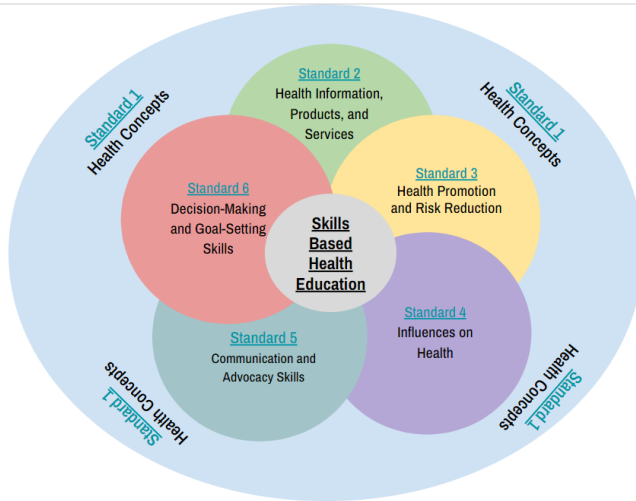


Health Education Resource Document By Standards and Grade Spans

You must download this document to open the links.

The Maine Department of Education emphasizes a skills-based approach to health education instruction. A [skills-based approach](#) braids together the skills, and content knowledge. This approach aims to develop health literacy, and empower students to maintain and enhance their health and wellness.



Health education content knowledge is most impactful when used to apply a skill in a meaningful way. It is important to select topics that are relevant to your students and provide them with the functional knowledge they need to know in order to develop and apply the health skills. Thus, health content is taught through skills development.

[2022 Health Education Standard 1 MLR Resource Document K - Diploma](#)

[2022 Health Education Standard 2 MLR Resource Document K - Diploma](#)

[2022 Health Education Standard 3 MLR Resource Document K - Diploma](#)

[2022 Health Education Standard 4 MLR Resource Document K - Diploma](#)

[2022 Health Education Standard 5 MLR Resource Document K - Diploma](#)

[2022 Health Education Standard 6 MLR Resource Document K - Diploma](#)