

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

**Middle School  
(Grades 6–8)**

<b>Abstinence, Puberty &amp; Personal Health</b>
<b>Self-Awareness: The abilities to understand one’s own emotions, thoughts and values and how they influence behavior across contexts.</b>
Lesson 7: Puberty Lesson 11: Benefits of Abstinence Lesson 12: Influences on Abstinence
<b>Self-Management: The abilities to manage one’s emotions, thoughts, and behaviors effectively in different situations and to achieve goals and aspirations.</b>
Lesson 1: Staying Healthy for a Lifetime Lesson 2: Keeping My Body Healthy Lesson 3: Protecting My Body from Disease Lesson 9: Taking Care of Sexual Health Lesson 16: Protecting My Future
<b>Social Awareness: The abilities to understand the perspectives of and empathize with others, including those from diverse backgrounds, cultures, and contexts.</b>
Lesson 4: Talking About Sexuality Lesson 10: Feelings & Relationships Lesson 13: Peer Power for Abstinence
<b>Relationship Skills: The abilities to establish and maintain healthy and supportive relationships and to effectively navigate settings with diverse individuals and groups.</b>
Lesson 10: Feelings & Relationships Lesson 14: Resisting Sexual Pressure Lesson 15: Roleplay Practice: Saying No to Sexual Pressure
<b>Responsible Decision Making: The abilities to make caring and constructive choices about personal behavior and social interactions across diverse situations.</b>
Lesson 10: Feelings & Relationships Lesson 16: Protecting My Future

<b>Emotional &amp; Mental Health</b>	
<b>Self-Awareness: The abilities to understand one’s own emotions, thoughts and values and how they influence behavior across contexts.</b>	
Lesson 1: Dimensions of Health Lesson 3: Being Emotionally Healthy Lesson 6: Expressing Your Feelings Lesson 9: What Is Stress? Lesson 13: Social Media & Emotional Health	
<b>Self-Management: The abilities to manage one’s emotions, thoughts, and behaviors effectively in different situations and to achieve goals and aspirations.</b>	
Lesson 2: Classroom Rules and Responsibilities Lesson 7: Self-Control Skills for Dealing with Difficult Feelings Lesson 10: Reducing Stress Lesson 11: Managing Stress Lesson 12: Dealing with Grief Lesson 15: Setting Emotional Health Goals	
<b>Social Awareness: The abilities to understand the perspectives of and empathize with others, including those from diverse backgrounds, cultures, and contexts.</b>	
Lesson 2: Classroom Rules and Responsibilities Lesson 5: Building Healthy Relationships Through Communication Lesson 12: Dealing with Grief Lesson 13: Social Media & Emotional Health	
<b>Relationship Skills: The abilities to establish and maintain healthy and supportive relationships and to effectively navigate settings with diverse individuals and groups.</b>	
Lesson 2: Classroom Rules and Responsibilities Lesson 4: Qualities of Healthy Relationships Lesson 5: Building Healthy Relationships Through Communication	
<b>Responsible Decision Making: The abilities to make caring and constructive choices about personal behavior and social interactions across diverse situations.</b>	
Lesson 8: Getting Help for Troublesome Feelings Lesson 14: Making Healthy Decisions	

<b>HIV, STI &amp; Pregnancy Prevention</b>
<b>Self-Awareness: The abilities to understand one’s own emotions, thoughts and values and how they influence behavior across contexts.</b>
Lesson 1: Understanding Sexual Health Lesson 3: What Is Affirmative Consent? Lesson 5: Reproduction & Teen Pregnancy
<b>Self-Management: The abilities to manage one’s emotions, thoughts, and behaviors effectively in different situations and to achieve goals and aspirations.</b>
Lesson 3: What Is Affirmative Consent? Lesson 8: STI & Responsible Actions Lesson 12: Using Condoms for Safer Sex
<b>Social Awareness: The abilities to understand the perspectives of and empathize with others, including those from diverse backgrounds, cultures, and contexts.</b>
Lesson 2: Sexual Identity & Sexual Stereotyping Lesson 3: What Is Affirmative Consent? Lesson 13: Negotiating Condom Use
<b>Relationship Skills: The abilities to establish and maintain healthy and supportive relationships and to effectively navigate settings with diverse individuals and groups.</b>
Lesson 3: What Is Affirmative Consent? Lesson 4: Healthy Romantic Relationships Lesson 10: Resisting Sexual Pressure Lesson 11: Roleplay Practice: Saying NO to Sexual Pressure Lesson 13: Negotiating Condom Use
<b>Responsible Decision Making: The abilities to make caring and constructive choices about personal behavior and social interactions across diverse situations.</b>
Lesson 3: What Is Affirmative Consent? Lesson 9: Making Sexual Health Decisions

<b>Nutrition &amp; Physical Activity</b>
<b>Self-Awareness: The abilities to understand one’s own emotions, thoughts and values and how they influence behavior across contexts.</b>
Lesson 3: Assessing My Eating Habits Lesson 9: What Influences My Food Choices? Lesson 11: Body Image Basics Lesson 14: Assessing My Physical Activity
<b>Self-Management: The abilities to manage one’s emotions, thoughts, and behaviors effectively in different situations and to achieve goals and aspirations.</b>
Lesson 5: Eating Breakfast Every Day Lesson 7: Eating Healthy at Fast-Food Restaurants Lesson 8: Keeping Food Safe to Eat Lesson 15: Staying Safe While Getting Fit Lesson 16: My Healthy Eating & Physical Activity Goal Lesson 17: Tracking My Progress
<b>Relationship Skills: The abilities to establish and maintain healthy and supportive relationships and to effectively navigate settings with diverse individuals and groups.</b>
Lesson 10: Resisting Pressure to Eat Less-Healthy Foods

<b>Tobacco, Alcohol &amp; Other Drug Prevention</b>
<b>Self-Awareness: The abilities to understand one’s own emotions, thoughts and values and how they influence behavior across contexts.</b>
Lesson 8: Consequences of Drug Use: How Bad Could It Be? Lesson 9: Influences on My Choices About Drugs
<b>Self-Management: The abilities to manage one’s emotions, thoughts, and behaviors effectively in different situations and to achieve goals and aspirations.</b>
Lesson 10: Self-Talk for Being Drug Free Lesson 17: Drug-Free Pledges, Support for Myself & Others
<b>Social Awareness: The abilities to understand the perspectives of and empathize with others, including those from diverse backgrounds, cultures, and contexts.</b>
Lesson 1: Teens & Drugs: What’s the Truth? Lesson 11: My Peers & Their Feelings About Drugs Lesson 17: Drug-Free Pledges, Support for Myself & Others

<b>Tobacco, Alcohol &amp; Other Drug Prevention</b> <i>(continued)</i>
<b>Relationship Skills: The abilities to establish and maintain healthy and supportive relationships and to effectively navigate settings with diverse individuals and groups.</b>
Lesson 15: Peer Pressure: Ways to Say NO Lesson 16: Roleplay Practice: Resisting Drug Pressure

<b>Violence &amp; Injury Prevention</b>
<b>Self-Awareness: The abilities to understand one’s own emotions, thoughts and values and how they influence behavior across contexts.</b>
Lesson 5: Resisting Dares Lesson 13: Feelings & Fights
<b>Self-Management: The abilities to manage one’s emotions, thoughts, and behaviors effectively in different situations and to achieve goals and aspirations.</b>
Lesson 2: Avoiding Motor Vehicle Injuries Lesson 3: Safety Rules to Prevent Common Injuries Lesson 7: Preparing for School Emergencies
<b>Social Awareness: The abilities to understand the perspectives of and empathize with others, including those from diverse backgrounds, cultures, and contexts.</b>
Lesson 9: Understanding Bullying Lesson 10: Taking a Stand Against Bullying Lesson 11: Hazing: A Different Kind of Bullying Lesson 12: Our Code of Conduct
<b>Relationship Skills: The abilities to establish and maintain healthy and supportive relationships and to effectively navigate settings with diverse individuals and groups.</b>
Lesson 5: Resisting Dares Lesson 14: Skills to Resolve Conflict Lesson 15: Conflict Resolution Roleplays Lesson 16: Dealing with Unwanted Touch
<b>Responsible Decision Making: The abilities to make caring and constructive choices about personal behavior and social interactions across diverse situations.</b>
Lesson 6: Making Safe Decisions Lesson 14: Skills to Resolve Conflict Lesson 15: Conflict Resolution Roleplays Lesson 16: Dealing with Unwanted Touch