

Michigan Model for Health Skills Competencies - Gr K		CASEL's 5 SEL Competencies					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 Communication	Advocacy	Decision-Making	Goal Setting	Self-Management
Social & Emotional Health	Lesson 1: Learning to Show Respect and Caring			X						*				
	Lesson 2: Making Friends			X			*			*				
	Lesson 3: Caring Touch	X					*							
	Lesson 4: So Many Different Feelings	X					*							
	Lesson 5: What to Do About Strong Feelings					X								*
	Lesson 6: Sharing our Feelings			X						*				
	Lesson 7: Compliments and Appreciation			X						*				
	Lesson 8: Being Responsible at Home and School		X			X			*					*
Nutrition & Physical Activity	Lesson 1: Food Variety for Nutritious Eating	X				X	*							*
	Lesson 2: Using Food Groups to Make Choices	X				X	*							*
	Lesson 3: On the Move	X				X	*							*
Safety	Lesson 1: Helping Ourselves Stay Safe					X								*
	Lesson 2: Moving Around Safely	X				X	*							*
	Lesson 3: Staying Safe Around Dangerous Objects					X								*
	Lesson 4: When and How to Phone 911		X						*					
	Lesson 5: Staying Personally Safe		X			X			*					*
Alcohol, Tobacco, & Other Drugs	Lesson 1: Being Safe With Medicines	X				X	*							*
	Lesson 2: Poison Safety		X			X			*					*
Personal Health & Wellness	Lesson 1: Germ Buster					X								*
	Lesson 2: Taking Care of Teeth					X								*
	Lesson 3: Helping Others Remember to Wash and Brush			X							*			

Michigan Model for Health Skills Competencies - Gr 1		CASEL's 5 SEL Competencies					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 Communication	Advocacy	Decision-Making	Goal Setting	Self-Management
Social & Emotional Health	Lesson 1: Predicting How People Feel					X								*
	Lesson 2: Asking Others How They Feel					X								*
	Lesson 3: Showing Courtesy to Others			X						*				
	Lesson 4: Appreciating Other People			X						*				
	Lesson 5: Helping Our Friends and Family	X					*							
	Lesson 6: Building Friendships by Listening	X		X			*			*				
	Lesson 7: Three Steps for Solving Problems and Making Decisions	X	X		X		*	*	*			*		
	Lesson 8: Practicing the WIN Steps	X			X		*					*		
Nutrition & Physical Activity	Lesson 1: Food Group Fun	X				X	*							*
	Lesson 2: Making Healthy Snack Choices	X				X	*							*
	Lesson 3: Physical Activity, Rest, and Sleep	X					*							
Safety	Lesson 1: Safety on Wheels	X				X	*							*
	Lesson 2: The Dangers of Fire	X				X	*							*
	Lesson 3: Applying What We Know to Prevent Fires and Burns	X				X	*							*
	Lesson 4: Staying Safe in a Fire Emergency	X				X	*							*
	Lesson 5: The Three D's for Telling					X								*
	Lesson 6: Calling 911		X						*					
	Lesson 7: Staying Personally Safe	X	X			X	*		*					*
Alcohol, Tobacco, & Other Drugs	Lesson 1: Using Medicines Safely	X				X	*							*
	Lesson 2: Household Poisons	X	X				*		*					
	Lesson 3: Terrible Tobacco	X				X	*							*

Michigan Model for Health Skills Competencies - Gr 1		CASEL's 5 SEL Competencies					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 Communication	Advocacy	Decision-Making	Goal Setting	Self-Management
Personal Health & Wellness	Lesson 1: Stop That Sneeze					X								*
	Lesson 2: Washing Hands the Right Way	X				X	*							*
	Lesson 3: Preventing Tooth Decay	X				X	*							*
HIV	NOT IN GRADE LEVEL													

Michigan Model for Health Skills Competencies - Gr 2		CASEL's 5 SEL Competencies					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 Communication	Advocacy	Decision-Making	Goal Setting	Self-Management
Social & Emotional Health	Lesson 1: Tending Our Garden of Feelings	X		X		X	*			*				*
	Lesson 2: Handling Mixed Feelings	X				X	*							*
	Lesson 3: Expressing Feelings Respectfully			X		X				*				*
	Lesson 4: Listening to Others With Respect			X						*				
	Lesson 5: Everyone Deserves Respect	X				X	*							*
	Lesson 6: Showing Respect for Other People					X								*
	Lesson 7: Managing Anger and Other Strong Feelings			X		X				*				*
	Lesson 8: Making Good Decisions		X		X				*			*		
	Lesson 9: Practicing the WIN Steps											*		
Nutrition & Physical Activity	Lesson 1: The Food Groups: Building Blocks for Health	X					*							
	Lesson 2: Combination Foods and Foods to Limit	X					*							
	Lesson 3: Physical Activity: Nutrition's Partner for Health					X	*							*
Safety	Lesson 1: Wheeled Recreation Equals Physical Activity					X								*
	Lesson 2: Water Safety	X					*							
	Lesson 3: Surfing Safely on the Internet	X				X	*							*
	Lesson 4: Staying Personally Safe	X	X			X	*		*					*
	Lesson 5: Practicing Ways to Stay Personally Safe					X								*

Michigan Model for Health Skills Competencies - Gr 2		CASEL's 5 SEL Competencies					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 Communication	Advocacy	Decision-Making	Goal Setting	Self-Management
Alcohol, Tobacco, & Other Drugs	Lesson 1: Kids and Caffeine: A Shaky Mix	X				X	*							*
	Lesson 2: Using Medicine Safely	X		X		X	*			*				*
	Lesson 3: Staying Away from Nicotine and Alcohol					X	*							
	Lesson 4: Say "No" to Secondhand Smoke and E-Cigarette Aerosol					X								*
Personal Health & Wellness	NOT IN GRADE LEVEL													
HIV	NOT IN GRADE LEVEL													

Michigan Model for Health Skills Competencies - Gr 3		CASEL's 5 SEL Competencies					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 Communication	Advocacy	Decision-Making	Goal Setting	Self-Management
Social & Emotional Health	Lesson 1: Identifying Positive Role Models and Friends	X	X				*	*						
	Lesson 2: Creating Positive Friendships	X		X		X	*			*				*
	Lesson 3: Everyone Has Special Talents	X				X	*							*
	Lesson 4: Respecting Our Differences					X								*
	Lesson 5: Helping Others by Protecting Them From Bullies			X		X				*				*
	Lesson 6: Helping Others and Getting Help					X								*
	Lesson 7: Expressing Thanks and Appreciation			X						*				
	Lesson 8: Expressing Annoyance Respectfully									*				
Nutrition & Physical Activity	Lesson 1: The Magic Numbers	X					*							
	Lesson 2: Don't Be Tricked by Advertising	X	X					*						
	Lesson 3: Three Types of Physical Activity	X					*							
	Lesson 4: My Plan to Be Physically Active					X							*	
	Lesson 5: Encouraging Health Habits			X							*			
Safety	Lesson 1: Three Keys to Passenger Safety: Safety belts, booster seats, back seat	X				X	*							*
	Lesson 2: Safety Belt Smarts	X	X			X		*						*
	Lesson 3: Safety First	X				X	*		*					*
	Lesson 4: Stay as Safe as Possible	X	X			X	*		*					*

Michigan Model for Health Skills Competencies - Gr 3		CASEL's 5 SEL Competencies					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 Communication	Advocacy	Decision-Making	Goal Setting	Self-Management
Alcohol, Tobacco, & Other Drugs	Lesson 1: Being Safe with Medicines and Poisons					X								*
	Lesson 2: The Negative Effects of Tobacco Use	X					*							
	Lesson 3: Tobacco and the Media	X	X					*						
	Lesson 4: Alcohol and Alcohol Use Disorders	X					*							
	Lesson 5: Marijuana	X					*							
	Lesson 6: Avoiding Drugs With the Help of Positive Influences	X	X					*						
	Lesson 7: Practicing Saying “No” to Drugs			X		X				*				*
Personal Health & Wellness	Lesson 1: Hello Hygiene, Goodbye Germs	X				X	*							*
	Lesson 2: Keepin’ It Clean					X							*	*
HIV	NOT IN GRADE LEVEL													

Michigan Model for Health Skills Competencies - Gr 4		CASEL's 5 SEL Competencies					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 Communication	Advocacy	Decision-Making	Goal Setting	Self-Management
Social & Emotional Health	Lesson 1: Using Self-Control to Manage Strong Feelings					X								*
	Lesson 2: Feeling Better Through Positive Self-Talk					X								*
	Lesson 3: Bullying Hurts Everyone, but No One is Helpless	X				X	*							*
	Lesson 4: Practicing Ways to Protect Self and Others From Bullying					X				*				*
	Lesson 5: Making WISE Decisions		X		X				*			*		
	Lesson 6: Practicing the WISE steps for Decision Making				X							*		
	Lesson 7: More Practice Making Decisions the WISE Way				X							*		
	Lesson 8: What to Do When You Disagree					X								*
	Lesson 9: Practicing Ways to Resolve Conflicts			X		X				*				*
Nutrition & Physical Activity	Lesson 1: Help Yourself to the Food Groups	X				X	*							*
	Lesson 2: Serve Up Good Nutrition	X				X	*							*
	Lesson 3: Food Advertising Influences	X	X					*						
	Lesson 4: Finding the Balance: Physical Activity, Rest, and Sleep					X	*						*	*
Safety	Lesson 1: Preventing Fires and Burns	X				X	*							*
	Lesson 2: Escaping Fires at Home					X								*
	Lesson 3: Don't Take Risks With Medicines					X	*							*
	Lesson 4: Preventing Injuries at Home					X	*							*
	Lesson 5: Staying Safe When Home Alone	X	X			X		*	*					*
	Lesson 6: Dangerous Objects and Weapons	X				X	*							*
	Lesson 7: Using the Internet Safely	X				X	*							*
	Lesson 8: Learning About Personal Safety	X				X	*							*



Michigan Model for Health Skills Competencies - Gr 4		CASEL's 5 SEL Competencies					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 Communication	Advocacy	Decision-Making	Goal Setting	Self-Management
Alcohol, Tobacco, & Other Drugs	Lesson 1: Dangers of Secondhand Smoke and E-Cigarette Aerosol	X				X	*							*
	Lesson 2: Why Not Alcohol?	X					*							
	Lesson 3: Influences of Family and Friends	X	X				*	*						
	Lesson 4: Advertising and Drugs	X	X					*						
	Lesson 5: Marijuana: What's Fact? What's Fiction?	X					*							
	Lesson 6: How to Say "No" to Drugs			X		X				*				*
Personal Health & Wellness	NOT IN GRADE LEVEL													
HIV	Lesson 1: HIV Infection—What to Do and What Not to Do						*							*

Michigan Model for Health Skills Competencies - Gr 5		CASEL's 5 SEL Competencies					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 Communication	Advocacy	Decision-Making	Goal Setting	Self-Management
Social & Emotional Health	Lesson 1: Managing Strong Feelings					X								*
	Lesson 2: Telling Others What Bothers Us					X								*
	Lesson 3: Healthy Ways to Handle Harassment or Bullying	X	X			X	*		*					*
	Lesson 4: Practicing Positive Ways to End Bullying		X			X	*		*					*
	Lesson 5: Speaking with Respect for Self and Others			X						*				
	Lesson 6: Listening with Respect			X						*				
	Lesson 7: Making WISE Decisions to Avoid Trouble			X		X			*	*		*		*
	Lesson 8: Practicing the WISE Way to Avoid Trouble			X		X				*		*		*
	Lesson 9: Getting Help from Adults for People in Danger		X						*					
	Lesson 10: Working Things Out			X		X				*				*
	Lesson 11: Finding Healthy Solutions to Conflicts			X		X				*		*		*
	Lesson 12: Practicing Our Conflict Resolution Skills			X		X				*		*		*
	Lesson 13: Setting Positive Goals for Health and Happiness					X							*	
	Lesson 14: Making Our School a Caring and Respectful Place			X							*			
Nutrition & Physical Activity	Lesson 1: What's in Food?	X				X	*							*
	Lesson 2: More About Nutrients and Using Food Labels	X	X				*		*					
	Lesson 3: Guidelines for Healthy Eating	X	X				*		*					
	Lesson 4: Planning a Healthy, Scrumptious Meal					X								*
Safety	Lesson 1: Having Fun and Staying Safe	X				X	*							*
	Lesson 2: Staying Safe at Home Alone					X								*
	Lesson 3: Staying Safe in Public					X								*
	Lesson 4: Learning About Personal Safety	X				X	*							*

Michigan Model for Health Skills Competencies - Gr 5		CASEL's 5 SEL Competencies					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 Communication	Advocacy	Decision-Making	Goal Setting	Self-Management
Alcohol, Tobacco, & Other Drugs	Lesson 1: Inhalants and Medicines – More Dangerous Than You Think	X	X			X	*	*						*
	Lesson 2: Tobacco and Your Health	X		X			*				*			
	Lesson 3: What's in an Ad?	X	X					*						
	Lesson 4: Marijuana: Know the Facts!	X					*							
	Lesson 5: Saying "No" to Tobacco, Marijuana, Inhalants, and Taking Medicine Unsafely			X		X				*				*
	Lesson 6: The Power of Choice	X	X				*	*						
	Lesson 7: Impaired Driving: How to Stay Safe	X				X	*							*
Personal Health & Wellness	Lesson 1: Clean and Cool	X				X	*						*	
	Lesson 2: Becoming a Savvy Consumer	X	X					*	*					
HIV	Lesson 1: HIV Infection – Prevention and Compassion						*							*

Michigan Model for Health Skills Competencies - Gr 6		CASEL's 5 SEL Competencies					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 Communication	Advocacy	Decision-Making	Goal Setting	Self-Management
Social & Emotional Health	Lesson 1: Taking Healthy Risks in Friendships	X					*							
	Lesson 2: Listening to and Appreciating Our Friends & Others			X						*				
	Lesson 3: Speaking Assertively and Respectfully			X		X				*				*
	Lesson 4: Managing Strong Feelings in Healthy Ways					X								*
	Lesson 5: Expressing Anger Without Angry Behaviors	X					*							
	Lesson 6: Getting Help From Others		X						*					
	Lesson 7: Making Healthy Decisions				X							*		
	Lesson 8: Practicing How to Make Decisions & Solve Problems				X							*		
	Lesson 9: Finding Ways to Resolve Conflicts			X						*				
	Lesson 10: Learning How to Manage Stress	X				X	*						*	*
Nutrition & Physical Activity	Lesson 1: CSI: Foodborne Illness	X				X	*							*
	Lesson 2: Benefits of Healthy Eating & Physical Activity	X				X	*							*
	Lesson 3: My Plan for Healthy Eating & Physical Activity	X				X	*							*
	Lesson 4: Built to Last	X	X				*	*						
	Lesson 5: Strategies for Healthy Physical Activity, Eating & Sleep					X								*
	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					X							*	*

Michigan Model for Health Skills Competencies - Gr 6		CASEL's 5 SEL Competencies					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 Communication	Advocacy	Decision-Making	Goal Setting	Self-Management
Safety	Lesson 1: Car Safety	X	X				*	*						
	Lesson 2: Staying Safe in Public Places – Part 1					X								*
	Lesson 3: Staying Safe in Public Places – Part 2					X								*
	Lesson 4: Keeping Self and Others Safe in a School Crisis					X								*
	Lesson 5: Protecting Yourself From Hazards, Hackers, and Humiliation while on the Internet – Part 1	X				X	*							*
	Lesson 6: Protecting Yourself From Hazards, Hackers, and Humiliation while on the Internet – Part 2	X	X			X	*		*					*
	Lesson 7: Advocates for Safety			X							*			
	Lesson 8: Staying Personally Safe	X	X			X	*		*					*
Alcohol, Tobacco, & Other Drugs	Lesson 1: The New Student's Idea of Fun	X	X				*	*						
	Lesson 2: Common Myths About Drugs That Claim to Help You	X					*							
	Lesson 3: The New Student Replies	X					*				*			
	Lesson 4: Sometimes You Just Have to "Do the Right Thing"	X	X					*						
	Lesson 5: Drug Use Hurts Your Friends, Family and Future, Too	X					*							
	Lesson 6: Youth Tobacco Laws and Policies: What and Why?	X					*							
	Lesson 7: Saying "No" and Sticking to It			X						*				
	Lesson 8: Locating and Giving Help With Alcohol, Tobacco, and Other Drug Problems	X	X					*	*					
	Lesson 9: If in Doubt, Don't Go					X								*
	Lesson 10: Remaining Drug-Free and Proud of It					X	*							*
Personal Health & Wellness	Lesson 1: Germ Busters					X								*
HIV	NOT IN GRADE LEVEL													

Michigan Model for Health Skills Competencies Gr 7-8		CASEL's 5 SEL Competencies					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 Communication	Advocacy	Decision-Making	Goal Setting	Self-Management
Social and Emotional Health & Safety	Lesson 1: Why Do I Behave the Way I Do?	X	X					*						
	Lesson 2: Stress Affects Everyone	X	X			X		*						*
	Lesson 3: Healthy Ways to Manage Stress - Part 1	X				X			*					*
	Lesson 4: Healthy Ways to Manage Stress - Part 2	X	X			X		*	*					*
	Lesson 5: Managing Anger and Listening Tips	X		X		X	*			*				*
	Lesson 6: Empathy and I-Statements			X						*				
	Lesson 7: Decision-Making and Problem-Solving				X							*		
	Lesson 8: Conflict Resolution			X	X					*		*		
	Lesson 9: Taking Control	X	X	X	X	X	*	*	*	*				*
	Lesson 10: The Many Faces of Bullying - Part 1		X	X	X	X		*	*	*	*	*		*
	Lesson 11: The Many Faces of Bullying - Part 2	X	X	X	X	X	*	*	*	*	*	*		*
	Lesson 12: Choose Friends Wisely	X		X	X			*		*		*		
	Lesson 13: Manage Conflicts with Relationships			X						*				
	Lesson 14: Healthy Future Relationships	X	X	X			*	*	*	*				*
	Lesson 15: Give Advice to a Friend			X	X					*		*		
Nutrition & Physical Activity	Lesson 1: Figuring Out the Nutrition and Physical Activity Rumors	X					*							
	Lesson 2: Learning More from MyPlate	X					*							
	Lesson 3: Using MyPlate to Improve Habits					X							*	*
	Lesson 4: Finding the Right Physical Activities for Me	X	X			X		*						*
	Lesson 5: Positive Body Image	X	X				*		*					
	Lesson 6: Finding Power Calories		X						*					
	Lesson 7: Packages Can Trick Us		X						*					
	Lesson 8: Can Fast Food Be Nutritious?	X				X			*					*
	Lesson 9: Nutritious Food Options in School			X		X					*			*
	Lesson 10: Persuasion and Refusal			X						*				
	Lesson 11: Achieve Goals with Nutritious Eating and Physical Activity					X							*	

Michigan Model for Health Skills Competencies Gr 7-8		CASEL's 5 SEL Competencies					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 Communication	Advocacy	Decision-Making	Goal Setting	Self-Management
Tobacco & Vaping	Lesson 1: The Power Is Yours!	X	X				*	*						
	Lesson 2: Positive Influences for Positive Decisions	X	X				*	*						
	Lesson 3: Protect Yourself and Others from Risk - Part 1				X	X						*		*
	Lesson 4: Protect Yourself and Others from Risk - Part 2			X		X				*				*
	Lesson 5: Resources to Help Self and Others		X	X					*	*				
	Lesson 6: The Power to be Nicotine Free			X		X				*				*
Alcohol & Other Drugs	Lesson 1: Internal and External Influences	X	X					*						
	Lesson 2: What Do We Know?						*		*					
	Lesson 3: Planning for Presentations						*		*					
	Lesson 4: Helping One Another Learn	X	X			X	*	*						*
	Lesson 5: You Have Control and Power	X	X					*						
	Lesson 6: Using I-Statements to Influence Others			X						*				
	Lesson 7: Refusing Danger and Trouble to Influence Others			X		X				*				*
	Lesson 8: Influencing Others by WISE Decision Making				X							*		
	Lesson 9: Getting Help	X	X						*	*				
	Lesson 10: A Social Norm Campaign - Part 1			X							*			
	Lesson 11: A Social Norm Campaign - Part 2			X							*			*
Personal Health & Wellness	NOT IN GRADE LEVEL													
HIV & Other STIs	Lesson 1: The 4-1-1 on HIV and AIDS	X					*							
	Lesson 2: HIV and Other STIs - Evaluating Exposures	X	X			X	*	*						*
	Lesson 3: Finding Help and Information		X						*					

Michigan Model for Health Skills Competencies - Gr 9-12		CASEL's 5 SEL Competencies					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 Communication	Advocacy	Decision-Making	Goal Setting	Self-Management
Skills: A Strong Foundation	Lesson 1: The Personal Meaning of Health and Wellness													
	Lesson 2: Exploring Information and Influences	X	X					*	*					
	Lesson 3: Expanding Our Understanding of Information and Influences	X	X					*	*					
	Lesson 4: Setting Goals and Making Decisions – Skills for Life-Long Achievement				X	X						*	*	
	Lesson 5: Collaborative Work on Presentations				X	X						*	*	
	Lesson 6: Teaching Others to Set Goals and Make Decisions – Part 1				X	X						*	*	
	Lesson 7: Teaching Others to Set Goals and Make Decisions – Part 2				X	X						*	*	
	Lesson 8: Interpersonal Communication and Self-Management			X		X				*				*
	Lesson 9: Collaborative Work on Teaching Tools			X						*				
	Lesson 10: Teaching Communication Skills			X						*				
	Lesson 11: Practice: Listening and Responding to the Emotions of Others			X						*				
	Lesson 12: Practice: Assertive Communication			X						*				
	Lesson 13: Practice: How to Ask Effective Questions and Use Refusal Skills			X						*				
	Lesson 14: Combining the Five Basic Communication Skills to Effectively Collaborate and Negotiate			X						*	*			
	Lesson 15: Collaborative Work on Advocacy Project Plan and Presentation			X						*	*			
	Lesson 16: Advocating for Health – Part 1			X							*			
	Lesson 17: Advocating for Health – Part 2			X							*			
	Lessons 18: Self-Management and Health					X								*
	Lessons 19: Seven Health Skills (summary lesson)													



Michigan Model for Health Skills Competencies - Gr 9-12		CASEL's 5 SEL Competencies					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 Communication	Advocacy	Decision-Making	Goal Setting	Self-Management
Social & Emotional Health	Lesson 1: Start with a Good Foundation: Self-Awareness	X												
	Lesson 2: Self-Awareness: A Key to Stress Management		X						*					
	Lesson 3: What Teens Need to Know About Stress		X			X			*				*	
	Lesson 4: Stress and Depression	X	X				*		*					
	Lesson 5: Helping Self and Others	X	X				*	*	*					
	Lesson 6: Relationships: Hiking the Peaks and Valleys	X		X			*			*				
	Lesson 7: Relationships: Healthy or Unhealthy	X					*							
	Lesson 8: Abuse, Part 1: Bullying and Harassment	X				X	*							*
	Lesson 9: Abuse, Part 2: Dating Abuse	X	X	X					*	*				*
	Lesson 10: Getting and Giving Help		X				*		*					
Nutrition & Physical Activity	Lesson 1: Locate Resources to Answer Nutrition and Physical Activity Questions	X	X				*		*					
	Lesson 2: Collaborate to Apply Nutrition and Physical Activity Concepts	X	X				*		*					
	Lesson 3: Food Labeling					X								*
	Lesson 4: Dietary Guidelines					X								*
	Lesson 5: Healthy Eating at Fast Food Restaurants					X								*
	Lesson 6: Guidelines for Physical Activity					X	*						*	
	Lesson 7: Reducing Barriers to Physical Activity					X							*	
	Lesson 8: It’s All in the Balance				X							*		
	Lesson 9: Nutrition and Physical Activity Goals and Decisions					X							*	
	Lesson 10: Advocating for Nutrition and Physical Activity			X							*			

Michigan Model for Health Skills Competencies - Gr 9-12		CASEL's 5 SEL Competencies					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 Communication	Advocacy	Decision-Making	Goal Setting	Self-Management
Safety	Lesson 1: What is Killing Us?	X					*							
	Lesson 2: Using Communication Skills to Save Lives		X			X			*					*
	Lesson 3: Can Violence Be Prevented?		X				*							
	Lesson 4: Skills to Resolve Conflicts					X								*
	Lesson 5: Maximizing Safety Options When Violence Threatens	X	X			X	*	*	*					*
	Lesson 6: Electronic Aggression		X			X	*		*					*
	Lesson 7: So What?	X	X				*	*	*					
	Lesson 8: Navigating the Land Mines of Our Teenage Years – Part 1				X							*		
	Lesson 9: Navigating the Land Mines of Our Teenage Years – Part 2				X							*		
	Lesson 10: Navigating the Land Mines of Our Teenage Years – Part 3				X							*		
Alcohol, Tobacco, & Other Drugs	Lesson 1: What's the Problem?	X	X				*	*	*					
	Lesson 2: Research and Planning – Part 1	X	X				*	*	*					
	Lesson 3: Research and Planning – Part 2	X	X				*	*	*					
	Lesson 4: What Did We Discover?	X	X				*	*	*					
	Lesson 5: Exploring Solutions				X							*		
	Lesson 6: Pushing for Prevention			X							*			
	Lesson 7: Advocate to Reduce Teen Drug Use – Part 1			X							*			
	Lesson 8: Advocate to Reduce Teen Drug Use – Part 2			X							*			
	Lesson 9: We Can Make A Difference!			X							*			
	Lesson 10: Avoiding Problems and Getting Help		X	X	X	X			*	*		*		*

Michigan Model for Health Skills Competencies - Gr 9-12		CASEL's 5 SEL Competencies					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 Communication	Advocacy	Decision-Making	Goal Setting	Self-Management
Personal Health & Wellness	Lesson 1: History Matters		X						*					
	Lesson 2: More Health Habits – Part 1	X	X			X	*	*						*
	Lesson 3: More Health Habits – Part 2	X	X			X	*	*					*	*
	Lesson 4: Personal Health Record	X				X	*							*
	Lesson 5: Asking Questions to Share Responsibility		X	X					*	*				
	Lesson 6: Finding Health Care – Part 1					X			*					
	Lesson 7: Finding Health Care – Part 2		X						*					
	Lesson 8: Peeling the Onion of Health Care	X	X		X			*	*			*		
HIV & Other STIs	Lesson 1: Let's Hear the Facts						*							
	Lesson 2: More About STIs	X	X			X	*		*					*
	Lesson 3: The Stakes Are High	X	X				*	*	*					
	Lesson 4: Know the Risks!	X		X			*						*	
	Lesson 5: Examining Influences, Including the Law		X	X			*	*						
	Lesson 6: Testing: Who, Why, and How		X			X	*			*				