

Mental and Emotional Health Crosswalk for Access Points

AccessPoint#	Description	Idea/Standard	Subject	Grade	Body Of Knowledge/ Strand	Direct Link	Resources
HE.6.B.3.In.a	Identify the validity of selected health information for a product and a service, such as an advertisement, Internet, infomercial, article, and flyer.	Accessing Information - Demonstrate the ability to access valid health information, products, and services to enhance health.	Health Education	6	Health Literacy Responsible Behavior	<a href="#">Click here</a>	
HE.6.B.3.In.c	Use technology to gather health information, such as a computer, thermometer, phone, television, or audio book.	Accessing Information - Demonstrate the ability to access valid health information, products, and services to enhance health.	Health Education	6	Health Literacy Responsible Behavior	<a href="#">Click here</a>	
HE.6.B.3.In.d	Identify selected situations when professional health services may be required, such as for injuries, influenza, depression, substance use and abuse, child abuse, and domestic violence.	Accessing Information - Demonstrate the ability to access valid health information, products, and services to enhance health.	Health Education	6	Health Literacy Responsible Behavior	<a href="#">Click here</a>	
HE.6.B.3.Pa.d	Associate a situation with the need for a professional health service, such as for injury or illness.	Accessing Information - Demonstrate the ability to access valid health information, products, and services to enhance health.	Health Education	6	Health Literacy Responsible Behavior	<a href="#">Click here</a>	
HE.6.B.3.Pa.c	Use technology to recognize selected health information, such as a computer, television, or audio book.	Accessing Information - Demonstrate the ability to access valid health information, products, and services to enhance health.	Health Education	6	Health Literacy Responsible Behavior	<a href="#">Click here</a>	
HE.6.B.3.Pa.a	Recognize a health-related product or service.	Accessing Information - Demonstrate the ability to access valid health information, products, and services to enhance health.	Health Education	6	Health Literacy Responsible Behavior	<a href="#">Click here</a>	
HE.6.B.3.Su.c	Use selected technology to identify health information, such as a computer, thermometer, phone, television, or audio book.	Accessing Information - Demonstrate the ability to access valid health information, products, and services to enhance health.	Health Education	6	Health Literacy Responsible Behavior	<a href="#">Click here</a>	
HE.6.B.3.Su.a	Recognize the validity of selected health information for a product or service, such as an advertisement, Internet, infomercial, article, or flyer.	Accessing Information - Demonstrate the ability to access valid health information, products, and services to enhance health.	Health Education	6	Health Literacy Responsible Behavior	<a href="#">Click here</a>	
HE.6.B.3.Su.d	Recognize selected situations when professional health services may be required, such as for injuries, influenza, depression, substance use and abuse, child abuse, and domestic violence.	Accessing Information - Demonstrate the ability to access valid health information, products, and services to enhance health.	Health Education	6	Health Literacy Responsible Behavior	<a href="#">Click here</a>	
HE.6.B.4.In.a	Determine a strategy to improve effective verbal- and nonverbal-communication skills to enhance health, such as role-playing or open-ended scenarios.	Interpersonal Communication - Demonstrate the ability to use interpersonal-communication skills to enhance health and avoid or reduce health risks.	Health Education	6	Health Literacy Responsible Behavior	<a href="#">Click here</a>	
HE.6.B.4.In.b	Apply selected refusal and negotiation skills to reduce personal health risks, such as being assertive, compromising, and using "I" messages.	Interpersonal Communication - Demonstrate the ability to use interpersonal-communication skills to enhance health and avoid or reduce health risks.	Health Education	6	Health Literacy Responsible Behavior	<a href="#">Click here</a>	
HE.6.B.4.In.c	Use selected conflict- management or resolution strategies, such as talking to an adult, managing anger effectively, and using conflict mediators.	Interpersonal Communication - Demonstrate the ability to use interpersonal-communication skills to enhance health and avoid or reduce health risks.	Health Education	6	Health Literacy Responsible Behavior	<a href="#">Click here</a>	
HE.6.B.4.In.d	Identify ways to ask for assistance to enhance the health of self and others, such as verbal or written requests for assistance, and asking others for help.	Interpersonal Communication - Demonstrate the ability to use interpersonal-communication skills to enhance health and avoid or reduce health risks.	Health Education	6	Health Literacy Responsible Behavior	<a href="#">Click here</a>	

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HE.6.B.4.Pa.d	Use a communication strategy to express wants, needs, or requests to enhance health.	Interpersonal Communication - Demonstrate the ability to use interpersonal-communication skills to enhance health and avoid or reduce health risks.	Health Education	6	Health Literacy Responsible Behavior	<a href="#">Click here</a>	
HE.6.B.4.Pa.c	Recognize a nonviolent way to resolve a conflict in the classroom, such as getting help from an adult.	Interpersonal Communication - Demonstrate the ability to use interpersonal-communication skills to enhance health and avoid or reduce health risks.	Health Education	6	Health Literacy Responsible Behavior	<a href="#">Click here</a>	
HE.6.B.4.Pa.a	Use a communication strategy to express wants, needs, or requests to enhance health.	Interpersonal Communication - Demonstrate the ability to use interpersonal-communication skills to enhance health and avoid or reduce health risks.	Health Education	6	Health Literacy Responsible Behavior	<a href="#">Click here</a>	
HE.6.B.4.Pa.b	Use a refusal skill to reduce personal health risks at school, such as being assertive or using "I" messages.	Interpersonal Communication - Demonstrate the ability to use interpersonal-communication skills to enhance health and avoid or reduce health risks.	Health Education	6	Health Literacy Responsible Behavior	<a href="#">Click here</a>	
HE.6.B.4.Su.b	Demonstrate a refusal or negotiation skill to reduce personal health risks, such as being assertive, compromising, or using "I" messages.	Interpersonal Communication - Demonstrate the ability to use interpersonal-communication skills to enhance health and avoid or reduce health risks.	Health Education	6	Health Literacy Responsible Behavior	<a href="#">Click here</a>	
HE.6.B.4.Su.a	Use a strategy to improve effective verbal- and nonverbal-communication skills to enhance health, such as role-playing or open-ended scenarios.	Interpersonal Communication - Demonstrate the ability to use interpersonal-communication skills to enhance health and avoid or reduce health risks.	Health Education	6	Health Literacy Responsible Behavior	<a href="#">Click here</a>	
HE.6.B.4.Su.d	Recognize ways to ask for assistance to enhance the health of self and others, such as verbal or written requests for assistance, and asking others for help.	Interpersonal Communication - Demonstrate the ability to use interpersonal-communication skills to enhance health and avoid or reduce health risks.	Health Education	6	Health Literacy Responsible Behavior	<a href="#">Click here</a>	
HE.6.B.4.Su.c	Model a nonviolent way to resolve a conflict, such as talking to an adult, managing anger effectively, or using conflict mediators.	Interpersonal Communication - Demonstrate the ability to use interpersonal-communication skills to enhance health and avoid or reduce health risks.	Health Education	6	Health Literacy Responsible Behavior	<a href="#">Click here</a>	
HE.6.B.5.In.1	Identify a health-related situation that requires the application of a thoughtful decision-making process, such as peer pressure, exposure to an unsupervised firearm, or tobacco use.	Decision Making - Demonstrate the ability to use decision-making skills to enhance health.	Health Education	6	Health Literacy Responsible Behavior	<a href="#">Click here</a>	
HE.6.B.5.In.2	Determine a healthy alternative over an unhealthy alternative when making a decision, such as not smoking, limiting sedentary activity, and practicing good character.	Decision Making - Demonstrate the ability to use decision-making skills to enhance health.	Health Education	6	Health Literacy Responsible Behavior	<a href="#">Click here</a>	
HE.6.B.5.In.3	Recognize the potential outcomes of each option when making a health-related decision, such as physical, social, emotional, financial, and legal consequences.	Decision Making - Demonstrate the ability to use decision-making skills to enhance health.	Health Education	6	Health Literacy Responsible Behavior	<a href="#">Click here</a>	

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HE.6.B.5.In.4	Recognize the need for individual or collaborative decision making, such as peer pressure to smoke, considering the severity of the situation, and assessing personal skills and abilities.	Decision Making - Demonstrate the ability to use decision-making skills to enhance health.	Health Education	6	Health Literacy Responsible Behavior	<a href="#">Click here</a>	
HE.6.B.5.In.5	Identify circumstances that can help or hinder healthy decision making, such as peer pressure, refusal skills, knowledge/information, healthcare access, and family eating habits.	Decision Making - Demonstrate the ability to use decision-making skills to enhance health.	Health Education	6	Health Literacy Responsible Behavior	<a href="#">Click here</a>	
HE.6.B.5.Pa.5	Recognize selected circumstances that can help or hinder healthy decision making, such as peer pressure, refusal skills, knowledge/information, healthcare access, and family eating habits.	Decision Making - Demonstrate the ability to use decision-making skills to enhance health.	Health Education	6	Health Literacy Responsible Behavior	<a href="#">Click here</a>	
HE.6.B.5.Pa.3	Recognize a potential outcome of a selected option when making a health-related decision, such as physical, social, emotional, financial, or legal consequences.	Decision Making - Demonstrate the ability to use decision-making skills to enhance health.	Health Education	6	Health Literacy Responsible Behavior	<a href="#">Click here</a>	
HE.6.B.5.Pa.4	Recognize the need for individual or collaborative decision making in a selected situation, such as peer pressure to smoke, considering the severity of the situation, and personal skills and abilities.	Decision Making - Demonstrate the ability to use decision-making skills to enhance health.	Health Education	6	Health Literacy Responsible Behavior	<a href="#">Click here</a>	
HE.6.B.5.Pa.1	Recognize a health-related situation in which a decision is required, such as peer pressure, exposure to an unsupervised firearm, or tobacco use.	Decision Making - Demonstrate the ability to use decision-making skills to enhance health.	Health Education	6	Health Literacy Responsible Behavior	<a href="#">Click here</a>	
HE.6.B.5.Pa.2	Recognize a healthy alternative when making a decision, such as not smoking, limiting sedentary activity, or practicing good character.	Decision Making - Demonstrate the ability to use decision-making skills to enhance health.	Health Education	6	Health Literacy Responsible Behavior	<a href="#">Click here</a>	
HE.6.B.5.Su.3	Recognize a potential outcome of each option when making a health-related decision, such as physical, social, emotional, financial, or legal consequences.	Decision Making - Demonstrate the ability to use decision-making skills to enhance health.	Health Education	6	Health Literacy Responsible Behavior	<a href="#">Click here</a>	
HE.6.B.5.Su.2	Recognize a healthy alternative over an unhealthy alternative when making a decision, such as not smoking, limiting sedentary activity, and practicing good character.	Decision Making - Demonstrate the ability to use decision-making skills to enhance health.	Health Education	6	Health Literacy Responsible Behavior	<a href="#">Click here</a>	
HE.6.B.5.Su.1	Recognize a health-related situation that requires the application of a thoughtful decision-making process, such as peer pressure, exposure to an unsupervised firearm, or tobacco use.	Decision Making - Demonstrate the ability to use decision-making skills to enhance health.	Health Education	6	Health Literacy Responsible Behavior	<a href="#">Click here</a>	
HE.6.B.5.Su.4	Recognize the need for individual or collaborative decision making in selected situations, such as peer pressure to smoke, considering the severity of the situation, and assessing personal skills and abilities.	Decision Making - Demonstrate the ability to use decision-making skills to enhance health.	Health Education	6	Health Literacy Responsible Behavior	<a href="#">Click here</a>	

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HE.6.B.5.Su.5	Identify a circumstance that can help or hinder healthy decision making, such as peer pressure, refusal skills, knowledge/information, healthcare access, and family eating habits.	Decision Making - Demonstrate the ability to use decision-making skills to enhance health.	Health Education	6	Health Literacy Responsible Behavior	<a href="#">Click here</a>	
HE.6.B.6.In.1	Use selected methods to measure personal health status, such as BMI, surveys, a heart-rate monitor, and a pedometer.	Goal Setting - Demonstrate the ability to use goal-setting skills to enhance health.	Health Education	6	Health Literacy Responsible Behavior	<a href="#">Click here</a>	
HE.6.B.6.In.2	Follow specified steps to develop an individual goal to adopt, maintain, or improve a personal health practice, such as physical activity, eating habits, safety habits, computer use and safety, bullying-prevention skills, or personal hygiene.	Goal Setting - Demonstrate the ability to use goal-setting skills to enhance health.	Health Education	6	Health Literacy Responsible Behavior	<a href="#">Click here</a>	
HE.6.B.6.In.3	Identify strategies and skills needed to attain a personal health goal, such as journaling, using daily checklists, counting calories, using pedometers, participating in support groups, and using injury-prevention measures.	Goal Setting - Demonstrate the ability to use goal-setting skills to enhance health.	Health Education	6	Health Literacy Responsible Behavior	<a href="#">Click here</a>	
HE.6.B.6.In.4	Identify progress toward attaining a personal health goal, such as a using a checklist, diary, log, computer software, and websites.	Goal Setting - Demonstrate the ability to use goal-setting skills to enhance health.	Health Education	6	Health Literacy Responsible Behavior	<a href="#">Click here</a>	
HE.6.B.6.Pa.1	Use a guided method to identify personal health status, such as BMI, surveys, a heart-rate monitor, or a pedometer.	Goal Setting - Demonstrate the ability to use goal-setting skills to enhance health.	Health Education	6	Health Literacy Responsible Behavior	<a href="#">Click here</a>	
HE.6.B.6.Pa.2	Recognize an individual goal to adopt, maintain, or improve a personal health practice, such as participating in physical activity, having good safety and eating habits, or maintaining good hygiene.	Goal Setting - Demonstrate the ability to use goal-setting skills to enhance health.	Health Education	6	Health Literacy Responsible Behavior	<a href="#">Click here</a>	
HE.6.B.6.Pa.4	Check progress toward a personal health goal, such as following a picture sequence or using a chart.	Goal Setting - Demonstrate the ability to use goal-setting skills to enhance health.	Health Education	6	Health Literacy Responsible Behavior	<a href="#">Click here</a>	
HE.6.B.6.Pa.3	Recognize a skill needed to attain a personal health goal, such as tracking activity through journaling and using daily checklists.	Goal Setting - Demonstrate the ability to use goal-setting skills to enhance health.	Health Education	6	Health Literacy Responsible Behavior	<a href="#">Click here</a>	
HE.6.B.6.Su.2	Identify an individual goal to adopt, maintain, or improve personal health practice, such as physical activity, eating habits, safety habits, computer use and safety, bullying-prevention skills, or personal hygiene.	Goal Setting - Demonstrate the ability to use goal-setting skills to enhance health.	Health Education	6	Health Literacy Responsible Behavior	<a href="#">Click here</a>	
HE.6.B.6.Su.4	Track progress toward attaining a personal health goal, such as a checklist, diary, log, computer software, or websites.	Goal Setting - Demonstrate the ability to use goal-setting skills to enhance health.	Health Education	6	Health Literacy Responsible Behavior	<a href="#">Click here</a>	
HE.6.B.6.Su.3	Recognize strategies and skills needed to attain a personal health goal, such as journaling, using daily checklists, counting calories, using pedometers, participating in support groups, and using injury-prevention measures.	Goal Setting - Demonstrate the ability to use goal-setting skills to enhance health.	Health Education	6	Health Literacy Responsible Behavior	<a href="#">Click here</a>	

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HE.6.B.6.Su.1	Use a selected method to measure personal health status, such as BMI, surveys, a heart-rate monitor, or a pedometer.	Goal Setting - Demonstrate the ability to use goal-setting skills to enhance health.	Health Education	6	Health Literacy Responsible Behavior	<a href="#">Click here</a>	
HE.6.C.1.In.b	Identify how the physical, mental/emotional, social, and intellectual dimensions of health are interrelated, such as eating well helps one stay alert in class, getting along with others helps decrease stress, and getting enough sleep helps one have more energy.	Core Concepts - Comprehend concepts related to health promotion and disease prevention to enhance health.	Health Education	6	Health Literacy Concepts	<a href="#">Click here</a>	Stress Resource: <a href="#">Click here</a>
HE.6.C.1.In.c	Recognize environmental factors that affect personal health, such as air quality, availability of sidewalks, or spoiled food.	Core Concepts - Comprehend concepts related to health promotion and disease prevention to enhance health.	Health Education	6	Health Literacy Concepts	<a href="#">Click here</a>	Stress Resource: <a href="#">Click here</a>
HE.6.C.1.In.d	Recognize health problems and concerns common to adolescents, including reproductive development, acne, eating disorders, suicide/depression, and changes related to puberty.	Core Concepts - Comprehend concepts related to health promotion and disease prevention to enhance health.	Health Education	6	Health Literacy Concepts	<a href="#">Click here</a>	Stress Resource: <a href="#">Click here</a>
HE.6.C.1.In.e	Identify likely injuries or illnesses resulting from engaging in unhealthy/risky behaviors, such as obesity related to poor nutrition and inactivity, cancer and chronic lung disease related to tobacco use, injuries caused from failure to use seat restraint, and sexually transmitted diseases.	Core Concepts - Comprehend concepts related to health promotion and disease prevention to enhance health.	Health Education	6	Health Literacy Concepts	<a href="#">Click here</a>	Stress Resource: <a href="#">Click here</a>
HE.6.C.1.In.f	Recognize that some health conditions are caused by infection, such as strep throat and influenza.	Core Concepts - Comprehend concepts related to health promotion and disease prevention to enhance health.	Health Education	6	Health Literacy Concepts	<a href="#">Click here</a>	Stress Resource: <a href="#">Click here</a>
HE.6.C.1.In.g	Identify how regular health care can promote personal health, such as going to the dentist or orthodontist, having medical checkups and screenings, and seeing a counselor.	Core Concepts - Comprehend concepts related to health promotion and disease prevention to enhance health.	Health Education	6	Health Literacy Concepts	<a href="#">Click here</a>	Stress Resource: <a href="#">Click here</a>
HE.6.C.1.In.h	Recognize that certain characteristics are passed from parents to children (heredity), such as physical appearance, gender, and race.	Core Concepts - Comprehend concepts related to health promotion and disease prevention to enhance health.	Health Education	6	Health Literacy Concepts	<a href="#">Click here</a>	Stress Resource: <a href="#">Click here</a>
HE.6.C.1.Pa.f	Associate a health condition with infection, such as strep throat or influenza.	Core Concepts - Comprehend concepts related to health promotion and disease prevention to enhance health.	Health Education	6	Health Literacy Concepts	<a href="#">Click here</a>	Stress Resource: <a href="#">Click here</a>
HE.6.C.1.Pa.g	Associate regular health care with personal health, such as going to the dentist or orthodontist, having medical checkups and screenings, and seeing a counselor.	Core Concepts - Comprehend concepts related to health promotion and disease prevention to enhance health.	Health Education	6	Health Literacy Concepts	<a href="#">Click here</a>	Stress Resource: <a href="#">Click here</a>
HE.6.C.1.Pa.h	Associate a physical characteristic passed from parents to children, such as hair or eye color.	Core Concepts - Comprehend concepts related to health promotion and disease prevention to enhance health.	Health Education	6	Health Literacy Concepts	<a href="#">Click here</a>	Stress Resource: <a href="#">Click here</a>
HE.6.C.1.Pa.d	Associate a common personal-health problem or issue with adolescents, such as acne or changes related to puberty.	Core Concepts - Comprehend concepts related to health promotion and disease prevention to enhance health.	Health Education	6	Health Literacy Concepts	<a href="#">Click here</a>	Stress Resource: <a href="#">Click here</a>
HE.6.C.1.Pa.e	Recognize a likely injury or illness from engaging in an unhealthy behavior, such as obesity related to poor nutrition and inactivity or injuries caused from failure to use seat restraint.	Core Concepts - Comprehend concepts related to health promotion and disease prevention to enhance health.	Health Education	6	Health Literacy Concepts	<a href="#">Click here</a>	Stress Resource: <a href="#">Click here</a>

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HE.6.C.1.Pa.b	Recognize physical and emotional aspects of health, such as eating habits and expressing feelings.	Core Concepts - Comprehend concepts related to health promotion and disease prevention to enhance health.	Health Education	6	Health Literacy Concepts	<a href="#">Click here</a>	Stress Resource: <a href="#">Click here</a>
HE.6.C.1.Pa.c	Recognize a factor in the school environment that promotes personal health, such as having adequate lighting or a clean environment.	Core Concepts - Comprehend concepts related to health promotion and disease prevention to enhance health.	Health Education	6	Health Literacy Concepts	<a href="#">Click here</a>	Stress Resource: <a href="#">Click here</a>
HE.6.C.1.Su.d	Recognize a health problem and concern that is common to adolescents, including reproductive development, acne, eating disorders, suicide/depression, or changes related to puberty.	Core Concepts - Comprehend concepts related to health promotion and disease prevention to enhance health.	Health Education	6	Health Literacy Concepts	<a href="#">Click here</a>	Stress Resource: <a href="#">Click here</a>
HE.6.C.1.Su.e	Recognize likely injuries or illnesses resulting from engaging in an unhealthy behavior, such as obesity related to poor nutrition and inactivity, cancer and chronic lung disease related to tobacco use, injuries caused from failure to use seat restraint, and sexually transmitted diseases.	Core Concepts - Comprehend concepts related to health promotion and disease prevention to enhance health.	Health Education	6	Health Literacy Concepts	<a href="#">Click here</a>	Stress Resource: <a href="#">Click here</a>
HE.6.C.1.Su.c	Recognize an environmental factor that affects personal health, such as air quality, availability of sidewalks, or spoiled food.	Core Concepts - Comprehend concepts related to health promotion and disease prevention to enhance health.	Health Education	6	Health Literacy Concepts	<a href="#">Click here</a>	Stress Resource: <a href="#">Click here</a>
HE.6.C.1.Su.b	Recognize that the dimensions of health are interrelated, such as that physical health impacts emotional health.	Core Concepts - Comprehend concepts related to health promotion and disease prevention to enhance health.	Health Education	6	Health Literacy Concepts	<a href="#">Click here</a>	Stress Resource: <a href="#">Click here</a>
HE.6.C.1.Su.h	Recognize a characteristic that is passed from parents to children (heredity), such as physical appearance, gender, or race.	Core Concepts - Comprehend concepts related to health promotion and disease prevention to enhance health.	Health Education	6	Health Literacy Concepts	<a href="#">Click here</a>	Stress Resource: <a href="#">Click here</a>
HE.6.C.1.Su.g	Recognize how regular health care can promote personal health, such as going to the dentist or orthodontist, having medical checkups and screenings, and seeing a counselor.	Core Concepts - Comprehend concepts related to health promotion and disease prevention to enhance health.	Health Education	6	Health Literacy Concepts	<a href="#">Click here</a>	Stress Resource: <a href="#">Click here</a>
HE.6.C.1.Su.f	Recognize a health condition that is caused by infection, such as strep throat or influenza.	Core Concepts - Comprehend concepts related to health promotion and disease prevention to enhance health.	Health Education	6	Health Literacy Concepts	<a href="#">Click here</a>	Stress Resource: <a href="#">Click here</a>
HE.6.C.2.In.a	Identify how family influences the health of adolescents, such as the family controlling media viewing, having consistent family rules, and how the family settles disagreements.	Internal and External Influence - Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.	Health Education	6	Health Literacy Concepts	<a href="#">Click here</a>	
HE.6.C.2.In.b	Identify ways peers may influence the health of adolescents, such as using conflict resolution and negotiation skills, providing incorrect reproductive-health information, and spreading rumors.	Internal and External Influence - Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.	Health Education	6	Health Literacy Concepts	<a href="#">Click here</a>	
HE.6.C.2.In.c	Recognize health information conveyed to students by the school and community, such as first-aid education programs, refusal-skills practice, and healthy body composition and body mass index (BMI).	Internal and External Influence - Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.	Health Education	6	Health Literacy Concepts	<a href="#">Click here</a>	
HE.6.C.2.In.d	Recognize school and public health policies that influence health promotion and disease prevention, such as fitness reports for students, school-zone speeding laws, and school-district wellness policies.	Internal and External Influence - Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.	Health Education	6	Health Literacy Concepts	<a href="#">Click here</a>	

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HE.6.C.2.In.e	Identify how the media influences peer and community health behaviors, such as by airing derogatory music lyrics, anti-drug public-service announcements, and sports beverage commercials.	Internal and External Influence - Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.	Health Education	6	Health Literacy Concepts	<a href="#">Click here</a>	
HE.6.C.2.In.f	Identify ways technology can influence peer and community health behaviors, such as the use of Internet social-networking sites, heart-rate monitors, and crosswalk signals.	Internal and External Influence - Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.	Health Education	6	Health Literacy Concepts	<a href="#">Click here</a>	
HE.6.C.2.In.g	Recognize cultural changes related to health beliefs and behaviors, such as the availability of school breakfast programs, fast-food menus, and fitness programs.	Internal and External Influence - Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.	Health Education	6	Health Literacy Concepts	<a href="#">Click here</a>	
HE.6.C.2.In.h	Recognize how social norms may impact healthy and unhealthy behaviors, such as using inhalants, wearing seat belts, and walking or biking instead of riding in a vehicle to a close location.	Internal and External Influence - Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.	Health Education	6	Health Literacy Concepts	<a href="#">Click here</a>	
HE.6.C.2.In.i	Identify the influence of personal values and beliefs on individual health practices and behaviors, such as participating in sports, using over-the-counter drugs, and wearing seat belts.	Internal and External Influence - Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.	Health Education	6	Health Literacy Concepts	<a href="#">Click here</a>	
HE.6.C.2.Pa.i	Associate a personal belief with an individual health practice, such as participating in sports, using over-the-counter drugs, or wearing seat belts.	Internal and External Influence - Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.	Health Education	6	Health Literacy Concepts	<a href="#">Click here</a>	
HE.6.C.2.Pa.h	Recognize a way a behavior of others may relate to personal health behavior, such as using inhalants, using seat belts, or walking or biking instead of riding in a vehicle to a close location.	Internal and External Influence - Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.	Health Education	6	Health Literacy Concepts	<a href="#">Click here</a>	
HE.6.C.2.Pa.f	Recognize a way that technology can influence peer or community health behaviors, such as Internet social-networking sites, heart-rate monitors, or crosswalk signals.	Internal and External Influence - Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.	Health Education	6	Health Literacy Concepts	<a href="#">Click here</a>	
HE.6.C.2.Pa.g	Recognize a way the behavior of others may relate to personal health behavior, such as using inhalants, using seat belts, or walking or biking instead of riding in a vehicle to a close location.	Internal and External Influence - Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.	Health Education	6	Health Literacy Concepts	<a href="#">Click here</a>	
HE.6.C.2.Pa.d	Recognize a school policy that influences health promotion and disease prevention, such as fitness reports of students, school-zone speeding laws, or school-district wellness policies.	Internal and External Influence - Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.	Health Education	6	Health Literacy Concepts	<a href="#">Click here</a>	
HE.6.C.2.Pa.e	Recognize a way the media can influence peer or community health behaviors, such as by airing derogatory music lyrics, anti-drug public-service announcements, or sports beverage commercials.	Internal and External Influence - Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.	Health Education	6	Health Literacy Concepts	<a href="#">Click here</a>	

Mental and Emotional Health Crosswalk for Access Points

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HE.6.C.2.Pa.b	Recognize a way peers may influence the health of adolescents, such as using conflict resolution and negotiation skills, providing incorrect reproductive-health information, or spreading rumors.	Internal and External Influence - Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.	Health Education	6	Health Literacy Concepts	<a href="#">Click here</a>	
HE.6.C.2.Pa.c	Recognize one type of health information conveyed to students by the school, such as first-aid education programs, refusal-skills practice, and healthy body composition, and body mass index (BMI).	Internal and External Influence - Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.	Health Education	6	Health Literacy Concepts	<a href="#">Click here</a>	
HE.6.C.2.Pa.a	Recognize a way that family influences the health of adolescents, such as the family controlling media viewing, having consistent family rules, and how the family settles disagreements.	Internal and External Influence - Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.	Health Education	6	Health Literacy Concepts	<a href="#">Click here</a>	
HE.6.C.2.Su.a	Recognize ways that family influences the health of adolescents, such as the family controlling media viewing, having consistent family rules, and how the family settles disagreements.	Internal and External Influence - Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.	Health Education	6	Health Literacy Concepts	<a href="#">Click here</a>	
HE.6.C.2.Su.c	Recognize selected health information conveyed to students by the school and community, such as first-aid education programs, refusal-skills practice, and healthy body composition and body mass index (BMI).	Internal and External Influence - Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.	Health Education	6	Health Literacy Concepts	<a href="#">Click here</a>	
HE.6.C.2.Su.b	Recognize ways peers may influence the health of adolescents, such as using conflict resolution and negotiation skills, providing incorrect reproductive-health information, and spreading rumors.	Internal and External Influence - Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.	Health Education	6	Health Literacy Concepts	<a href="#">Click here</a>	
HE.6.C.2.Su.d	Recognize a school or public health policy that influences health promotion and disease prevention, such as fitness reports for students, school-zone speeding laws, or school-district wellness policies.	Internal and External Influence - Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.	Health Education	6	Health Literacy Concepts	<a href="#">Click here</a>	
HE.6.C.2.Su.e	Recognize how the media influences peer and community health behaviors, such as by airing derogatory music lyrics, anti-drug public-service announcements, and sports beverage commercials.	Internal and External Influence - Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.	Health Education	6	Health Literacy Concepts	<a href="#">Click here</a>	
HE.6.C.2.Su.h	Recognize a way social norms may impact healthy and unhealthy behaviors, such as using inhalants, using seat belts, or walking or biking instead of riding in a vehicle to a close location.	Internal and External Influence - Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.	Health Education	6	Health Literacy Concepts	<a href="#">Click here</a>	
HE.6.C.2.Su.g	Recognize a cultural change related to health beliefs and behaviors, such as the availability of school-breakfast programs, fast-food menus, and fitness programs.	Internal and External Influence - Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.	Health Education	6	Health Literacy Concepts	<a href="#">Click here</a>	
HE.6.C.2.Su.f	Identify a way technology can influence peer or community health behaviors, such as Internet social-networking sites, heart-rate monitors, or crosswalk signals.	Internal and External Influence - Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.	Health Education	6	Health Literacy Concepts	<a href="#">Click here</a>	

Mental and Emotional Health Crosswalk for Access Points

AccessPoint#	Description	Idea/Standard	Subject	Grade	Body Of Knowledge/ Strand	Direct Link	Resources
HE.6.C.2.Su.1	Recognize an influence of personal values and beliefs on individual health practices and behaviors, such as participating in sports, using over-the-counter drugs, and wearing seat belts.	Internal and External Influence - Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.	Health Education	6	Health Literacy Concepts	<a href="#">Click here</a>	
HE.6.P.7.In.1	Identify the importance of assuming responsibility for personal- health behaviors, such as having medical and dental checkups, resisting peer pressure, and having healthy relationships.	Self Management - Demonstrate the ability to practice advocacy, health-enhancing behaviors, and avoidance or reduction of health risks for oneself.	Health Education	6	Health Literacy Promotion	<a href="#">Click here</a>	
HE.6.P.7.In.2	Describe selected healthy practices and behaviors that will maintain or improve personal health, and reduce health risks such as having good hygiene, having healthy relationships with peers, getting adequate sleep, staying fit, refusing inhalants, and using the internet safely.	Self Management - Demonstrate the ability to practice advocacy, health-enhancing behaviors, and avoidance or reduction of health risks for oneself.	Health Education	6	Health Literacy Promotion	<a href="#">Click here</a>	
HE.6.P.7.Pa.2	Recognize a healthy practice or behavior that will maintain or improve personal health, such as good hygiene, healthy peer relationships, or adequate sleep.	Self Management - Demonstrate the ability to practice advocacy, health-enhancing behaviors, and avoidance or reduction of health risks for oneself.	Health Education	6	Health Literacy Promotion	<a href="#">Click here</a>	
HE.6.P.7.Pa.1	Recognize important personal-health behaviors.	Self Management - Demonstrate the ability to practice advocacy, health-enhancing behaviors, and avoidance or reduction of health risks for oneself.	Health Education	6	Health Literacy Promotion	<a href="#">Click here</a>	
HE.6.P.7.Su.2	Identify a healthy practice and behavior that will maintain or improve personal health and reduce health risks, such as getting adequate sleep, having good hygiene, having healthy peer relationships, staying fit, refusing inhalants, or using the internet safely.	Self Management - Demonstrate the ability to practice advocacy, health-enhancing behaviors, and avoidance or reduction of health risks for oneself.	Health Education	6	Health Literacy Promotion	<a href="#">Click here</a>	
HE.6.P.7.Su.1	Recognize the importance of assuming responsibility for personal-health behaviors, such as having medical and dental checkups, resisting peer pressure, and having healthy relationships.	Self Management - Demonstrate the ability to practice advocacy, health-enhancing behaviors, and avoidance or reduction of health risks for oneself.	Health Education	6	Health Literacy Promotion	<a href="#">Click here</a>	
HE.6.P.8.In.1	Practice selected ways to influence and support others when making positive health choices, such as encouraging others to read food labels, promoting physical activity, and encouraging the practice of universal precautions.	Advocacy - Demonstrate the ability to advocate for individual, peer, school, family, and community health.	Health Education	6	Health Literacy Promotion	<a href="#">Click here</a>	
HE.6.P.8.In.2	Identify reasons why a selected health-enhancing position is desirable, such as tobacco laws, zero- tolerance laws, or drinking laws.	Advocacy - Demonstrate the ability to advocate for individual, peer, school, family, and community health.	Health Education	6	Health Literacy Promotion	<a href="#">Click here</a>	
HE.6.P.8.In.3	Work with others to advocate for healthy individuals and schools, such as media campaigns, posters, and skits.	Advocacy - Demonstrate the ability to advocate for individual, peer, school, family, and community health.	Health Education	6	Health Literacy Promotion	<a href="#">Click here</a>	
HE.6.P.8.In.4	Identify a way a health message or communication technique is altered for different audiences, such as in surveys, advertisements, music, and clothing.	Advocacy - Demonstrate the ability to advocate for individual, peer, school, family, and community health.	Health Education	6	Health Literacy Promotion	<a href="#">Click here</a>	
HE.6.P.8.Pa.2	Recognize a selected health-enhancing position, such as tobacco laws, zero-tolerance laws, or drinking laws.	Advocacy - Demonstrate the ability to advocate for individual, peer, school, family, and community health.	Health Education	6	Health Literacy Promotion	<a href="#">Click here</a>	

Mental and Emotional Health Crosswalk for Access Points

AccessPoint#	Description	Idea/Standard	Subject	Grade	Body Of Knowledge/ Strand	Direct Link	Resources
HE.6.P.8.Pa.3	Work with others to promote a healthy practice for individuals and schools, such as media campaigns, posters, and skits.	Advocacy - Demonstrate the ability to advocate for individual, peer, school, family, and community health.	Health Education	6	Health Literacy Promotion	<a href="#">Click here</a>	
HE.6.P.8.Pa.1	Reinforce a positive health choice of others, such as encouraging others to eat healthy food, participating in physical activity, and practicing universal precautions.	Advocacy - Demonstrate the ability to advocate for individual, peer, school, family, and community health.	Health Education	6	Health Literacy Promotion	<a href="#">Click here</a>	
HE.6.P.8.Pa.4	Recognize a health message for a selected target audience, such as drinking milk for children.	Advocacy - Demonstrate the ability to advocate for individual, peer, school, family, and community health.	Health Education	6	Health Literacy Promotion	<a href="#">Click here</a>	
HE.6.P.8.Su.1	Practice a way to influence and support others when making positive health choices, such as encouraging others to read food labels, promoting physical activity, and encouraging the practice of universal precautions.	Advocacy - Demonstrate the ability to advocate for individual, peer, school, family, and community health.	Health Education	6	Health Literacy Promotion	<a href="#">Click here</a>	
HE.6.P.8.Su.4	Recognize a way a health message is altered for a selected audience, such as in surveys, advertisements, music, and clothing.	Advocacy - Demonstrate the ability to advocate for individual, peer, school, family, and community health.	Health Education	6	Health Literacy Promotion	<a href="#">Click here</a>	
HE.6.P.8.Su.3	Work with others to promote selected healthy practices for individuals and schools, such as media campaigns, posters, and skits.	Advocacy - Demonstrate the ability to advocate for individual, peer, school, family, and community health.	Health Education	6	Health Literacy Promotion	<a href="#">Click here</a>	
HE.6.P.8.Su.2	Recognize reasons why a selected health-enhancing position is desirable, such as tobacco laws, zero- tolerance laws, or drinking laws.	Advocacy - Demonstrate the ability to advocate for individual, peer, school, family, and community health.	Health Education	6	Health Literacy Promotion	<a href="#">Click here</a>	
HE.7.B.3.In.a	Identify the validity of health information, products, and services, such as advertisements, health-claim articles, personal-care product claims, and tobacco-use information.	Accessing Information - Demonstrate the ability to access valid health information, products, and services to enhance health.	Health Education	7	Health Literacy Responsible Behavior	<a href="#">Click here</a>	
HE.7.B.3.In.c	Identify two different forms of technology that can be used to gather health information such as home blood pressure/thermometer vs. physician's office equipment.	Accessing Information - Demonstrate the ability to access valid health information, products, and services to enhance health.	Health Education	7	Health Literacy Responsible Behavior	<a href="#">Click here</a>	
HE.7.B.3.In.d	Identify professional health services that may be required for common health needs, such as dental cleanings, orthodontics, family-physician services, and counseling services.	Accessing Information - Demonstrate the ability to access valid health information, products, and services to enhance health.	Health Education	7	Health Literacy Responsible Behavior	<a href="#">Click here</a>	
HE.7.B.3.Pa.d	Recognize a professional health service that may be required for a common health need, such as dental cleanings or family-physician services.	Accessing Information - Demonstrate the ability to access valid health information, products, and services to enhance health.	Health Education	7	Health Literacy Responsible Behavior	<a href="#">Click here</a>	
HE.7.B.3.Pa.c	Recognize that there are a variety of technologies that can be used to gather health information such as WebMD and Wikipedia.	Accessing Information - Demonstrate the ability to access valid health information, products, and services to enhance health.	Health Education	7	Health Literacy Responsible Behavior	<a href="#">Click here</a>	
HE.7.B.3.Pa.a	Distinguish between a product or service that promotes health and one that does not, such as toothpaste and cigarettes.	Accessing Information - Demonstrate the ability to access valid health information, products, and services to enhance health.	Health Education	7	Health Literacy Responsible Behavior	<a href="#">Click here</a>	

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AccessPoint#	Description	Idea/Standard	Subject	Grade	Body Of Knowledge/ Strand	Direct Link	Resources
HE.7.B.3.Su.c	Recognize two different forms of technology that can be used to gather health information such as home blood pressure/thermometer vs. physician's office equipment.	Accessing Information - Demonstrate the ability to access valid health information, products, and services to enhance health.	Health Education	7	Health Literacy Responsible Behavior	<a href="#">Click here</a>	
HE.7.B.3.Su.a	Recognize the validity of selected health information, product, and service, such as advertisements, health-claim articles, personal-care product claims, or tobacco-use information.	Accessing Information - Demonstrate the ability to access valid health information, products, and services to enhance health.	Health Education	7	Health Literacy Responsible Behavior	<a href="#">Click here</a>	
HE.7.B.3.Su.d	Recognize professional health services that may be required for common health needs, such as dental cleanings, orthodontics, family-physician services, and counseling services.	Accessing Information - Demonstrate the ability to access valid health information, products, and services to enhance health.	Health Education	7	Health Literacy Responsible Behavior	<a href="#">Click here</a>	
HE.7.B.4.In.a	Use selected skills for communicating effectively with family, peers, and others to enhance health, such as using clear and concise words, nonverbal language, discussion, and "I" messages.	Interpersonal Communication - Demonstrate the ability to use interpersonal-communication skills to enhance health and avoid or reduce health risks.	Health Education	7	Health Literacy Responsible Behavior	<a href="#">Click here</a>	
HE.7.B.4.In.b	Use selected refusal, negotiation, and collaboration skills that enhance health and avoid or reduce health risks, such as using direct statements, working together, and compromising.	Interpersonal Communication - Demonstrate the ability to use interpersonal-communication skills to enhance health and avoid or reduce health risks.	Health Education	7	Health Literacy Responsible Behavior	<a href="#">Click here</a>	
HE.7.B.4.In.c	Identify possible causes of conflict among youth in schools and communities, such as ethnic prejudice and diversity, substance use, and group dynamics.	Interpersonal Communication - Demonstrate the ability to use interpersonal-communication skills to enhance health and avoid or reduce health risks.	Health Education	7	Health Literacy Responsible Behavior	<a href="#">Click here</a>	
HE.7.B.4.In.d	Model common ways to ask for assistance to enhance personal health of self and others, such as using "I" messages, asking on behalf of a friend, and making a written request.	Interpersonal Communication - Demonstrate the ability to use interpersonal-communication skills to enhance health and avoid or reduce health risks.	Health Education	7	Health Literacy Responsible Behavior	<a href="#">Click here</a>	
HE.7.B.4.Pa.b	Recognize a refusal, a negotiation, and a collaboration skill that enhances health or reduces health risk in the classroom, such as using direct statements, working together, or compromising.	Interpersonal Communication - Demonstrate the ability to use interpersonal-communication skills to enhance health and avoid or reduce health risks.	Health Education	7	Health Literacy Responsible Behavior	<a href="#">Click here</a>	
HE.7.B.4.Pa.c	Recognize a possible cause of conflict among youth in schools, such as ethnic prejudice, and diversity or substance use.	Interpersonal Communication - Demonstrate the ability to use interpersonal-communication skills to enhance health and avoid or reduce health risks.	Health Education	7	Health Literacy Responsible Behavior	<a href="#">Click here</a>	
HE.7.B.4.Pa.a	Use more than one way to communicate personal wants and needs to others to enhance health, such as verbalizing and choosing from options.	Interpersonal Communication - Demonstrate the ability to use interpersonal-communication skills to enhance health and avoid or reduce health risks.	Health Education	7	Health Literacy Responsible Behavior	<a href="#">Click here</a>	
HE.7.B.4.Pa.d	Recognize a positive way to ask for assistance to enhance health of self and others, such as using "I" messages, or asking on behalf of a friend.	Interpersonal Communication - Demonstrate the ability to use interpersonal-communication skills to enhance health and avoid or reduce health risks.	Health Education	7	Health Literacy Responsible Behavior	<a href="#">Click here</a>	

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HE.7.B.4.Su.a	Use selected skills for communicating effectively with family and peers to enhance health, such as using clear and concise words, nonverbal language, or "I" messages.	Interpersonal Communication - Demonstrate the ability to use interpersonal-communication skills to enhance health and avoid or reduce health risks.	Health Education	7	Health Literacy Responsible Behavior	<a href="#">Click here</a>	
HE.7.B.4.Su.d	Model a positive way to ask for assistance to enhance personal health of self and others, such as using "I" messages, asking on behalf of a friend, or making a written request.	Interpersonal Communication - Demonstrate the ability to use interpersonal-communication skills to enhance health and avoid or reduce health risks.	Health Education	7	Health Literacy Responsible Behavior	<a href="#">Click here</a>	
HE.7.B.4.Su.c	Recognize possible causes of conflict among youth in schools and communities, such as ethnic prejudice and diversity, substance use, and group dynamics.	Interpersonal Communication - Demonstrate the ability to use interpersonal-communication skills to enhance health and avoid or reduce health risks.	Health Education	7	Health Literacy Responsible Behavior	<a href="#">Click here</a>	
HE.7.B.4.Su.b	Identify selected refusal, negotiation, and collaboration skills that enhance health and avoid or reduce health risks, such as using direct statements, working together, and compromising.	Interpersonal Communication - Demonstrate the ability to use interpersonal-communication skills to enhance health and avoid or reduce health risks.	Health Education	7	Health Literacy Responsible Behavior	<a href="#">Click here</a>	
HE.7.B.5.In.1	Identify health-related situations that require the application of a thoughtful decision-making process, such as prescription-drug use and abuse, riding in a vehicle with an underage driver, selecting nutritious foods, and dealing with mental-health issues.	Decision Making - Demonstrate the ability to use decision-making skills to enhance health.	Health Education	7	Health Literacy Responsible Behavior	<a href="#">Click here</a>	
HE.7.B.5.In.2	Choose a healthy alternative over an unhealthy alternative when making a decision, such as prescription-drug use and abuse, using safety equipment, and being safe on the computer and Internet.	Decision Making - Demonstrate the ability to use decision-making skills to enhance health.	Health Education	7	Health Literacy Responsible Behavior	<a href="#">Click here</a>	
HE.7.B.5.In.d	Identify when individual or collaborative decision-making is appropriate, such as over-the-counter drug use, harassment, and gang involvement.	Decision Making - Demonstrate the ability to use decision-making skills to enhance health.	Health Education	7	Health Literacy Responsible Behavior	<a href="#">Click here</a>	
HE.7.B.5.In.e	Identify similarities in circumstances that can help or hinder healthy decision making, such as knowledge of prescription-drug use and abuse, home and community environment, access to information, and knowledge, and misinformation.	Decision Making - Demonstrate the ability to use decision-making skills to enhance health.	Health Education	7	Health Literacy Responsible Behavior	<a href="#">Click here</a>	
HE.7.B.5.Pa.1	Recognize selected health-related situations in which a decision is required, such as prescription-drug use and abuse, riding in a vehicle with an underage driver, selecting nutritious foods, and dealing with mental-health issues.	Decision Making - Demonstrate the ability to use decision-making skills to enhance health.	Health Education	7	Health Literacy Responsible Behavior	<a href="#">Click here</a>	
HE.7.B.5.Pa.2	Recognize healthy alternatives when making a decision, such as prescription-drug use and abuse, using safety equipment, and being safe on the computer and Internet.	Decision Making - Demonstrate the ability to use decision-making skills to enhance health.	Health Education	7	Health Literacy Responsible Behavior	<a href="#">Click here</a>	

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HE.7.B.5.Pa.e	Recognize circumstances that can help or hinder healthy decision making, such as knowledge of prescription-drug use and abuse, home and community environment, access to information, and knowledge, and misinformation.	Decision Making - Demonstrate the ability to use decision-making skills to enhance health.	Health Education	7	Health Literacy Responsible Behavior	<a href="#">Click here</a>	
HE.7.B.5.Pa.d	Recognize the need for individual or collaborative decision making in selected situations, such as over-the-counter drug use, harassment, and gang involvement.	Decision Making - Demonstrate the ability to use decision-making skills to enhance health.	Health Education	7	Health Literacy Responsible Behavior	<a href="#">Click here</a>	
HE.7.B.5.Su.2	Determine a healthy alternative over an unhealthy alternative when making a decision, such as prescription-drug use and abuse, using safety equipment, and being safe on the computer, and Internet.	Decision Making - Demonstrate the ability to use decision-making skills to enhance health.	Health Education	7	Health Literacy Responsible Behavior	<a href="#">Click here</a>	
HE.7.B.5.Su.e	Identify selected circumstances that can help or hinder healthy decision making, such as knowledge of prescription-drug use and abuse, home and community environment, access to information, and knowledge, and misinformation.	Decision Making - Demonstrate the ability to use decision-making skills to enhance health.	Health Education	7	Health Literacy Responsible Behavior	<a href="#">Click here</a>	
HE.7.B.5.Su.d	Identify when individual or collaborative decision-making is required in selected health-related situations, such as over-the-counter drug use, harassment, and gang involvement.	Decision Making - Demonstrate the ability to use decision-making skills to enhance health.	Health Education	7	Health Literacy Responsible Behavior	<a href="#">Click here</a>	
HE.7.B.5.Su.1	Recognize health-related situations that require the application of a thoughtful decision-making process, such as prescription-drug use and abuse, riding in a vehicle with an underage driver, selecting nutritious foods, and dealing with mental-health issues.	Decision Making - Demonstrate the ability to use decision-making skills to enhance health.	Health Education	7	Health Literacy Responsible Behavior	<a href="#">Click here</a>	
HE.7.B.6.In.1	Identify personal beliefs as they relate to health practices, such as weight management through physical activity, disease prevention through hand washing, sharing personal information, and website security.	Goal Setting - Demonstrate the ability to use goal-setting skills to enhance health.	Health Education	7	Health Literacy Responsible Behavior	<a href="#">Click here</a>	
HE.7.B.6.In.2	Use selected procedures to develop an individual goal to adopt, maintain, or improve a personal health practice, such as participation in organized activities or sports, eating breakfast, safety habits, computer use and safety, and conflict resolution.	Goal Setting - Demonstrate the ability to use goal-setting skills to enhance health.	Health Education	7	Health Literacy Responsible Behavior	<a href="#">Click here</a>	
HE.7.B.6.In.3	Describe selected strategies and skills needed to attain/maintain a personal health goal, such as journaling; using daily checklists, calorie counters, or pedometers; and participating in support groups.	Goal Setting - Demonstrate the ability to use goal-setting skills to enhance health.	Health Education	7	Health Literacy Responsible Behavior	<a href="#">Click here</a>	

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HE.7.B.6.Pa.1	Recognize a personal belief as it relates to a health practice, such as weight management through physical activity, disease prevention through hand washing, and possible avoidance of physical activities resulting from fear of participation.	Goal Setting - Demonstrate the ability to use goal-setting skills to enhance health.	Health Education	7	Health Literacy Responsible Behavior	<a href="#">Click here</a>	
HE.7.B.6.Pa.3	Recognize a strategy needed to attain/maintain a personal health goal, such as using calorie counters or pedometers, and participating in support groups.	Goal Setting - Demonstrate the ability to use goal-setting skills to enhance health.	Health Education	7	Health Literacy Responsible Behavior	<a href="#">Click here</a>	
HE.7.B.6.Pa.2	Identify an individual goal to adopt, maintain, or improve a personal health practice, such as participation in organized activities or sports, eating breakfast, safety habits, computer use and safety, and conflict resolution.	Goal Setting - Demonstrate the ability to use goal-setting skills to enhance health.	Health Education	7	Health Literacy Responsible Behavior	<a href="#">Click here</a>	
HE.7.B.6.Su.1	Recognize personal beliefs as they relate to health practices, such as weight management through physical activity, disease prevention through hand washing, sharing personal information, and website security.	Goal Setting - Demonstrate the ability to use goal-setting skills to enhance health.	Health Education	7	Health Literacy Responsible Behavior	<a href="#">Click here</a>	
HE.7.B.6.Su.3	Identify a strategy or skill to attain/maintain a personal health goal, such as journaling; using daily checklists, calorie counters, or pedometers; or participating in support groups.	Goal Setting - Demonstrate the ability to use goal-setting skills to enhance health.	Health Education	7	Health Literacy Responsible Behavior	<a href="#">Click here</a>	
HE.7.B.6.Su.2	Follow specified steps to develop an individual goal to adopt, maintain, or improve a personal health practice, such as participation in organized activities or sports, eating breakfast, safety habits, computer use and safety, and conflict resolution.	Goal Setting - Demonstrate the ability to use goal-setting skills to enhance health.	Health Education	7	Health Literacy Responsible Behavior	<a href="#">Click here</a>	
HE.7.C.1.In.a	Identify the effects of healthy and unhealthy behaviors on personal health—including reproductive health—such as knowing the consequences of teen pregnancy, managing time effectively to reduce stress, eating junk foods and gaining weight, or not resolving conflicts and emotional health.	Core Concepts - Comprehend concepts related to health promotion and disease prevention to enhance health.	Health Education	7	Health Literacy Concepts	<a href="#">Click here</a>	Stress Resource: <a href="#">Click here</a>
HE.7.C.1.In.b	Describe how the physical, mental/emotional, social, and intellectual dimensions of health are interrelated, such as managing time effectively (intellectual dimension) to reduce stress (mental/emotional dimension), and choosing healthy foods (intellectual dimension) to maintain a healthy weight (physical dimension).	Core Concepts - Comprehend concepts related to health promotion and disease prevention to enhance health.	Health Education	7	Health Literacy Concepts	<a href="#">Click here</a>	Stress Resource: <a href="#">Click here</a>

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HE.7.C.1.In.c	Identify ways environmental factors affect personal health, such as food refrigeration, appropriate home heating and cooling, water quality, and trash- collection services.	Core Concepts - Comprehend concepts related to health promotion and disease prevention to enhance health.	Health Education	7	Health Literacy Concepts	<a href="#">Click here</a>	Stress Resource: <a href="#">Click here</a>
HE.7.C.1.In.d	Identify ways to reduce or prevent injuries and other adolescent-health problems, such as wearing a helmet when biking or skateboarding, wearing a seat belt, following pedestrian-safety laws, and avoiding handling of firearms.	Core Concepts - Comprehend concepts related to health promotion and disease prevention to enhance health.	Health Education	7	Health Literacy Concepts	<a href="#">Click here</a>	Stress Resource: <a href="#">Click here</a>
HE.7.C.1.In.e	Describe likely injuries or illnesses resulting from engaging in unhealthy behaviors, such as illness or death from abusing over-the-counter medications, contracting sexually transmitted diseases or infections (STD/STI) from sexual relationships, and injury or death from unsupervised handling of firearms.	Core Concepts - Comprehend concepts related to health promotion and disease prevention to enhance health.	Health Education	7	Health Literacy Concepts	<a href="#">Click here</a>	Stress Resource: <a href="#">Click here</a>
HE.7.C.1.In.f	Identify that bacteria and viruses can be transmitted from one person to another and cause illness, such as the human immunodeficiency virus and staphylococcus infection.	Core Concepts - Comprehend concepts related to health promotion and disease prevention to enhance health.	Health Education	7	Health Literacy Concepts	<a href="#">Click here</a>	Stress Resource: <a href="#">Click here</a>
HE.7.C.1.In.g	Identify how appropriate healthcare services can promote personal health, such as receiving immunizations prior to entering seventh grade and developing an action plan for asthma.	Core Concepts - Comprehend concepts related to health promotion and disease prevention to enhance health.	Health Education	7	Health Literacy Concepts	<a href="#">Click here</a>	Stress Resource: <a href="#">Click here</a>
HE.7.C.1.In.h	Identify health conditions that are passed from parent to child (inherited), such as sickle cell anemia, diabetes, heart disease, and acne.	Core Concepts - Comprehend concepts related to health promotion and disease prevention to enhance health.	Health Education	7	Health Literacy Concepts	<a href="#">Click here</a>	Stress Resource: <a href="#">Click here</a>
HE.7.C.1.Pa.h	Recognize a common health problem that is passed from parent to child (inherited), such as sickle-cell anemia, diabetes, or acne.	Core Concepts - Comprehend concepts related to health promotion and disease prevention to enhance health.	Health Education	7	Health Literacy Concepts	<a href="#">Click here</a>	Stress Resource: <a href="#">Click here</a>
HE.7.C.1.Pa.f	Recognize infectious diseases that can be spread from one person to another, such as the human immunodeficiency virus or staphylococcus infection.	Core Concepts - Comprehend concepts related to health promotion and disease prevention to enhance health.	Health Education	7	Health Literacy Concepts	<a href="#">Click here</a>	Stress Resource: <a href="#">Click here</a>
HE.7.C.1.Pa.g	Recognize a common healthcare service, such as receiving immunizations prior to entering seventh grade or using an action plan for asthma.	Core Concepts - Comprehend concepts related to health promotion and disease prevention to enhance health.	Health Education	7	Health Literacy Concepts	<a href="#">Click here</a>	Stress Resource: <a href="#">Click here</a>
HE.7.C.1.Pa.d	Recognize a way to prevent injuries and adolescent-health problems, such as wearing a helmet or a seat belt, following pedestrian safety rules, or avoiding handling firearms.	Core Concepts - Comprehend concepts related to health promotion and disease prevention to enhance health.	Health Education	7	Health Literacy Concepts	<a href="#">Click here</a>	Stress Resource: <a href="#">Click here</a>

Mental and Emotional Health Crosswalk for Access Points

AccessPoint#	Description	Idea/Standard	Subject	Grade	Body Of Knowledge/ Strand	Direct Link	Resources
HE.7.C.1.Pa.e	Recognize a likely injury or illness resulting from engaging in common unhealthy behaviors, such as illness or death from abusing over-the-counter medications, contracting sexually transmitted diseases or infections (STD/STI) from sexual relationships, or injury or death from unsupervised handling of firearms.	Core Concepts - Comprehend concepts related to health promotion and disease prevention to enhance health.	Health Education	7	Health Literacy Concepts	<a href="#">Click here</a>	Stress Resource: <a href="#">Click here</a>
HE.7.C.1.Pa.b	Recognize the effect of emotional health on physical health, such as emotional stress causing physical illness.	Core Concepts - Comprehend concepts related to health promotion and disease prevention to enhance health.	Health Education	7	Health Literacy Concepts	<a href="#">Click here</a>	Stress Resource: <a href="#">Click here</a>
HE.7.C.1.Pa.c	Recognize an environmental factor that affects personal health, such as having appropriate heating and cooling at school or home.	Core Concepts - Comprehend concepts related to health promotion and disease prevention to enhance health.	Health Education	7	Health Literacy Concepts	<a href="#">Click here</a>	Stress Resource: <a href="#">Click here</a>
HE.7.C.1.Pa.a	Recognize an effect of a healthy or unhealthy behavior on personal health—including reproductive health—such as choosing healthy foods or fast foods, getting along with others or having conflicts, and appropriate physical contact.	Core Concepts - Comprehend concepts related to health promotion and disease prevention to enhance health.	Health Education	7	Health Literacy Concepts	<a href="#">Click here</a>	Stress Resource: <a href="#">Click here</a>
HE.7.C.1.Su.b	Identify how one dimension of health relates to another dimension of health, such as managing time effectively (intellectual dimension) to reduce stress (mental/emotional dimension), and choosing healthy foods (intellectual dimension) to maintain a healthy weight (physical dimension).	Core Concepts - Comprehend concepts related to health promotion and disease prevention to enhance health.	Health Education	7	Health Literacy Concepts	<a href="#">Click here</a>	Stress Resource: <a href="#">Click here</a>
HE.7.C.1.Su.a	Recognize the effects of healthy and unhealthy behaviors on personal health—including reproductive health—such as knowing the consequences of teen pregnancy, managing time effectively to reduce stress, eating junk foods and gaining weight, or not resolving conflicts and emotional health.	Core Concepts - Comprehend concepts related to health promotion and disease prevention to enhance health.	Health Education	7	Health Literacy Concepts	<a href="#">Click here</a>	Stress Resource: <a href="#">Click here</a>
HE.7.C.1.Su.c	Recognize ways selected environmental factors can affect personal health, such as food refrigeration, appropriate home heating and cooling, water quality, and trash-collection services.	Core Concepts - Comprehend concepts related to health promotion and disease prevention to enhance health.	Health Education	7	Health Literacy Concepts	<a href="#">Click here</a>	Stress Resource: <a href="#">Click here</a>
HE.7.C.1.Su.e	Identify a likely injury or illness resulting from engaging in common, unhealthy behaviors, such as illness or death from abusing over-the-counter medications, contracting sexually transmitted diseases or infections (STD/STI) from sexual relationships, or injury or death from unsupervised handling of firearms.	Core Concepts - Comprehend concepts related to health promotion and disease prevention to enhance health.	Health Education	7	Health Literacy Concepts	<a href="#">Click here</a>	Stress Resource: <a href="#">Click here</a>
HE.7.C.1.Su.d	Recognize ways to reduce or prevent injuries and other adolescent-health problems, such as wearing a helmet and a seat belt, following pedestrian safety laws, and avoiding handling firearms.	Core Concepts - Comprehend concepts related to health promotion and disease prevention to enhance health.	Health Education	7	Health Literacy Concepts	<a href="#">Click here</a>	Stress Resource: <a href="#">Click here</a>

Mental and Emotional Health Crosswalk for Access Points

AccessPoint#	Description	Idea/Standard	Subject	Grade	Body Of Knowledge/ Strand	Direct Link	Resources
HE.7.C.1.Su.f	Recognize infectious diseases that can be spread from one person to another, such as the human immunodeficiency virus or staphylococcus infection.	Core Concepts - Comprehend concepts related to health promotion and disease prevention to enhance health.	Health Education	7	Health Literacy Concepts	<a href="#">Click here</a>	Stress Resource: <a href="#">Click here</a>
HE.7.C.1.Su.g	Recognize how appropriate healthcare services can promote personal health, such as receiving immunizations prior to entering seventh grade and using an action plan for asthma.	Core Concepts - Comprehend concepts related to health promotion and disease prevention to enhance health.	Health Education	7	Health Literacy Concepts	<a href="#">Click here</a>	Stress Resource: <a href="#">Click here</a>
HE.7.C.1.Su.h	Recognize common health problems that are passed from parent to child (inherited), such as sickle-cell anemia, diabetes, and acne.	Core Concepts - Comprehend concepts related to health promotion and disease prevention to enhance health.	Health Education	7	Health Literacy Concepts	<a href="#">Click here</a>	Stress Resource: <a href="#">Click here</a>
HE.7.C.2.In.g	Identify ways cultural changes related to health beliefs and behaviors impact personal health, such as the availability of American fast foods across the world, infant-feeding practices, prevalence of diabetes, cell-phone use, and the timeliness of emergency response.	Internal and External Influence - Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.	Health Education	7	Health Literacy Concepts	<a href="#">Click here</a>	
HE.7.C.2.In.h	Identify how changes in social norms impact healthy and unhealthy behavior, such as secondhand smoke, menu items at restaurants, and anti-bullying behavior.	Internal and External Influence - Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.	Health Education	7	Health Literacy Concepts	<a href="#">Click here</a>	
HE.7.C.2.In.i	Recognize how personal values, attitudes, and beliefs influence individual health practices and behaviors.	Internal and External Influence - Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.	Health Education	7	Health Literacy Concepts	<a href="#">Click here</a>	
HE.7.C.2.In.a	Identify how family health behaviors influence the health of adolescents, such as eating family meals together, smoking in the home, and consuming alcohol.	Internal and External Influence - Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.	Health Education	7	Health Literacy Concepts	<a href="#">Click here</a>	
HE.7.C.2.In.b	Describe ways peers may influence the health behaviors of adolescents, such as modeling self-confidence, trying new foods, and having prejudices.	Internal and External Influence - Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.	Health Education	7	Health Literacy Concepts	<a href="#">Click here</a>	
HE.7.C.2.In.c	Identify ways the school and community may influence the health behaviors of adolescents, such as promoting gun locks, having fire and tornado drills, and providing healthy foods in vending machines.	Internal and External Influence - Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.	Health Education	7	Health Literacy Concepts	<a href="#">Click here</a>	
HE.7.C.2.In.e	Identify how messages from media influence health behaviors, such as using sports figures to promote fast food, using provocative images in film and print advertisements, and portraying smoking as appealing.	Internal and External Influence - Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.	Health Education	7	Health Literacy Concepts	<a href="#">Click here</a>	
HE.7.C.2.In.f	Identify the influence of technology in locating valid health information, such as information from specific health websites—Centers for Disease Control and Prevention (CDC), National Institute of Health (NIH), and MyPyramid.gov.	Internal and External Influence - Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.	Health Education	7	Health Literacy Concepts	<a href="#">Click here</a>	

Mental and Emotional Health Crosswalk for Access Points

AccessPoint#	Description	Idea/Standard	Subject	Grade	Body Of Knowledge/ Strand	Direct Link	Resources
HE.7.C.2.Pa.e	Recognize a way a selected media message may influence health behavior, such as using sports figures to promote fast food, using provocative images in film and print advertisements, or portraying smoking as appealing.	Internal and External Influence - Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.	Health Education	7	Health Literacy Concepts	<a href="#">Click here</a>	
HE.7.C.2.Pa.f	Recognize that technology can provide accurate health information for people, such as information from specific health websites—Centers for Disease Control and Prevention (CDC), National Institute of Health (NIH), and MyPyramid.gov.	Internal and External Influence - Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.	Health Education	7	Health Literacy Concepts	<a href="#">Click here</a>	
HE.7.C.2.Pa.b	Recognize selected ways peers may influence the health behaviors of adolescents, such as modeling self-confidence, trying new foods, and having prejudices.	Internal and External Influence - Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.	Health Education	7	Health Literacy Concepts	<a href="#">Click here</a>	
HE.7.C.2.Pa.c	Recognize a way the school or community may influence the health behaviors of adolescents, such as having fire and tornado drills or providing healthy foods in vending machines.	Internal and External Influence - Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.	Health Education	7	Health Literacy Concepts	<a href="#">Click here</a>	
HE.7.C.2.Pa.a	Recognize a way that a family health behavior influences the health of adolescents, such as eating family meals together, smoking in the home, and consuming alcohol.	Internal and External Influence - Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.	Health Education	7	Health Literacy Concepts	<a href="#">Click here</a>	
HE.7.C.2.Pa.g	Recognize ways the beliefs or behaviors of others may relate to personal health behaviors, such as secondhand smoke, menu items at restaurants, and anti-bullying behavior.	Internal and External Influence - Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.	Health Education	7	Health Literacy Concepts	<a href="#">Click here</a>	
HE.7.C.2.Pa.h	Recognize ways the beliefs or behaviors of others may relate to personal health behaviors, such as secondhand smoke, menu items at restaurants, and anti-bullying behavior.	Internal and External Influence - Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.	Health Education	7	Health Literacy Concepts	<a href="#">Click here</a>	
HE.7.C.2.Pa.i	Recognize how likes and dislikes influence choice-making.	Internal and External Influence - Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.	Health Education	7	Health Literacy Concepts	<a href="#">Click here</a>	
HE.7.C.2.Su.i	Recognize how a personal value, attitudes, or belief influences an individual health practice or behavior.	Internal and External Influence - Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.	Health Education	7	Health Literacy Concepts	<a href="#">Click here</a>	
HE.7.C.2.Su.h	Recognize ways that changes in social norms impact healthy and unhealthy behavior, such as secondhand smoke, menu items at restaurants, and anti-bullying behavior.	Internal and External Influence - Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.	Health Education	7	Health Literacy Concepts	<a href="#">Click here</a>	
HE.7.C.2.Su.g	Recognize ways cultural changes related to health beliefs and behaviors impact personal health, such as the availability of American fast foods across the world, infant-feeding practices, prevalence of diabetes, cell- phone use, and the timeliness of emergency response.	Internal and External Influence - Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.	Health Education	7	Health Literacy Concepts	<a href="#">Click here</a>	

Mental and Emotional Health Crosswalk for Access Points

AccessPoint#	Description	Idea/Standard	Subject	Grade	Body Of Knowledge/ Strand	Direct Link	Resources
HE.7.C.2.Su.a	Recognize how family health behaviors influence the health of adolescents, such as eating family meals together, smoking in the home, and consuming alcohol.	Internal and External Influence - Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.	Health Education	7	Health Literacy Concepts	<a href="#">Click here</a>	
HE.7.C.2.Su.c	Recognize selected ways the school and community may influence the health behaviors of adolescents, such as promoting gun locks, having fire and tornado drills, and providing healthy foods in vending machines.	Internal and External Influence - Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.	Health Education	7	Health Literacy Concepts	<a href="#">Click here</a>	
HE.7.C.2.Su.b	Identify ways peers may influence the health behaviors of adolescents, such as modeling self-confidence, trying new foods, and having prejudices.	Internal and External Influence - Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.	Health Education	7	Health Literacy Concepts	<a href="#">Click here</a>	
HE.7.C.2.Su.e	Identify ways messages from media influence health behaviors, such as using sports figures to promote fast food, using provocative images in film and print advertisements, and portraying smoking as appealing.	Internal and External Influence - Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.	Health Education	7	Health Literacy Concepts	<a href="#">Click here</a>	
HE.7.C.2.Su.f	Recognize the influence of technology in locating valid health information, such as information from specific health websites—Centers for Disease Control and Prevention (CDC), National Institute of Health (NIH), and MyPyramid.gov.	Internal and External Influence - Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.	Health Education	7	Health Literacy Concepts	<a href="#">Click here</a>	
HE.7.P.7.In.1	Describe the importance of assuming responsibility for personal-health behaviors, such as participating in physical activity, having good eating habits, and managing stress effectively.	Self Management - Demonstrate the ability to practice advocacy, health-enhancing behaviors, and avoidance or reduction of health risks for oneself.	Health Education	7	Health Literacy Promotion	<a href="#">Click here</a>	
HE.7.P.7.In.2	Demonstrate healthy practices and behaviors that will maintain or improve personal health of self, and reduce health risks, such as healthy relationship skills, peer- pressure refusal skills, problem-solving skills, being safe on the Internet, refusing alcohol, and practicing sexual abstinence.	Self Management - Demonstrate the ability to practice advocacy, health-enhancing behaviors, and avoidance or reduction of health risks for oneself.	Health Education	7	Health Literacy Promotion	<a href="#">Click here</a>	
HE.7.P.7.Pa.2	Perform a healthy practice or behavior that will maintain or improve health of self, such as healthy relationship skills, peer- pressure refusal skills, or problem-solving skills.	Self Management - Demonstrate the ability to practice advocacy, health-enhancing behaviors, and avoidance or reduction of health risks for oneself.	Health Education	7	Health Literacy Promotion	<a href="#">Click here</a>	
HE.7.P.7.Pa.1	Recognize that it is important to have good personal-health habits.	Self Management - Demonstrate the ability to practice advocacy, health-enhancing behaviors, and avoidance or reduction of health risks for oneself.	Health Education	7	Health Literacy Promotion	<a href="#">Click here</a>	
HE.7.P.7.Su.1	Identify the importance of assuming personal responsibility for personal-health behaviors, such as participating in physical activity, having good eating habits, and managing stress effectively.	Self Management - Demonstrate the ability to practice advocacy, health-enhancing behaviors, and avoidance or reduction of health risks for oneself.	Health Education	7	Health Literacy Promotion	<a href="#">Click here</a>	

Mental and Emotional Health Crosswalk for Access Points

AccessPoint#	Description	Idea/Standard	Subject	Grade	Body Of Knowledge/ Strand	Direct Link	Resources
HE.7.P.7.Su.2	Demonstrate a healthy practice and behavior that will maintain or improve personal health of self and reduce health risks, such as healthy relationship skills, peer- pressure refusal skills, problem-solving skills, being safe on the Internet, refusing alcohol, or practicing sexual abstinence.	Self Management - Demonstrate the ability to practice advocacy, health-enhancing behaviors, and avoidance or reduction of health risks for oneself.	Health Education	7	Health Literacy Promotion	<a href="#">Click here</a>	
HE.7.P.8.In.1	Solicit suggestions and support from others to promote positive health choices in selected situations, such as seeking help from school support staff, practicing conflict resolution, and making wise consumer purchases.	Advocacy - Demonstrate the ability to advocate for individual, peer, school, family, and community health.	Health Education	7	Health Literacy Promotion	<a href="#">Click here</a>	
HE.7.P.8.In.2	Describe a health-enhancing position on a topic using accurate information from selected resources to support it, such as bullying prevention, using the Internet, or choosing nutritious foods.	Advocacy - Demonstrate the ability to advocate for individual, peer, school, family, and community health.	Health Education	7	Health Literacy Promotion	<a href="#">Click here</a>	
HE.7.P.8.In.3	Work with others to advocate for healthy individuals and peers, such as assisting with needs assessments, writing advocacy letters, and volunteering at information kiosks	Advocacy - Demonstrate the ability to advocate for individual, peer, school, family, and community health.	Health Education	7	Health Literacy Promotion	<a href="#">Click here</a>	
HE.7.P.8.In.4	Identify ways health messages or communication techniques are targeted for a particular audience, such as the messages in print media, broadcast media, or on billboards.	Advocacy - Demonstrate the ability to advocate for individual, peer, school, family, and community health.	Health Education	7	Health Literacy Promotion	<a href="#">Click here</a>	
HE.7.P.8.Pa.4	Recognize a communication technique for a selected audience, such as popular music in a message in broadcast media for teenagers.	Advocacy - Demonstrate the ability to advocate for individual, peer, school, family, and community health.	Health Education	7	Health Literacy Promotion	<a href="#">Click here</a>	
HE.7.P.8.Pa.3	Work with others to promote a selected healthy practice for individuals or peers, such as assisting with needs assessments, writing advocacy letters, and volunteering at information kiosks.	Advocacy - Demonstrate the ability to advocate for individual, peer, school, family, and community health.	Health Education	7	Health Literacy Promotion	<a href="#">Click here</a>	
HE.7.P.8.Pa.1	Follow directions and accept support from others to promote a positive health choice in a selected situation, such as seeking help from school support staff, practicing conflict resolution, and making wise consumer purchases.	Advocacy - Demonstrate the ability to advocate for individual, peer, school, family, and community health.	Health Education	7	Health Literacy Promotion	<a href="#">Click here</a>	
HE.7.P.8.Pa.2	Recognize a reason why a selected health-enhancing position is desirable, such as bullying prevention, using the Internet safely, or choosing nutritious foods.	Advocacy - Demonstrate the ability to advocate for individual, peer, school, family, and community health.	Health Education	7	Health Literacy Promotion	<a href="#">Click here</a>	
HE.7.P.8.Su.3	Work with others to advocate for healthy individuals and peers in selected situations, such as assisting with needs assessments, writing advocacy letters, or volunteering at information kiosks.	Advocacy - Demonstrate the ability to advocate for individual, peer, school, family, and community health.	Health Education	7	Health Literacy Promotion	<a href="#">Click here</a>	
HE.7.P.8.Su.2	Identify reasons why a selected health-enhancing position is desirable, such as bullying prevention, using the Internet safely, or choosing nutritious foods.	Advocacy - Demonstrate the ability to advocate for individual, peer, school, family, and community health.	Health Education	7	Health Literacy Promotion	<a href="#">Click here</a>	

Mental and Emotional Health Crosswalk for Access Points

AccessPoint#	Description	Idea/Standard	Subject	Grade	Body Of Knowledge/ Strand	Direct Link	Resources
HE.7.P.8.Su.1	Follow positive suggestions and accept support from others to promote positive health choices in selected situations, such as seeking help from school support staff, practicing conflict resolution, and making wise, consumer purchases.	Advocacy - Demonstrate the ability to advocate for individual, peer, school, family, and community health.	Health Education	7	Health Literacy Promotion	<a href="#">Click here</a>	
HE.7.P.8.Su.4	Recognize ways a health message or communication technique is targeted for a particular audience, such as the messages in print media, broadcast media, or on billboards.	Advocacy - Demonstrate the ability to advocate for individual, peer, school, family, and community health.	Health Education	7	Health Literacy Promotion	<a href="#">Click here</a>	
HE.8.B.3.In.a	Identify the validity and reliability of health services and determine differences in the cost of similar health services to assess value, such as current research and news/standard practice, prescriptions – generic vs. store brand/name brand.	Accessing Information - Demonstrate the ability to access valid health information, products, and services to enhance health.	Health Education	8	Health Literacy Responsible Behavior	<a href="#">Click here</a>	
HE.8.B.3.In.b	Examine the accessibility of products and services that enhance health, such as the health department, community agencies, and availability of prescribed and over-the-counter medications.	Accessing Information - Demonstrate the ability to access valid health information, products, and services to enhance health.	Health Education	8	Health Literacy Responsible Behavior	<a href="#">Click here</a>	
HE.8.B.3.In.c	Identify selected technologies that provide accurate health information, such as a glucose monitor, MRI, EKG, and CAT-scan.	Accessing Information - Demonstrate the ability to access valid health information, products, and services to enhance health.	Health Education	8	Health Literacy Responsible Behavior	<a href="#">Click here</a>	
HE.8.B.3.In.d	Describe situations when specific professional health services or providers may be required, such as head injuries, infections, and depression.	Accessing Information - Demonstrate the ability to access valid health information, products, and services to enhance health.	Health Education	8	Health Literacy Responsible Behavior	<a href="#">Click here</a>	
HE.8.B.3.Pa.d	Recognize selected health situations when specific professional health services may be required, such as illness, toothache, or depression.	Accessing Information - Demonstrate the ability to access valid health information, products, and services to enhance health.	Health Education	8	Health Literacy Responsible Behavior	<a href="#">Click here</a>	
HE.8.B.3.Pa.b	Recognize information, products, and services that promote health, such as advertisements, articles, infomercials, and web-based messages.	Accessing Information - Demonstrate the ability to access valid health information, products, and services to enhance health.	Health Education	8	Health Literacy Responsible Behavior	<a href="#">Click here</a>	
HE.8.B.3.Pa.c	Recognize a selected technology resource that provides accurate information, such as a glucose monitor.	Accessing Information - Demonstrate the ability to access valid health information, products, and services to enhance health.	Health Education	8	Health Literacy Responsible Behavior	<a href="#">Click here</a>	
HE.8.B.3.Pa.a	Recognize selected factors regarding health services such as eligibility for services or purchase, parental authorization, and affordability.	Accessing Information - Demonstrate the ability to access valid health information, products, and services to enhance health.	Health Education	8	Health Literacy Responsible Behavior	<a href="#">Click here</a>	
HE.8.B.3.Su.b	Identify valid health information from home, school, and community, such as information from media sources, local organizations, and school news.	Accessing Information - Demonstrate the ability to access valid health information, products, and services to enhance health.	Health Education	8	Health Literacy Responsible Behavior	<a href="#">Click here</a>	
HE.8.B.3.Su.a	Recognize the validity and reliability of a selected health service and compare cost of selected similar health services to assess value, such as current research and news/standard practice, and prescriptions, generic vs. store brand/name brand.	Accessing Information - Demonstrate the ability to access valid health information, products, and services to enhance health.	Health Education	8	Health Literacy Responsible Behavior	<a href="#">Click here</a>	

Mental and Emotional Health Crosswalk for Access Points

AccessPoint#	Description	Idea/Standard	Subject	Grade	Body Of Knowledge/ Strand	Direct Link	Resources
HE.8.B.3.Su.c	Recognize selected technologies that provide accurate health information, such as a glucose monitor, MRI, EKG, and CAT-scan.	Accessing Information - Demonstrate the ability to access valid health information, products, and services to enhance health.	Health Education	8	Health Literacy Responsible Behavior	<a href="#">Click here</a>	
HE.8.B.3.Su.d	Identify situations when specific professional health services or providers may be required, such as head injuries, infections, and depression.	Accessing Information - Demonstrate the ability to access valid health information, products, and services to enhance health.	Health Education	8	Health Literacy Responsible Behavior	<a href="#">Click here</a>	
HE.8.B.4.In.a	Identify strategies for effective verbal and nonverbal communication with family, peers, and others to enhance health, such as refusal skills, nonverbal communication, and asking questions.	Interpersonal Communication - Demonstrate the ability to use interpersonal-communication skills to enhance health and avoid or reduce health risks	Health Education	8	Health Literacy Responsible Behavior	<a href="#">Click here</a>	
HE.8.B.4.In.c	Describe possible causes of conflict among youth in schools and communities, such as relationships, territory, and jealousy.	Interpersonal Communication - Demonstrate the ability to use interpersonal-communication skills to enhance health and avoid or reduce health risks	Health Education	8	Health Literacy Responsible Behavior	<a href="#">Click here</a>	
HE.8.B.4.In.d	Describe ways to ask for and offer assistance to enhance the health of self and others, such as asking for help, getting help for others, and listening actively.	Interpersonal Communication - Demonstrate the ability to use interpersonal-communication skills to enhance health and avoid or reduce health risks	Health Education	8	Health Literacy Responsible Behavior	<a href="#">Click here</a>	
HE.8.B.4.Pa.a	Use a selected strategy to use effective verbal and nonverbal communication to enhance health, such as using refusal skills or nonverbal communication, or asking questions.	Interpersonal Communication - Demonstrate the ability to use interpersonal-communication skills to enhance health and avoid or reduce health risks	Health Education	8	Health Literacy Responsible Behavior	<a href="#">Click here</a>	
HE.8.B.4.Pa.c	Recognize a possible cause of conflict among youth in schools or communities, such as relationships, territory, or jealousy.	Interpersonal Communication - Demonstrate the ability to use interpersonal-communication skills to enhance health and avoid or reduce health risks	Health Education	8	Health Literacy Responsible Behavior	<a href="#">Click here</a>	
HE.8.B.4.Pa.d	Recognize positive ways to ask for and offer assistance to enhance the health of self and others, such as asking for help, getting help for others, or listening actively.	Interpersonal Communication - Demonstrate the ability to use interpersonal-communication skills to enhance health and avoid or reduce health risks	Health Education	8	Health Literacy Responsible Behavior	<a href="#">Click here</a>	
HE.8.B.4.Su.d	Choose an effective way to ask for and offer assistance to enhance the health of self and others, such as asking for help, getting help for others, or listening actively.	Interpersonal Communication - Demonstrate the ability to use interpersonal-communication skills to enhance health and avoid or reduce health risks	Health Education	8	Health Literacy Responsible Behavior	<a href="#">Click here</a>	
HE.8.B.4.Su.c	Identify a possible cause of conflict among youth in schools and communities, such as relationships, territory, or jealousy.	Interpersonal Communication - Demonstrate the ability to use interpersonal-communication skills to enhance health and avoid or reduce health risks	Health Education	8	Health Literacy Responsible Behavior	<a href="#">Click here</a>	
HE.8.B.4.Su.a	Identify selected strategies for effective verbal and nonverbal communication with family, peers, and others to enhance health, such as refusal skills, nonverbal communication, and asking questions.	Interpersonal Communication - Demonstrate the ability to use interpersonal-communication skills to enhance health and avoid or reduce health risks	Health Education	8	Health Literacy Responsible Behavior	<a href="#">Click here</a>	

Mental and Emotional Health Crosswalk for Access Points

AccessPoint#	Description	Idea/Standard	Subject	Grade	Body Of Knowledge/ Strand	Direct Link	Resources
HE.8.B.5.In.1	Describe health-related situations that require the application of a thoughtful, prepared plan of action, such as pressure to consume alcohol, sexual situations, and use of marijuana.	Decision Making - Demonstrate the ability to use decision-making skills to enhance health.	Health Education	8	Health Literacy Responsible Behavior	<a href="#">Click here</a>	
HE.8.B.5.In.2	Describe differences between healthy and unhealthy alternatives to health-related issues or problems, such as alcohol consumption, sleep requirements, and physical activity.	Decision Making - Demonstrate the ability to use decision-making skills to enhance health.	Health Education	8	Health Literacy Responsible Behavior	<a href="#">Click here</a>	
HE.8.B.5.In.3	Describe potential outcomes of each option when making a health-related decision, such as injury, addiction, and legal, social, sexual, and financial consequences.	Decision Making - Demonstrate the ability to use decision-making skills to enhance health.	Health Education	8	Health Literacy Responsible Behavior	<a href="#">Click here</a>	
HE.8.B.5.In.4	Discriminate between the need for individual or collaborative decision making, such as pressure to consume alcohol, self injury, weight management, sexual activity, and mental-health issues.	Decision Making - Demonstrate the ability to use decision-making skills to enhance health.	Health Education	8	Health Literacy Responsible Behavior	<a href="#">Click here</a>	
HE.8.B.5.In.5	Describe circumstances that can help or hinder healthy decision making, such as alcohol consumption; influences of media, peers, family, or community; access to health care; and mental-health condition.	Decision Making - Demonstrate the ability to use decision-making skills to enhance health.	Health Education	8	Health Literacy Responsible Behavior	<a href="#">Click here</a>	
HE.8.B.5.Pa.5	Identify a selected circumstance that can help or hinder healthy decision making, such as alcohol consumption; influences of media, peers, family, or community; access to health care; and mental- health condition.	Decision Making - Demonstrate the ability to use decision-making skills to enhance health.	Health Education	8	Health Literacy Responsible Behavior	<a href="#">Click here</a>	
HE.8.B.5.Pa.2	Recognize a healthy and an unhealthy alternative for selected health-related issues or problems, such as alcohol consumption, sleep requirements, and physical activity.	Decision Making - Demonstrate the ability to use decision-making skills to enhance health.	Health Education	8	Health Literacy Responsible Behavior	<a href="#">Click here</a>	
HE.8.B.5.Pa.3	Recognize a potential outcome of each option when making a health-related decision, such as injury, addiction, and legal, social, sexual, or financial consequences.	Decision Making - Demonstrate the ability to use decision-making skills to enhance health.	Health Education	8	Health Literacy Responsible Behavior	<a href="#">Click here</a>	
HE.8.B.5.Pa.4	Identify the need for individual or collaborative decision making in a selected situation, such as pressure to consume alcohol, self injury, weight management, sexual activity, and mental-health issues.	Decision Making - Demonstrate the ability to use decision-making skills to enhance health.	Health Education	8	Health Literacy Responsible Behavior	<a href="#">Click here</a>	
HE.8.B.5.Pa.1	Recognize a health-related situation that requires a prepared plan of action, such as pressure to consume alcohol, sexual situations, and use of marijuana.	Decision Making - Demonstrate the ability to use decision-making skills to enhance health.	Health Education	8	Health Literacy Responsible Behavior	<a href="#">Click here</a>	
HE.8.B.5.Su.1	Identify health-related situations that require the application of a thoughtful, prepared plan of action, such as pressure to consume alcohol, sexual situations, and use of marijuana.	Decision Making - Demonstrate the ability to use decision-making skills to enhance health.	Health Education	8	Health Literacy Responsible Behavior	<a href="#">Click here</a>	

Mental and Emotional Health Crosswalk for Access Points

AccessPoint#	Description	Idea/Standard	Subject	Grade	Body Of Knowledge/ Strand	Direct Link	Resources
HE.8.B.5.Su.3	Identify the potential outcomes of each option when making a health-related decision, such as injury, addiction, and legal, social, sexual, and financial consequences.	Decision Making - Demonstrate the ability to use decision-making skills to enhance health.	Health Education	8	Health Literacy Responsible Behavior	<a href="#">Click here</a>	
HE.8.B.5.Su.2	Identify healthy and unhealthy alternatives to health-related issues or problems, such as alcohol consumption, sleep requirements, and physical activity.	Decision Making - Demonstrate the ability to use decision-making skills to enhance health.	Health Education	8	Health Literacy Responsible Behavior	<a href="#">Click here</a>	
HE.8.B.5.Su.4	Discriminate between the need for individual or collaborative decision making in selected situations, such as pressure to consume alcohol, self injury, weight management, sexual activity, and mental-health issues.	Decision Making - Demonstrate the ability to use decision-making skills to enhance health.	Health Education	8	Health Literacy Responsible Behavior	<a href="#">Click here</a>	
HE.8.B.5.Su.5	Identify circumstances that can help or hinder healthy decision making, such as alcohol consumption; influences of media, peers, family, or community; access to health care; and mental-health condition.	Decision Making - Demonstrate the ability to use decision-making skills to enhance health.	Health Education	8	Health Literacy Responsible Behavior	<a href="#">Click here</a>	
HE.8.B.6.In.1	Examine personal health practices, such as physical activity, sleep habits, interpersonal skills, risky behaviors, and injury prevention.	Goal Setting - Demonstrate the ability to use goal-setting skills to enhance health.	Health Education	8	Health Literacy Responsible Behavior	<a href="#">Click here</a>	
HE.8.B.6.In.2	Use selected strategies to develop an individual health goal to adopt, maintain, or improve a personal health practice, such as physical activity, eating habits, cyber-bullying, social relationships, or sleep habits.	Goal Setting - Demonstrate the ability to use goal-setting skills to enhance health.	Health Education	8	Health Literacy Responsible Behavior	<a href="#">Click here</a>	
HE.8.B.6.In.3	Use selected strategies and skills needed to attain a personal health goal, such as increased physical activity, nutrition modification, and anger management.	Goal Setting - Demonstrate the ability to use goal-setting skills to enhance health.	Health Education	8	Health Literacy Responsible Behavior	<a href="#">Click here</a>	
HE.8.B.6.In.4	Identify ways personal health goals can vary with changing abilities and needs, such as weight reduction, the cost of healthier food, availability of exercise equipment, and the general health of the individual.	Goal Setting - Demonstrate the ability to use goal-setting skills to enhance health.	Health Education	8	Health Literacy Responsible Behavior	<a href="#">Click here</a>	
HE.8.B.6.Pa.2	Select an individual goal to adopt, maintain, or improve a personal health practice, such as physical activity, eating habits, cyber-bullying, social relationships, or sleep habits.	Goal Setting - Demonstrate the ability to use goal-setting skills to enhance health.	Health Education	8	Health Literacy Responsible Behavior	<a href="#">Click here</a>	
HE.8.B.6.Pa.3	Use a selected strategy or skill for attaining a personal health goal, such as increased physical activity, nutrition modification, and anger management.	Goal Setting - Demonstrate the ability to use goal-setting skills to enhance health.	Health Education	8	Health Literacy Responsible Behavior	<a href="#">Click here</a>	
HE.8.B.6.Pa.4	Recognize a way that personal health goals can vary based on a personal need, such as weight reduction, availability of exercise equipment, and the general health of the individual.	Goal Setting - Demonstrate the ability to use goal-setting skills to enhance health.	Health Education	8	Health Literacy Responsible Behavior	<a href="#">Click here</a>	

Mental and Emotional Health Crosswalk for Access Points

AccessPoint#	Description	Idea/Standard	Subject	Grade	Body Of Knowledge/ Strand	Direct Link	Resources
HE.8.B.6.Pa.1	Recognize if a personal health practice is helpful or harmful, such as physical activity, sleep habits, interpersonal skills, risky behaviors, and injury prevention.	Goal Setting - Demonstrate the ability to use goal-setting skills to enhance health.	Health Education	8	Health Literacy Responsible Behavior	<a href="#">Click here</a>	
HE.8.B.6.Su.1	Determine if personal health practices are helpful or harmful to health, such as physical activity, sleep habits, interpersonal skills, risky behaviors, and injury prevention.	Goal Setting - Demonstrate the ability to use goal-setting skills to enhance health.	Health Education	8	Health Literacy Responsible Behavior	<a href="#">Click here</a>	
HE.8.B.6.Su.3	Use a strategy and a skill needed to attain a personal health goal, such as increased physical activity, nutrition modification, and anger management.	Goal Setting - Demonstrate the ability to use goal-setting skills to enhance health.	Health Education	8	Health Literacy Responsible Behavior	<a href="#">Click here</a>	
HE.8.B.6.Su.2	Follow a selected procedure to develop an individual goal to adopt, maintain, or improve a personal health practice, such as physical activity, eating habits, cyber-bullying, social relationships, or sleep habits.	Goal Setting - Demonstrate the ability to use goal-setting skills to enhance health.	Health Education	8	Health Literacy Responsible Behavior	<a href="#">Click here</a>	
HE.8.B.6.Su.4	Recognize ways personal health goals can vary with changing abilities and needs, such as weight reduction, the cost of healthier food, availability of exercise equipment, and the general health of the individual.	Goal Setting - Demonstrate the ability to use goal-setting skills to enhance health.	Health Education	8	Health Literacy Responsible Behavior	<a href="#">Click here</a>	
HE.8.C.1.In.b	Describe the interrelationship between healthy behaviors and the dimensions of health (physical, mental/emotional, social, and intellectual), such as physical and social dimensions—hygiene and social relationships; intellectual, social, and physical dimensions—sexual abstinence and avoidance of disease and pregnancy; and intellectual and social dimensions—peer refusals in risky situations and social relationships.	Core Concepts - Comprehend concepts related to health promotion and disease prevention to enhance health.	Health Education	8	Health Literacy Concepts	<a href="#">Click here</a>	Stress Resource: <a href="#">Click here</a>
HE.8.C.1.In.c	Describe how environmental factors can affect personal health, such as the heat index, air quality, street lights and signs, gangs, and weapons in the community.	Core Concepts - Comprehend concepts related to health promotion and disease prevention to enhance health.	Health Education	8	Health Literacy Concepts	<a href="#">Click here</a>	Stress Resource: <a href="#">Click here</a>
HE.8.C.1.In.d	Identify strategies to reduce or prevent injuries and other adolescent-health problems, such as recognizing symptoms of depression and telling an adult about them, practicing abstinence to reduce sexually transmitted diseases, sexually transmitted infections, and avoiding unsafe places.	Core Concepts - Comprehend concepts related to health promotion and disease prevention to enhance health.	Health Education	8	Health Literacy Concepts	<a href="#">Click here</a>	Stress Resource: <a href="#">Click here</a>
HE.8.C.1.In.e	Explain the likelihood of injury or illness if engaging in unhealthy or risky behaviors, such as death or injury from drinking and driving, injuries resulting from fighting and bullying, and infections resulting from poor hygiene.	Core Concepts - Comprehend concepts related to health promotion and disease prevention to enhance health.	Health Education	8	Health Literacy Concepts	<a href="#">Click here</a>	Stress Resource: <a href="#">Click here</a>

Mental and Emotional Health Crosswalk for Access Points

AccessPoint#	Description	Idea/Standard	Subject	Grade	Body Of Knowledge/ Strand	Direct Link	Resources
HE.8.C.1.In.f	Identify common chronic diseases that impact human body systems, such as cancer, heart disease, asthma, and diabetes.	Core Concepts - Comprehend concepts related to health promotion and disease prevention to enhance health.	Health Education	8	Health Literacy Concepts	<a href="#">Click here</a>	Stress Resource: <a href="#">Click here</a>
HE.8.C.1.In.g	Describe how appropriate health care can promote personal health, such as immunizations to avoid diseases, sports physicals to reduce sports health risks, and counseling to treat depression.	Core Concepts - Comprehend concepts related to health promotion and disease prevention to enhance health.	Health Education	8	Health Literacy Concepts	<a href="#">Click here</a>	Stress Resource: <a href="#">Click here</a>
HE.8.C.1.In.h	Describe ways personal health can be affected by heredity and family history, such as sickle-cell anemia, heart disease, obesity, or mental health.	Core Concepts - Comprehend concepts related to health promotion and disease prevention to enhance health.	Health Education	8	Health Literacy Concepts	<a href="#">Click here</a>	Stress Resource: <a href="#">Click here</a>
HE.8.C.1.Pa.f	Recognize a common chronic disease, such as cancer, asthma, or diabetes.	Core Concepts - Comprehend concepts related to health promotion and disease prevention to enhance health.	Health Education	8	Health Literacy Concepts	<a href="#">Click here</a>	Stress Resource: <a href="#">Click here</a>
HE.8.C.1.Pa.g	Recognize a way appropriate health care can promote personal health, such as immunization to avoid diseases or sports physicals to reduce health risks.	Core Concepts - Comprehend concepts related to health promotion and disease prevention to enhance health.	Health Education	8	Health Literacy Concepts	<a href="#">Click here</a>	Stress Resource: <a href="#">Click here</a>
HE.8.C.1.Pa.h	Recognize a way personal health can be affected by heredity or family history.	Core Concepts - Comprehend concepts related to health promotion and disease prevention to enhance health.	Health Education	8	Health Literacy Concepts	<a href="#">Click here</a>	Stress Resource: <a href="#">Click here</a>
HE.8.C.1.Pa.d	Recognize a strategy to prevent injuries and other adolescent- health problems, such as avoiding unsafe places to avoid injury.	Core Concepts - Comprehend concepts related to health promotion and disease prevention to enhance health.	Health Education	8	Health Literacy Concepts	<a href="#">Click here</a>	Stress Resource: <a href="#">Click here</a>
HE.8.C.1.Pa.e	Recognize likely injuries or illnesses resulting from engaging in selected unhealthy behaviors, such as death or injury from drinking and driving, injuries resulting from fighting and bullying, and infections from poor hygiene.	Core Concepts - Comprehend concepts related to health promotion and disease prevention to enhance health.	Health Education	8	Health Literacy Concepts	<a href="#">Click here</a>	Stress Resource: <a href="#">Click here</a>
HE.8.C.1.Pa.b	Recognize that healthy behaviors can affect physical, mental/emotional, or social aspects of health, such as hygiene/social relationships, peer refusals in risky situations/social relationships, or sexual abstinence/avoidance of disease and pregnancy.	Core Concepts - Comprehend concepts related to health promotion and disease prevention to enhance health.	Health Education	8	Health Literacy Concepts	<a href="#">Click here</a>	Stress Resource: <a href="#">Click here</a>
HE.8.C.1.Pa.c	Recognize environmental factors that affect personal health, such as the heat index and air quality.	Core Concepts - Comprehend concepts related to health promotion and disease prevention to enhance health.	Health Education	8	Health Literacy Concepts	<a href="#">Click here</a>	Stress Resource: <a href="#">Click here</a>
HE.8.C.1.Su.d	Recognize strategies to reduce or prevent injuries and other adolescent health problems, such as recognizing symptoms of depression and telling an adult about them, practicing abstinence to reduce STDs/STIs, and avoiding unsafe places.	Core Concepts - Comprehend concepts related to health promotion and disease prevention to enhance health.	Health Education	8	Health Literacy Concepts	<a href="#">Click here</a>	Stress Resource: <a href="#">Click here</a>
HE.8.C.1.Su.c	Describe a way an environmental factor can affect personal health, such as the heat index, air quality, street lights and signs, gangs, and weapons in the community.	Core Concepts - Comprehend concepts related to health promotion and disease prevention to enhance health.	Health Education	8	Health Literacy Concepts	<a href="#">Click here</a>	Stress Resource: <a href="#">Click here</a>

Mental and Emotional Health Crosswalk for Access Points

AccessPoint#	Description	Idea/Standard	Subject	Grade	Body Of Knowledge/ Strand	Direct Link	Resources
HE.8.C.1.Su.b	Identify that healthy behaviors can impact multiple dimensions of health (physical, emotional, and social), such as physical and social dimensions—hygiene and social relationships; emotional and social dimensions—peer pressure in risky situations and social relationships.	Core Concepts - Comprehend concepts related to health promotion and disease prevention to enhance health.	Health Education	8	Health Literacy Concepts	<a href="#">Click here</a>	Stress Resource: <a href="#">Click here</a>
HE.8.C.1.Su.e	Identify likely injuries or illnesses resulting from engaging in unhealthy or risky behaviors, such as death or injury from drinking and driving, injuries resulting from fighting and bullying, and infections from poor hygiene.	Core Concepts - Comprehend concepts related to health promotion and disease prevention to enhance health.	Health Education	8	Health Literacy Concepts	<a href="#">Click here</a>	Stress Resource: <a href="#">Click here</a>
HE.8.C.1.Su.g	Identify how appropriate health care can promote personal health, such as immunizations to avoid diseases, sports physicals to reduce health risks, and counseling to treat depression.	Core Concepts - Comprehend concepts related to health promotion and disease prevention to enhance health.	Health Education	8	Health Literacy Concepts	<a href="#">Click here</a>	Stress Resource: <a href="#">Click here</a>
HE.8.C.1.Su.h	Identify ways personal health can be affected by heredity and family history, such as sickle-cell anemia, heart disease, obesity, or mental health.	Core Concepts - Comprehend concepts related to health promotion and disease prevention to enhance health.	Health Education	8	Health Literacy Concepts	<a href="#">Click here</a>	Stress Resource: <a href="#">Click here</a>
HE.8.C.2.In.a	Describe the role of family health beliefs on the health of adolescents, such as beliefs about alternative-medical care, family religious beliefs, and the importance of physical activity.	Internal and External Influence - Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.	Health Education	8	Health Literacy Concepts	<a href="#">Click here</a>	
HE.8.C.2.In.b	Describe how the health beliefs of peers may influence adolescent health, such as myths about drug use, perception of healthy body composition, and fear of getting a friend in trouble or losing a friend.	Internal and External Influence - Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.	Health Education	8	Health Literacy Concepts	<a href="#">Click here</a>	
HE.8.C.2.In.c	Describe how the school and community may influence adolescent health, such as providing drug-abuse education programs and volunteering opportunities, and the availability of recreational facilities or programs.	Internal and External Influence - Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.	Health Education	8	Health Literacy Concepts	<a href="#">Click here</a>	
HE.8.C.2.In.d	Describe a school or public health policy that influences health promotion and disease prevention, such as speed-limit laws, immunization requirements, or universal precautions.	Internal and External Influence - Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.	Health Education	8	Health Literacy Concepts	<a href="#">Click here</a>	
HE.8.C.2.In.e	Examine selected marketing strategies behind health-related media messages using selected resources, such as social acceptance of alcohol use, promotion of thinness as the best body type, and using sexual images to sell products.	Internal and External Influence - Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.	Health Education	8	Health Literacy Concepts	<a href="#">Click here</a>	
HE.8.C.2.In.f	Describe ways technology influences personal and family health, such as the use of personal electronic devices, television, and headphones.	Internal and External Influence - Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.	Health Education	8	Health Literacy Concepts	<a href="#">Click here</a>	

Mental and Emotional Health Crosswalk for Access Points

AccessPoint#	Description	Idea/Standard	Subject	Grade	Body Of Knowledge/ Strand	Direct Link	Resources
HE.8.C.2.In.g	Identify the influence of culture on health beliefs, practices, and behaviors, such as medical procedures, sexual abstinence, and prescription-drug use.	Internal and External Influence - Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.	Health Education	8	Health Literacy Concepts	<a href="#">Click here</a>	
HE.8.C.2.In.h	Describe how the perception of common social norms may influence healthy and unhealthy behaviors, such as sexual abstinence, prescription-drug use, and marijuana use.	Internal and External Influence - Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.	Health Education	8	Health Literacy Concepts	<a href="#">Click here</a>	
HE.8.C.2.In.i	Identify how personal values, attitudes, and beliefs influence individual health practices and behaviors.	Internal and External Influence - Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.	Health Education	8	Health Literacy Concepts	<a href="#">Click here</a>	
HE.8.C.2.Pa.i	Identify how likes and dislikes influence choice-making.	Internal and External Influence - Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.	Health Education	8	Health Literacy Concepts	<a href="#">Click here</a>	
HE.8.C.2.Pa.g	Recognize a way the perception of a common social practice (norm) relates to healthy and unhealthy behaviors, such as sexual abstinence, prescription-drug use, or marijuana use.	Internal and External Influence - Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.	Health Education	8	Health Literacy Concepts	<a href="#">Click here</a>	
HE.8.C.2.Pa.h	Recognize a way the perception of a common social practice (norm) relates to healthy and unhealthy behaviors, such as sexual abstinence, prescription-drug use, or marijuana use.	Internal and External Influence - Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.	Health Education	8	Health Literacy Concepts	<a href="#">Click here</a>	
HE.8.C.2.Pa.e	Recognize a marketing strategy used in a health-related media message, such as social acceptance of alcohol use, promotion of thinness as the best body type, or sexual images to sell products.	Internal and External Influence - Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.	Health Education	8	Health Literacy Concepts	<a href="#">Click here</a>	
HE.8.C.2.Pa.f	Recognize a way that technology impacts personal and family health, such as the use of personal electronic devices, television, and headphones.	Internal and External Influence - Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.	Health Education	8	Health Literacy Concepts	<a href="#">Click here</a>	
HE.8.C.2.Pa.c	Recognize how the school may influence the health behaviors of adolescents, such as providing drug-abuse education programs and volunteering opportunities, and the availability of recreational facilities or programs.	Internal and External Influence - Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.	Health Education	8	Health Literacy Concepts	<a href="#">Click here</a>	
HE.8.C.2.Pa.d	Recognize a school and a public-health policy that influences health promotion and disease prevention, such as having immunization requirements or universal precautions.	Internal and External Influence - Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.	Health Education	8	Health Literacy Concepts	<a href="#">Click here</a>	
HE.8.C.2.Pa.a	Recognize a way family health beliefs may influence the health of adolescents, such as beliefs about alternative-medical care, family religious beliefs, or the importance of physical activity.	Internal and External Influence - Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.	Health Education	8	Health Literacy Concepts	<a href="#">Click here</a>	

Mental and Emotional Health Crosswalk for Access Points

AccessPoint#	Description	Idea/Standard	Subject	Grade	Body Of Knowledge/ Strand	Direct Link	Resources
HE.8.C.2.Pa.b	Recognize selected ways the beliefs of peers may influence the health of adolescents, such as myths about drug use, perception of healthy body composition, and fear of getting a friend in trouble or losing a friend.	Internal and External Influence - Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.	Health Education	8	Health Literacy Concepts	<a href="#">Click here</a>	
HE.8.C.2.Su.c	Identify how the school and community may influence adolescent health, such as providing drug-abuse education programs and volunteering opportunities, and the availability of recreational facilities or programs.	Internal and External Influence - Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.	Health Education	8	Health Literacy Concepts	<a href="#">Click here</a>	
HE.8.C.2.Su.d	Recognize school and public-health policies that can influence health promotion and disease prevention, such as having immunization requirements and universal precautions.	Internal and External Influence - Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.	Health Education	8	Health Literacy Concepts	<a href="#">Click here</a>	
HE.8.C.2.Su.g	Recognize an influence of culture on health beliefs, practices, and behaviors regarding matters such as medical procedures, sexual abstinence, and prescription-drug use.	Internal and External Influence - Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.	Health Education	8	Health Literacy Concepts	<a href="#">Click here</a>	
HE.8.C.2.Su.f	Identify ways technology impacts personal and family health, such as the use of personal electronic devices, television, and headphones.	Internal and External Influence - Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.	Health Education	8	Health Literacy Concepts	<a href="#">Click here</a>	
HE.8.C.2.Su.e	Identify a marketing strategy used in a selected media message, such as social acceptance of alcohol use, promotion of thinness as the best body type, or sexual images to sell products.	Internal and External Influence - Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.	Health Education	8	Health Literacy Concepts	<a href="#">Click here</a>	
HE.8.C.2.Su.h	Identify how the perceptions of selected social norms may influence healthy and unhealthy behaviors, such as sexual abstinence, prescription-drug use, and marijuana use.	Internal and External Influence - Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.	Health Education	8	Health Literacy Concepts	<a href="#">Click here</a>	
HE.8.C.2.Su.i	Identify how a personal value, attitudes, or belief influences an individual health practice or behavior.	Internal and External Influence - Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.	Health Education	8	Health Literacy Concepts	<a href="#">Click here</a>	
HE.8.C.2.Su.b	Describe how the health beliefs of peers may influence adolescent health, such as myths about drug use, perception of healthy body composition, and fear of getting a friend in trouble or losing a friend.	Internal and External Influence - Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.	Health Education	8	Health Literacy Concepts	<a href="#">Click here</a>	
HE.8.C.2.Su.a	Identify the role of family health beliefs on the health of adolescents, such as beliefs about alternative-medical care, family religious beliefs, and the importance of physical activity.	Internal and External Influence - Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.	Health Education	8	Health Literacy Concepts	<a href="#">Click here</a>	
HE.8.P.7.In.1	Explain the importance of assuming responsibility for personal- health behaviors—including sexual behavior—such as abstaining from sexual activity, maintaining good skin- care practices, and avoiding drug abuse.	Self Management - Demonstrate the ability to practice advocacy, health-enhancing behaviors, and avoidance or reduction of health risks for oneself.	Health Education	8	Health Literacy Promotion	<a href="#">Click here</a>	

Mental and Emotional Health Crosswalk for Access Points

AccessPoint#	Description	Idea/Standard	Subject	Grade	Body Of Knowledge/ Strand	Direct Link	Resources
HE.8.P.7.In.2	Explain healthy practices and behaviors that will maintain or improve personal health and reduce health risks, such as assessing the influences of advertising, participating in various physical activities, fostering healthy relationships, setting healthy goals, being safe on the Internet, choosing healthy foods, resisting negative peer pressure, and getting adequate sleep .	Self Management - Demonstrate the ability to practice advocacy, health-enhancing behaviors, and avoidance or reduction of health risks for oneself.	Health Education	8	Health Literacy Promotion	<a href="#">Click here</a>	
HE.8.P.7.Pa.2	Identify a healthy practice and a behavior that will maintain or improve personal health of self, such as assessing the influences of advertising, participating in various physical activities, fostering healthy relationships, or setting healthy goals.	Self Management - Demonstrate the ability to practice advocacy, health-enhancing behaviors, and avoidance or reduction of health risks for oneself.	Health Education	8	Health Literacy Promotion	<a href="#">Click here</a>	
HE.8.P.7.Pa.1	Recognize that it is important to take responsibility for personal-health behaviors—including sexual behavior—such as abstaining from sexual activity, maintaining good skin-care practices, and avoiding drug abuse.	Self Management - Demonstrate the ability to practice advocacy, health-enhancing behaviors, and avoidance or reduction of health risks for oneself.	Health Education	8	Health Literacy Promotion	<a href="#">Click here</a>	
HE.8.P.7.Su.2	Describe healthy practices and behaviors that will maintain or improve personal health of self, and reduce health risks, such as assessing the influences of advertising, participating in various physical activities, fostering healthy relationships, setting healthy goals being safe on the Internet, choosing healthy foods, resisting negative peer pressure, and getting adequate sleep.	Self Management - Demonstrate the ability to practice advocacy, health-enhancing behaviors, and avoidance or reduction of health risks for oneself.	Health Education	8	Health Literacy Promotion	<a href="#">Click here</a>	
HE.8.P.7.Su.1	Describe why it is important to take responsibility for personal-health behaviors—including sexual behavior—such as abstaining from sexual activity, maintaining good skin-care practices, and avoiding drug abuse.	Self Management - Demonstrate the ability to practice advocacy, health-enhancing behaviors, and avoidance or reduction of health risks for oneself.	Health Education	8	Health Literacy Promotion	<a href="#">Click here</a>	
HE.8.P.8.In.1	Promote positive health choices with the support of others, such as the promotion of oral health, sexual abstinence, and not using drugs.	Advocacy - Demonstrate the ability to advocate for individual, peer, school, family, and community health.	Health Education	8	Health Literacy Promotion	<a href="#">Click here</a>	
HE.8.P.8.In.2	Explain the desirability of a health-enhancing position on a topic using accurate information from selected resources, such as abstinence from unhealthy behaviors, gun-safety laws, or legal-age limits.	Advocacy - Demonstrate the ability to advocate for individual, peer, school, family, and community health.	Health Education	8	Health Literacy Promotion	<a href="#">Click here</a>	
HE.8.P.8.In.3	Work with others to advocate for healthy individuals, peers, families, and schools, such as promoting community initiatives, and creating media campaigns.	Advocacy - Demonstrate the ability to advocate for individual, peer, school, family, and community health.	Health Education	8	Health Literacy Promotion	<a href="#">Click here</a>	

Mental and Emotional Health Crosswalk for Access Points

AccessPoint#	Description	Idea/Standard	Subject	Grade	Body Of Knowledge/ Strand	Direct Link	Resources
HE.8.P.8.In.4	Identify ways health messages or communication techniques can be targeted for a particular audience, such as advertisements, media campaigns, and health fairs.	Advocacy - Demonstrate the ability to advocate for individual, peer, school, family, and community health.	Health Education	8	Health Literacy Promotion	<a href="#">Click here</a>	
HE.8.P.8.Pa.4	Recognize a way a health message targets a particular audience, such as in advertisements, media campaigns, and health fairs.	Advocacy - Demonstrate the ability to advocate for individual, peer, school, family, and community health.	Health Education	8	Health Literacy Promotion	<a href="#">Click here</a>	
HE.8.P.8.Pa.2	Recognize accurate information related to a health-enhancing position on a topic, such as abstinence from unhealthy behaviors, gun-safety laws, or legal-age limits.	Advocacy - Demonstrate the ability to advocate for individual, peer, school, family, and community health.	Health Education	8	Health Literacy Promotion	<a href="#">Click here</a>	
HE.8.P.8.Pa.3	Work with others to promote selected healthy practices for individuals, peers, families, or schools, such as promoting community initiatives, and creating media campaigns.	Advocacy - Demonstrate the ability to advocate for individual, peer, school, family, and community health.	Health Education	8	Health Literacy Promotion	<a href="#">Click here</a>	
HE.8.P.8.Pa.1	Promote a positive health choice with the support of others, such as the promotion of oral health, sexual abstinence, and not using drugs.	Advocacy - Demonstrate the ability to advocate for individual, peer, school, family, and community health.	Health Education	8	Health Literacy Promotion	<a href="#">Click here</a>	
HE.8.P.8.Su.2	Support a health-enhancing position on a topic using accurate information from a selected source, such as abstinence from unhealthy behaviors, gun-safety laws, or legal-age limits.	Advocacy - Demonstrate the ability to advocate for individual, peer, school, family, and community health.	Health Education	8	Health Literacy Promotion	<a href="#">Click here</a>	
HE.8.P.8.Su.1	Promote selected positive health choices with the support of others, such as the promotion of oral health, sexual abstinence, and not using drugs.	Advocacy - Demonstrate the ability to advocate for individual, peer, school, family, and community health.	Health Education	8	Health Literacy Promotion	<a href="#">Click here</a>	
HE.8.P.8.Su.3	Work with others to promote healthy practices for healthy individuals, peers, families, or schools, such as promoting community initiatives, and creating media campaigns.	Advocacy - Demonstrate the ability to advocate for individual, peer, school, family, and community health.	Health Education	8	Health Literacy Promotion	<a href="#">Click here</a>	
HE.8.P.8.Su.4	Identify a way a health message or communication technique can be targeted for a particular audience, such as in advertisements, media campaigns, and health fairs.	Advocacy - Demonstrate the ability to advocate for individual, peer, school, family, and community health.	Health Education	8	Health Literacy Promotion	<a href="#">Click here</a>	
HE.912.B.3.In.a	Use given criteria to assess the validity of health information, products, and services, such as magazine articles, diet or nutritional supplements, energy drinks, exercise videos or equipment, tanning salons, fitness clubs, environmentalists, and health professionals.	Accessing Information - Demonstrate the ability to access valid health information, products, and services to enhance health.	Health Education	912	Health Literacy Responsible Behavior	<a href="#">Click here</a>	My Health Care: <a href="#">Click here</a>
HE.912.B.3.In.b	Describe accessible resources in the home, school, and community that provide valid health information, such as Internet sites, family members, nurses, guidance counselors, physicians, clinics, hotlines, and support groups.	Accessing Information - Demonstrate the ability to access valid health information, products, and services to enhance health.	Health Education	912	Health Literacy Responsible Behavior	<a href="#">Click here</a>	My Health Care: <a href="#">Click here</a>

Mental and Emotional Health Crosswalk for Access Points

AccessPoint#	Description	Idea/Standard	Subject	Grade	Body Of Knowledge/ Strand	Direct Link	Resources
HE.912.B.3.In.c	Describe common technologies that provide valid health information, such as the Internet, telephone, 911 access, and medical technology including X-rays, ultrasounds, mammograms, and MRIs.	Accessing Information - Demonstrate the ability to access valid health information, products, and services to enhance health.	Health Education	912	Health Literacy Responsible Behavior	<a href="#">Click here</a>	My Health Care: <a href="#">Click here</a>
HE.912.B.3.In.d	Explain when professional health services or providers may be required, such as for injury, depression, suicide, drug abuse, a medical emergency, child abuse, or domestic violence.	Accessing Information - Demonstrate the ability to access valid health information, products, and services to enhance health.	Health Education	912	Health Literacy Responsible Behavior	<a href="#">Click here</a>	My Health Care: <a href="#">Click here</a>
HE.912.B.3.Pa.a	Verify accurate (valid) health information, products, and services by confirming with a trusted adult or health professional.	Accessing Information - Demonstrate the ability to access valid health information, products, and services to enhance health.	Health Education	912	Health Literacy Responsible Behavior	<a href="#">Click here</a>	My Health Care: <a href="#">Click here</a>
HE.912.B.3.Pa.b	Recognize the accessibility of selected products and services that enhance health, such as location, expense, services available, eligibility, and appointment scheduling.	Accessing Information - Demonstrate the ability to access valid health information, products, and services to enhance health.	Health Education	912	Health Literacy Responsible Behavior	<a href="#">Click here</a>	My Health Care: <a href="#">Click here</a>
HE.912.B.3.Pa.c	Recognize selected technologies that provide valid health information, such as the Internet, telephone, 911 access, and medical technology, including X-rays.	Accessing Information - Demonstrate the ability to access valid health information, products, and services to enhance health.	Health Education	912	Health Literacy Responsible Behavior	<a href="#">Click here</a>	My Health Care: <a href="#">Click here</a>
HE.912.B.3.Pa.d	Identify a selected situation when a professional health service or provider may be required, such as for injury, depression, suicide, drug abuse, a medical emergency, child abuse, or domestic violence.	Accessing Information - Demonstrate the ability to access valid health information, products, and services to enhance health.	Health Education	912	Health Literacy Responsible Behavior	<a href="#">Click here</a>	My Health Care: <a href="#">Click here</a>
HE.912.B.3.Su.b	Identify accessible resources in the home, school, and community that provide valid health information, such as Internet sites, family members, nurses, guidance counselors, physicians, clinics, hotlines, and support groups.	Accessing Information - Demonstrate the ability to access valid health information, products, and services to enhance health.	Health Education	912	Health Literacy Responsible Behavior	<a href="#">Click here</a>	My Health Care: <a href="#">Click here</a>
HE.912.B.3.Su.d	Describe when professional health services may be required, such as for injury, depression, suicide, drug abuse, a medical emergency, child abuse, or domestic violence.	Accessing Information - Demonstrate the ability to access valid health information, products, and services to enhance health.	Health Education	912	Health Literacy Responsible Behavior	<a href="#">Click here</a>	My Health Care: <a href="#">Click here</a>
HE.912.B.3.Su.c	Identify selected technologies that provide valid health information, such as the Internet, telephone, 911 access, and medical technology including X-rays, ultrasounds, mammograms, and MRIs.	Accessing Information - Demonstrate the ability to access valid health information, products, and services to enhance health.	Health Education	912	Health Literacy Responsible Behavior	<a href="#">Click here</a>	My Health Care: <a href="#">Click here</a>
HE.912.B.3.Su.a	Use given criteria to determine the validity of selected health information, products, and services, such as magazine articles, diet or nutritional supplements, energy drinks, exercise videos or equipment, tanning salons, fitness clubs, environmentalists, and health professionals.	Accessing Information - Demonstrate the ability to access valid health information, products, and services to enhance health.	Health Education	912	Health Literacy Responsible Behavior	<a href="#">Click here</a>	My Health Care: <a href="#">Click here</a>

Mental and Emotional Health Crosswalk for Access Points

AccessPoint#	Description	Idea/Standard	Subject	Grade	Body Of Knowledge/ Strand	Direct Link	Resources
HE.912.B.4.In.a	Describe strategies to communicate effectively with family, peers, and others to enhance health, such as having appropriate voice pitch and volume, maintaining eye contact, journaling, letter writing, and speaking persuasively.	Interpersonal Communication - Demonstrate the ability to use interpersonal-communication skills to enhance health and avoid or reduce health risks.	Health Education	912	Health Literacy Responsible Behavior	<a href="#">Click here</a>	My Health Care: <a href="#">Click here</a>
HE.912.B.4.In.b	Determine effective refusal, negotiation, and collaboration skills to enhance health and avoid or reduce health risks, such as validating other's opinions, making direct and active statements, and offering alternatives.	Interpersonal Communication - Demonstrate the ability to use interpersonal-communication skills to enhance health and avoid or reduce health risks.	Health Education	912	Health Literacy Responsible Behavior	<a href="#">Click here</a>	My Health Care: <a href="#">Click here</a>
HE.912.B.4.In.c	Use basic strategies to prevent or resolve interpersonal conflicts without harming self or others, such as using effective verbal and nonverbal communication, compromising, and using conflict-resolution skills.	Interpersonal Communication - Demonstrate the ability to use interpersonal-communication skills to enhance health and avoid or reduce health risks.	Health Education	912	Health Literacy Responsible Behavior	<a href="#">Click here</a>	My Health Care: <a href="#">Click here</a>
HE.912.B.4.In.d	Explain the effectiveness of various ways of asking for and offering assistance to enhance the health of self and others, such as verbalizing, writing, listening actively, and seeking help for a friend.	Interpersonal Communication - Demonstrate the ability to use interpersonal-communication skills to enhance health and avoid or reduce health risks.	Health Education	912	Health Literacy Responsible Behavior	<a href="#">Click here</a>	My Health Care: <a href="#">Click here</a>
HE.912.B.4.Pa.c	Use a refusal, a negotiation, or a collaboration skill to avoid or reduce personal health risks or resolve conflicts, such as stating desires clearly, offering alternatives, using "I" messages, expressing emotions, or making direct statements.	Interpersonal Communication - Demonstrate the ability to use interpersonal-communication skills to enhance health and avoid or reduce health risks.	Health Education	912	Health Literacy Responsible Behavior	<a href="#">Click here</a>	My Health Care: <a href="#">Click here</a>
HE.912.B.4.Pa.d	Identify an effective way to ask for and offer assistance to enhance the health of self and others, such as verbalizing, listening actively, and seeking help for a friend.	Interpersonal Communication - Demonstrate the ability to use interpersonal-communication skills to enhance health and avoid or reduce health risks.	Health Education	912	Health Literacy Responsible Behavior	<a href="#">Click here</a>	My Health Care: <a href="#">Click here</a>
HE.912.B.4.Pa.a	Use selected communication strategies to enhance personal health, such as having appropriate volume, maintaining eye contact, and using words and gestures to clarify meaning.	Interpersonal Communication - Demonstrate the ability to use interpersonal-communication skills to enhance health and avoid or reduce health risks.	Health Education	912	Health Literacy Responsible Behavior	<a href="#">Click here</a>	My Health Care: <a href="#">Click here</a>
HE.912.B.4.Pa.b	Use a refusal, a negotiation, or a collaboration skill to avoid or reduce personal health risks or resolve conflicts, such as stating desires clearly, offering alternatives, using "I" messages, expressing emotions, or making direct statements.	Interpersonal Communication - Demonstrate the ability to use interpersonal-communication skills to enhance health and avoid or reduce health risks.	Health Education	912	Health Literacy Responsible Behavior	<a href="#">Click here</a>	My Health Care: <a href="#">Click here</a>
HE.912.B.4.Su.c	Use a basic strategy to prevent or resolve interpersonal conflicts without harming self or others, such as using effective verbal and nonverbal communication, compromising, or using conflict-resolution skills.	Interpersonal Communication - Demonstrate the ability to use interpersonal-communication skills to enhance health and avoid or reduce health risks.	Health Education	912	Health Literacy Responsible Behavior	<a href="#">Click here</a>	My Health Care: <a href="#">Click here</a>

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AccessPoint#	Description	Idea/Standard	Subject	Grade	Body Of Knowledge/ Strand	Direct Link	Resources
HE.912.B.4.Su.b	Demonstrate selected effective refusal, negotiation, and collaboration skills to enhance health and avoid or reduce health risks, such as validating other's opinions, making direct and active statements, and offering alternatives.	Interpersonal Communication - Demonstrate the ability to use interpersonal-communication skills to enhance health and avoid or reduce health risks.	Health Education	912	Health Literacy Responsible Behavior	<a href="#">Click here</a>	My Health Care: <a href="#">Click here</a>
HE.912.B.4.Su.a	Identify strategies to communicate effectively with family, peers, and others to enhance health, such as having appropriate voice pitch and volume, maintaining eye contact, journaling, letter writing, and speaking persuasively.	Interpersonal Communication - Demonstrate the ability to use interpersonal-communication skills to enhance health and avoid or reduce health risks.	Health Education	912	Health Literacy Responsible Behavior	<a href="#">Click here</a>	My Health Care: <a href="#">Click here</a>
HE.912.B.4.Su.d	Describe effective ways to ask for and offer assistance to enhance the health of self and others, such as verbalizing, writing, listening actively, and seeking help for a friend.	Interpersonal Communication - Demonstrate the ability to use interpersonal-communication skills to enhance health and avoid or reduce health risks.	Health Education	912	Health Literacy Responsible Behavior	<a href="#">Click here</a>	My Health Care: <a href="#">Click here</a>
HE.912.B.5.In.1	Describe the value of applying a thoughtful decision-making process in health-related situations, such as decisions regarding sexual activity, alcohol consumption, and organ donation.	Decision Making - Demonstrate the ability to use decision-making skills to enhance health.	Health Education	912	Health Literacy Responsible Behavior	<a href="#">Click here</a>	My Health Care: <a href="#">Click here</a>
HE.912.B.5.In.2	Explain alternatives to health-related issues or problems, such as the health benefits of menu options, getting enough physical activity, and practicing refusal skills.	Decision Making - Demonstrate the ability to use decision-making skills to enhance health.	Health Education	912	Health Literacy Responsible Behavior	<a href="#">Click here</a>	My Health Care: <a href="#">Click here</a>
HE.912.B.5.In.3	Describe the potential short-term and long-term outcomes of each alternative on self or others when making a health-related decision, such as a nutrition plan based on personal needs and preferences, the impact of chronic health conditions on the individual and family, and weapons on campus.	Decision Making - Demonstrate the ability to use decision-making skills to enhance health.	Health Education	912	Health Literacy Responsible Behavior	<a href="#">Click here</a>	My Health Care: <a href="#">Click here</a>
HE.912.B.5.In.4	Determine whether individual or collaborative decision making is needed to make a healthy decision, such as planning a post-high-school career or education, purchasing the family's groceries, planning a weekly menu, and planning activities for siblings.	Decision Making - Demonstrate the ability to use decision-making skills to enhance health.	Health Education	912	Health Literacy Responsible Behavior	<a href="#">Click here</a>	My Health Care: <a href="#">Click here</a>
HE.912.B.5.In.5	Explain barriers that can hinder healthy decision making, such as interpersonal, financial, and environmental factors.	Decision Making - Demonstrate the ability to use decision-making skills to enhance health.	Health Education	912	Health Literacy Responsible Behavior	<a href="#">Click here</a>	My Health Care: <a href="#">Click here</a>
HE.912.B.5.Pa.4	Identify the need for individual or collaborative decision making in selected health-related situations, such as planning a post-high-school career/education, purchasing the family's groceries, planning a weekly menu, and planning activities for siblings.	Decision Making - Demonstrate the ability to use decision-making skills to enhance health.	Health Education	912	Health Literacy Responsible Behavior	<a href="#">Click here</a>	My Health Care: <a href="#">Click here</a>
HE.912.B.5.Pa.5	Identify selected barriers that can hinder healthy decision making, such as interpersonal, financial, and environmental factors.	Decision Making - Demonstrate the ability to use decision-making skills to enhance health.	Health Education	912	Health Literacy Responsible Behavior	<a href="#">Click here</a>	My Health Care: <a href="#">Click here</a>

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AccessPoint#	Description	Idea/Standard	Subject	Grade	Body Of Knowledge/ Strand	Direct Link	Resources
HE.912.B.5.Pa.2	Recognize healthy and unhealthy alternatives to selected health-related issues or problems, such as the health benefits of menu options, getting enough physical activity, and practicing refusal skills.	Decision Making - Demonstrate the ability to use decision-making skills to enhance health.	Health Education	912	Health Literacy Responsible Behavior	<a href="#">Click here</a>	My Health Care: <a href="#">Click here</a>
HE.912.B.5.Pa.3	Recognize a potential outcome of each option on self when making a health-related decision, such as a nutrition plan based on personal needs and preferences, the impact of chronic health conditions on the individual, or weapons on campus.	Decision Making - Demonstrate the ability to use decision-making skills to enhance health.	Health Education	912	Health Literacy Responsible Behavior	<a href="#">Click here</a>	My Health Care: <a href="#">Click here</a>
HE.912.B.5.Pa.1	Recognize a health-related situation that requires the application of a thoughtful decision-making process, such as decisions regarding sexual activity, alcohol consumption, and organ donation.	Decision Making - Demonstrate the ability to use decision-making skills to enhance health.	Health Education	912	Health Literacy Responsible Behavior	<a href="#">Click here</a>	My Health Care: <a href="#">Click here</a>
HE.912.B.5.Su.2	Describe alternatives to health-related issues or problems, such as the health benefits of menu options, getting enough physical activity, and practicing refusal skills.	Decision Making - Demonstrate the ability to use decision-making skills to enhance health.	Health Education	912	Health Literacy Responsible Behavior	<a href="#">Click here</a>	My Health Care: <a href="#">Click here</a>
HE.912.B.5.Su.3	Identify the potential short-term and long-term outcomes of each alternative on self or others when making a health-related decision, such as a nutrition plan based on personal needs and preferences, the impact of chronic health conditions on the individual and family, and weapons on campus.	Decision Making - Demonstrate the ability to use decision-making skills to enhance health.	Health Education	912	Health Literacy Responsible Behavior	<a href="#">Click here</a>	My Health Care: <a href="#">Click here</a>
HE.912.B.5.Su.1	Identify the value of applying a thoughtful decision-making process in health-related situations, such as decisions regarding sexual activity, alcohol consumption, and organ donation.	Decision Making - Demonstrate the ability to use decision-making skills to enhance health.	Health Education	912	Health Literacy Responsible Behavior	<a href="#">Click here</a>	My Health Care: <a href="#">Click here</a>
HE.912.B.5.Su.5	Describe barriers that can hinder healthy decision making, such as interpersonal, financial, and environmental factors.	Decision Making - Demonstrate the ability to use decision-making skills to enhance health.	Health Education	912	Health Literacy Responsible Behavior	<a href="#">Click here</a>	My Health Care: <a href="#">Click here</a>
HE.912.B.5.Su.4	Determine whether individual or collaborative decision making is needed to make a healthy decision in selected situations, such as planning a post-high-school career or education, purchasing the family's groceries, planning a weekly menu, and planning activities for siblings.	Decision Making - Demonstrate the ability to use decision-making skills to enhance health.	Health Education	912	Health Literacy Responsible Behavior	<a href="#">Click here</a>	My Health Care: <a href="#">Click here</a>
HE.912.B.6.In.1	Assess personal health practices and identifies overall health status for multiple dimensions of health, such as personal strengths, physical fitness, peer relationships, environmental health, and personal hygiene.	Goal Setting - Demonstrate the ability to use goal-setting skills to enhance health.	Health Education	912	Health Literacy Responsible Behavior	<a href="#">Click here</a>	Stress Resource: <a href="#">Click here</a>
HE.912.B.6.In.2	Use selected strategies to develop a plan to attain a personal health goal that addresses strengths, needs, and risks, such as weight management, comprehensive physical fitness, stress management, dating relationships, or risky behaviors.	Goal Setting - Demonstrate the ability to use goal-setting skills to enhance health.	Health Education	912	Health Literacy Responsible Behavior	<a href="#">Click here</a>	Stress Resource: <a href="#">Click here</a>

Mental and Emotional Health Crosswalk for Access Points

AccessPoint#	Description	Idea/Standard	Subject	Grade	Body Of Knowledge/ Strand	Direct Link	Resources
HE.912.B.6.In.3	Use strategies and monitor progress toward achieving a personal health goal, such as stress management, time out, use a squeeze ball when frustrated, talk with a friend or professional, pace oneself, set realistic expectations, use rewards, and get support.	Goal Setting - Demonstrate the ability to use goal-setting skills to enhance health.	Health Education	912	Health Literacy Responsible Behavior	<a href="#">Click here</a>	Stress Resource: <a href="#">Click here</a>
HE.912.B.6.In.4	Develop an effective long-term personal health plan, such as stress reduction, weight management, healthier eating habits, or improved physical fitness.	Goal Setting - Demonstrate the ability to use goal-setting skills to enhance health.	Health Education	912	Health Literacy Responsible Behavior	<a href="#">Click here</a>	Stress Resource: <a href="#">Click here</a>
HE.912.B.6.Pa.3	Use a selected strategy and track progress toward achieving a personal health goal, such as time out, using a squeeze ball when frustrated, talking with a friend or professional, or using rewards and supports.	Goal Setting - Demonstrate the ability to use goal-setting skills to enhance health.	Health Education	912	Health Literacy Responsible Behavior	<a href="#">Click here</a>	Stress Resource: <a href="#">Click here</a>
HE.912.B.6.Pa.4	Follow guided steps to develop an effective personal health plan for a period of time, such as stress reduction, weight management, healthier eating habits, or improved physical fitness.	Goal Setting - Demonstrate the ability to use goal-setting skills to enhance health.	Health Education	912	Health Literacy Responsible Behavior	<a href="#">Click here</a>	Stress Resource: <a href="#">Click here</a>
HE.912.B.6.Pa.1	Recognize personal health practices and overall health status, such as personal strengths, physical fitness, peer relationships, environmental health, and good personal hygiene.	Goal Setting - Demonstrate the ability to use goal-setting skills to enhance health.	Health Education	912	Health Literacy Responsible Behavior	<a href="#">Click here</a>	Stress Resource: <a href="#">Click here</a>
HE.912.B.6.Pa.2	Follow guided steps to develop a selected plan for achieving a personal health goal that addresses strengths, needs, and risks, such as weight management, comprehensive physical fitness, stress management, dating relationships, or risky behaviors.	Goal Setting - Demonstrate the ability to use goal-setting skills to enhance health.	Health Education	912	Health Literacy Responsible Behavior	<a href="#">Click here</a>	Stress Resource: <a href="#">Click here</a>
HE.912.B.6.Su.3	Use selected strategies and monitor progress toward achieving a personal health goal, such as stress management, time out, use a squeeze ball when frustrated, talk with a friend or professional, pace oneself, set realistic expectations, use rewards, and get support.	Goal Setting - Demonstrate the ability to use goal-setting skills to enhance health.	Health Education	912	Health Literacy Responsible Behavior	<a href="#">Click here</a>	Stress Resource: <a href="#">Click here</a>
HE.912.B.6.Su.4	Identify an effective personal health plan for a period of time, such as stress reduction, weight management, healthier eating habits, or improved physical fitness.	Goal Setting - Demonstrate the ability to use goal-setting skills to enhance health.	Health Education	912	Health Literacy Responsible Behavior	<a href="#">Click here</a>	Stress Resource: <a href="#">Click here</a>
HE.912.B.6.Su.2	Follow a selected procedure to develop a plan to attain a personal health goal that addresses strengths, needs, and risks, such as weight management, comprehensive physical fitness, stress management, dating relationships, or risky behaviors.	Goal Setting - Demonstrate the ability to use goal-setting skills to enhance health.	Health Education	912	Health Literacy Responsible Behavior	<a href="#">Click here</a>	Stress Resource: <a href="#">Click here</a>

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AccessPoint#	Description	Idea/Standard	Subject	Grade	Body Of Knowledge/ Strand	Direct Link	Resources
HE.912.B.6.Su.1	Examine personal health practices and recognize overall health status for a selected dimension of health, such as personal strengths, physical fitness, peer relationships, environmental health, and personal hygiene.	Goal Setting - Demonstrate the ability to use goal-setting skills to enhance health.	Health Education	912	Health Literacy Responsible Behavior	<a href="#">Click here</a>	Stress Resource: <a href="#">Click here</a>
HE.912.C.1.In.a	Explain how healthy behaviors can affect health status, such as healthy fast-food selections, regular medical screenings, and regular physical activity.	Core Concepts - Comprehend concepts related to health promotion and disease prevention to enhance health.	Health Education	912	Health Literacy Concepts	<a href="#">Click here</a>	Stress Resource: <a href="#">Click here</a>
HE.912.C.1.In.b	Explain the interrelationships of mental/emotional, intellectual, physical, and social health, such as how drinking alcohol or sexual activity impacts physical, social, and mental/emotional dimensions of health.	Core Concepts - Comprehend concepts related to health promotion and disease prevention to enhance health.	Health Education	912	Health Literacy Concepts	<a href="#">Click here</a>	Stress Resource: <a href="#">Click here</a>
HE.912.C.1.In.c	Explain how environment and personal health are interrelated, such as food options within a community and availability of recreational facilities.	Core Concepts - Comprehend concepts related to health promotion and disease prevention to enhance health.	Health Education	912	Health Literacy Concepts	<a href="#">Click here</a>	Stress Resource: <a href="#">Click here</a>
HE.912.C.1.In.d	Describe strategies to reduce or prevent injuries and health problems, such as mandatory passenger- restraint and helmet laws, mandatory immunizations, and proper handling of food.	Core Concepts - Comprehend concepts related to health promotion and disease prevention to enhance health.	Health Education	912	Health Literacy Concepts	<a href="#">Click here</a>	Stress Resource: <a href="#">Click here</a>
HE.912.C.1.In.e	Describe strategies for prevention, detection, and treatment of common communicable and chronic diseases, such as preventing and treating obesity, early detection of cancer, and getting adequate physical exercise to help prevent diabetes and heart disease.	Core Concepts - Comprehend concepts related to health promotion and disease prevention to enhance health.	Health Education	912	Health Literacy Concepts	<a href="#">Click here</a>	Stress Resource: <a href="#">Click here</a>
HE.912.C.1.In.f	Identify the relationship between access to health care and health status, such as availability of sources of checkups for early detection and treatment of cancer, HIV, diabetes, bipolar disorder, or schizophrenia.	Core Concepts - Comprehend concepts related to health promotion and disease prevention to enhance health.	Health Education	912	Health Literacy Concepts	<a href="#">Click here</a>	Stress Resource: <a href="#">Click here</a>
HE.912.C.1.In.g	Explain how heredity and family history can impact personal health, such as drug use, family obesity, heart disease, and mental health.	Core Concepts - Comprehend concepts related to health promotion and disease prevention to enhance health.	Health Education	912	Health Literacy Concepts	<a href="#">Click here</a>	Stress Resource: <a href="#">Click here</a>
HE.912.C.1.In.h	Predict the likelihood of injury, illness, or death from engaging in unhealthy behaviors, such as death from alcohol poisoning, cancer and chronic lung disease related to tobacco use, overdose from illegal drug use, or engaging in risky games.	Core Concepts - Comprehend concepts related to health promotion and disease prevention to enhance health.	Health Education	912	Health Literacy Concepts	<a href="#">Click here</a>	Stress Resource: <a href="#">Click here</a>
HE.912.C.1.Pa.e	Recognize selected strategies for prevention of common communicable diseases, such as sanitization, avoiding direct contact with infection, and proper disposal of hygiene products.	Core Concepts - Comprehend concepts related to health promotion and disease prevention to enhance health.	Health Education	912	Health Literacy Concepts	<a href="#">Click here</a>	Stress Resource: <a href="#">Click here</a>
HE.912.C.1.Pa.f	Associate access to health care with good health, such as obtaining screenings, having checkups, or receiving treatment.	Core Concepts - Comprehend concepts related to health promotion and disease prevention to enhance health.	Health Education	912	Health Literacy Concepts	<a href="#">Click here</a>	Stress Resource: <a href="#">Click here</a>

Mental and Emotional Health Crosswalk for Access Points

AccessPoint#	Description	Idea/Standard	Subject	Grade	Body Of Knowledge/ Strand	Direct Link	Resources
HE.912.C.1.Pa.c	Recognize environmental factors and related personal health behaviors, such as having recreational facilities available and increased physical activity.	Core Concepts - Comprehend concepts related to health promotion and disease prevention to enhance health.	Health Education	912	Health Literacy Concepts	<a href="#">Click here</a>	Stress Resource: <a href="#">Click here</a>
HE.912.C.1.Pa.d	Recognize a strategy to prevent injury and adolescent health problems, such as mandatory passenger- restraint/helmet laws, or proper handling of food.	Core Concepts - Comprehend concepts related to health promotion and disease prevention to enhance health.	Health Education	912	Health Literacy Concepts	<a href="#">Click here</a>	Stress Resource: <a href="#">Click here</a>
HE.912.C.1.Pa.g	Recognize ways personal health can be affected by heredity or family history, such as drug use, family obesity, heart disease, and mental health.	Core Concepts - Comprehend concepts related to health promotion and disease prevention to enhance health.	Health Education	912	Health Literacy Concepts	<a href="#">Click here</a>	Stress Resource: <a href="#">Click here</a>
HE.912.C.1.Pa.h	Recognize likely injuries or illnesses resulting from engaging in unhealthy behaviors, such as death or injury from drinking and driving, injuries resulting from fighting and bullying, and infections from poor hygiene.	Core Concepts - Comprehend concepts related to health promotion and disease prevention to enhance health.	Health Education	912	Health Literacy Concepts	<a href="#">Click here</a>	Stress Resource: <a href="#">Click here</a>
HE.912.C.1.Pa.a	Recognize ways personal health can be affected by healthy behaviors, such as healthy fast-food selections, regular medical checkups, and physical activity.	Core Concepts - Comprehend concepts related to health promotion and disease prevention to enhance health.	Health Education	912	Health Literacy Concepts	<a href="#">Click here</a>	Stress Resource: <a href="#">Click here</a>
HE.912.C.1.Pa.b	Distinguish between healthy and unhealthy physical, mental/emotional, social, and intellectual behaviors, such as drinking alcohol or avoiding alcohol, and appropriate or inappropriate sexual behaviors.	Core Concepts - Comprehend concepts related to health promotion and disease prevention to enhance health.	Health Education	912	Health Literacy Concepts	<a href="#">Click here</a>	Stress Resource: <a href="#">Click here</a>
HE.912.C.1.Su.b	Identify the interrelationship between healthy behaviors and the dimensions of health (physical, mental/emotional, social, and intellectual), such as how drinking alcohol or sexual activity impacts physical and social dimensions of health.	Core Concepts - Comprehend concepts related to health promotion and disease prevention to enhance health.	Health Education	912	Health Literacy Concepts	<a href="#">Click here</a>	Stress Resource: <a href="#">Click here</a>
HE.912.C.1.Su.a	Identify how healthy behaviors can affect health status, such as healthy fast-food selections, regular medical screenings, and regular physical activity.	Core Concepts - Comprehend concepts related to health promotion and disease prevention to enhance health.	Health Education	912	Health Literacy Concepts	<a href="#">Click here</a>	Stress Resource: <a href="#">Click here</a>
HE.912.C.1.Su.e	Identify common strategies for prevention, detection, and treatment of common communicable and chronic diseases, such as preventing and treating obesity, early detection of cancer, and getting adequate physical exercise to help prevent diabetes and heart disease.	Core Concepts - Comprehend concepts related to health promotion and disease prevention to enhance health.	Health Education	912	Health Literacy Concepts	<a href="#">Click here</a>	Stress Resource: <a href="#">Click here</a>
HE.912.C.1.Su.d	Identify strategies to reduce or prevent injuries and other adolescent health problems, such as mandatory passenger-restraint and helmet laws, mandatory immunizations, and proper handling of food.	Core Concepts - Comprehend concepts related to health promotion and disease prevention to enhance health.	Health Education	912	Health Literacy Concepts	<a href="#">Click here</a>	Stress Resource: <a href="#">Click here</a>
HE.912.C.1.Su.c	Identify ways selected environmental factors can affect personal health, such as food options within a community and availability of recreational facilities.	Core Concepts - Comprehend concepts related to health promotion and disease prevention to enhance health.	Health Education	912	Health Literacy Concepts	<a href="#">Click here</a>	Stress Resource: <a href="#">Click here</a>

Mental and Emotional Health Crosswalk for Access Points

AccessPoint#	Description	Idea/Standard	Subject	Grade	Body Of Knowledge/ Strand	Direct Link	Resources
HE.912.C.1.Su.f	Recognize the relationship between access to health care and health status, such as availability of sources of checkups for early detection and treatment of cancer, HIV, diabetes, bipolar disorder, or schizophrenia.	Core Concepts - Comprehend concepts related to health promotion and disease prevention to enhance health.	Health Education	912	Health Literacy Concepts	<a href="#">Click here</a>	Stress Resource: <a href="#">Click here</a>
HE.912.C.1.Su.h	Describe the likelihood of injury, illness, or death from engaging in unhealthy behaviors, such as death from alcohol poisoning, cancer and chronic lung disease related to tobacco use, overdose from illegal drug use, or engaging in risky games.	Core Concepts - Comprehend concepts related to health promotion and disease prevention to enhance health.	Health Education	912	Health Literacy Concepts	<a href="#">Click here</a>	Stress Resource: <a href="#">Click here</a>
HE.912.C.1.Su.g	Describe ways personal health can be affected by heredity and family history, such as drug use, family obesity, heart disease, and mental health.	Core Concepts - Comprehend concepts related to health promotion and disease prevention to enhance health.	Health Education	912	Health Literacy Concepts	<a href="#">Click here</a>	Stress Resource: <a href="#">Click here</a>
HE.912.C.2.In.a	Explain how the family influences the health of individuals, such as nutritional management of meals, the composition of the family, and health-insurance status.	Internal and External Influence - Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.	Health Education	912	Health Literacy Concepts	<a href="#">Click here</a>	
HE.912.C.2.In.b	Examine how peers influence healthy and unhealthy behaviors, such as binge drinking and social groups, pressuring a girlfriend or boyfriend to be sexually active, and student recommendations for school vending machines.	Internal and External Influence - Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.	Health Education	912	Health Literacy Concepts	<a href="#">Click here</a>	
HE.912.C.2.In.c	Describe how the school and community can influence personal health practice and behavior, such as healthy foods in vending machines, required health education, and health screenings.	Internal and External Influence - Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.	Health Education	912	Health Literacy Concepts	<a href="#">Click here</a>	
HE.912.C.2.In.d	Describe how public-health policies and government regulations can influence health promotion and disease prevention, such as enforcing seat-belt laws, preventing underage alcohol sales, and reporting communicable diseases.	Internal and External Influence - Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.	Health Education	912	Health Literacy Concepts	<a href="#">Click here</a>	
HE.912.C.2.In.e	Examine the effect of media on personal and family health, such as comparing name- and store-brand items in the home, analyzing television-viewing habits, and identifying effective public-service announcements (PSAs).	Internal and External Influence - Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.	Health Education	912	Health Literacy Concepts	<a href="#">Click here</a>	
HE.912.C.2.In.f	Explain the impact of technology on personal, family, or community health, such as the availability of automated external defibrillators (AEDs) in the community, audible directions on pedestrian crosswalks, and hotlines such as 211 or related websites.	Internal and External Influence - Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.	Health Education	912	Health Literacy Concepts	<a href="#">Click here</a>	
HE.912.C.2.In.g	Describe ways that culture supports and challenges health beliefs, practices, and behaviors, such as dietary patterns, rites of passage, and courtship practices.	Internal and External Influence - Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.	Health Education	912	Health Literacy Concepts	<a href="#">Click here</a>	

Mental and Emotional Health Crosswalk for Access Points

AccessPoint#	Description	Idea/Standard	Subject	Grade	Body Of Knowledge/ Strand	Direct Link	Resources
HE.912.C.2.In.h	Describe how the perceptions of social norms influence healthy and unhealthy behaviors, such as driving over the speed limit, becoming a teen parent, and binge drinking.	Internal and External Influence - Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.	Health Education	912	Health Literacy Concepts	<a href="#">Click here</a>	
HE.912.C.2.In.i	Explain how personal values, attitudes, and beliefs influence individual health practices and behaviors.	Internal and External Influence - Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.	Health Education	912	Health Literacy Concepts	<a href="#">Click here</a>	
HE.912.C.2.Pa.g	Recognize ways common social or cultural practices (norms) influence healthy and unhealthy behaviors, such as becoming a teen parent, binge drinking, dietary patterns, rites of passage, and courtship practices.	Internal and External Influence - Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.	Health Education	912	Health Literacy Concepts	<a href="#">Click here</a>	
HE.912.C.2.Pa.h	Recognize ways common social or cultural practices (norms) influence healthy and unhealthy behaviors, such as becoming a teen parent, binge drinking, dietary patterns, rites of passage, and courtship practices.	Internal and External Influence - Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.	Health Education	912	Health Literacy Concepts	<a href="#">Click here</a>	
HE.912.C.2.Pa.e	Recognize the effect of media on personal and family health, such as television-viewing habits and sedentary lifestyle and identifying effective public-service announcements (PSAs).	Internal and External Influence - Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.	Health Education	912	Health Literacy Concepts	<a href="#">Click here</a>	
HE.912.C.2.Pa.f	Recognize a way that technology impacts personal, family, or community health, such as the availability of audible directions on pedestrian crosswalks or hotlines such as 211 or related websites.	Internal and External Influence - Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.	Health Education	912	Health Literacy Concepts	<a href="#">Click here</a>	
HE.912.C.2.Pa.c	Recognize ways the school and community can influence personal health, such as having healthy food in vending machines, required health education, and health screenings.	Internal and External Influence - Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.	Health Education	912	Health Literacy Concepts	<a href="#">Click here</a>	
HE.912.C.2.Pa.d	Recognize ways selected school and public-health policies can influence health promotion and disease prevention, such as enforcing seat-belt laws, preventing underage alcohol sales, and assessing health status.	Internal and External Influence - Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.	Health Education	912	Health Literacy Concepts	<a href="#">Click here</a>	
HE.912.C.2.Pa.i	Identify how a personal value, attitudes, or belief influences an individual health practice or behavior.	Internal and External Influence - Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.	Health Education	912	Health Literacy Concepts	<a href="#">Click here</a>	
HE.912.C.2.Pa.a	Recognize selected ways the family influences the health of family members, such as providing nutritious meals and the composition of the family.	Internal and External Influence - Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.	Health Education	912	Health Literacy Concepts	<a href="#">Click here</a>	
HE.912.C.2.Pa.b	Recognize ways peers influence healthy or unhealthy behaviors, such as drinking alcohol in social groups, pressuring a girlfriend or boyfriend to be sexually active, and making recommendations for school vending machines.	Internal and External Influence - Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.	Health Education	912	Health Literacy Concepts	<a href="#">Click here</a>	

Mental and Emotional Health Crosswalk for Access Points

AccessPoint#	Description	Idea/Standard	Subject	Grade	Body Of Knowledge/ Strand	Direct Link	Resources
HE.912.C.2.Su.b	Describe how peers influence healthy and unhealthy behaviors, such as drinking alcohol in social groups, pressuring a girlfriend or boyfriend to be sexually active, and making recommendations for school vending machines.	Internal and External Influence - Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.	Health Education	912	Health Literacy Concepts	<a href="#">Click here</a>	
HE.912.C.2.Su.d	Identify ways school and public-health policies can influence health promotion and disease prevention, such as enforcing seat-belt laws, preventing underage alcohol sales, and reporting communicable diseases.	Internal and External Influence - Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.	Health Education	912	Health Literacy Concepts	<a href="#">Click here</a>	
HE.912.C.2.Su.c	Identify how the school and community can influence personal health practice and behavior, such as having healthy food in vending machines, required health education, and health screenings.	Internal and External Influence - Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.	Health Education	912	Health Literacy Concepts	<a href="#">Click here</a>	
HE.912.C.2.Su.a	Describe how the family influences the health of individuals, such as providing nutritious meals, the composition of the family, and health-insurance status.	Internal and External Influence - Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.	Health Education	912	Health Literacy Concepts	<a href="#">Click here</a>	
HE.912.C.2.Su.e	Describe the effect of media on personal and family health, such as comparing name- and store-brand items in the home, analyzing television-viewing habits, and identifying effective public-service announcements (PSAs).	Internal and External Influence - Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.	Health Education	912	Health Literacy Concepts	<a href="#">Click here</a>	
HE.912.C.2.Su.f	Describe the impact of technology on personal, family, and community health, such as the availability of automated external defibrillators (AEDs) in the community, audible directions on pedestrian crosswalks, and hotlines such as 211 or related websites.	Internal and External Influence - Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.	Health Education	912	Health Literacy Concepts	<a href="#">Click here</a>	
HE.912.C.2.Su.i	Identify how personal values, attitudes, and beliefs influence individual health practices and behaviors.	Internal and External Influence - Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.	Health Education	912	Health Literacy Concepts	<a href="#">Click here</a>	
HE.912.C.2.Su.h	Describe how the perceptions of selected social norms influence healthy and unhealthy behaviors, such as driving over the speed limit, becoming a teen parent, and binge drinking.	Internal and External Influence - Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.	Health Education	912	Health Literacy Concepts	<a href="#">Click here</a>	
HE.912.C.2.Su.g	Identify ways culture influences health beliefs, practices, and behaviors, such as dietary patterns, rites of passage, and courtship practices.	Internal and External Influence - Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.	Health Education	912	Health Literacy Concepts	<a href="#">Click here</a>	
HE.912.P.7.In.1	Examine the role of individual responsibility in enhancing health, such as making good fast-food choices, recognizing the influence of media messages, and recognizing the future impact of lifestyle choices.	Self Management - Demonstrate the ability to practice advocacy, health-enhancing behaviors, and avoidance or reduction of health risks for oneself.	Health Education	912	Health Literacy Promotion	<a href="#">Click here</a>	

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HE.912.P.7.In.2	Examine healthy practices and behaviors that will maintain or improve health, and reduce health risks, such as avoiding drug use and abuse, abstaining from sexual activity, having a healthy diet, avoiding riding with impaired drivers, making good personal lifestyle choices, and seeking mental-health services when needed.	Self Management - Demonstrate the ability to practice advocacy, health-enhancing behaviors, and avoidance or reduction of health risks for oneself.	Health Education	912	Health Literacy Promotion	<a href="#">Click here</a>	
HE.912.P.7.Pa.1	Identify that it is important to take personal responsibility for enhancing health, such as making good fast- food choices, recognizing the influence of media messages, and recognizing the future impact of lifestyle choices.	Self Management - Demonstrate the ability to practice advocacy, health-enhancing behaviors, and avoidance or reduction of health risks for oneself.	Health Education	912	Health Literacy Promotion	<a href="#">Click here</a>	
HE.912.P.7.Pa.2	Identify selected practices and behaviors that will maintain or improve health, and reduce health risks, such as avoiding drug use and abuse, abstaining from sexual activity, having a healthy diet, avoiding riding with impaired drivers, making good personal lifestyle choices, and seeking mental-health services when needed.	Self Management - Demonstrate the ability to practice advocacy, health-enhancing behaviors, and avoidance or reduction of health risks for oneself.	Health Education	912	Health Literacy Promotion	<a href="#">Click here</a>	
HE.912.P.7.Su.2	Explain healthy practices and behaviors that will maintain or improve health, and reduce health risks, such as avoiding drug use and abuse, abstaining from sexual activity, having a healthy diet, avoiding riding with impaired drivers, making good personal lifestyle choices, and seeking mental-health services when needed.	Self Management - Demonstrate the ability to practice advocacy, health-enhancing behaviors, and avoidance or reduction of health risks for oneself.	Health Education	912	Health Literacy Promotion	<a href="#">Click here</a>	
HE.912.P.7.Su.1	Explain the role of individual responsibility in enhancing health, such as making good fast-food choices, recognizing the influence of media messages, and recognizing the future impact of lifestyle choices.	Self Management - Demonstrate the ability to practice advocacy, health-enhancing behaviors, and avoidance or reduction of health risks for oneself.	Health Education	912	Health Literacy Promotion	<a href="#">Click here</a>	
HE.912.P.8.In.1	Demonstrate basic ways to influence and support others in making positive health choices, such as avoiding underage drinking, preventing someone from driving under the influence, preventing suicide, and promoting healthy dating, and personal relationships.	Advocacy - Demonstrate the ability to advocate for individual, peer, school, family, and community health.	Health Education	912	Health Literacy Promotion	<a href="#">Click here</a>	
HE.912.P.8.In.2	Use accurate information to create a health-enhancing message, such as validating perceptions of peers or societal norms regarding drug use, violence, and sexual activity.	Advocacy - Demonstrate the ability to advocate for individual, peer, school, family, and community health.	Health Education	912	Health Literacy Promotion	<a href="#">Click here</a>	
HE.912.P.8.In.3	Work with others to advocate for improving personal, family, and community health, such as supporting local availability of healthy food options, and shopping at environmentally friendly vendors.	Advocacy - Demonstrate the ability to advocate for individual, peer, school, family, and community health.	Health Education	912	Health Literacy Promotion	<a href="#">Click here</a>	

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HE.912.P.8.In.4	Create a health message that targets a specific audience using a common communication technique, such as promoting internet safety, preventing disease, reducing poverty, and offering disaster relief.	Advocacy - Demonstrate the ability to advocate for individual, peer, school, family, and community health.	Health Education	912	Health Literacy Promotion	<a href="#">Click here</a>	
HE.912.P.8.Pa.1	Encourage others to make positive health choices.	Advocacy - Demonstrate the ability to advocate for individual, peer, school, family, and community health.	Health Education	912	Health Literacy Promotion	<a href="#">Click here</a>	
HE.912.P.8.Pa.2	Use accurate information to communicate a simple health-enhancing message to others, such as smoking is harmful, say no to drugs, or avoid violence.	Advocacy - Demonstrate the ability to advocate for individual, peer, school, family, and community health.	Health Education	912	Health Literacy Promotion	<a href="#">Click here</a>	
HE.912.P.8.Pa.3	Work with others to promote healthy practices for individuals, peers, families, or schools, such as healthy food options, or environmentally friendly shopping.	Advocacy - Demonstrate the ability to advocate for individual, peer, school, family, and community health.	Health Education	912	Health Literacy Promotion	<a href="#">Click here</a>	
HE.912.P.8.Pa.4	Use accurate information to communicate a simple health-enhancing message to others, such as smoking is harmful, say no to drugs, or avoid violence.	Advocacy - Demonstrate the ability to advocate for individual, peer, school, family, and community health.	Health Education	912	Health Literacy Promotion	<a href="#">Click here</a>	
HE.912.P.8.Su.2	Use selected accurate information to create a brief health-enhancing message, such as validating perceptions of peers or societal norms regarding drug use, violence, or sexual activity.	Advocacy - Demonstrate the ability to advocate for individual, peer, school, family, and community health.	Health Education	912	Health Literacy Promotion	<a href="#">Click here</a>	
HE.912.P.8.Su.4	Create a health message for a selected audience using a selected communication technique, such as promoting internet safety, preventing disease, reducing poverty, and offering disaster relief.	Advocacy - Demonstrate the ability to advocate for individual, peer, school, family, and community health.	Health Education	912	Health Literacy Promotion	<a href="#">Click here</a>	
HE.912.P.8.Su.3	Work with others to promote health practices that improve personal, family, or community health, such as supporting local availability of healthy food options, and environmentally friendly shopping.	Advocacy - Demonstrate the ability to advocate for individual, peer, school, family, and community health.	Health Education	912	Health Literacy Promotion	<a href="#">Click here</a>	
HE.912.P.8.Su.1	Demonstrate a basic way to influence and support others in making positive health choices, such as avoiding underage drinking, preventing someone from driving under the influence, preventing suicide, and promoting healthy dating, and personal relationships.	Advocacy - Demonstrate the ability to advocate for individual, peer, school, family, and community health.	Health Education	912	Health Literacy Promotion	<a href="#">Click here</a>	