

**National Health Education Standards**

1 Students will comprehend concepts related to health promotion and disease prevention to enhance health.

**SEL Standards**

1A Identify and manage ones' emotions and behavior.

1B Recognize personal qualities and external supports.

**Performance Descriptors**

1.12.1 Predict how healthy behaviors can affect health status.

1.12.2 Describe the interrelationship of emotional, intellectual, physical, and social health.

1.12.3 Analyze how environment and personal health are interrelated.

1.12.5 Propose ways to reduce or prevent injuries and health problems.

**Health Enhancing Behaviors  
Mental Health**

**Knowledge:** Students will know...

How the media contributes to your self-esteem, mental health and establishing social norms (social media, bullying, movies, TV).

Effective strategies for stress management

How social norms impact mental health (ex. Socioeconomic status, gender identity, religion, race, body image, sexual orientation).

How to cope with loss (Denial, Anger, Bargaining, Depression, and Acceptance).

How [defense mechanisms](#) impact mental, emotional and social health.

How mental and emotional health impacts their behaviors and relationships.

Characteristics of a mentally and emotionally healthy person.

Causes, symptoms, and effects of depression, anxiety, stress, self-harm, and suicide.

Health enhancing behaviors to improve positive mental and emotional health.

What a strong support system looks like.

Where to find reliable resources for mental health support.

**Understandings:** Students will understand that...

Valid resources and meaningful support systems can provide strategies to help with mental and emotional problems and lessen the risk of self-harm.

Self-advocacy for mental and emotional health is a skill the potentially reduces the risk of stress and self-harm.

**Transfer Goal:** Students will be able to independently use their learning to...

Self-assess their mental health and advocate for self-improvement.

**Skill:** Students will be able to...

Identify potential stressors in their daily life and use effective strategies for managing stress.

Identify and demonstrate strategies to cope with a variety of mental health issues.

Analyze signs or patterns of behaviors that identify people at risk for harming themselves or others.

Utilize family, school and community resources for adolescent mental and emotional health services that provide support from a trusted adult for those in need.

Identify where they are on Maslow's Hierarchy of needs.

**Essential questions:** Students will keep considering...

What is my positive support system?

How to self-advocate to prevent minor problems from escalating to a more serious issue?