

NYS Standards Summary Crosswalk Using the Framework for Mental Health Education Instruction

<u>Mental Health</u>	<u>SEL Benchmarks</u>	<u>Health</u>	<u>Physical Education</u>	<u>FACS</u>
<p>Health Standard 1: Self-Management Develop self-awareness and self-management skills essential for mental health.</p>	<p>Goal 1 Develop self-awareness and self-management skills essential to success in schools and in life.</p>	<p>Standard 1: Personal Health and Fitness Students will have the necessary knowledge and skills to establish and maintain physical fitness, participate in physical activity, and maintain personal health.</p>		
<p>Health Standard 2: Relationships Develop healthy relationships to promote mental health.</p>	<p>Goal 2 Use social awareness and interpersonal skills to establish and maintain positive relationships.</p>	<p>Standard 2: A Safe and Healthy Environment Students will acquire the knowledge and ability necessary to create and maintain a safe and healthy environment.</p> <p>Standard 3: Resource Management Students will understand and be able to manage their personal and community resources.</p>		
<p>Health Standard 3: Resource Management Develop skills to utilize personal and community resources related to mental health. Know what, when, where and how to ask for help for self and others.</p>	<p>Goal 3 Demonstrate ethical decision-making skills and responsible behaviors in personal, school, and community contexts.</p>	<p>Standard 2: A Safe and Healthy Environment Students will acquire the knowledge and ability necessary to create and maintain a safe and healthy environment.</p> <p>Standard 3: Resource Management Students will understand and be able to manage their personal and community resources.</p>		