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National Health Education Standards
Correlation by Chapter and Lesson

	STANDARD	PERFORMANCE INDICATOR
CHAPTER 8 <i>Managing Stress and Anxiety</i>		
Lesson 1 <i>Effects of Stress</i>	1.1	Analyze how behavior can impact health maintenance and disease prevention.
	1.2	Describe the interrelationships of mental, emotional, social, and physical health throughout adulthood.
	6.1	Demonstrate the ability to utilize various strategies when making decisions related to health needs and risks of young adults.
Lesson 2 <i>Managing Stress</i>	1.1	Analyze how behavior can impact health maintenance and disease prevention.
	1.2	Describe the interrelationships of mental, emotional, social, and physical health throughout adulthood.
	3.4	Develop strategies to improve or maintain personal, family and community health.
	3.7	Evaluate strategies to manage stress.
Lesson 3 <i>Anxiety and Teen Depression</i>	2.6	Analyze situations requiring professional health services.
	3.4	Develop strategies to improve or maintain personal, family and community health.
	5.4	Demonstrate ways to communicate care, consideration, and respect of self and others.
Lesson 4 <i>Being a Resilient Teen</i>	1.1	Analyze how behavior can impact health maintenance and disease prevention.
	1.4	Analyze how the family, peers, and community influence the health of individuals.
	3.4	Develop strategies to improve or maintain personal, family and community health.