



Michigan Model for Health Skills Competencies Grade K		CASEL's Social Emotional Learning 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 Grade 1		CASEL's Social Emotional Learning 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 Grade 1		CASEL's Social Emotional Learning 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		*							*

Note: No HIV Unit is included in the grade 1 curriculum.

Michigan Model for Health Skills Competencies Grade 2		CASEL's Social Emotional Learning 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 Balance	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: Staying Safe Online	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 Grade 2		CASEL's Social Emotional Learning 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							*	

Note: No Personal Health & Wellness or HIV Unit is included in the grade 2 curriculum.



Michigan Model for Health Skills Competencies Grade 3		CASEL's Social Emotional Learning 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 Grade 3		CASEL's Social Emotional Learning 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						*	*		

Note: No HIV Unit is included in the grade 3 curriculum.

Michigan Model for Health Skills Competencies Grade 4		CASEL's Social Emotional Learning 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 Grade 4		CASEL's Social Emotional Learning 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				*				*	
HIV	Lesson 1: HIV Infection—What to Do and What Not to Do						*						*	

Note: No Personal Health & Wellness Unit is included in the grade 4 curriculum.

Michigan Model for Health Skills Competencies Grade 5		CASEL's Social Emotional Learning 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 Grade 5		CASEL's Social Emotional Learning 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			X	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 Grade 6		CASEL's Social Emotional Learning 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 Grade 6		CASEL's Social Emotional Learning 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								*

Note: No HIV Unit is included in the grade 6 curriculum.

Michigan Model for Health Skills Competencies Grade 7-8		CASEL's Social Emotional Learning 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					*		*		



Michigan Model for Health Skills Competencies Grade 7-8		CASEL's Social Emotional Learning 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
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							*				
Tobacco & Vaping	Lesson 11: Achieve Goals with Nutritious Eating and Physical Activity				X							*		
	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					*		*		

Michigan Model for Health Skills Competencies Grade 7-8		CASEL's Social Emotional Learning 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 & 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							*		*	
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					*					

Note: No Personal Health & Wellness Unit is included in the grade 7-8 curriculum.



Michigan Model for Health Skills Competencies Grade 9-12		CASEL's Social Emotional Learning 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: Practice Setting Goal and Making Decisions				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: Applying Communication Skills to Effectively Collaborate and Negotiate		X							*	*			
	Lesson 15: Collaborative Work on Advocacy Project		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 Grade 9-12		CASEL's Social Emotional Learning 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: Conflict Resolution and Negotiation	X		X				*		*				
	Lesson 7: Healthy or Unhealthy Relationships	X						*						
	Lesson 8: Bullying and Harassment	X			X			*				*		
	Lesson 9: 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											



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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: Online Aggression		X			X	*		*			*		
	Lesson 7: Making Smart Choices Around Violence	X	X				*	*	*					
	Lesson 8: Decision-Making for Health & Safety (Part 1)				X							*		
	Lesson 9: Decision-Making for Health & Safety (Part 2)					X						*		
	Lesson 10: Decision-Making for Health & Safety (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 Misuse (Part 1)				X							*		
	Lesson 8: Advocate to Reduce Teen Drug Misuse (Part 2)				X							*		
	Lesson 9: We Can Make A Difference!				X							*		
	Lesson 10: Avoiding Problems and Getting Help	X	X	X	X	X	*	*	*	*		*		



Michigan Model for Health Skills Competencies Grade 9-12		CASEL's Social Emotional Learning 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: More Health Habits (Part 1)	X	X			X	*	*					*	
	Lesson 2: More Health Habits (Part 2)	X	X			X	*	*				*	*	
	Lesson 3: Asking Questions to Share Responsibility		X	X					*	*				
	Lesson 4: Finding Health Care (Part 1)					X			*					
	Lesson 5: Finding Health Care (Part 2)				X				*					
	Lesson 6: 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	*			*				