

National Health Education Standards

Correlations Submitted by InnerLink, Inc.

Abbreviation Key

PB = Project Breathe

PF = Project Fitness

PN = Project Nutrition

PR = Project Recover

PS = Project Safe

MWP = My Wellness Planner, InnerLink's "Personal Health Program" tool (1 per Project)

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

Location(s) Where Taught in Major Tools

Take Action! MWP—PB, PF, PN, PR, PS

All content of Skills:

- **Lab Activities**, e.g.—
 - **PB:** Shortness of Breath, Peak Flow Meter
 - **PF:** all 4 exercise videos
 - **PN:** BMI Lab, BMR Lab, Food Label Lab
 - **PR:** all 5, e.g., Self-Talk
 - **PS:** McKay Video, Save-a-Life
- **Life Skills**, e.g.—
 - **PB:** Reflections Tutorial, Reflections Activity
 - **PF:** all 6 challenges, e.g., Exercise Challenge
 - **PN:** all 5 challenges, e.g., Energy Balance
 - **PR:** all 4 challenges, e.g., Trauma or Drama?
 - **PS:** the 8, e.g., Fire Challenge & It Takes Time
- **See also: PS**—Chain of Survival

All content of Knowledge—provides basic info upon which to analyze, supported by *Instructor Lesson Plans*:

- **Tutorials**—PB, PF, PN, PR, PS
- **Activities**—PB, PF, PN, PR, PS

Standard 2: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

Location(s) Where Taught in Major Tools
<p>PB: e.g., Knowledge, Tutorials—Lung Cancer (med tech), Understanding Asthma (med test), Tobacco Advertising; Knowledge, Activities—Virtual Lung Fly-Through (high-tech view), Counter-Smoking Ads; Skills, Lab Activities—Peak Flow Meter & Stethoscope; Skills, Life Skills—Life Saving Skills (AED); Take Action! Activities—AED; Take Action!, Communications Advocate</p> <p>PN: Skills, Lab Activities—Water Taste Test (blind testing); Take Action! Advanced—Study influence of soft drink vending; Knowledge, Activities—Water Math Challenge & Nutrition Math Quiz</p> <p>PS: Knowledge, Tutorials—Internet Safety, Identity Theft; Skills, Lab Activities—McKay Video (re: Internet Safety), Save-a-Life; Skills—Chain of Survival</p> <p>See Also</p> <p>PN: e.g., Knowledge, Tutorials—Energy Balance (implied limit media time/sedentary)</p>

Standard 3: Students will demonstrate the ability to access valid health information, products, and services to enhance health.

Location(s) Where Taught in Major Tools

Evaluating validity of:

- **PB:** e.g., **Knowledge, Tutorials**—Assessing Health Information Accessed from the Internet
- **PN: Knowledge, Activities**—Water Math Challenge; **Skills, Lab Activities**—Water Taste Test; **Take Action! Activities**—Food Safety; **Take Action! Advanced Study**—influence of soft drink vending
- **PS:** e.g., **Knowledge, Tutorials**—Internet Safety, Identity Theft; **Take Action! Activities**—Online; **Skills, Lab Activities**—McKay Video (re: Internet Safety)

Guided practice locating:

- **Take Action! MWP**—PB, p. 8; PF, p. 8; PN, p. 9; PR, p. 9; PS, p. 9
- Using **Student Worksheets** (under **Knowledge**) to take notes re: all **Tutorials**—PB, PF, PN, PR, PS
- **Finding each tutorial, worksheet, activity, other content**—PB, PF, PN, PR, PS
- **PS:** Health Promo. & Disease Prevention, Public Health & Pandemics, It Takes Time [counseling], Public Health and Safety Careers (see also Evacuate [emergency officials], Pandemic [WHO], ICE [EMTs])
- **PB:** Careers in Respiratory Health, highlights agencies & services, Quitting Smoking (Cessation) (re: 3-2-1 Success!)
- **PB:** **Student Worksheets**, Enrichment sections—The Heart (Circ. System), Protecting the Lungs, Tobacco Facts, Lung Cancer
- **PN:** all 4 **Knowledge, Activities**, e.g., Crossword Puzzle; **Skills, Lab Activities**—Food Label Lab; **Knowledge, Activities**—Water Math Challenge & Nutrition Math Quiz
- **PR:** **Take Action! Project Recover Community; Knowledge, Tutorials**—referred for more help, e.g., Emotional Trauma and PTSD, Depression, Anxiety
- **PF:** Buckle Up for Safety (re: exercise)
- **Resources, Links facilitates:**
 - **PN:** Nutrition Careers, including finding a nutrition professional
 - **PB:** Organizational Links, Respiratory Health Careers Links
 - **PF:** first 4 links, e.g., Red Cross
 - **PR:** all links, e.g., FEMA for Kids
 - **PS:** all links, e.g., iSAFE

See Also

- **PB: Knowledge, Tutorials**—Tobacco Advertising & **Knowledge, Activities**—Counter-Smoking Ads
- **PS:** Family Reunification Tutorial

Standard 4: Students will demonstrate the ability to use interpersonal communication skills necessary to enhance health and avoid or reduce health risks.

Location(s) Where Taught in Major Tools
<p>Communicating care to others, regarding their health, provided in each Project's Take Action!:</p> <ul style="list-style-type: none"> • Activities: PB; PN; PS, e.g., Leadership, Mentor, & Kindness • Helping: PB, PF, PN, PR, PS <p>Self-control & respect:</p> <ul style="list-style-type: none"> • PB: <i>Take Action! MWP</i>—p. 11; Knowledge, Tutorials—Refusal Skills • PF: <i>Take Action! MWP</i>—p. 11 • PN: <i>Take Action! MWP</i>—pp. 12, 14 • PR: <i>Take Action! MWP</i>—pp. 10, 12, 14; Skills, Life Skills—Invite & Include, Trauma or Drama?; Skills, Lab Activities—all 5, e.g., Self-Talk, Grief & Loss • PS: <i>Take Action! MWP</i>—pp. 11, 13; Skills, Lab Activities—McKay Video; Skills, Life Skills—Conflict Challenge, Abduction Challenge; Knowledge, Tutorials—Bullying, Avoiding Conflict, Internet Safety, Stay Safe, Gun Safety, It Takes Time; Take Action! Activities—Assessment, Online <p>Communication practice provided in each Take Action! Communications Advocate: PB, PF, PN, PR, PS.</p> <p>PB: Knowledge, Activities—Counter-Smoking Ads PR: <i>Take Action! MWP</i>—p. 10 (comm. re: stress mgmt.), p. 12 (re: self-talk); Skills, Life Skills—Invite & Include, Trauma or Drama?; Skills, Lab Activities—all 5, e.g., Self-Talk, Grief & Loss (re: talk therapy)</p>

Standard 5: Students will demonstrate the ability to use decision-making skills to enhance health.

Location(s) Where Taught in Major Tools

Decision-Making Practice:

Skills, Life Skills—

- **PB:** all 3, e.g., Reflections Activity
- **PF:** all 7, e.g., Exercise Challenge
- **PN:** all 5, e.g., Eating Right
- **PR:** all 4, e.g., Help Me Challenge
- **PS:** Abduction Challenge, Evacuate Challenge, Fire Challenge, Conflict Challenge, Fire Drill Challenge, It Takes Time

PS: Skills—Chain of Survival

Take Action! MWP—PB, pp. 4, 9; PF, pp. 4-5; PN, pp. 4-5; PR, pp. 4-5; PS, pp. 12-20

See Also

Basic info, upon which to make decisions:

-Knowledge, Tutorials—

- **PB:** e.g., Gateway Drug—Alcohol, Smoking and Pregnancy
- **PF:** e.g., Buckle Up for Safety
- **PN:** Overview, Applied Nutrition sub-group (4), Food Safety
- **PR:** e.g., Behavior
- **PS:** all, except Careers, e.g., ICE

-Knowledge, Activities—

- **PB:** Addiction Prediction, Life Expectancy Calculator
- **PF:** Fitness BMI Calculator

Skills, Lab Activities—

- **PB:** all 5, e.g., Shortness of Breath
- **PN:** all 4, e.g., BMI Lab
- **PR:** all 5, e.g., Moving On
- **PS:** McKay Video

Standard 6: Students will demonstrate the ability to use goal-setting skills to enhance health.

Location(s) Where Taught in Major Tools

Take Action! MWP—Revolves around goal-setting, stemming from self-assessments:

- **PB:** pp. 17-19, 7, 9
- **PF:** pp. 23-25, 4-5, 7
- **PR:** pp. 24-28, 4-5, 12, 14
- **PN:** pp. 7-8, 24-26
- **PS:** pp. 7-8, 12-20

PR: Skills, Life Skills—Inventory & Plan

Standard 7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid and reduce health risks.

Location(s) Where Taught in Major Tools
<p>Skills, Life Skills:</p> <ul style="list-style-type: none"> • PB: all 3 challenges, e.g., Reflections Activity • PF: all 6 challenges, e.g., Getting Fit & Healthy Challenge • PN: all 5, e.g., Energy Balance • PR: all 4, e.g., Trauma or Drama? • PS: all 8 challenges, e.g., Evacuate Challenge <p>Skills, Lab Activities</p> <p>PB: Shortness of Breath, Lung Volume, Respiratory Rate, Peak Flow Meter</p> <p>PN: BMI Lab, BMR Lab (with Knowledge, Tutorials—Measurement)</p> <p>PR: all 5, e.g., Managing Stress</p> <p>PS: McKay Video, Save-a-Life</p> <p>Knowledge, Activities</p> <p>PB: Life Expectancy Calculator, Addiction Prediction, Virtual Lung Fly-Through</p> <p>Knowledge, Tutorials</p> <ul style="list-style-type: none"> • PB: all emphasize individual responsibility, e.g., Quitting Smoking (Cessation) • PF: all emphasize individual responsibility, e.g., Buckle Up for Safety • PN: all emphasize individual responsibility, e.g., Portion Size • PR: How to Spot Signs of Emotional Trauma sub-group, e.g., Cognitive (talk to adult) • PS: all emphasize individual responsibility, except Careers <p>Take Action! Activities</p> <ul style="list-style-type: none"> • PN: all 4, e.g., Eating Right • PS: all 7, e.g., On-Line Take Action <p>Take Action! MWP—PB, pp. 17-19, 7, 9; PF, pp. 23-25, 4-5, 7; PR, pp. 24-28, 4-5, 12, 14; PN: pp. 7-8, 24-26; PS, pp. 7-8, 12-20</p> <p>PS: Skills—Chain of Survival</p>

Standard 8: Students will demonstrate the ability to advocate for personal, family, and community health.

Location(s) Where Taught in Major Tools

Communication practice provided each *Take Action! Communications Advocate & Helping*: PB, PF, PN, PR, PS.

PB: Knowledge, Activities—Counter-Smoking Ads, Quitting Smoking, Tobacco-Free Car & Home, Awareness, Health Fair with form, Memory Quilt, Live Smoke-Free

PS: Take Action! Activities—Leadership, Mentor, Train Me, ICE, Kindness

PN: Take Action! Activities— Food Safety; **Resources, Newsletters**, act of sharing them with family, others

Take Action! MWP—PB, p. 17, Take Action; PS, pp. 14-20