



Don't Sweat It!



Grades 9-12 Standards for
 Family and Consumer Sciences Education¹
 Collaborative for Academic, Social, and Emotional Learning (CASEL) Core Competencies²
 English Language Arts Common Core State Standards³
 National Health Education Standards⁴

NATIONAL STANDARDS FOR FAMILY AND CONSUMER SCIENCES¹

Content Standard	Activity 1	Activity 2	Activity 3	Bonus Activity
Consumer and Family Resources				
2.1 Demonstrate management of individual and family resources such as food, clothing, shelter, health care, recreation, transportation, time, and human capital.	X	X	X	X
2.5 Analyze relationships between the economic system and consumer actions in a global context.			X	
Textiles, Fashion & Apparel				
16.2 Evaluate textiles, fashion, and apparel products and materials and their use in diverse settings.	X	X	X	X

COLLABORATIVE FOR ACADEMIC, SOCIAL, AND EMOTIONAL LEARNING (CASEL) CORE COMPETENCIES²

Core Competencies	Activity 1	Activity 2	Activity 3	Bonus Activity
Self-Awareness: The abilities to understand one's own emotions, thoughts, and values and how they influence behavior across contexts.	X	X	X	X
Self-Management: The abilities to manage one's emotions, thoughts, and behaviors effectively in different situations and to achieve goals and aspirations.	X	X	X	
Responsible Decision-Making: Responsible decision-making: The abilities to make caring and constructive choices about personal behavior and social interactions across diverse situations.		X	X	

ENGLISH LANGUAGE ARTS COMMON CORE STATE STANDARDS³

Grades 9-10 Content Standard	Activity 1	Activity 2	Activity 3	Bonus Activity
Speaking and Listening				
Comprehension and Collaboration:				
CCSS.ELA-LITERACY.SL.9-10.1				
Initiate and participate effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on grades 9-10 topics, texts, and issues, building on others' ideas and expressing their own clearly and persuasively.	X	X	X	X
Presentation of Knowledge and Ideas:				
CCSS.ELA-LITERACY.SL.9-10.4				
Present information, findings, and supporting evidence clearly, concisely, and logically such that listeners can follow the line of reasoning and the organization, development, substance, and style are appropriate to purpose, audience, and task.	X	X	X	X
Writing				
Text Types and Purposes:				
CCSS.ELA-LITERACY.W.9-10.2				
Write informative/explanatory texts to examine and convey complex ideas, concepts, and information clearly and accurately through the effective selection, organization, and analysis of content.	X	X	X	X
Grades 11-12 Content Standard	Activity 1	Activity 2	Activity 3	Bonus Activity
Speaking and Listening				
Comprehension and Collaboration:				
CCSS.ELA-LITERACY.SL.11-12.1				
Initiate and participate effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on grades 11-12 topics, texts, and issues, building on others' ideas and expressing their own clearly and persuasively.	X	X	X	X
Presentation of Knowledge and Ideas:				
CCSS.ELA-LITERACY.SL.11-12.4				
Present information, findings, and supporting evidence, conveying a clear and distinct perspective, such that listeners can follow the line of reasoning, alternative or opposing perspectives are addressed, and the organization, development, substance, and style are appropriate to purpose, audience, and a range of formal and informal tasks.	X	X	X	X

Grades 11-12 Content Standard (continued)	Activity 1	Activity 2	Activity 3	Bonus Activity
Writing				
Text Types and Purposes:				
CCSS.ELA-LITERACY.W.11-12.2				
Write informative/explanatory texts to examine and convey complex ideas, concepts, and information clearly and accurately through the effective selection, organization, and analysis of content.	X	X	X	X

NATIONAL HEALTH EDUCATION STANDARDS⁴				
Content Standard	Activity 1	Activity 2	Activity 3	Bonus Activity
Standard 2 Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.	X	X	X	X
Standard 5 Students will demonstrate the ability to use decision-making skills to enhance health.		X	X	

1. Copyright © 2018. "National Standards for Family and Consumer Sciences," Developed by National Association of State Administrators of Family and Consumer Sciences (NASAFACS). Available at www.leadfcsed.org/national-standards.html.

2. Collaborative for Academic, Social, and Emotional Learning (CASEL) SEL Framework and Core Competencies. ©2020 CASEL. All rights reserved. Available at <https://casel.org/fundamentals-of-sel/what-is-the-casel-framework/>.

3. © Copyright 2010 National Governors Association Center for Best Practices and Council of Chief State School Officers. All rights reserved. Available at www.thecorestandards.org/read-the-standards.

4. Joint Committee on National Health Education Standards. (2007). *National Health Education Standards, Second Edition: Achieving Excellence*. Washington, D.C.: The American Cancer Society. Available at www.shapeamerica.org/standards/health/default.aspx.