

Maryland

CASEL & Comprehensive Health Education



SELF-AWARENESS: The abilities to understand one's own emotions, thoughts, and values and how they influence behavior across contexts. This includes capacities to recognize one's strengths and limitations with a well-grounded sense of confidence and purpose.

Health Education Standards	In Focus Lessons
1. Use functional health information to support the health and well-being of self and others, including... 1A. Mental & Emotional Health	• Emotional Awareness • Emotional Regulation • Managing Stress • Coping Strategies • Happiness • Self-Compassion • Well-Being • Self Awareness • Celebrating My Strengths • Self-Efficacy • Conditions of Well-Being • Gratitude
1. Use functional health information to support the health and well-being of self and others, including... 1C. Family Life & Human Sexuality	• Connection • Kindness & Friendship • Respecting Personal Space • Empathy • Respect for Others • Strengths of Others • Communication • Perspective Taking
1. Use functional health information to support the health and well-being of self and others, including... 1E. Nutrition	• Nutrition • Exercise • Self-Care & Hygiene

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SELF-MANAGEMENT: The abilities to manage one's emotions, thoughts, and behaviors effectively in different situations and to achieve goals and aspirations. This includes the capacity to delay gratification, manage stress, feel motivation, and agency to accomplish personal and collective goals.

Health Education Standards	In Focus Lessons
1. Use functional health information to support the health and well-being of self and others, including... 1B. Substance Use & Misuse	• Mind & Body Drug Free • Choices & Consequences • Self-Efficacy • Coping Strategies
1. Use functional health information to support the health and well-being of self and others, including... 1F. Disease Prevention & Control	• Self-Care & Hygiene • Nutrition • Exercise
6. Use a goal-setting process to support the health and well-being of self and others.	• Goal Setting • Motivation • Personal Excellence • Growth Mindset • Resilience & Perseverance • Lifelong Learning
7. Demonstrate practices and behaviors to support the health and well-being of self and others.	• Time Management • Organization • Executive Function • Test Preparation • Well-Being • Embracing Change • Navigating Uncertainty • Managing Stress

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SOCIAL AWARENESS: The abilities to understand the perspectives of and empathize with others, including those from diverse backgrounds, cultures, and contexts. This includes the capacities to feel compassion for others, understand broader historical and social norms for behavior in different settings, and recognize family, school, and community resources and supports.

Health Education Standards	In Focus Lessons
2. Analyze influences that affect the health and well-being of self and others.	• Critical Thinking • Perspective Taking • Positive Peer Impact • Digital Citizenship • Power of Words • Strengths of Others • Maslow's Pyramid • Well-Being • Connection • Civic Roles • Making a Difference
8. Advocate to promote the health and well-being of self and others.	• Leadership • Civic Roles • Making a Difference • Courage • Responsibility • Honesty & Integrity • Communication • Collaboration • Positive Peer Impact • Honesty & Integrity

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RELATIONSHIP SKILLS: The abilities to establish and maintain healthy and supportive relationships and to effectively navigate settings with diverse individuals and groups. This includes the capacities to communicate clearly, listen actively, cooperate, work collaboratively to problem solve, and negotiate conflict constructively, navigate settings with differing social and cultural demands and opportunities, provide leadership, and seek or offer help when needed.

Health Education Standards

4. Use **interpersonal communication** skills to support the health and well-being of self and others.

In Focus Lessons

- Communication
- Active Listening
- Empathy
- Collaboration
- Conflict Resolution
- Feedback
- Respect for Others
- Character Traits
- Strengths of Others
- Psychological Safety
- Kindness & Friendship
- Respecting Personal Space
- Power of Words
- Perspective Taking
- Positive Peer Impact

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RESPONSIBLE DECISION-MAKING: The abilities to make caring and constructive choices about personal behavior and social interactions across diverse situations. This includes the capacities to consider ethical standards and safety concerns, and to evaluate the benefits and consequences of various actions for personal, social, and collective well-being.

Health Education Standards	In Focus Lessons
1. Use functional health information to support the health and well-being of self and others, including... 1D. Safety & Violence Prevention	• Physical Safety • Psychological Safety • Bully Prevention • Respecting Personal Space • Respect for Others • Conflict Resolution • Power of Words • Digital Citizenship
3. Access valid and reliable resources to support the health and well-being of self and others	• Problem Solving • Connection • Critical Thinking • Communication • Character Traits • Responsibility • Deep Learning
5. Use a decision-making process to support the health and well-being of self and others.	• Choices & Consequences • Critical Thinking • Problem Solving • Executive Function • Character Traits • Collaboration