

Michigan Model for Health™ and CASEL SEL Competencies Alignment



The health standards, skills, and topics taught in Michigan Model for Health™ (MMH) and the Social Emotional Learning (SEL) Competencies put forth by the Collaborative on Academic and Social Emotional Learning (CASEL) are tightly aligned. In this document you will first find key components of each and the overall big picture of this alignment; followed by a smaller grain size illustration of the alignment of Michigan Model for Health™ (MMH) by grade level, topic, learning objective, and standards to the SEL Competencies and their key indicators.

What is the Michigan Model for Health?

The Michigan Model for Health™ (MMH) is an evidence-based, comprehensive health education curriculum that targets Pre-K through 12th grade students, utilizing a skills-based approach. MMH is a SEL selected curriculum by CASEL. The curriculum teaches students the knowledge and skills they need to build and maintain healthy behaviors and lifestyles. Age-appropriate and sequential lessons focus on the most serious health challenges school-aged children face. The MMH is written to align with the National and Michigan Health Education Standards.

In the table below are the eight health standards and their corresponding definitions.

“Comprehensive school health education is a planned sequential curriculum with each lesson and activity building on the last. It is intended to address not only the physical, but also the social and emotional dimensions of health. The curriculum is designed to motivate and assist students to maintain and improve their health, enabling students to develop the skills and attitudes necessary for health-related problem solving and informed decision making.”

- National Center for Health Education

| Standards | |
|---|--|
| Core Concepts | Students comprehend concepts related to health-promotion and disease prevention to enhance health. |
| Analyzing Influences | Students analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors. |
| Accessing valid and reliable information | Students demonstrate the ability to access valid information and products and services to enhance health. |
| Interpersonal Communication Skills | Students demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks. |
| Decision-Making | Students demonstrate the ability to use decision-making skills to enhance health. |
| Goal Setting | Students demonstrate the ability to use goal-setting skills to enhance health. |
| Self-Management (practicing health behaviors) | Students demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks |
| Advocacy | Students demonstrate the ability to advocate for personal, family, and community health. |

National Health Education Standards (NHES)

What are the Social Emotional Learning Competencies?

Research shows that SEL not only improves achievement...but it also increases prosocial behaviors (such as kindness, sharing, and empathy), improves student attitudes toward school, and reduces depression and stress among students. (Durlak et al., 2011)



There are five Social Emotional Learning (SEL) Competencies put forth by the Collaborative on Academic and Social Emotional Learning (CASEL). These are the foundational competencies students and adults need to achieve social emotional learning mastery. In the following table are the five competencies and their definitions.

| SEL Competencies | |
|-----------------------------|--|
| Self-Awareness | The ability to accurately recognize one’s own emotions, thoughts, and values and how they influence behavior. The ability to accurately assess one’s strengths and limitations, with a well-grounded sense of confidence, optimism, and a “growth mindset”. |
| Self-Management | The ability to successfully regulate one’s emotions, thoughts, and behaviors in different situations – effectively managing stress, controlling impulses, and motivating oneself. The ability to set and work toward personal and academic goals. |
| Social Awareness | The ability to take the perspective of and empathize with others, including those from diverse backgrounds and cultures. The ability to understand social and ethical norms for behavior and to recognize family, school, and community resources and supports. |
| Relationship Skills | The ability to establish and maintain healthy and rewarding relationships with diverse individuals and groups. The ability to communicate clearly, listen well, cooperate with others, resist inappropriate social pressure, negotiate conflict constructively, and seek and offer help when needed. |
| Responsible Decision-Making | The ability to make constructive choices about personal behavior and social interactions based on ethical standards, safety concerns, and social norms. The realistic evaluation of consequences of various actions, and a consideration of the well-being of oneself and others. |

The table below shows the alignment of the health education standards and the SEL Competencies put forth by CASEL.

| Michigan Model for Health™ Standards (Skills) | CASEL Social Emotional Learning Competencies |
|---|--|
| Core Concepts | Self-Awareness |
| Analyzing Influences | Self-Awareness Social Awareness |
| Accessing valid and reliable information | Social Awareness |
| Interpersonal Communication | Relationship Skills |
| Decision-Making | Responsible Decision-Making |
| Goal Setting | Self-Management |
| Self-Management (practicing health behaviors) | Self-Management |
| Advocacy | Relationship Skills |

From the SHAPE America NHES/SEL Crosswalk, 2021

Michigan Model for Health™ and CASEL’s SEL Competencies by Grade level

The Michigan Model for Health™ (MMH) has units, or health topics, it covers at every grade-level, which follow with the Grade Level Content Expectations and Michigan Merit Curriculum requirements for Health Education in the State of Michigan. These are directly aligned to the SEL Competencies. The core MMH topics are **Social Emotional Health; Nutrition and Physical Activity; Alcohol, Tobacco and Other Drugs; Safety; and Personal Health and Wellness.**

HIV, STDs, and pregnancy prevention are covered at certain grades and through adoption process with the School Board and, depending on the content, a district Sex Education Advisory Board.

Michigan Model for Health™ teaches the standards (skills) in each topic area, therefore, SEL Competencies are taught regardless of if social emotional health or another topic area are being covered (e.g., Nutrition, Safety). It is important to note that the Social Emotional Health unit is the backbone of the MMH curriculum and is always taught first.

Below you will see the grade level being taught, and then several tables representing each topic area for that grade. Within each topic area table, there are several learning objectives listed. These objectives are then aligned in the table to the Health Standards (skills) being taught, the corresponding SEL Competencies, and the common indicators for each competency. Please note, the learning objectives are not specific to every lesson or teaching strategy used in a topic area and are more key learnings. To examine each lesson in each grade and topic, work with your Regional School Health Coordinator to discuss access. The Key SEL Indicators are the general indicators one might find; meaning they are some of the most typical indicators and are not an exhaustive list for each SEL competency.

Navigating the rest of this document can be done two ways. Using the footer page that indicates which grade you are on, and using the following table of contents (the grade and page number are hyperlinked):

| Grade | Page |
|------------------------------|--------------------|
| Kindergarten | 5 |
| Grade 1 | 10 |
| Grade 2 | 15 |
| Grade 3 | 20 |
| Grade 4 | 26 |

| Grade | Page |
|-----------------------------|--------------------|
| Grade 5 | 32 |
| Grade 6 | 39 |
| Grades 7- 8 | 46 |
| Grades 9-12 | 54 |

Kindergarten

| MMH Topic | MMH Learning Objectives | Health Standards | SEL Competencies | Key SEL Indicators |
|--------------------------------|---|-----------------------------|---------------------|--|
| Social Emotional Health | Showing respect and caring. | Interpersonal Communication | Relationship Skills | <ul style="list-style-type: none"> ✓ Communication ✓ Social Engagement ✓ Relationship Building ✓ Teamwork |
| | Making and keeping friends. | Interpersonal Communication | Relationship Skills | <ul style="list-style-type: none"> ✓ Communication ✓ Social Engagement ✓ Relationship Building ✓ Teamwork |
| | Understanding caring touch and positive relationships. | Core Concepts | Self-Awareness | <ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy |
| | Identifying and expressing feelings. | Core Concept | Self-Awareness | <ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy |
| | Managing strong feelings and expressing them appropriately. | Self-Management | Self-Management | <ul style="list-style-type: none"> ✓ Impulse Control ✓ Stress Management ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills |
| | Giving and receiving compliments and appreciation. | Interpersonal Communication | Relationship Skills | <ul style="list-style-type: none"> ✓ Communication ✓ Social Engagement ✓ Relationship Building ✓ Teamwork |
| | Being Responsible at home and at school. | Self- Management | Self-Management | <ul style="list-style-type: none"> ✓ Impulse Control ✓ Stress Management ✓ Self-Discipline |

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|--|----------------------------------|-----------------------|------------------|--|
| | | | | <ul style="list-style-type: none"> ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills |
| | Identifying people who can help. | Accessing Information | Social Awareness | <ul style="list-style-type: none"> ✓ Recognize Situation demands/opportunities ✓ Perspective-Taking ✓ Empathy ✓ Appreciating Diversity ✓ Respect for Others |

| MMH Topics | MMH Learning Objectives | Health Standards | SEL Competencies | Key SEL Indicators |
|--|--|------------------|------------------|--|
| Nutrition and Physical Activity | Choosing a variety in foods and snacks and drinking water for good health. | Core Concepts | Self-Awareness | <ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy |
| | | Self-Management | Self-Management | <ul style="list-style-type: none"> ✓ Impulse Control ✓ Stress Management ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills |
| | Categorizing foods and snacks into the five food groups. | Core Concepts | Self-Awareness | <ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy |
| | | Self-Management | Self-Management | <ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills |
| | Identifying why physical activity is good for health and ways to be physically active. | Core Concepts | Self-Awareness | <ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception |

| | | | | |
|--|--|-----------------|-----------------|---|
| | | Self-Management | Self-Management | <ul style="list-style-type: none"> ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills |
|--|--|-----------------|-----------------|---|

| MMH Topic | MMH Learning Objectives | Health Standards | SEL Competencies | Key SEL Indicators |
|---------------|--|-----------------------|------------------|--|
| Safety | Recognizing dangerous and destructive situations that need adult help. | Self-Management | Self-Management | <ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational skills |
| | Demonstrating pedestrian safety. | Core Concepts | Self-Awareness | <ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy |
| | | Self-Management | Self-Management | <ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting Organizational skills |
| | Knowing the rules for dangerous objects and weapons. | Self-Management | Self-Management | <ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting Organizational skills. |
| | Understanding when and how to dial 911. | Accessing Information | Social Awareness | <ul style="list-style-type: none"> ✓ Recognize Situation demands/opportunities ✓ Perspective-Taking ✓ Empathy ✓ Appreciating Diversity Respect for Others |
| | Applying Strategies to avoid unsafe touch. | Self-Management | Self-Management | <ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation |

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|--|--|-----------------------|------------------|--|
| | | | | <ul style="list-style-type: none"> ✓ Goal Setting ✓ Organizational skills |
| | Identifying trusted adults who can help. | Accessing Information | Social-Awareness | <ul style="list-style-type: none"> ✓ Recognize Situation demands/opportunities ✓ Perspective-Taking ✓ Empathy ✓ Appreciating Diversity ✓ Respect for Others |

| MMH Topic | MMH Learning Objectives | Health Standards | SEL Competencies | Key SEL Indicators |
|---|---|-----------------------|------------------|--|
| Alcohol, Tobacco and Other Drugs | Knowing how to safely use over-the-counter medicines. | Core Concepts | Self-Awareness | <ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy |
| | | Self-Management | Self-Management | <ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational skills |
| | Identifying household products that can be dangerous and the rules handling household products and poisons. | Self-Management | Self-Management | <ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational skills |
| | Recognizing trustworthy sources and people for information. | Accessing Information | Social-Awareness | <ul style="list-style-type: none"> ✓ Recognize Situation demands/opportunities ✓ Perspective-Taking ✓ Empathy ✓ Appreciating Diversity ✓ Respect for Others |

| MMH Topic | MMH Learning Objectives | Health Standards | SEL Competencies | Key SEL Indicators |
|-------------------------------------|--|------------------|---------------------|--|
| Personal Health and Wellness | Demonstrate proper hand washing to prevent the spread of germs. | Self-Management | Self-Management | <ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational skills |
| | Demonstrating and explaining how to properly take care of teeth. | Self-Management | Self-Management | <ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting Organizational skills |
| | Encouraging peers to make positive choices for personal health. | Advocacy | Relationship Skills | <ul style="list-style-type: none"> ✓ Communication ✓ Social Engagement ✓ Relationship Building ✓ Teamwork |

Grade 1

| MMH Topic | MMH Learning Objectives | Health Standards | SEL Competencies | Key SEL Indicators |
|--|--|-----------------------------|--|--|
| Social Emotional Health | Predicting feelings in others and asking how others feel. | Self-Management | Self-Management | <ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational skills |
| | Showing courtesy to others and demonstrating giving and receiving complements or appreciation. | Interpersonal Communication | Relationships Skills | <ul style="list-style-type: none"> ✓ Communication ✓ Social Engagement ✓ Relationship Building ✓ Teamwork |
| | Describing how family members and friends help each other. | Core Concepts | Self-Awareness | <ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy |
| | Building friendships by listening. | Core Concept | Self-Awareness | <ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy |
| | | | | Interpersonal Communication |
| Solving problems with the WIN decision-making process. | Core Concepts | Self-Awareness | <ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy | |
| | | | Accessing Information | Social-Awareness |

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|--|--|---|--|--|
| | | Analyzing Influences Decision-Making | Social/Self-Awareness Responsible Decision-Making | <ul style="list-style-type: none"> ✓ Respect for Others See each above ✓ Identifying Problems ✓ Analyzing Situations ✓ Solving Problems ✓ Evaluating ✓ Ethical Responsibility |
|--|--|---|--|--|

| MMH Topics | MMH Learning Objectives | Health Standards | SEL Competencies | Key SEL Indicators |
|--|---|--------------------------------------|---------------------------------------|--|
| Nutrition and Physical Activity | Recognizing the importance of eating a variety of food from all five food groups. | Self-Management Core Concepts | Self-Management Self-Awareness | <ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational skills ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy |
| | Describing the benefits of eating healthy snacks and drinking water. | Self-Management Core Concepts | Self-Management Self-Awareness | <ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational skills ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy |
| | Knowing how sleep, rest, and physical activity are important to maintain health. | Core Concepts | Self-awareness | <ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy |

| MMH Topic | MMH Learning Objectives | Health Standards | SEL Competencies | Key SEL Indicators |
|---|---|------------------|--|--|
| Safety | Applying strategies and rules for wheeled recreation hazards, safety, and safety gear. | Core Concepts | Self-Awareness | <ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy |
| | | Self-Management | Self-Management | <ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational skills |
| | Preventing fire and burn hazards and actions to take in a fire emergency. | Core Concepts | Self-Awareness | <ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy |
| | | Self-Management | Self-Management | <ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational skills |
| | Describing and practicing escaping situations that are dangerous, destructive, or disturbing and the need for adult help. | Self-Management | Self-Management | <ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational skills |
| Demonstrating how and when to use 911 in an emergency. | Accessing Information | Social-Awareness | <ul style="list-style-type: none"> ✓ Recognize Situation demands/opportunities ✓ Perspective-Taking ✓ Empathy ✓ Appreciating Diversity ✓ Respect for Others | |
| Applying strategies to avoid and try to get away in cases of unsafe touch, and how to ask a trusted adult for help. | Core Concepts | Self-Awareness | <ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception | |

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|--|--|-----------------------|------------------|--|
| | | Self -Management | Self-Management | <ul style="list-style-type: none"> ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy |
| | | Accessing Information | Social-Awareness | <ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational skills |
| | | Self-Management | Self-Management | <ul style="list-style-type: none"> ✓ Recognize Situation demands/opportunities ✓ Perspective-Taking ✓ Empathy ✓ Appreciating Diversity ✓ Respect for Others |
| | | | | <ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational skills |

| MMH Topic | MMH Learning Objectives | Health Standards | SEL Competencies | Key SEL Indicators |
|---|---|------------------|------------------|--|
| Alcohol, Tobacco and Other Drugs | Applying how to use over the counter and prescription medicines and understanding what illicit drugs are. | Core Concepts | Self-Awareness | <ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy |
| | Identifying household products that can be dangerous. | Self-Management | Self-Management | <ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational skills |
| | | Core Concepts | Self-Awareness | <ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence |

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|--|--|-----------------------|------------------|--|
| | | | | <ul style="list-style-type: none"> ✓ Self-efficacy |
| | Reviewing labels and ways to avoid poisons and recognizing adults as trustworthy sources of information about potential poisonous household products. | Accessing Information | Social-Awareness | <ul style="list-style-type: none"> ✓ Recognize Situation demands/opportunities ✓ Perspective-Taking ✓ Empathy ✓ Appreciating Diversity ✓ Respect for Others |
| | Identifying harmful chemicals in tobacco products and assessing the dangers of second-hand smoke and e-cigarette aerosol and ways to reduce or avoid exposure. | Core Concepts | Self-Awareness | <ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy |
| | | Self-Management | Self-Management | <ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational skills |

| MMH Topic | MMH Learning Objectives | Health Standards | SEL Competencies | Key SEL Indicators |
|-------------------------------------|--|------------------|------------------|--|
| Personal Health and Wellness | Practicing skills for stopping the spread of germs e.g., covering sneezes and washing hands. | Self-Management | Self-Management | <ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills |
| | Explaining ways to take care of teeth and preventing tooth decay. | Core Concepts | Self-Awareness | <ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy |
| | | Self-Management | Self-Management | <ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational skills |

Grade 2

| MMH Topic | MMH Learning Objectives | Health Standards | SEL Competencies | Key SEL Indicators |
|--|--|-----------------------------|--|--|
| Social Emotional Health | Identifying and expressing feelings and handling mixed feelings. | Core Concepts | Self-Awareness | <ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy |
| | | Self-Management | Self-Management | <ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills |
| | | Interpersonal Communication | Relationship Skills | <ul style="list-style-type: none"> ✓ Communication ✓ Social Engagement ✓ Relationship Building ✓ Teamwork |
| | Expressing feelings and listening to others with respect. | Self-Management | Self-Management | <ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational skills |
| | Interpersonal Communication | Relationship Skills | <ul style="list-style-type: none"> ✓ Communication ✓ Social Engagement ✓ Relationship Building ✓ Teamwork | |
| Discovering ways to show respect for others feeling, rights, and property. | Self-Management | Self-Management | <ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills | |
| Identifying appropriate caring touch in positive relationships. | Core Concepts | Self-Awareness | <ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy | |

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|--|--|-----------------------------|-----------------------------|--|
| | Managing anger and other strong feelings. | Self-Management | Self-Management | <ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills |
| | | Interpersonal Communication | Relationship Skills | <ul style="list-style-type: none"> ✓ Communication ✓ Social Engagement ✓ Relationship Building ✓ Teamwork |
| | Practicing the WIN Steps for decision-making and who can help. | Decision Making | Responsible Decision-Making | <ul style="list-style-type: none"> ✓ Identifying Problems ✓ Analyzing Situations ✓ Solving Problems ✓ Evaluating ✓ Reflecting ✓ Ethical Responsibility |
| | | Accessing Information | Social-Awareness | <ul style="list-style-type: none"> ✓ Recognize Situation demands/opportunities ✓ Perspective-Taking ✓ Empathy ✓ Appreciating Diversity ✓ Respect for Others |

| MMH Topics | MMH Learning Objectives | Health Standards | SEL Competencies | Key SEL Indicators |
|--|---|------------------|------------------|--|
| Nutrition and Physical Activity | Reinforcing the importance of eating from all five food groups and combining food groups, while identifying foods that should be limited. | Core Concepts | Self-Awareness | <ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy |
| | Identifying the benefits of physical activity and how physical activity goes hand in hand with nutrition. | Self-Management | Self-Management | <ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills |

| MMH Topic | MMH Learning Objectives | Health Standards | SEL Competencies | Key SEL Indicators |
|---|---|------------------|--|--|
| Safety | Assessing safe use of wheeled recreational equipment e.g., bicycles, skateboards, skates. | Self-Management | Self-Management | <ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills |
| | Identifying safety precautions in or near water. | Core Concepts | Self-Awareness | <ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy |
| | Developing strategies for internet safety. | Core Concepts | Self-Awareness | <ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy |
| | | Self-Management | Self-Management | <ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational skills |
| | Demonstrating strategies to avoid and try to get away in cases of unsafe touch and strategies to avoid personally unsafe touch. | Core Concepts | Self-Awareness | <ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy |
| Practicing how to avoid or getting away from unsafe situations and asking a trusted adult for help. | Self-Management | Self-Management | <ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills | |
| | Accessing Information | Social-Awareness | <ul style="list-style-type: none"> ✓ Recognize Situation demands/opportunities ✓ Perspective-Taking ✓ Empathy ✓ Appreciating Diversity ✓ Respect for Others | |

| | | | | |
|--|--|-----------------|-----------------|--|
| | | Self-Management | Self-Management | <ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational skills |
|--|--|-----------------|-----------------|--|

| MMH Topic | MMH Learning Objectives | Health Standards | SEL Competencies | Key SEL Indicators |
|---|--|------------------|------------------|--|
| Alcohol, Tobacco and Other Drugs | Identifying sources of caffeine and their impact on the body. | Core Concepts | Self-Awareness | <ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy |
| | | Self-Management | Self-Management | <ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills |
| | Explaining that nicotine and alcohol are drugs and should be avoided. | Self-Management | Self-Management | <ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills |
| | Applying skills to avoid exposure to secondhand smoke and e-cigarette aerosol. | Self-Management | Self-Management | <ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills |
| | Identifying over the counter, prescription medicines and illicit drugs and how to stay safe. | Core Concept | Self-Awareness | <ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy |
| | | Self-Management | Self-Management | <ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting |

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|--|--|-----------------------------|---------------------|--|
| | | Interpersonal Communication | Relationship Skills | <ul style="list-style-type: none"> ✓ Organizational Skills ✓ Communication ✓ Social Engagement ✓ Relationship Building ✓ Teamwork |
|--|--|-----------------------------|---------------------|--|

| MMH Topic | MMH Learning Objectives | Health Standards | SEL Competencies | Key SEL Indicators |
|------------------------------|---|------------------|------------------|--------------------|
| Personal Health and Wellness | There are no lessons in this topic area for Second grade. | | | |

Grade 3

| MMH Topic | MMH Learning Objectives | Health Standards | SEL Competencies | Key SEL Indicators |
|-------------------------|---|---|--|---|
| Social Emotional Health | Analyzing Influences of positive role models and friends. | Core Concepts Analyzing Influences | Self-Awareness Self and Social Awareness | <ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy ✓ Recognize Situation demands/opportunities ✓ Perspective-Taking ✓ Empathy ✓ Appreciating Diversity ✓ Respect for Others |
| | Making and keeping friends. | Core Concepts Self-Management Interpersonal Communication | Self-Awareness Self-Management Relationship Skills | <ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills ✓ Communication ✓ Social Engagement ✓ Relationship Building ✓ Teamwork |
| | Recognizing special talents in self and others. | Core Concepts Self-Management | Self-Awareness Self-Management | <ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy ✓ Impulse Control ✓ Self-Discipline |

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| | | | <ul style="list-style-type: none"> ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills |
| Helping others who are bullied and when to get help from adults. | Self-Management | Self-Management | <ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills |
| Demonstrate the ability to support and respect people with differences and identify ways people help each other. | Interpersonal Communication | Relationship Skills | <ul style="list-style-type: none"> ✓ Communication ✓ Social Engagement ✓ Relationship Building ✓ Teamwork |
| | Self-Management | Self-Management | <ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills |
| Demonstrate expressing thanks, appreciation, and annoyance respectfully. | Interpersonal Communication | Relationship Skills | <ul style="list-style-type: none"> ✓ Communication ✓ Social Engagement ✓ Relationship Building ✓ Teamwork |

| MMH Topics | MMH Learning Objectives | Health Standards | SEL Competencies | Key SEL Indicators |
|--|--|----------------------|---------------------------|---|
| Nutrition and Physical Activity | Identifying the Magic Numbers - 5 (food groups) and 60 (minutes of physical activity) - and explain the benefits of eating healthy and being active. | Core Concepts | Self-Awareness | <ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy |
| | Identify strategies used to advertise food products and how that impacts eating behaviors. | Analyzing Influences | Self and Social Awareness | <ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy ✓ Recognize Situation demands/opportunities |

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| | | | <ul style="list-style-type: none"> ✓ Perspective-Taking ✓ Empathy ✓ Appreciating Diversity ✓ Respect for Others |
| | Developing a plan to be physically active. | Goal Setting | Self-Management <ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills |
| | Advocating for healthy eating and daily activity. | Advocacy | Relationship Skills <ul style="list-style-type: none"> ✓ Communication ✓ Social Engagement ✓ Relationship Building ✓ Teamwork |

| MMH Topic | MMH Learning Objectives | Health Standards | SEL Competencies | Key SEL Indicators |
|-----------|--|----------------------|---------------------------|--|
| Safety | Identifying safe and unsafe passenger behaviors and how personal behaviors influence safety belt and booster seat use. | Core Concepts | Self-Awareness | <ul style="list-style-type: none"> ✓ Recognize Situation demands/opportunities ✓ Perspective-Taking ✓ Empathy ✓ Appreciating Diversity ✓ Respect for Others |
| | | Analyzing Influences | Self and Social-Awareness | <ul style="list-style-type: none"> ✓ Recognize Situation demands/opportunities ✓ Perspective-Taking ✓ Empathy ✓ Appreciating Diversity ✓ Respect for Others |
| | | Self-Management | Self-Management | <ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills |
| | Identifying and responding to dangerous, destructive, and disturbing situations e.g., internet hazards, weapons, unsafe touch. | Core Concepts | Self-Awareness | <ul style="list-style-type: none"> ✓ Recognize Situation demands/opportunities ✓ Perspective-Taking ✓ Empathy ✓ Appreciating Diversity ✓ Respect for Others |

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|--|---|-----------------------|------------------|--|
| | | Self-Management | Self-Management | <ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills |
| | | Accessing Information | Social-Awareness | <ul style="list-style-type: none"> ✓ Recognize Situation demands/opportunities ✓ Perspective-Taking ✓ Empathy ✓ Appreciating Diversity ✓ Respect for Others |
| | Describing how to ask a trusted adult for help. | Accessing Information | Social-Awareness | <ul style="list-style-type: none"> ✓ Recognize Situation demands/opportunities ✓ Perspective-Taking ✓ Empathy ✓ Appreciating Diversity ✓ Respect for Others |

| MMH Topic | MMH Learning Objectives | Health Standards | SEL Competencies | Key SEL Indicators |
|---|---|----------------------|---------------------------|--|
| Alcohol, Tobacco and Other Drugs | Knowing the rules for safe medicine use, identifying how to prevent poisoning, and actions to take if a poisoning emergency occurs. | Self-Management | Self-Management | <ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills |
| | Identifying the negative effects of tobacco use. | Core Concepts | Self-Awareness | <ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy |
| | Recognizing strategies used by the media to encourage or discourage tobacco use. | Analyzing Influences | Self and Social Awareness | <ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy |
| | | | | <ul style="list-style-type: none"> ✓ Recognize Situation |

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| | | | | <ul style="list-style-type: none"> ✓ demands/opportunities ✓ Perspective-Taking ✓ Empathy ✓ Appreciating Diversity ✓ Respect for Others |
| | Identify short and long-term effects of alcohol and marijuana use. | Core Concepts | Self-Awareness | <ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy |
| | Determining positive influences to stay drug free. | Analyzing Influences | Self and Social Awareness | <ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy |
| | Using refusal skills to avoid alcohol, tobacco, marijuana, misuse of prescription medicine e.g., opioids and other drugs. | Self-Management | Self-Management | <ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills |
| | | Interpersonal Communication | Relationship Skills | <ul style="list-style-type: none"> ✓ Recognize Situation demands/opportunities ✓ Perspective-Taking ✓ Empathy ✓ Appreciating Diversity ✓ Respect for Others ✓ Communication ✓ Social Engagement ✓ Relationship Building ✓ Teamwork |

| MMH Topic | MMH Learning Objectives | Health Standards | SEL Competencies | Key SEL Indicators |
|------------------------------|--------------------------------|------------------|------------------|---|
| Personal Health and Wellness | Describing basic body hygiene. | Core Concepts | Self-Awareness | <ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence |

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|--|---------------------------------|-----------------|-----------------|--|
| | | | | ✓ Self-efficacy |
| | Practicing hand washing. | Self-Management | Self-Management | <ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills |
| | Planning for good body hygiene. | Goal Setting | Self-Management | <ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills |

Grade 4

| MMH Topic | MMH Learning Objectives | Health Standards | SEL Competencies | Key SEL Indicators |
|--|---|-----------------------------|--|--|
| Social Emotional Health | Managing strong feelings and using positive self-talk and I-Statements. | Self-Management | Self-Management | <ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills |
| | Describing the effects of teasing and bullying. | Core Concepts | Self-Awareness | <ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy |
| | Protecting self and others who are bullied and teased. | Self-Management | Self-Management | <ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills |
| | Demonstrating the WISE decision-making and problem-solving skills model and identifying people that can help. | Decision-Making | Responsible Decision-Making | <ul style="list-style-type: none"> ✓ Identifying Problems ✓ Analyzing Situations ✓ Solving Problems ✓ Evaluating ✓ Reflecting ✓ Ethical Responsibility |
| | | | Accessing Information | Social Awareness |
| Developing non-violent conflict resolution skills. | Self-Management | Self-Management | <ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills | |
| | | Interpersonal Communication | Relationship Skills | <ul style="list-style-type: none"> ✓ Communication ✓ Social Engagement ✓ Relationship Building ✓ Teamwork |

| MMH Topics | MMH Learning Objectives | Health Standards | SEL Competencies | Key SEL Indicators |
|--|---|--------------------------------------|--|--|
| Nutrition and Physical Activity | Describing the food groups, their benefits, the daily amounts to eat, and how to estimate those amounts. | Core Concepts Self-Management | Self-Awareness Self-Management | <ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills |
| | Understanding how to “Fill Your Plate” with the recommended food groups. | Self-Management | Self-Management | <ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills |
| | Analyzing the influence of food and beverage advertising. | Analyzing Influences | Self and Social Awareness | <ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy ✓ Recognize Situation demands/opportunities ✓ Perspective-Taking ✓ Empathy ✓ Appreciating Diversity ✓ Respect for Others |
| | Balancing daily recommended amounts of physical activity and sleep, and incorporating sleep, rest and physical activity into a healthy daily routine. | Self-Management Goal Setting | Self-Management Self-Management | <ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills |

| MMH Topic | MMH Learning Objectives | Health Standards | SEL Competencies | Key SEL Indicators |
|---|---|-----------------------|---------------------------|--|
| Safety | Preventing fire and burn hazards and creating and practicing a home fire escape plan. | Core Concepts | Self-Awareness | <ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy |
| | | Self-Management | Self-Management | <ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational skills |
| | Identifying differences between prescription e.g. opioids, and over-the-counter medicines and rules for safe use. | Self-Management | Self-Management | <ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills |
| | Identifying strategies to prevent injuries. | Self-Management | Self-Management | <ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills |
| Defining emergencies and how to make emergency phone calls. | | Self-Management | Self-Management | <ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills |
| | | Analyzing Influences | Self and Social Awareness | <ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy |
| | | Accessing Information | Social Awareness | <ul style="list-style-type: none"> ✓ Recognize Situation demands/opportunities ✓ Perspective-Taking ✓ Empathy ✓ Appreciating Diversity |

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| | | | <ul style="list-style-type: none"> ✓ Respect for Others |
| Preventing injury from dangerous objects, including weapons. | Self-Management | Self-Management | <ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills |
| | Core Concepts | Self-Awareness | <ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy |
| Using the internet safely and identifying online hazards. | Core Concepts | Self-Awareness | <ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy |
| | Self-Management | Self-Management | <ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills |
| Introducing setting personal boundaries and identifying safe, confusing, and unsafe touch. | Core Concepts | Self-Awareness | <ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy |
| | Self-Management | Self-Management | <ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills |
| Demonstrating strategies to avoid and to try to get away from unsafe touch, including asking a trusted adult for help. | Core Concepts | Self-Awareness | <ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy |

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| | | Self-Management | Self-Management | <ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills |
|--|--|-----------------|-----------------|--|

| MMH Topic | MMH Learning Objectives | Health Standards | SEL Competencies | Key SEL Indicators |
|---|---|----------------------|---------------------------|--|
| Alcohol, Tobacco and Other Drugs | Reinforcing the dangers of secondhand smoke and e-cigarette aerosol and ways to avoid or reduce exposure. | Core Concepts | Self-Awareness | <ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy |
| | | Self-Management | Self-Management | <ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills |
| | Exploring why individuals choose to drink or not to drink alcohol. | Core Concepts | Self-Awareness | <ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy |
| | Explaining how decisions about alcohol and other drug use impact family and friends. | Core-Concepts | Self-Awareness | <ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy |
| | | Analyzing Influences | Self and Social Awareness | <ul style="list-style-type: none"> ✓ Recognize Situation demands/opportunities ✓ Perspective-Taking ✓ Empathy ✓ Appreciating Diversity ✓ Respect for Others |
| | Describing the influence of advertising on | Analyzing Influences | Self and Social | <ul style="list-style-type: none"> ✓ Developing Interest |

| | | | | |
|--|--|-----------------------------|---------------------|---|
| | alcohol and drug use. | | Awareness | <ul style="list-style-type: none"> ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy ✓ Recognize Situation demands/opportunities ✓ Perspective-Taking ✓ Empathy ✓ Appreciating Diversity ✓ Respect for Others |
| | Identifying the short and long-term effects of marijuana use. | Core Concepts | Self-Awareness | <ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy |
| | Applying refusal skills to avoid alcohol, tobacco, marijuana, and other drugs. | Self-Management | Self-Management | <ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills |
| | | Interpersonal Communication | Relationship Skills | <ul style="list-style-type: none"> ✓ Communication ✓ Social Engagement ✓ Relationship Building ✓ Teamwork |

| MMH Topic | MMH Learning Objectives | Health Standards | SEL Competencies | Key SEL Indicators |
|------------------------------|--|------------------|------------------|--------------------|
| Personal Health and Wellness | There are no lessons at grade four in this unit. | | | |

Grade 5

| MMH Topic | MMH Learning Objectives | Health Standards | SEL Competencies | Key SEL Indicators |
|--|--|-----------------------|--|--|
| Social Emotional Health | Identifying feelings of different intensities in self and others and applying skills to manage strong feelings, such as using I-Messages and positive self-talk. | Self-Management | Self-Management | <ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills |
| | Protecting self and others when bullied or harassed. | Core Concepts | Self-Awareness | <ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy |
| | | Accessing Information | Social Awareness | <ul style="list-style-type: none"> ✓ Recognize Situation demands/opportunities ✓ Perspective-Taking ✓ Empathy ✓ Appreciating Diversity ✓ Respect for Others |
| | | Self-Management | Self-Management | <ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills |
| | Identifying situations that could lead to trouble and using the WISE decision-making and problem-solving skills to help. | Self-Management | Self-Management | <ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills |
| Decision-Making | | Self-Management | <ul style="list-style-type: none"> ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills | |
| Identifying situations that could lead to trouble and using the WISE decision-making and problem-solving skills to help. | Interpersonal Communication | Relationship Skills | <ul style="list-style-type: none"> ✓ Communication ✓ Social Engagement ✓ Relationship Building ✓ Teamwork | |
| | Accessing Information | Social Awareness | <ul style="list-style-type: none"> ✓ Recognize Situation demands/opportunities ✓ Perspective-Taking ✓ Empathy ✓ Appreciating Diversity | |
| Demonstrating how to get help for self and others in dangerous situations, including bullying and harassment. | Accessing Information | Social Awareness | <ul style="list-style-type: none"> ✓ Recognize Situation demands/opportunities ✓ Perspective-Taking ✓ Empathy ✓ Appreciating Diversity | |

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| | | Self-Management | Self-Management | <ul style="list-style-type: none"> ✓ Respect for Others ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills |
| | Practicing non-violent conflict resolution skills. | Self-Management | Self-Management | <ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills |
| | | Interpersonal Communication | Relationship Skills | <ul style="list-style-type: none"> ✓ Communication ✓ Social Engagement ✓ Relationship Building ✓ Teamwork |
| | Setting personal goals and planning for emotional health. | Goal Setting | Self-Management | <ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills |
| | Advocating for a caring and respectful school environment. | Advocacy | Relationship Skills | <ul style="list-style-type: none"> ✓ Communication ✓ Social Engagement ✓ Relationship Building ✓ Teamwork |

| MMH Topics | MMH Learning Objectives | Health Standards | SEL Competencies | Key SEL Indicators |
|---------------------------------|---|------------------|------------------|--|
| Nutrition and Physical Activity | Identifying the six nutrients and their benefits. | Core Concepts | Self-Awareness | <ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy |
| | Using food labels to determine information about a food and choosing water as a preferred beverage. | Core Concepts | Self-Awareness | <ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence |

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|--|--|-----------------------|------------------|---|
| | | Accessing Information | Social Awareness | <ul style="list-style-type: none"> ✓ Self-efficacy ✓ Recognize Situation demands/opportunities ✓ Perspective-Taking ✓ Empathy ✓ Appreciating Diversity ✓ Respect for Others |
| | Using the Dietary Guidelines when choosing foods and assessing meals using the “Fill Your Plate” visual. | Core Concepts | Self-Awareness | <ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy |
| | | Accessing Information | Social Awareness | <ul style="list-style-type: none"> ✓ Recognize Situation demands/opportunities ✓ Perspective-Taking ✓ Empathy ✓ Appreciating Diversity ✓ Respect for Others |
| | Evaluating meals and making recommendations for improvement. | Self-Management | Self-Management | <ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills |

| MMH Topic | MMH Learning Objectives | Health Standards | SEL Competencies | Key SEL Indicators |
|---------------|--|------------------|------------------|--|
| Safety | Preventing injuries related to sun, water and ice. | Core Concepts | Self-Awareness | <ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy |
| | | Self-Management | Self-Management | <ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills |

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|--|-----------------|-----------------|--|
| Predicting safety hazards when home alone and how to stay safe. | Self-Management | Self-Management | <ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills |
| Developing safety strategies when in public places, including when alone in public places. | Self-Management | Self-Management | <ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills |
| Recognizing that everyone has personal space and boundaries that should be respected and demonstrating strategies to avoid or try to get away from unsafe touch. | Core Concepts | Self-Awareness | <ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy |
| | Self-Management | Self-Management | <ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills |

| MMH Topic | MMH Learning Objectives | Health Standards | SEL Competencies | Key SEL Indicators |
|---|--|----------------------|---------------------------|--|
| Alcohol, Tobacco and Other Drugs | Describing the dangers of inhalant use and medicine misuse, how to avoid risks, and assessing the influence of family and peers on drug use. | Core Concepts | Self-Awareness | <ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy |
| | | Analyzing Influences | Self and Social Awareness | <ul style="list-style-type: none"> ✓ Recognize Situation demands/opportunities ✓ Perspective-Taking ✓ Empathy ✓ Appreciating Diversity ✓ Respect for Others |
| | | Self-Management | Self-Management | <ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline |

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| | | | <ul style="list-style-type: none"> ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills |
| Applying the rules for safety around medicines including opioids and dangerous or unknown products. | Self-Management | Self-Management | <ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills |
| Identifying the effects of using any form of commercial tobacco and secondhand smoke and e-cigarette aerosol. | Core Concepts | Self-Awareness | <ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy |
| Advocating for someone to avoid commercial tobacco use of any kind or quit using. | Advocacy | Relationship Skills | <ul style="list-style-type: none"> ✓ Communication ✓ Social Engagement ✓ Relationship Building ✓ Teamwork |
| Analyzing tobacco advertisements. | Analyzing Influences | Self and Social Awareness | <ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy ✓ Recognize Situation demands/opportunities ✓ Perspective-Taking ✓ Empathy ✓ Appreciating Diversity ✓ Respect for Others |
| Identifying the short and long-term effects of marijuana use. | Core Concepts | Self-Awareness | <ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy |
| Demonstrating refusal skills to avoid tobacco, inhalants, marijuana, opioids, and other drugs. | Interpersonal Communication | Relationship Skills | <ul style="list-style-type: none"> ✓ Communication ✓ Social Engagement ✓ Relationship Building ✓ Teamwork |

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|--|--|-----------------|-----------------|--|
| | | Self-Management | Self-Management | <ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills |
| | Knowing the effects of alcohol and other drugs when driving a vehicle and practicing ways to avoid riding with an impaired driver. | Core Concepts | Self-Awareness | <ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy |
| | | Self-Management | Self-Management | <ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills |

| MMH Topic | MMH Learning Objectives | Health Standards | SEL Competencies | Key SEL Indicators |
|-------------------------------------|---|-----------------------|---------------------------|--|
| Personal Health and Wellness | Explaining the importance of keeping the body clean. | Core Concepts | Self-Awareness | <ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy |
| | Developing a plan to keep the body clean. | Goal Setting | Self-Management | <ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills |
| | Analyzing media influences related to hygiene products. | Analyzing Influences | Self and Social Awareness | <ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy |
| | | Accessing Information | Social Awareness | <ul style="list-style-type: none"> ✓ Recognize Situation demands/opportunities ✓ Perspective-Taking |

| | | | |
|--|--|--|---|
| | | | <ul style="list-style-type: none">✓ Empathy✓ Appreciating Diversity✓ Respect for Others |
|--|--|--|---|

Grade 6

| MMH Topic | MMH Learning Objectives | Health Standards | SEL Competencies | Key SEL Indicators |
|--------------------------------|---|--|--|---|
| Social Emotional Health | Analyzing positive and negative risks of friendships. | Core Concepts | Self-Awareness | <ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy |
| | Demonstrating effective listening skills, expressing appreciation, and understanding when to use assertive communication, including I-messages. | Interpersonal Communication Self-Management | Relationship Skills Self-Management | <ul style="list-style-type: none"> ✓ Communication ✓ Social Engagement ✓ Relationship Building ✓ Teamwork ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills |
| | Practicing skills to manage strong feelings. | Self-Management | Self-Management | <ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills |
| | Dealing with angry feelings using the COOL Steps. | Core Concepts | Self-Awareness | <ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy |
| | Getting help when needed, using decision-making and problem-solving skills. | Accessing Information | Social Awareness | <ul style="list-style-type: none"> ✓ Recognize Situation demands/opportunities ✓ Perspective-Taking ✓ Empathy ✓ Appreciating Diversity ✓ Respect for Others |
| | Evaluating solutions or problems and making good decisions. | Decision-making | Responsible Decision-Making | <ul style="list-style-type: none"> ✓ Identifying problems ✓ Analyzing Situations ✓ Solving Problems ✓ Evaluating ✓ Reflecting ✓ Ethical Responsibility |

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| | Analyzing non-violent conflict resolution skills. | Interpersonal Communication | Relationship Skills | <ul style="list-style-type: none"> ✓ Communication ✓ Social Engagement ✓ Relationship Building ✓ Teamwork |
| | Defining and managing stress. | Core Concepts | Self-Awareness | <ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy |
| | | Self-Management | Self-Management | <ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation |
| | | Goal Setting | Self-Management | <ul style="list-style-type: none"> ✓ Goal Setting ✓ Organizational Skills |

| MMH Topics | MMH Learning Objectives | Health Standards | SEL Competencies | Key SEL Indicators |
|--|---|------------------|------------------|--|
| Nutrition and Physical Activity | Preventing foodborne illnesses. | Core Concept | Self-Awareness | <ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy |
| | | Self-Management | Self-Management | <ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills |
| | Understanding the benefits of healthy eating and physical activity and making a plan. | Core Concepts | Self-Awareness | <ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy |
| | | Self-Management | Self-Management | <ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline |

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| | | | | <ul style="list-style-type: none"> ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills |
| Analyzing body image and healthy weight and describing influences on eating, activity, and sleep. | <p>Core Concepts</p> <p>Analyzing Influences</p> | <p>Self-Awareness</p> <p>Self and Social Awareness</p> | | <ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy ✓ Recognize Situation demands/opportunities ✓ Perspective-Taking ✓ Empathy ✓ Appreciating Diversity ✓ Respect for Others |
| Using the Dietary Guidelines to make a personal plan and supporting others to eat healthy and be active. | <p>Self-Management</p> <p>Goal Setting</p> | <p>Self-Management</p> <p>Self-Management</p> | | <ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills |

| MMH Topic | MMH Learning Objectives | Health Standards | SEL Competencies | Key SEL Indicators |
|---------------|--|--|--|--|
| Safety | Understanding seatbelt safety and impact of car passenger behavior. | <p>Core Concepts</p> <p>Analyzing Influences</p> | <p>Self-Awareness</p> <p>Self and Social Awareness</p> | <ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy ✓ Recognize Situation demands/opportunities ✓ Perspective-Taking ✓ Empathy ✓ Appreciating Diversity ✓ Respect for Others |
| | Analyzing situations and using safety strategies when in public places, including escaping when weapons are present. | <p>Self-Management</p> | <p>Self-Management</p> | <ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting |

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| | | | <ul style="list-style-type: none"> ✓ Organizational Skills |
| Demonstrating the ability to follow school procedures and escape in crisis situations. | Self-Management | Self-Management | <ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills |
| Applying strategies to stay safe when using the internet and getting adult help with internet safety. | Core Concept | Self-Awareness | <ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy |
| | Self-Management | Self-Management | <ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting Organizational Skills |
| | Accessing Information | Social Awareness | <ul style="list-style-type: none"> ✓ Recognize Situation demands/opportunities ✓ Perspective-Taking ✓ Empathy ✓ Appreciating Diversity ✓ Respect for Others |
| Advocating for self and others to practice safe behaviors online. | Advocacy | Relationship Skills | <ul style="list-style-type: none"> ✓ Communication ✓ Social Engagement ✓ Relationship Building ✓ Teamwork |
| Setting boundaries, understanding safe, confusing, and unsafe touch, and reinforcing that unsafe touch is not a child's fault. | Core Concepts | Self-Awareness | <ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy |
| | Self-Management | Self-Management | <ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills |
| | Accessing Information | Social Awareness | <ul style="list-style-type: none"> ✓ Recognize Situation |

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| | | | | <ul style="list-style-type: none"> ✓ demands/opportunities ✓ Perspective-Taking ✓ Empathy ✓ Appreciating Diversity ✓ Respect for Others |
| | Reinforcing strategies to avoid and try to get away from unsafe touch and get a trusted adult's help. | Analyzing Influences | Self and Social Awareness | <ul style="list-style-type: none"> ✓ Recognize Situation demands/opportunities ✓ Perspective-Taking ✓ Empathy ✓ Appreciating Diversity ✓ Respect for Others |
| | | Accessing Information | Social Awareness | <ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy |

| MMH Topic | MMH Learning Objectives | Health Standards | SEL Competencies | Key SEL Indicators |
|---|--|----------------------|---------------------------|--|
| Alcohol, Tobacco and Other Drugs | Assessing possible reasons people use or misuse alcohol, marijuana, or prescriptions drugs (including opioids). | Core Concepts | Self-Awareness | <ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy |
| | | Analyzing Influences | Self and Social Awareness | <ul style="list-style-type: none"> ✓ Recognize Situation demands/opportunities ✓ Perspective-Taking ✓ Empathy ✓ Appreciating Diversity ✓ Respect for Others |
| | Recognizing negative effects of drug use and misuse of medicines (e.g. opioids) and analyzing drug use data to determine the impact of drug use on personal goals. | Core Concepts | Self-Awareness | <ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy |
| | | Analyzing Influences | Self and Social | <ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy |

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| | | | Awareness | <ul style="list-style-type: none"> ✓ Recognize Situation demands/opportunities ✓ Perspective-Taking ✓ Empathy ✓ Appreciating Diversity ✓ Respect for Others |
| Reinforcing refusal skills to avoid alcohol, tobacco, marijuana, prescription medicine misuse (e.g. opioids), and other drugs | Core Concepts | | Self-Awareness | <ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy |
| | Interpersonal Communication | | Relationship Skills | <ul style="list-style-type: none"> ✓ Communication ✓ Social Engagement ✓ Relationship Building ✓ Teamwork |
| Locating community and internet resources that provide help and assessing their validity. | Accessing Information | | Social Awareness | <ul style="list-style-type: none"> ✓ Recognize Situation demands/opportunities ✓ Perspective-Taking ✓ Empathy ✓ Appreciating Diversity ✓ Respect for Others |
| Demonstrating ways to be supportive of friends and family trying to quit drug use and describing ways to avoid riding with an impaired driver and what to do if it can't be avoided. | Interpersonal Communication | | Relationship Skills | <ul style="list-style-type: none"> ✓ Communication ✓ Social Engagement ✓ Relationship Building ✓ Teamwork |
| | Accessing Information | | Social Awareness | <ul style="list-style-type: none"> ✓ Recognize Situation demands/opportunities ✓ Perspective-Taking ✓ Empathy ✓ Appreciating Diversity ✓ Respect for Others |
| | Self-Management | | Self-Management | <ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills |

| MMH Topic | MMH Learning Objectives | Health Standards | SEL Competencies | Key SEL Indicators |
|-------------------------------------|--|------------------|------------------|--|
| Personal Health and Wellness | Demonstrating skills for reducing the spread of germs. | Self-Management | Self-Management | <ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills |

Grades 7- 8

| MMH Topic | MMH Learning Objectives | Health Standards | SEL Competencies | Key SEL Indicators |
|------------------------------------|---|---|---|--|
| Social Emotional Health and Safety | Examining how feelings and thoughts help determine behavior. | Analyzing Influences | Self and Social Awareness | <ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy ✓ Recognize Situation demands/opportunities ✓ Perspective-Taking ✓ Empathy ✓ Appreciating Diversity ✓ Respect for Others |
| | Recognizing characteristics of stress and stress management. | <p>Accessing Information</p> <p>Analyzing Influences</p> <p>Self-Management</p> | <p>Social Awareness</p> <p>Self and Social Awareness</p> <p>Self-Management</p> | <ul style="list-style-type: none"> ✓ Recognize Situation demands/opportunities ✓ Perspective-Taking ✓ Empathy ✓ Appreciating Diversity ✓ Respect for Others ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills |
| | Identifying internal and external influences that lead to aggression and violence and those that discourage it. | Analyzing Influences | Self and Social Awareness | <ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy |

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| | | | <ul style="list-style-type: none"> ✓ Recognize Situation demands/opportunities ✓ Perspective-Taking ✓ Empathy ✓ Appreciating Diversity ✓ Respect for Others |
| Identifying signs of anger and ways to manage anger, including communication and conflict resolution skills. | Core Concepts | Self-Awareness | <ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy |
| | Interpersonal Communication | Relationship Skills | <ul style="list-style-type: none"> ✓ Communication ✓ Social Engagement ✓ Relationship Building ✓ Teamwork |
| | Self-Management | Self-Management | <ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills |
| | Decision-Making | Responsible Decision-Making | <ul style="list-style-type: none"> ✓ Identifying Problems ✓ Analyzing Situations ✓ Solving Problems ✓ Evaluating ✓ Reflecting ✓ Ethical Responsibility |
| Identifying internal and external influences that lead to aggression and violence including bullying, harassment, cyberbullying, and the role of bystanders. | Analyzing Influences | Self and Social Awareness | <ul style="list-style-type: none"> ✓ Recognize Situation demands/opportunities ✓ Perspective-Taking ✓ Empathy ✓ Appreciating Diversity ✓ Respect for Others |
| | Accessing Information | Social Awareness | <ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy |

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| | <p>Interpersonal Communication</p> <p>Self-Management</p> <p>Decision-Making</p> | <p>Relationship Skills</p> <p>Self-Management</p> <p>Responsible Decision-Making</p> | <ul style="list-style-type: none"> ✓ Communication ✓ Social Engagement ✓ Relationship Building ✓ Teamwork ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills ✓ Identifying Problems ✓ Analyzing Situations ✓ Solving Problems ✓ Evaluating ✓ Reflecting ✓ Ethical Responsibility |
| Knowing the characteristics and laws related to sexual harassment and abusive relationships. | <p>Core Concepts</p> <p>Analyzing Influences.</p> | <p>Self-Awareness</p> <p>Self and Social Awareness</p> | <ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy ✓ Recognize Situation demands/opportunities ✓ Perspective-Taking ✓ Empathy ✓ Appreciating Diversity ✓ Respect for Others |
| Developing healthy relationships and friendships and using skills to choose healthy relationships and avoid unhealthy or abusive relationships. | <p>Interpersonal Communication</p> <p>Decision-Making</p> <p>Analyzing Influences</p> | <p>Relationship Skills</p> <p>Responsible Decision-Making</p> <p>Self-Awareness</p> | <ul style="list-style-type: none"> ✓ Communication ✓ Social Engagement ✓ Relationship Building ✓ Teamwork ✓ Identifying Problems ✓ Analyzing Situations ✓ Solving Problems ✓ Evaluating ✓ Reflecting ✓ Ethical Responsibility ✓ Developing Interest |

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| | | Accessing Information | Self and Social Awareness | <ul style="list-style-type: none"> ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy ✓ Recognize Situation demands/opportunities ✓ Perspective-Taking ✓ Empathy ✓ Appreciating Diversity ✓ Respect for Others |
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| MMH Topics | MMH Learning Objectives | Health Standards | SEL Competencies | Key SEL Indicators |
|---------------------------------|--|----------------------|---------------------------|--|
| Nutrition and Physical Activity | Recognizing health benefits of healthy eating, hydration, and being physically active. | Core Concepts | Self-Awareness | <ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy |
| | Understanding the federal guidelines for diet and physical activity and the factors related to weight control, body image, and body type. | Core Concepts | Self-Awareness | <ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy |
| | | Self-Management | Self-Management | <ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills |
| | Identifying moderate-intensity physical activities and analyzing the influences for popular sedentary activities on being physically active. | Analyzing Influences | Self and Social Awareness | <ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy |

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| | | | | <ul style="list-style-type: none"> ✓ Recognize Situation demands/opportunities ✓ Perspective-Taking ✓ Empathy ✓ Appreciating Diversity ✓ Respect for Others |
| | Exploring nutrition information on food labels, health claims, and advertisements. | Analyzing Influences | Self and Social Awareness | <ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy |
| | | Accessing Information | Social Awareness | <ul style="list-style-type: none"> ✓ Recognize Situation demands/opportunities ✓ Perspective-Taking ✓ Empathy ✓ Appreciating Diversity ✓ Respect for Others |
| | Demonstrating setting goals for healthy eating and physical activity and advocating for healthy foods in the school. | Goal Setting | Self-Management | <ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills |
| | | Advocacy | Relationship Skills | <ul style="list-style-type: none"> ✓ Communication ✓ Social Engagement ✓ Relationship Building ✓ Teamwork |

| MMH Topic | MMH Learning Objectives | Health Standards | SEL Competencies | Key SEL Indicators |
|--|--|----------------------|---------------------------|---|
| Alcohol and Other Drugs (including opioids) | Analyzing internal and external influences and social norms. | Analyzing influences | Self and Social Awareness | <ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy ✓ Recognize Situation demands/opportunities |

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| | | | <ul style="list-style-type: none"> ✓ Perspective-Taking ✓ Empathy ✓ Appreciating Diversity ✓ Respect for Others |
| Recognizing one’s personal control over their response to influences and to support others who are abstaining from or trying to quit using drugs or alcohol. | <p>Self-Management</p> <p>Decision-Making</p> <p>Interpersonal Communication</p> | <p>Self-Management</p> <p>Responsible Decision Making</p> <p>Relationship Skills</p> | <ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills ✓ Identifying Problems ✓ Analyzing Situations ✓ Solving Problems ✓ Evaluating ✓ Reflecting ✓ Ethical Responsibility ✓ Communication ✓ Social Engagement ✓ Relationship Building ✓ Teamwork |
| Exploring dependency and addiction and identifying resources and help for alcohol and drug use, including opioid dependency. | Accessing Information | Self and Social Awareness | <ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy ✓ Recognize Situation demands/opportunities ✓ Perspective-Taking ✓ Empathy ✓ Appreciating Diversity ✓ Respect for Others |
| Demonstrating safe strategies for medicine use. | Self-Management | Self-Management | <ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills |
| Applying verbal and nonverbal ways to practice refusal skills to avoid alcohol and drug use. | Interpersonal Communication | Relationship Skills | <ul style="list-style-type: none"> ✓ Communication ✓ Social Engagement ✓ Relationship Building ✓ Teamwork |

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| | Advocating for a drug free social norm. | Advocacy | Relationship Skills | <ul style="list-style-type: none"> ✓ Communication ✓ Social Engagement ✓ Relationship Building ✓ Teamwork |
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| MMH Topic | MMH Learning Objectives | Health Standards | SEL Competencies | Key SEL Indicators |
|--|---|---|---|---|
| Tobacco Prevention (including vaping) | Describing how commercial tobacco negatively impacts individuals, friends, family, and community and analyzing the influences of tobacco on young people. | <p>Core Concepts</p> <p>Analyzing Influences</p> | <p>Self-Awareness</p> <p>Self and Social Awareness</p> | <ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy ✓ Recognize Situation demands/opportunities ✓ Perspective-Taking ✓ Empathy ✓ Appreciating Diversity ✓ Respecting Others |
| | Practicing healthy ways to meet needs without tobacco use, including refusal skills and avoidance. | Self-Management | Self-Management | <ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills |
| | Exploring the dangers of commercial tobacco use (smoking, hookah, vaping, and smokeless tobacco) and secondhand and thirdhand smoke or vaping aerosol. | Accessing Information | Social Awareness | <ul style="list-style-type: none"> ✓ Recognize Situation demands/opportunities ✓ Perspective-Taking ✓ Empathy ✓ Appreciating Diversity ✓ Respecting Others |
| | Exploring the health, legal and social and financial consequences of commercial tobacco use. | Accessing Information | Social Awareness | <ul style="list-style-type: none"> ✓ Recognize Situation demands/opportunities ✓ Perspective-Taking ✓ Empathy ✓ Appreciating Diversity ✓ Respecting Others |
| | Using skills to protect oneself and others from commercial tobacco use. | Interpersonal Communication | Relationship Skills | <ul style="list-style-type: none"> ✓ Communication ✓ Social Engagement ✓ Relationship Building ✓ Teamwork |

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| | | Decision-Making | Responsible Decision-Making | <ul style="list-style-type: none"> ✓ Identifying Problems ✓ Analyzing Situations ✓ Solving Problems ✓ Evaluating ✓ Reflecting ✓ Ethical Responsibility |
|--|--|-----------------|-----------------------------|--|

Grades 9-12

| MMH Topic | MMH Learning Objectives | Health Standards | SEL Competencies | Key SEL Indicators |
|--|--|--|--|---|
| Skills: A Strong Foundation | Applying the skills of accessing information and analyzing influences and how it affects a person's ability to choose healthy behaviors. | Analyzing Influences Accessing Information | Self and Social Awareness Social Awareness | <ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy ✓ Recognize Situation demands/opportunities ✓ Perspective-Taking ✓ Empathy ✓ Appreciating Diversity ✓ Respecting Others |
| | Understand and demonstrate decision-making and goal setting, including the steps in skills mastery, working individually, collaboratively, and through teaching others. | Goal setting Decision-Making | Self-Management Responsible Decision-Making | <ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills ✓ Identifying Problems ✓ Analyzing Situations ✓ Solving Problems ✓ Evaluating ✓ Reflecting ✓ Ethical Responsibility |
| | Identifying how interpersonal communication and self-management help with healthy living, including understanding basic communication skills, verbal and non-verbal behaviors, effective listening, assertive communication, and refusal skills. | Interpersonal Communication Self-Management | Relationship Skills Self- Management | <ul style="list-style-type: none"> ✓ Communication ✓ Social Engagement ✓ Relationship Building ✓ Teamwork ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills |
| | Demonstrating collaboration, negotiation, and advocacy in a project-based modality. | Interpersonal Communication | Relationship Skills | <ul style="list-style-type: none"> ✓ Communication ✓ Social Engagement ✓ Relationship Building |

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| | | Advocacy | Relationship Skills | ✓ Teamwork |
| | Analyzing how self-management impacts health behaviors. | Self-Management | Self-Management | <ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills |

| MMH Topic | MMH Learning Objectives | Health Standards | SEL Competencies | Key SEL Indicators |
|--------------------------------|--|---|--|---|
| Social Emotional Health | Describing self-awareness. | Core Concept | Self-Awareness | <ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy |
| | Recognizing and managing stress, practicing anger management, and setting goals to manage stress. | <p>Goal setting</p> <p>Accessing Information</p> | <p>Self-Management</p> <p>Social Awareness</p> | <ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills ✓ Recognize Situation demands/opportunities ✓ Perspective-Taking ✓ Empathy ✓ Appreciating Diversity ✓ Respecting Others |
| | Describing stress and depression and locating resources to help regarding stress and suicide, while understanding using empathy for others' emotions and what social pressures might cause hesitation in reporting dangerous situations. | <p>Core Concepts</p> <p>Accessing Information</p> | <p>Self-Awareness</p> <p>Social Awareness</p> | <ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy ✓ Recognize Situation demands/opportunities ✓ Perspective-Taking ✓ Empathy ✓ Appreciating Diversity ✓ Respecting Others |

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| | Analyzing Influences | Self and Social Awareness | See above |
| Demonstrating how to seek help for self and others when depression or suicide are a risk. | Accessing Information | Social Awareness | <ul style="list-style-type: none"> ✓ Recognize Situation demands/opportunities ✓ Perspective-Taking ✓ Empathy ✓ Appreciating Diversity ✓ Respecting Others |
| Identifying positive and negative relationships and managing and resolving conflicts, and their impact on personal, family, and community health. | Core Concepts | Self-Awareness | <ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy |
| Describing bullying, harassment and sexual harassment and exploring the laws and strategies for avoiding or handling. | Core Concepts | Self-Awareness | <ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy |
| | Self-Management | Self-Management | <ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills |
| Identifying the warning signs of dating abuse and how to get help for abusive relationships. | Accessing Information | Social Awareness | <ul style="list-style-type: none"> ✓ Recognize Situation demands/opportunities ✓ Perspective-Taking ✓ Empathy ✓ Appreciating Diversity ✓ Respecting Others |
| | Self-Management | Self-Management | <ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills |
| | Interpersonal Communication | Relationship Skills | <ul style="list-style-type: none"> ✓ Communication ✓ Social Engagement ✓ Relationship Building |

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|--|--|--|------------|
| | | | ✓ Teamwork |
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| MMH Topics | MMH Learning Objectives | Health Standards | SEL Competencies | Key SEL Indicators |
|--|---|-----------------------|---------------------|--|
| Nutrition and Physical Activity | Describing healthy and unhealthy weight management, recognizing myths and facts, and identifying nutrition and physical activity resources. | Core Concepts | Self-Awareness | <ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy |
| | | Accessing Information | Social Awareness | <ul style="list-style-type: none"> ✓ Recognize Situation demands/opportunities ✓ Perspective-Taking ✓ Empathy ✓ Appreciating Diversity ✓ Respecting Others |
| | Analyzing food labels and federal guidelines for diet and physical activity. | Self-Management | Self-Management | <ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills |
| | Assess personal physical activity and barriers and opportunities to be physically active. | Goal Setting | Self-Management | <ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills |
| | Practicing healthy eating in restaurants and advocating for nutritional choices and physical activity at school. | Advocacy | Relationship Skills | <ul style="list-style-type: none"> ✓ Communication ✓ Social Engagement ✓ Relationship Building ✓ Teamwork |

| MMH Topic | MMH Learning Objectives | Health Standards | SEL Competencies | Key SEL Indicators |
|---------------|---|------------------|------------------|---|
| Safety | Recognizing dangerous situations and when it is important to report to authorities. | Core Concepts | Self-Awareness | <ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence |

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| | | Accessing Information | Social Awareness | Self-efficacy ✓ Recognize Situation demands/opportunities ✓ Perspective-Taking ✓ Empathy ✓ Appreciating Diversity ✓ Respecting Others |
| | | Self-Management | Self-Management | ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills |
| Developing and practicing strategies for resolving and managing potentially dangerous situations including conflicts involving weapons and gangs and how to stay safe in violent situations. | Core Concepts | Self-Awareness | ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy | |
| | Accessing Information | Social Awareness | ✓ Recognize Situation demands/opportunities ✓ Perspective-Taking ✓ Empathy ✓ Appreciating Diversity ✓ Respecting Others | |
| | Analyzing Influences | Self and Social Awareness | See Above | |
| | Self-Management | Self-Management | ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills | |
| Apply strategies to report online and electronic dangerous situations and how and what to report. | Self-Management | Self-Management | ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills ✓ Recognize Situation | |

| | | | | |
|---|--|-----------------------|-----------------------------|--|
| | | Accessing Information | Social Awareness | <ul style="list-style-type: none"> ✓ demands/opportunities ✓ Perspective-Taking ✓ Empathy ✓ Appreciating Diversity ✓ Respecting Others |
| Analyzing effects of violence on individuals, families, communities and the nation and strategies to stay safe. | | Core Concepts | Self-Awareness | <ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy |
| | | Accessing Information | Social Awareness | <ul style="list-style-type: none"> ✓ Recognize Situation demands/opportunities ✓ Perspective-Taking ✓ Empathy ✓ Appreciating Diversity ✓ Respecting Others |
| | | Analyzing Influences | Self and Social Awareness | See Above |
| Using problem-solving and decision-making skills to generate alternative solutions to social situations that may place one at risk and predicting short and long-term effects of choices. | | Decision-Making | Responsible Decision-making | <ul style="list-style-type: none"> ✓ Identifying Problems ✓ Analyzing Situations ✓ Solving Problems ✓ Evaluating ✓ Reflecting ✓ Ethical Responsibility |

| MMH Topic | MMH Learning Objectives | Health Standards | SEL Competencies | Key SEL Indicators |
|--|---|-----------------------|------------------|--|
| Alcohol, Tobacco and Other Drugs (including opioids and vaping) | Recognizing short- and long-term effects of alcohol, tobacco, marijuana, prescription medicines (e.g. opioids) and other drugs. | Core Concepts | Self-Awareness | <ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy |
| | Clarifying myths regarding use of alcohol, tobacco, marijuana, prescription medicines (e.g., opioids) and other drugs. | Accessing Information | Social Awareness | <ul style="list-style-type: none"> ✓ Recognize Situation demands/opportunities ✓ Perspective-Taking ✓ Empathy ✓ Appreciating Diversity |

| | | | |
|---|---|---|---|
| | | | <ul style="list-style-type: none"> ✓ Respecting Others |
| Locating and assessing the validity of drug-related information resources and services. | <p>Analyzing Influences</p> <p>Accessing Information</p> | <p>Self and Social Awareness</p> <p>Social Awareness</p> | <ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy ✓ Recognize Situation demands/opportunities ✓ Perspective-Taking ✓ Empathy ✓ Appreciating Diversity ✓ Respecting Others |
| Describing financial, political, social, health, legal issues and influences related to alcohol, tobacco, marijuana, prescription medicines (e.g., opioids) and other drugs and analyzing the internal and external pressures to use drugs. | <p>Accessing Information</p> <p>Analyzing Influences</p> | <p>Social Awareness</p> <p>Self and Social Awareness</p> | <ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy ✓ Recognize Situation demands/opportunities ✓ Perspective-Taking ✓ Empathy ✓ Appreciating Diversity ✓ Respecting Others |
| Avoiding and resisting use of alcohol, tobacco, marijuana, prescription medicines (e.g., opioids) and other drugs. | <p>Interpersonal Communication</p> <p>Decision-Making</p> | <p>Relationship Skills</p> <p>Responsible Decision-Making</p> | <ul style="list-style-type: none"> ✓ Communication ✓ Social Engagement ✓ Relationship Building ✓ Teamwork ✓ Identifying Problems ✓ Analyzing Situations ✓ Solving Problems ✓ Evaluating ✓ Reflecting ✓ Ethical Responsibility |
| Promoting a drug-free environment. | Advocacy | Relationship Skills | <ul style="list-style-type: none"> ✓ Communication ✓ Social Engagement ✓ Relationship Building ✓ Teamwork |

| MMH Topic | MMH Learning Objectives | Health Standards | SEL Competencies | Key SEL Indicators |
|-------------------------------------|---|---|--|---|
| Personal Health and Wellness | Accessing valid information related to personal health issues and concerns. | Accessing Information | Social Awareness | <ul style="list-style-type: none"> ✓ Recognize Situation demands/opportunities ✓ Perspective-Taking ✓ Empathy ✓ Appreciating Diversity ✓ Respecting Others |
| | Preventing spread of infectious diseases. | Core Concepts | Self-Awareness | <ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy |
| | Recognizing the importance of sleep and rest. | Self-Management | Self-Management | <ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills |
| | Describing social influences on sun safety behaviors. | Self-Management Analyzing Influences | Self-Management Self and Social Awareness | <ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy ✓ Recognize Situation demands/opportunities ✓ Perspective-Taking ✓ Empathy ✓ Appreciating Diversity ✓ Respecting Others |
| | Understanding how to get regular health screenings, finding quality health care and determining whether medical care is required based on symptoms. | Self-Management | Self-Management | <ul style="list-style-type: none"> ✓ Impulse Control ✓ Self-Discipline ✓ Self-Motivation ✓ Goal Setting ✓ Organizational Skills |
| | | | | |

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|--|--|-----------------------|-----------------------------|---|
| | | Accessing Information | Social Awareness | <ul style="list-style-type: none"> ✓ Recognize Situation demands/opportunities ✓ Perspective-Taking ✓ Empathy ✓ Appreciating Diversity ✓ Respecting Others |
| | | Decision-Making | Responsible Decision-Making | <ul style="list-style-type: none"> ✓ Identifying Problems ✓ Analyzing Situations ✓ Solving Problems ✓ Evaluating ✓ Reflecting ✓ Ethical Responsibility |
| | Analyzing influences of media on personal health care product usage. | Analyzing Influences | Self and Social Awareness | <ul style="list-style-type: none"> ✓ Developing Interest ✓ Identifying emotions ✓ Accurate self-perception ✓ Recognizing strengths ✓ Self-confidence ✓ Self-efficacy ✓ Recognize Situation demands/opportunities ✓ Perspective-Taking ✓ Empathy ✓ Appreciating Diversity ✓ Respecting Others |

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Free or low-cost health coverage for children under the age of 19, or pregnant women of any age.
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