

Oklahoma Academic Standards for Health and DESSA Crosswalk

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The Oklahoma State Department of Education, in collaboration with educators and experts in health and health education across the state of Oklahoma, developed the [2023 Oklahoma Academic Standards for Health](#) to help ensure students acquire the knowledge, attitudes, and skills they need to lead healthy active lives.

The DESSA suite of assessments measures key social and emotional competencies essential for student success now and into the future. The DESSA assessments span kindergarten through 12th grade and can be completed by educators, students, and parents or guardians. The assessments are nationally standardized, norm-referenced, strength-based behavior rating scales, measuring the positive skills, behaviors, and mindsets necessary for students to thrive.

This crosswalk highlights the alignment between select standards from the 2023 Oklahoma Academic Standards for Health and DESSA assessment items. It demonstrates how the DESSA assessments can be used by districts and schools to ensure students gain the essential skills necessary to adopt, practice, and maintain health-enhancing behaviors.

Alignment between Select Oklahoma Academic Standards for Health and DESSA Items

Standard 4: Interpersonal Skills Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.	
<i>Skills</i>	<i>Items</i>
Effective communication enhances personal, family, and community health. This standard focuses on how responsible individuals use verbal and nonverbal skills to develop and maintain healthy personal relationships. The ability to convey information and feelings is the basis for strengthening interpersonal interactions and reducing or avoiding conflict.	<ul style="list-style-type: none">• Contribute to creating a positive learning environment• Respond to others' feelings in kind and safe ways• Show appreciation for others• Interact positively with classmates• Listen to others• Encourage others• Good and making and keeping friends• Cooperate with others to solve a problem• Resolve conflicts positively• Stand up for a friend or classmate

Standard 5: Decision-Making Students will demonstrate the ability to use decision-making skills to enhance health.	
<i>Skills</i>	<i>Items</i>
Decision-making skills are needed to identify, implement, and sustain health enhancing behaviors. This standard includes the essential steps needed to make healthy decisions. When applied to health issues, the decision-making process enables individuals to collaborate with others to improve their quality of life.	<ul style="list-style-type: none"> • Ask for advice when needed • Ask questions when learning new things • Update their thinking as they learn more about something • Do the right thing in a difficult situation • Gather information before making an important decision • Believe working with others leads to greater success • Take action to solve problems

Standard 6: Goal Setting Students will demonstrate the ability to use goal-setting skills to enhance health.	
<i>Skills</i>	<i>Items</i>
Goal-setting skills are essential to help students identify, adopt, and maintain healthy behaviors. This standard includes the critical steps needed to achieve both short-term and long-term health goals. These skills make it possible for individuals to reach long-term health goals.	<ul style="list-style-type: none"> • Set goals for themselves • Work to develop their personal strengths • Believe they can achieve their goals • Persist to achieve a goal • Contribute to group or team goals • Expect that they will be successful • Believe they can overcome setbacks • Imagine a positive future for themselves

Standard 7: Self-Management Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.	
<i>Skills</i>	<i>Items</i>
Research confirms that the practice of health-enhancing behaviors can contribute to a positive quality of life. In addition, many diseases and injuries can be prevented by reducing harmful and risk-taking behaviors. This standard promotes the acceptance of personal responsibility for health and encourages the practice of healthy behaviors.	<ul style="list-style-type: none"> • Think before they acted • Stay calm when faced with a challenge • Motivate themselves when they don't want to do something • Ask for advice when needed • Do the right thing in a difficult situation • Accept responsibility for their actions

Standard 8: Advocacy	
Students will demonstrate the ability to advocate for personal, family, and community health.	
<i>Skills</i>	<i>Items</i>
Advocacy skills help students promote healthy behaviors. This standard helps students to advocate for their own health and the health of others.	<ul style="list-style-type: none">• Describe the things that matter most to them• Encourage others• Do the right thing in a difficult situation• Express high expectations for themselves• Ask questions when they did not understand something• Make a positive difference in the world• Imagine a positive future for themselves



The DESSA System from Aperture Education: A Riverside Insights Company is a student resilience system that helps educators measure and strengthen social, emotional, and behavioral skills to reduce challenges that interfere with learning. The DESSA universal screening and supplemental assessments are widely used, practical, evidence-based measures of social and emotional competence of students in grades K-12. These powerful data analytic tools enable educators to identify trends, validate curriculum effectiveness, and drive positive academic and well-being outcomes for students. Robust reporting in the DESSA System provides insights for educators and staff to proactively differentiate instruction using DESSA-provided instructional strategies and tiered intervention resources. The DESSA System's strength-based approach is grounded in resilience theory and designed to bring the whole child into focus. To learn more, visit www.ApertureEd.com.