	Χ	*	*	*	*	*	*		*
S	Lesson 12: Choose Friends Wisely	Х		Χ	X			*		*		*		
	Lesson 13: Manage Conflices with Relationships			Χ						*				
	Lesson 14: Healthy Future Relationships	Х	Х	Х			*	*	*	*				*
	Lesson 15: Give Advice to a Friend			Χ	Χ					*		*		
	Lesson 1: Figuring Out the Nutrition and Physical Activity Rumors	Х					*							
	Lesson 2: Learning More from MyPlate	Х					*							
	Lesson 3: Using MyPlate to Improve Habits					Х							*	*
ical	Lesson 4: Finding the Right Physical Activities for Me	Х	Х			Х		*						*
hys	Lesson 5: Positve Body Image	Х	Х				*		*					
on & Ph Activity	Lesson 6: Finding Power Calories		Х						*					
tion	Lesson 7: Packages Can Trick Us		Х						*					
Nutrition & Physical Activity	Lesson 8: Can Fast Food Be Nutritious?	Х				Х			*					*
Z	Lesson 9: Nutritious Food Options in School			Х		Х					*			*
	Lesson 10: Persuasion and Refusal			Χ						*				
	Lesson 11: Achieve Goals with Nutritious Eating and Physical Activity					Х							*	



	Michigan Model for Health Skills Competencies Gr 7-8	CA	SEL's 5	SEL C	ompeten	cies	MMH Skills Learned & National Health Ed. Standards								
UNITS	LESSONS	Self-Awareness	Social Awareness	Relationship Skills	Responsible Decision-Making	Self-Management	Core Concepts	Analyzing Influences	Accessing Valid & Reliable Information	Interpersonal Communcation	Advocacy	Decision-Making	Goal Setting	Self-Management	
	Lesson 1: The Power Is Yours!	Х	Χ				*	*							
•ఠ	Lesson 2: Positive Influences for Positive Decisions	Х	X				*	*							
obacco	Lesson 3: Protect Yourself and Others from Risk - Part 1				Χ	Х						*		*	
Tobacco	Lesson 4: Protect Yourself and Others from Risk - Part 2			Χ		Х				*				*	
Ĕ	Lesson 5: Resources to Help Self and Others		Χ	Χ					*	*					
	Lesson 6: The Power to be Nicotine Free			Х		Х				*				*	
	Lesson 1: Internal and External Influences	Х	Х					*							
	Lesson 2: What Do We Know?						*		*						
	Lesson 3: Planning for Presentations						*		*						
	Lesson 4: Helping One Another Learn	Х	Х			Х	*	*						*	
sbn.	Lesson 5: You Have Control and Power	Х	Х					*							
Alcohol & Other Drugs	Lesson 6: Using I-Statements to Influence Others			Χ						*					
Alc	Lesson 7: Refusing Danger and Trouble to Influence Others			Χ		Χ				*				*	
	Lesson 8: Influencing Others by WISE Decision Making				Х							*			
	Lesson 9: Getting Help	Х	Χ						*	*					
	Lesson 10: A Social Norm Campaign - Part 1			Х							*				
	Lesson 11: A Social Norm Campaign - Part 2			Χ							*			*	
Personal Health & Wellness	NOT IN GRADE LEVEL														
<u>×</u> <u>×</u>	Lesson 1: The 4-1-1 on HIV and AIDS	Х		•		_	*	•			•		•		
HIV & Other STIs	Lesson 2: HIV and Other STIs - Evaluating Exposures	Х	Х			Х	*	*						*	
를 H	Lesson 3: Finding Help and Information		Х						*						



Mic	higan Model for Health Skills Competencies - Gr 9-12	CA	SEL's 5	SEL Co	ompeten	cies	MMH Skills Learned & National Health Ed. Standards								
UNITS	LESSON	Self-Awareness	Social Awareness	Relationship Skills	Responsible Decision-Making	Self-Management	Core Concepts	Analyzing Influences	Accessing Valid & Reliable Information	Interpersonal Communcation	Advocacy	Decision-Making	Goal Setting	Self-Management	
	Lesson 1: The Personal Meaning of Health and Wellness														
	Lesson 2: Exploring Information and Influences	Χ	Χ					*	*						
	Lesson 3: Expanding Our Understanding of Information and Influences	X	Х					*	*						
	Lesson 4: Setting Goals and Making Decisions – Skills for Life-Long Achievement				Х	Х						*	*		
	Lesson 5: Collaborative Work on Presentations				Χ	Χ						*	*		
	Lesson 6: Teaching Others to Set Goals and Make Decisions – Part 1				Х	Χ						*	*		
<u>_</u>	Lesson 7: Teaching Others to Set Goals and Make Decisions – Part 2				X	Χ						*	*		
atio	Lesson 8: Interpersonal Communication and Self-Management			Χ		Χ				*				*	
pun	Lesson 9: Collaborative Work on Teaching Tools			Χ						*					
Skills: g Fou	Lesson 10: Teaching Communication Skills			Х						*					
Skills: A Strong Foundation	Lesson 11: Practice: Listening and Responding to the Emotions of Others			Х						*					
S ∀	Lesson 12: Practice: Assertive Communication			Χ						*					
	Lesson 13: Practice: How to Ask Effective Questions and Use Refusal Skills			Χ						*					
	Lesson 14: Combining the Five Basic Communication Skills to Effectively Collaborate and Negotiate			Χ						*	*				
	Lesson 15: Collaborative Work on Advocacy Project Plan and Presentation			Х						*	*				
	Lesson 16: Advocating for Health – Part 1			Χ							*				
	Lesson 17: Advocating for Health – Part 2			Χ							*				
	Lessons 18: Self-Management and Health					Χ								*	
	Lessons 19: Seven Health Skills (summary lesson)														



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	Lesson 1: Start with a Good Foundation: Self-Awareness	Х													
	Lesson 2: Self-Awareness: A Key to Stress Management		Χ						*						
ल	Lesson 3: What Teens Need to Know About Stress		Χ			Χ			*				*		
tion	Lesson 4: Stress and Depression	Χ	Χ				*		*						
& Emo Health	Lesson 5: Helping Self and Others	Χ	Χ				*	*	*						
Social & Emotional Health	Lesson 6: Relationships: Hiking the Peaks and Valleys	Х		Х			*			*					
ocia	Lesson 7: Relationships: Healthy or Unhealthy	Χ					*								
Š	Lesson 8: Abuse, Part 1: Bullying and Harassment	Х				Х	*							*	
	Lesson 9: Abuse, Part 2: Dating Abuse	Χ	Χ	Χ					*	*				*	
	Lesson 10: Getting and Giving Help		Χ				*		*						
	Lesson 1: Locate Resources to Answer Nutrition and Physical Activity Questions	Х	Х				*		*						
_	Lesson 2: Collaborate to Apply Nutrition and Physical Activity Concepts	X	Х				*		*						
ical	Lesson 3: Food Labeling					Х								*	
Nutrition & Physical Activity	Lesson 4: Dietary Guidelines					X								*	
on & Ph Activity	Lesson 5: Healthy Eating at Fast Food Restaurants					X								*	
tion	Lesson 6: Guidelines for Physical Activity					X	*						*		
lutri	Lesson 7: Reducing Barriers to Physical Activity					X							*		
Z	Lesson 8: It's All in the Balance				Χ							*			
	Lesson 9: Nutrition and Physical Activity Goals and Decisions					Χ							*		
	Lesson 10: Advocating for Nutrition and Physical Activity			Χ							*				



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	Lesson 1: What is Killing Us?	Х					*					•				
	Lesson 2: Using Communication Skills to Save Lives		Χ			Χ			*					*		
	Lesson 3: Can Violence Be Prevented?		Χ				*									
	Lesson 4: Skills to Resolve Conflicts					Х								*		
ıty	Lesson 5: Maximizing Safety Options When Violence Threatens	Х	Χ			Χ	*	*	*					*		
Safety	Lesson 6: Electronic Aggression		Χ			Х	*		*					*		
0,	Lesson 7: So What?	Х	Χ				*	*	*							
	Lesson 8: Navigating the Land Mines of Our Teenage Years – Part 1				Χ							*				
	Lesson 9: Navigating the Land Mines of Our Teenage Years – Part 2				Χ							*				
	Lesson 10: Navigating the Land Mines of Our Teenage Years – Part 3				Х							*				
	Lesson 1: What's the Problem?	Х	Х				*	*	*							
	Lesson 2: Research and Planning – Part 1	Х	Х				*	*	*							
ං ර	Lesson 3: Research and Planning – Part 2	Х	Х				*	*	*							
Sb	Lesson 4: What Did We Discover?	Х	Х				*	*	*							
ohol, Tobacco, Other Drugs	Lesson 5: Exploring Solutions				Х							*				
	Lesson 6: Pushing for Prevention			Х							*					
Alcohol, Othe	Lesson 7: Advocate to Reduce Teen Drug Use – Part 1			Χ							*					
¥	Lesson 8: Advocate to Reduce Teen Drug Use – Part 2			Х							*					
	Lesson 9: We Can Make A Difference!			Χ							*					
	Lesson 10: Avoiding Problems and Getting Help		Χ	Χ	X	Χ			*	*		*		*		



Micl	nigan Model for Health Skills Competencies - Gr 9-12	CA	SEL's 5	SEL Co	mpeten	cies	MMH Skills Learned & National Health Ed. Standards									
UNITS	LESSON	Self-Awareness	Social Awareness	Relationship Skills	Responsible Decision-Making	Self-Management	Core Concepts	Analyzing Influences	Accessing Valid & Reliable Information	Interpersonal Communcation	Advocacy	Decision-Making	Goal Setting	Self-Management		
	Lesson 1: History Matters		Χ						*							
•ర	Lesson 2: More Health Habits – Part 1	Х	Χ			Х	*	*						*		
Health	Lesson 3: More Health Habits – Part 2	Х	Χ			Χ	*	*					*	*		
onal Heal Wellness	Lesson 4: Personal Health Record	Х				Χ	*							*		
Personal Wellr	Lesson 5: Asking Questions to Share Responsibility		Χ	Χ					*	*						
orso V	Lesson 6: Finding Health Care – Part 1					Χ			*							
Pe	Lesson 7: Finding Health Care – Part 2		Χ						*							
	Lesson 8: Peeling the Onion of Health Care	Х	Χ		Х			*	*			*				
40	Lesson 1: Let's Hear the Facts						*									
STIS	Lesson 2: More About STIs	Х	Х			Х	*		*					*		
her	Lesson 3: The Stakes Are High	Х	Χ				*	*	*							
& Other	Lesson 4: Know the Risks!	Х		Х			*						*			
≥H	Lesson 5: Examining Influences, Including the Law		Х	Х			*	*								
_	Lesson 6: Testing: Who, Why, and How		Х			Х	*			*						