

Health Education SOLs, 2001											
	K	1	2	3	4	5	6	7	8	9	10
<b>Mental Wellness</b>											
Acceptable behavior in school	K.6a										
Adult mentors							6.1a				
Assertiveness skills											10.2a
Body image							6.3e				
Change management		1.4b									
Communication skills				3.1d	4.7a	5.1a, c					10.2b
Conflict resolution	K.5a		2.2e	3.2b		5.1b	6.7c			9.1i	
Cooperation		1.4a, 1.6a									
Coping skills					4.2c			7.1d	8.1d		
Criticism response							6.3c				
Decision making skills											10.2e
Disappointment, loss, grief			2.3f					7.1d			
Emotions	K.2a	1.4d									10.2b,e
Family interactions				3.1d				7.1f			
Feelings	K.2a	1.4c									
Friendships		1.4c		3.1d			6.1a				10.2b
Leadership skills							6.7b				
Managing deadlines										9.1h	
Manners	K.6a										
Mental health issues, disorders									8.1d		10.3d
Peer mediation skills							6.7c				
Peer pressure, approval			2.5b				6.3d, 6.4c		8.2b, 8.5b	9.1c, 9.3a	10.2e
Perception of immortality									8.1e		
Personal strengths			2.3e								
Problem-solving									8.2b		
Refusal skills			2.2d	3.3b	4.2a	5.1b	6.1d, 6.3d, 6.4c				
Relationships		1.4c			4.2a	5.1a		7.1g	8.2c		10.2b
Resistance skills							6.4c		8.2b		

Respect for others	K.6b,c	1.6b, 1.6e	2.5a				6.3b, 6.7d,e				
Respect for property	K.6b,	1.6e					6.7e				
Responsibility		1.6d					6.4b				
Risk avoidance							6.4d	7.1b	8.1f	9.3a, c	
Risks d/t feelings of immortality									8.1e		
Role models											10.2h
School involvement, success								7.1e			10.b
Self-control skills					4.2e						10.2c
Self-esteem enhancement			2.3e								10.1d
Self-image			2.3e			5.2f	6.1b, 6.4a				
Sharing information with trusted adults	K.5b				4.7b						
Social skills						5.1a		7.1g			
Stress & stress management					4.2c	5.2c	6.3a	7.1c		9.1g	