

***HealthSmart* Alignment with  
Social Emotional Learning (SEL)  
Competencies**

**High School  
(Grades 9–12)**

<b>Abstinence, Personal &amp; Sexual Health</b>
<b>Self-Awareness: The abilities to understand one's own emotions, thoughts and values and how they influence behavior across contexts.</b>
Lesson 1: Living a Healthy Life Lesson 10: Abstinence: What's in It for Me?
<b>Self-Management: The abilities to manage one's emotions, thoughts, and behaviors effectively in different situations and to achieve goals and aspirations.</b>
Lesson 2: Preventing Infectious Disease Lesson 6: Setting a Goal to Improve My Personal Health Lesson 9: Taking Care of Your Sexual Health Lesson 13: Setting Limits to Support Abstinence
<b>Social Awareness: The abilities to understand the perspectives of and empathize with others, including those from diverse backgrounds, cultures, and contexts.</b>
Lesson 7: Understanding Sexuality
<b>Relationship Skills: The abilities to establish and maintain healthy and supportive relationships and to effectively navigate settings with diverse individuals and groups.</b>
Lesson 15: Resisting Sexual Pressure Lesson 16: Roleplay Practice: Saying NO to Sexual Activity
<b>Responsible Decision Making: The abilities to make caring and constructive choices about personal behavior and social interactions across diverse situations.</b>
Lesson 14: Making Decisions to Support Abstinence

<b>Emotional &amp; Mental Health</b>
<b>Self-Awareness: The abilities to understand one’s own emotions, thoughts and values and how they influence behavior across contexts.</b>
<p>Lesson 1: Dimensions of Health</p> <p>Lesson 2: Exploring Emotional Health</p> <p>Lesson 4: Understanding Stress</p> <p>Lesson 6 Expressing Emotions in Healthy Ways</p> <p>Lesson 11: Social Media &amp; Emotional Health</p>
<b>Self-Management: The abilities to manage one’s emotions, thoughts, and behaviors effectively in different situations and to achieve goals and aspirations.</b>
<p>Lesson 3: Optimism &amp; Positive Self-Talk</p> <p>Lesson 5: Stress-Management Techniques</p> <p>Lesson 10: Coping with Loss &amp; Grief</p> <p>Lesson 12: Managing Anger</p> <p>Lesson 14: Goal Setting for Emotional Health</p>
<b>Social Awareness: The abilities to understand the perspectives of and empathize with others, including those from diverse backgrounds, cultures, and contexts.</b>
<p>Lesson 2: Exploring Emotional Health</p> <p>Lesson 7: Skills for Effective Communication</p> <p>Lesson 10: Coping with Loss &amp; Grief</p> <p>Lesson 11: Social Media &amp; Emotional Health</p> <p>Lesson 16: Preventing Suicide</p>
<b>Relationship Skills: The abilities to establish and maintain healthy and supportive relationships and to effectively navigate settings with diverse individuals and groups.</b>
<p>Lesson 7: Skills for Effective Communication</p> <p>Lesson 8: Building Healthy Relationships</p> <p>Lesson 9: Ending Relationships</p> <p>Lesson 13: Skills for Conflict Resolution</p>
<b>Responsible Decision Making: The abilities to make caring and constructive choices about personal behavior and social interactions across diverse situations.</b>
<p>Lesson 9: Ending Relationships</p> <p>Lesson 13: Skills for Conflict Resolution</p> <p>Lesson 16: Preventing Suicide</p> <p>Lesson 17: Getting Help for Mental Health Issues</p>

<b>HIV, STI &amp; Pregnancy Prevention</b>
<b>Self-Awareness: The abilities to understand one’s own emotions, thoughts and values and how they influence behavior across contexts.</b>
Lesson 3: Understanding Sexual Risks & Responsibilities Lesson 8: Influences on Sexual Choices Lesson 14: My Commitment to Protect Myself
<b>Self-Management: The abilities to manage one’s emotions, thoughts, and behaviors effectively in different situations and to achieve goals and aspirations.</b>
Lesson 4: Understanding Affirmative Consent Lesson 9: Assessing and Avoiding STI Risks Lesson 10: Getting Tested for HIV, Other STIs & Pregnancy Lesson 11: Using Condoms Lesson 14: My Commitment to Protect Myself
<b>Social Awareness: The abilities to understand the perspectives of and empathize with others, including those from diverse backgrounds, cultures, and contexts.</b>
Lesson 1: What Do You Know About Sexuality? Lesson 2: Respecting Sexual Differences Lesson 4: Understanding Affirmative Consent Lesson 12: Negotiation Condom Use Lesson 15: Advocating to Keep Friends Safe & Healthy
<b>Relationship Skills: The abilities to establish and maintain healthy and supportive relationships and to effectively navigate settings with diverse individuals and groups.</b>
Lesson 4: Understanding Affirmative Consent Lesson 12: Negotiation Condom Use Lesson 13: Roleplay Practice: Saying NO to Unsafe Sex
<b>Responsible Decision Making: The abilities to make caring and constructive choices about personal behavior and social interactions across diverse situations.</b>
Lesson 4: Understanding Affirmative Consent

## Nutrition & Physical Activity

**Self-Awareness: The abilities to understand one's own emotions, thoughts and values and how they influence behavior across contexts.**

Lesson 2: Guidelines for Healthy Eating  
 Lesson 3: What's on MyPlate?  
 Lesson 6: Guidelines for Physical Activity  
 Lesson 7: Physical Activity & Health  
 Lesson 12: Analyzing Influences on Eating & Physical Activity  
 Lesson 13: Influence on Body Image

**Self-Management: The abilities to manage one's emotions, thoughts, and behaviors effectively in different situations and to achieve goals and aspirations.**

Lesson 3: What's on MyPlate?  
 Lesson 5: Eating Healthy at Fast-Food Restaurants  
 Lesson 7: Physical Activity & Health  
 Lesson 9: Finding Accurate Information  
 Lesson 10: Setting Healthy Eating & Physical Activity Goals  
 Lesson 11: Tracking My Progress  
 Lesson 13: Influence on Body Image  
 Lesson 16: Food Safety at Home & Work

## Tobacco, Alcohol & Other Drug Prevention

**Self-Awareness: The abilities to understand one's own emotions, thoughts and values and how they influence behavior across contexts.**

Lesson 1: Teens & Drug Use  
 Lesson 11: Analyzing Influences on Tobacco, Alcohol & Other Drug Use

**Social Awareness: The abilities to understand the perspectives of and empathize with others, including those from diverse backgrounds, cultures, and contexts.**

Lesson 5: Vaping & Other Tobacco Products: Get the Facts  
 Lesson 6: The Benefits of Quitting Tobacco Use  
 Lesson 16: Advocating for Being Drug Free

**Relationship Skills: The abilities to establish and maintain healthy and supportive relationships and to effectively navigate settings with diverse individuals and groups.**

Lesson 14: Saying NO to Drugs  
 Lesson 15: Resisting Drug Pressures: Roleplay Practice

<b>Tobacco, Alcohol &amp; Other Drug Prevention</b> <i>(continued)</i>
<b>Responsible Decision Making: The abilities to make caring and constructive choices about personal behavior and social interactions across diverse situations.</b>
Lesson 10: Getting Help for Drug Problems Lesson 13: Making Decisions About Drugs

<b>Violence &amp; Injury Prevention</b>
<b>Self-Awareness: The abilities to understand one's own emotions, thoughts and values and how they influence behavior across contexts.</b>
Lesson 1: Understanding Injury & Risk Lesson 4: Responding to Emergencies Lesson 8: The Consequences of Violence Lesson 19: Protecting Yourself
<b>Self-Management: The abilities to manage one's emotions, thoughts, and behaviors effectively in different situations and to achieve goals and aspirations.</b>
Lesson 1: Understanding Injury & Risk Lesson 2: Preventing Motor Vehicle Injuries Lesson 3: Preventing Common Injuries Lesson 4: Responding to Emergencies
<b>Social Awareness: The abilities to understand the perspectives of and empathize with others, including those from diverse backgrounds, cultures, and contexts.</b>
Lesson 7: Advocating for Safety Lesson 9: Factors That Contribute to Violence Lesson 10: Understanding Bullying & Cyberbullying Lesson 11: Preventing Bullying Lesson 12: Preventing Hazing Lesson 13: Preventing Hate Violence Lesson 16: Preventing Suicide
<b>Relationship Skills: The abilities to establish and maintain healthy and supportive relationships and to effectively navigate settings with diverse individuals and groups.</b>
Lesson 14; Preventing Sexual Harassment Lesson 15: Preventing Dating Violence Lesson 19: Protecting Yourself

## **Violence & Injury Prevention** *(continued)*

**Responsible Decision Making: The abilities to make caring and constructive choices about personal behavior and social interactions across diverse situations.**

Lesson 5: Making Decisions to Reduce Risk

Lesson 16: Preventing Suicide

Lesson 17: Understanding Sexual Exploitation

Lesson 19: Protecting Yourself