

***HealthSmart* Alignment with
Maine Learning Results
Health Education Standards**

**High School
Grades 9–12**

HealthSmart High School Unit Key	
ABST = Abstinence, Personal & Sexual Health	NPA = Nutrition & Physical Activity
EMH = Emotional & Mental Health	TAOD = Tobacco, Alcohol & Other Drug Prevention
HIV = HIV, STI & Pregnancy Prevention	VIP = Violence & Injury Prevention
Grades 9–12	HealthSmart (Unit – Lesson)
Standard HE1: Health Concepts Health literate students comprehend concepts related to health promotion and disease prevention to enhance health.	
1.1. Students analyze the impact of complex health issues on personal health related to healthy sexuality; nutrition; safety and injury prevention; and substance use prevention.	ABST – 1, 2, 3, 4, 9, 10, 13 EMH – 1, 4, 5, 6, 8, 9, 10, 11, 12, 15, 16, 17 HIV – 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 14 NPA – 1, 2, 3, 5, 6, 7, 8, 12, 13, 14, 15 TAOD – 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 16 VIP – 1, 2, 3, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19
1.2 Students analyze the impact of current health issues on the dimensions of health including physical, mental, social, and emotional.	EMH – 1
1.3 Students analyze causes of health conditions and ways to reduce, prevent, treat, and/or manage them.	ABST – 2, 3 EMH – 15, 17 HIV – 6, 7, 10 NPA – 15
1.4 Students analyze how one’s environment and other factors impact personal health.	ABST – 2, 3 EMH – 4, 11, 15 TAOD – 2 VIP – 9
Standard HE2: Health Information, Products, and Services Health literate students can demonstrate the ability to access reliable health information, services, and products to enhance health.	
2.1 Students evaluate the reliability and accessibility of health information, products, and services.	ABST – 5 EMH – 17 HIV – 10, 11 NPA – 9
2.2 Students access reliable health information, products, and services.	ABST – 5 HIV – 10, 11 NPA – 4, 9 TAOD – 3

Grades 9–12 <i>(continued)</i>	HealthSmart (Unit – Lesson)
Standard HE3: Health Promotion and Risk Reduction Health literate students demonstrate the ability to practice health- enhancing behaviors and avoid or reduce health risks for self and others.	
3.1a Students analyze the role of individual responsibility for enhancing health.	ABST – 9, 13 EMH – 2, 6, 12 HIV – 3, 4, 9, 14 TAOD – 1, 11 VIP – 1, 5, 11, 14, 15
3.1b Students evaluate health-enhancing behaviors to improve or maintain the health of self and others, including self-management skills.	ABST – 1, 2, 4, 5, 6 EMH – 3, 6, 7, 8, 13, 14 NPA – 3, 4, 5, 6, 7, 10, 11, 13
3.2 Students assess health-enhancing behaviors to avoid or reduce health risks to self and others.	ABST – 1, 2 EMH – 5, 9, 12, 13, 16, 17 HIV – 5, 10, 11 NPA – 8, 16 TAOD – 6, 16 VIP – 1, 2, 3, 4, 6, 16, 19
Standard HE4: Influences on Health Health literate students analyze the influences of family, peers, culture, media, technology and other factors on health practices and behaviors.	
4.1 Students evaluate positive and negative influences on health practices and behaviors including peers, family, media, culture, community, perception of norms, government, technology, and social platforms.	ABST – 11, 12 EMH – 2, 3, 8, 11, 15 HIV – 8, 9 NPA – 12, 13 TAOD – 5, 9, 11, 12 VIP – 1, 2, 9, 10, 11, 12, 13
4.2 Students analyze how health-enhancing and risky behaviors can influence the likelihood of engaging in more of the same behaviors.	ABST – 10, 11, 13 EMH – 3, 4, 5, 8, 14 HIV – 3, 8, 9 NPA – 1, 7, 14 TAOD – 2, 9 VIP – 1, 9
Standard HE5: Communication and Advocacy Skills Health literate students demonstrate the ability to use interpersonal communication and advocacy skills to enhance personal, family, and community health.	
5.1 Students analyze effective communication skills for self and others to enhance health and build relationships including affirmative consent, refusal, and negotiation skills.	ABST – 15, 16 EMH – 6, 7, 9, 10, 13, 16, 17 NPA – 15 HIV – 12, 13 TAOD – 6, 14, 15 VIP – 16, 17, 19

Grades 9–12 <i>(continued)</i>	HealthSmart (Unit – Lesson)
Standard HE5 <i>(continued)</i>	
5.2 Students analyze advocacy skills for self and others to make positive health choices.	EMH – 11 HIV – 2, 15 NPA – 8 TAOD – 5, 6, 12, 16 VIP – 7, 11
Standard HE6: Decision-Making and Goal-Setting Skills Health literate students demonstrate the ability to make decisions and set goals to enhance health.	
6.1 Students analyze decision making skills to enhance health outcomes.	ABST – 14 TAOD – 13 VIP – 5
6.2 Students analyze goal-setting skills to achieve short and/or long-term personal health goals.	ABST – 6 EMH – 14 NPA – 10, 11