

How can I connect Nebraska Safe to state education standards?

1. Portions of the Collaborative for Academic, Social, and Emotional Learning (CASEL) Framework

- a. **Self-awareness:** The ability to accurately recognize one's emotions and thoughts and their influence on behavior. This includes accurately assessing one's strengths and limitations and possessing a well-grounded sense of confidence and optimism.
- b. **Responsible decision-making:** The ability to make constructive and respectful choices about personal behavior and social interactions based on consideration of ethical standards, safety concerns, social norms, the realistic evaluation of consequences of various actions, and the well-being of self and others.

2. National Health Education Standards

- a. Standard 2 – Analyze influences that affect health and well-being of self and others.
 - 2.12.1 Evaluate the interrelationships and impacts of various influences and health behaviors on health and well-being.
 - 2.12.2 Evaluate how social determinants of health influence health behaviors, health outcomes, and health equity.
 - 2.12.3 Evaluate how individual, interpersonal, community, societal, and environmental influences and factors affect health equity.
 - 2.12.4 Formulate strategies to manage influences that impact health and well-being.
 - 2.12.5 Use resources to manage influences that impact health and well-being.
- b. Standard 5 – Use a decision-making process to support health and well-being of self and others.
 - 5.12.1 Analyze how health-related decisions may affect personal and community health and well-being from a variety of perspectives.
 - 5.12.2 Determine when and why health-related situations require the application of a thoughtful decision-making process.
 - 5.12.3 Apply an individual, supported, or collaborative decision-making process to maintain or improve health and well-being.
 - 5.12.4 Analyze a variety of options based on priorities and potential outcomes when making a health-related decision.

- 5.12.5 Analyze the potential impact of a decision on the health and well-being at individual, interpersonal, community, societal, and environmental levels.
 - 5.12.6 Develop a plan of action to implement a health-related decision.
 - 5.12.7 Evaluate the impact of supports and barriers that affect decision making at individual, interpersonal, community, societal, and environmental levels.
 - 5.12.8 Evaluate the effectiveness of health-related decisions.
- c. Standard 7 – Demonstrate practices and behaviors to support health and well-being of self and others.
- 7.12.1 Analyze supports and barriers to engaging in health-related practices and behaviors.
 - 7.12.2 Evaluate practices, behaviors, and other factors supporting individual and collective health and well-being.
 - 7.12.3 Adapt practices and behaviors to support individual and collective health and well-being.
 - 7.12.4 Demonstrate a variety of practices and behaviors supporting individual and collective health and well-being.

3. Nebraska Career and Technical Education Career Readiness Standards: **The Career Ready Individual...**

- Communicates effectively and appropriately
- Contributes to employer and community success
- Makes sense of problems and perseveres in solving them
- Uses critical thinking
- Models ethical leadership and effective management
- Utilizes technology

