

HECAT K-12 Healthy Behavior Outcomes by Lesson

Abstinence, Personal & Sexual Health

Healthy Behavior Outcome	Lesson Number															
Personal Health & Wellness	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
PHW-1 Brush and floss teeth daily.*	Covered in Middle School															
PHW-2 Practice appropriate hygiene habits.								•								
PHW-3 Get an appropriate amount of sleep and rest.	•				•											
PHW-4 Prevent vision and hearing loss.	•				•											
PHW-5 Prevent damage from the sun.	•				•											
PHW-6 Practice behaviors that prevent infectious diseases.	•	•														
PHW-7 Practice behaviors that prevent chronic diseases.	•		•													
PHW-8 Prevent serious health problems that result from common chronic diseases and conditions among youth, such as allergies, asthma, diabetes, epilepsy.			•													
PHW-9 Practice behaviors that prevent food-borne illnesses.		•														
PHW-10 Seek out help for common infectious diseases and chronic diseases and conditions.				•												
PHW-11 Seek out health care professionals for appropriate screenings and examinations.	•			•												
PHW-12 Prevent health problems that result from fads or trends.	Covered in Nutrition & Physical Activity															
Sexual Health	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
SH-1 Establish and maintain healthy relationships.**														•	•	•
SH-2 Be sexually abstinent.						•	•	•	•	•	•	•	•	•	•	•
SH-3 Engage in behaviors that prevent or reduce sexually transmitted disease (STD), including HIV infection.**						•	•	•	•	•	•	•	•	•	•	•
SH-4 Engage in behaviors that prevent or reduce unintended pregnancy.***						•	•	•	•	•	•	•	•	•	•	•
SH-5 Avoid pressuring others to engage in sexual behaviors.										•		•		•	•	
SH-6 Support others to avoid or reduce sexual risk behaviors.											•				•	•
SH-7 Treat others with courtesy and respect without regard to their sexuality.						•								•	•	
SH-8 Use appropriate health services to promote sexual health.								•								•

*Dental care is covered in more detail in HealthSmart for the Elementary Grades.
**Also covered in Emotional & Mental Health.
***Abstinence only. Other protective behaviors are covered in HIV, STD & Pregnancy Prevention.

Emotional & Mental Health

Healthy Behavior Outcome	Lesson Number															
Mental & Emotional Health	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
MEH-1 Express feelings in a healthy way.		•					•	•	•	•	•	•	•	•	•	•
MEH-2 Engage in activities that are mentally and emotionally healthy.	•	•	•	•		•		•	•	•		•	•	•		•
MEH-3 Prevent and manage interpersonal conflict in healthy ways.		•								•		•	•	•	•	•
MEH-4 Prevent and manage emotional stress and anxiety in healthy ways.		•			•	•					•	•		•		•
MEH-5 Use self-control and impulse-control strategies to promote health.		•	•							•		•	•	•	•	•
MEH-6 Get help for troublesome thoughts, feelings or actions for oneself and others.		•								•	•		•		•	•
MEH-7 Show tolerance and acceptance of differences in others.		•						•					•	•	•	•
MEH-8 Establish and maintain healthy relationships.		•	•					•	•	•		•	•	•	•	•

*Healthy Behavior Outcomes will vary, depending on the goals students set for improving their emotional health.

Violence & Injury Prevention

Healthy Behavior Outcome	Lesson Number																	
Safety/Injury Prevention	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
S-1 Follow appropriate safety rules when riding in or on a motor vehicle.																	•	•
S-2 Avoid driving a motor vehicle while under the influence of alcohol or other drugs.																	•	•
Avoid riding in a motor vehicle driven by someone under the influence of alcohol or other drugs.																	•	•
S-3 Use safety equipment appropriately and correctly.																	•	•
S-4 Apply safety rules and procedures to avoid risky behaviors and injury.												•	•	•	•	•	•	•
S-5 Avoid safety hazards in the home and community.												•	•	•	•	•	•	•
S-6 Recognize and avoid dangerous surroundings.												•	•	•	•	•	•	•
S-7 Get help for oneself or others when injured or suddenly ill.																	•	•
S-8 Support others to avoid risky behaviors and be safe.												•	•	•	•	•	•	•
Violence Prevention	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
V-1 Manage interpersonal conflict in nonviolent ways.	Covered in Emotional & Mental Health																	
V-2 Manage emotional distress in nonviolent ways.**																		
V-3 Avoid bullying, being a bystander to bullying, or being a victim of bullying.			•	•	•													
V-4 Avoid engaging in violence, including sexual harassment, coercion, exploitation, physical fighting and rape.	•	•	•	•	•	•	•	•	•									
V-5 Avoid situations where violence is likely to occur.	•	•			•			•										
V-6 Avoid associating with others who are involved in or who encourage violence or criminal activity.	•	•			•													
V-7 Get help to prevent or stop violence, including harassment, abuse, bullying, hazing, fighting and hate crimes.			•	•	•	•	•	•	•	•	•							
V-8 Get help to address inappropriate touching.								•	•									
V-9 Get help to stop being subjected to violence or physical abuse.			•	•	•	•	•	•			•	•						
V-10 Get help for oneself or others who are in danger of hurting themselves.										•	•	•						

*Healthy Behavior Outcomes will vary, depending on which area students focus on in their advocacy campaigns.
**Also covered in Emotional & Mental Health.

HIV, STD & Pregnancy Prevention

Healthy Behavior Outcome	Lesson Number													
Sexual Health	1	2	3	4	5	6	7	8	9	10	11	12	13	14
SH-1 Establish and maintain healthy relationships.*	•	•												
SH-2 Be sexually abstinent.			•	•	•	•	•							•
SH-3 Engage in behaviors that prevent or reduce sexually transmitted disease (STD), including HIV infection.			•		•	•	•	•	•	•	•	•	•	•
SH-4 Engage in behaviors that prevent or reduce unintended pregnancy.			•	•			•	•		•	•	•	•	•
SH-5 Avoid pressuring others to engage in sexual behaviors.			•				•	•	•		•	•	•	•
SH-6 Support others to avoid or reduce sexual risk behaviors.			•	•	•	•	•	•	•		•	•	•	•
SH-7 Treat others with courtesy and respect without regard to their sexuality.		•	•											
SH-8 Use appropriate health services to promote sexual health.			•	•	•	•		•	•	•				•

*Also covered in Emotional & Mental Health.

Nutrition & Physical Activity

Healthy Behavior Outcome	Lesson Number																	
Healthy Eating	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16		
HE-1 Eat the appropriate number of servings from each food group every day.		•	•	•					•	•						•		
HE-2 Eat a variety of foods within each food group every day.		•	•	•					•	•						•		
HE-3 Eat an abundance of fruits and vegetables every day.		•	•	•					•	•						•		
HE-4 Choose to eat whole-grain products and fat-free or low-fat milk or equivalent milk products regularly.		•	•	•	•				•	•						•		
HE-5 Drink plenty of water every day.	•								•	•						•		
HE-6 Limit foods and beverages high in added sugars, solid fat and sodium.		•	•	•	•				•	•						•		
HE-7 Eat breakfast every day.									•	•						•		
HE-8 Eat healthy snacks.		•	•	•	•				•	•						•		
HE-9 Eat healthy foods when dining out.									•	•						•		
HE-10 Prepare food in healthful ways.						•			•	•						•		
HE-11 Balance caloric intake with caloric expenditure.		•	•	•					•	•					•	•		
HE-12 Follow an eating plan for healthy growth and development.		•	•	•	•				•	•		•	•	•	•	•		
HE-13 Support others to eat healthy.				•	•				•	•		•	•	•	•	•		
MEH-6 Get help for troublesome thoughts, feelings or actions for oneself or others. (from Mental & Emotional Health)																	•	
PHW-9 Practice behaviors that prevent food-borne illnesses. (from Personal Health & Wellness)																		•
PHW-12 Prevent health problems that result from fads or trends. (from Personal Health & Wellness)																		•
Physical Activity	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16		
PA-1 Engage in moderate to vigorous physical activity for at least 60 minutes every day.						•	•	•	•	•						•		
PA-2 Regularly engage in physical activities that enhance cardiorespiratory endurance, flexibility, muscle endurance and muscle strength.						•	•	•	•	•						•		
PA-3 Engage in warm-up and cool-down activities before and after structured exercise.									•	•								
PA-4 Drink plenty of water before, during and after physical activity.									•	•								
PA-5 Follow a physical activity plan for healthy growth and development.						•	•	•	•	•	•	•	•	•	•	•		
PA-6 Avoid injury during physical activity.									•	•								
PA-7 Support others to be physically active.									•	•	•	•	•	•	•	•		

*Healthy Behavior Outcomes will vary, depending on whether students set a healthy eating or physical activity goal.

Tobacco, Alcohol & Other Drug Prevention

Healthy Behavior Outcome	Lesson Number															
Tobacco	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
T-1 Avoid using (or experimenting with) any form of tobacco.	•	•		•	•			•		•	•	•	•	•	•	•
T-2 Avoid secondhand smoke.				•									•	•		
T-3 Support a tobacco-free environment.				•	•			•				•				•
T-4 Support others to be tobacco free.				•	•			•			•				•	•
T-5 Quit using tobacco if already using.					•											
Alcohol & Other Drugs	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
AOD-1 Avoid misuse and abuse of over-the-counter and prescription drugs.	•	•	•					•		•	•	•	•	•	•	•
AOD-2 Avoid experimentation with alcohol and other drugs.	•	•						•	•	•	•	•	•	•	•	•
AOD-3 Avoid the use of alcohol.	•	•						•	•	•	•	•	•	•	•	•
AOD-4 Avoid the use of illegal drugs.	•	•						•	•	•	•	•	•	•	•	•
AOD-5 Avoid driving while under the influence of alcohol and other drugs.						•						•		•	•	•
AOD-6 Avoid riding in a motor vehicle with a driver who is under the influence of alcohol or other drugs.						•						•		•	•	•
AOD-7 Quit using alcohol and other drugs if already using.									•							
AOD-8 Support others to be alcohol and other drug free.								•	•	•	•	•	•	•	•	•

Alignment with HECAT Knowledge Expectations for Grades 9–12

Alcohol & Other Drugs

- AOD1.12.1 Distinguish between proper use and abuse of over-the-counter medicines. **TAOD Lesson 3**
- AOD1.12.2 Differentiate between proper use and abuse of prescription medicines. **TAOD Lesson 3**
- AOD1.12.3 Examine the harmful effects of using weight loss drugs. **Covered in NPA Lesson 14, but not an objective**
- AOD1.12.4 Describe the harmful effects and legal issues related to using performance-enhancing drugs. **Covered in TAOD Lesson 1 (health effects), but not an objective**
- AOD1.12.5 Describe the harmful effects of binge drinking. **TAOD Lesson 6**
- AOD1.12.6 Summarize the harmful short- and long-term physical, psychological, and social effects of using alcohol and other drugs. **TAOD Lesson 1, TAOD Lesson 6 (alcohol), TAOD Lesson 7 (marijuana)**
- AOD1.12.7 Describe the effects of using alcohol and other drugs on school performance, job performance, job absenteeism, and job loss. **Covered in TAOD Lesson 7 (marijuana), but not an objective**
- AOD1.12.8 Explain the effects of alcohol and other drug use during pregnancy. **Covered in TAOD Lesson 6 (alcohol), but not an objective**
- AOD1.12.9 Evaluate situations that could lead to the use of alcohol and other drugs. **Covered in TAOD Lesson 12 (decision making) and TAOD Lesson 14 (refusal skills), but not an objective**
- AOD1.12.10 Summarize why alcohol or other drug use is an unhealthy way to manage weight or stress. **TAOD Lesson 10**
- AOD1.12.11 Analyze why individuals choose to use or not to use alcohol and other drugs. **TAOD Lesson 1, also covered in TAOD Lesson 10 but not an objective**
- AOD1.12.12 Analyze short- and long-term benefits of remaining alcohol and drug free. **TAOD Lesson 6 (alcohol), TAOD Lesson 7 (marijuana), TAOD Lesson 13, TAOD Lesson 16**
- AOD1.12.13 Analyze the relationship of alcohol and other drug use to the major causes of death and disease in the United States. **Not covered**
- AOD1.12.14 Summarize family rules, school rules and community laws about alcohol and other drug use. **TAOD Lesson 8**
- AOD1.12.15 Determine socially appropriate ways to avoid or prevent use of alcohol and other drugs. **Covered in TAOD Lesson 14 (countering peer pressure) and TAOD Lesson 15 (refusal skills), but not an objective**
- AOD1.12.16 Analyze the relationship between using alcohol and other drugs and other health risks, such as unintentional injuries, violence, suicide, sexual risk behaviors, and tobacco use. **TAOD Lesson 8; ABST Lesson 10 (sexual risk behaviors); HIV/STD Lesson 7 (sexual risk behaviors); VIP Lesson 2 (violence), VIP Lesson 12 (unintentional injuries)**
- AOD1.12.17 Summarize the relationship between intravenous drug use and transmission of blood-borne diseases, such as HIV and hepatitis. **Not covered**
- AOD1.12.18 Summarize long-term health benefits of abstaining from or discontinuing alcohol use. **TAOD Lesson 9**
- AOD1.12.19 Analyze the dangers of driving while under the influence of alcohol and other drugs. **TAOD Lesson 6 (alcohol), TAOD Lesson 16; VIP Lesson 13**
- AOD1.12.20 Summarize the importance of not riding with a driver who has been using alcohol or other drugs. **TAOD Lesson 16; VIP Lesson 13**
- AOD1.12.21 Analyze how the addiction to alcohol or other drug use can be treated. **Covered in TAOD Lesson 9, but not an objective**
- AOD1.12.22 Analyze how alcohol- and other drug-use cessation programs can be successful. **Covered in TAOD Lesson 9, but not an objective**

Healthy Eating

- HE1.12.1 Describe the recommendations of the U.S. *Dietary Guidelines for Americans*. **NPA Lesson 2**
- HE1.12.2 Describe the relationship between diet and chronic diseases such as heart disease, cancer, diabetes, hypertension, and osteoporosis. **NPA Lesson 1**
- HE1.12.3 Explain how the U.S. *Dietary Guidelines for Americans* are useful in planning a healthy diet. **NPA Lesson 2**
- HE1.12.4 Explain how to incorporate foods that are high in fiber into a healthy daily diet. **NPA Lesson 4**
- HE1.12.5 Distinguish food sources that provide key nutrients. **NPA Lesson 1**
- HE1.12.6 Explain how to incorporate an adequate amount of calcium into a healthy daily diet. **NPA Lesson 4**
- HE1.12.7 Explain how to incorporate an adequate amount of iron into a healthy daily diet. **NPA Lesson 4**
- HE1.12.8 Describe the importance of eating a variety of appropriate foods to meet daily nutrient and caloric needs. **NPA Lesson 3**
- HE1.12.9 Describe how to make a vegetarian diet healthy. **NPA Lesson 3**
- HE1.12.10 Summarize food preparation methods that add less fat, sugar, and sodium to food. **NPA Lesson 5**
- HE1.12.11 Summarize the physical, mental, social, and academic benefits of eating breakfast every day. **Not covered**
- HE1.12.12 Summarize how to make healthy food selections when dining out. **NPA Lesson 5 (for fast-food restaurants)**
- HE1.12.13 Describe the benefits of limiting the consumption of energy drinks. **Addressed briefly in NPA Lesson 10, but not an objective**
- HE1.12.14 Summarize the relationship between access to healthy foods and personal food choices. **Not covered**
- HE1.12.15 Summarize food safety strategies that can control germs that cause food-borne illnesses. **NPA Lesson 16; also covered in ABST Lesson 2, but not an objective**
- HE1.12.16 Summarize the importance of healthy eating and physical activity in maintaining a healthy weight. **NPA Lesson 2, NPA Lesson 14**
- HE1.12.17 Describe the relationship between nutrition and overall health. **NPA Lesson 1**
- HE1.12.18 Analyze healthy and risky approaches to weight management. **NPA Lesson 14**
- HE1.12.19 Explain the effects of eating disorders on healthy growth and development. **NPA Lesson 15**
- HE1.12.20 Analyze the benefits of healthy eating. **NPA Lesson 3, NPA Lesson 8**

Mental & Emotional Health

- MEH1.12.1 Analyze the interrelationship of physical, mental, emotional, social and spiritual health. **EMH Lesson 1**
- MEH1.12.2 Analyze characteristics of a mentally and emotionally healthy person. **EMH Lesson 2**
- MEH1.12.3 Analyze how mental and emotional health can affect health-related behaviors. **EMH Lesson 2**
- MEH1.12.4 Summarize healthy ways to express affection, love, friendship, and concern. **Covered in ABST Lesson 9 (affection/attraction), but not an objective**
- MEH1.12.5 Summarize strategies for coping with loss and grief. **EMH Lesson 11**
- MEH1.12.6 Differentiate between a positive and negative body image. **NPA Lesson 13**
- MEH1.12.7 Analyze the causes, symptoms, and effects of depression. **EMH Lesson 15**
- MEH1.12.8 Analyze the causes, symptoms, and effects of anxiety. **EMH Lesson 15**
- MEH1.12.9 Analyze strategies for managing and reducing interpersonal conflicts. **EMH Lesson 13**

Mental & Emotional Health (Continued)

- MEH1.12.10 Analyze how sharing or posting personal information electronically about self or others on social media sites can negatively impact mental and emotional health. **Addressed in EMH Lesson 10 (ending a relationship), but not an objective; also addressed in ABST Lesson 11 (sexting) and VIP Lesson 4 (cyberbullying)**
- MEH1.12.11 Explain the effects of eating disorders on healthy growth and development. **NPA Lesson 15; also addressed in EMH Lesson 15, but not an objective**
- MEH1.12.12 Summarize characteristics of someone who has self-respect and self-control. **EMH Lesson 3**
- MEH1.12.13 Analyze how pro-social behaviors can benefit overall health. **EMH Lesson 3**
- MEH1.12.14 Summarize personal stressors at home, in school, and with friends. **EMH Lesson 5**
- MEH1.12.15 Explain the body's physical and psychological responses to stressful situations. **EMH Lesson 5**
- MEH1.12.16 Evaluate effective strategies for dealing with stress. **EMH Lesson 6**
- MEH1.12.17 Summarize impulsive behaviors and strategies for controlling them. **EMH Lesson 12**
- MEH1.12.18 Justify why people with eating disorders need professional help. **Covered in EMH Lesson 15 and NPA Lesson 15, but not an objective**
- MEH1.12.19 Determine when to seek help for mental and emotional health problems. **EMH Lesson 16**
- MEH1.12.20 Describe personal characteristics that make people unique. **Not covered**
- MEH1.12.21 Summarize the benefits of living in a diverse society. **Not covered**
- MEH1.12.22 Summarize how intolerance can affect others. **Not covered**
- MEH1.12.23 Explain how to build and maintain healthy family and peer relationships. **EMH Lesson 9**
- MEH1.12.24 Analyze characteristics of healthy relationships. **EMH Lesson 9**
- MEH1.12.25 Summarize the qualities of a healthy dating relationship. **VIP Lesson 8; also addressed in EMH Lesson 10, but not an objective**
- MEH1.12.26 Evaluate effective strategies for dealing with difficult relationships with family members, peers, and boyfriends or girlfriends. **EMH Lesson 10**

Personal Health & Wellness

- PHW1.12.1 Analyze the personal physical, emotional, mental, and social health; educational; and vocational performance benefits of rest and sleep. **ABST Lesson 5**
- PHW1.12.2 Summarize personal strategies for reducing hearing damage due to exposure to loud sounds. **ABST Lesson 5**
- PHW1.12.3 Summarize personal strategies for avoiding vision damage. **ABST Lesson 5**
- PHW1.12.4 Summarize personal strategies for minimizing potential harm from sun exposure. **ABST Lesson 5**
- PHW1.12.5 Summarize how common infectious diseases are transmitted by indirect contact and person-to-person contact. **ABST Lesson 2**
- PHW1.12.6 Analyze how common food-borne diseases are transmitted. **ABST Lesson 2; NPA Lesson 16**
- PHW1.12.7 Explain the relationship between intravenous drug use and transmission of blood-borne diseases such as HIV and hepatitis. **ABST Lesson 2**
- PHW1.12.8 Summarize ways to prevent the spread of germs that cause infectious diseases such as HIV by not having sex, not touching blood, and not touching used hypodermic or tattoo needles. **ABST Lesson 2 (common infectious diseases); HIV/STD Lessons 5 & 6 (other STDs and HIV)**
- PHW1.12.9 Analyze the behavioral and environmental factors that contribute to the major chronic diseases. **ABST Lesson 3**
- PHW1.12.10 Describe the relationship between poor personal health and wellness habits and chronic diseases such as heart disease, cancer, diabetes, hypertension, and osteoporosis. **ABST Lesson 3**
- PHW1.12.11 Justify why it is important to seek help and treatment for common infectious diseases and chronic diseases. **ABST Lesson 4**
- PHW1.12.12 Summarize important health screenings, immunizations, checkups, examinations, and health screenings necessary to maintain good health. **ABST Lesson 4**
- PHW1.12.13 Summarize the potential health and social consequences of popular fads or trends such as body piercing and tattooing. **Not covered**

Physical Activity

- PA1.12.1 Analyze how an inactive lifestyle contributes to chronic disease. **NPA Lesson 6**
- PA1.12.2 Analyze ways to increase physical activity and decrease inactivity. **NPA Lesson 7**
- PA1.12.3 Summarize the mental and social benefits of physical activity. **NPA Lesson 6, NPA Lesson 8**
- PA1.12.4 Summarize the recommended amounts and types of moderate, vigorous, muscle strengthening, and bone-strengthening physical activity for adolescents and adults. **NPA Lesson 7**
- PA1.12.5 Summarize how a person can incorporate physical activity into daily life (without relying on a structured exercise plan or special equipment). **Covered in NPA Lesson 7, but not an objective**
- PA1.12.6 Differentiate various sports and physical activities in terms of health and skill-related fitness. **Not covered**
- PA1.12.7 Evaluate the short- and long-term benefits of physical activity, including improving cardiovascular health, strength, endurance, and flexibility; healthy weight management; and reducing chronic diseases. **NPA Lesson 6, NPA Lesson 8**
- PA1.12.8 Summarize physical activities that contribute to maintaining or improving components of health-related fitness. **NPA Lesson 6**
- PA1.12.9 Describe methods for avoiding and responding to climate-related physical conditions during physical activity. **NPA Lesson 10**
- PA1.12.10 Summarize the importance of warming up before and cooling down after physical activity. **NPA Lesson 10**
- PA1.12.11 Explain the ways to reduce the risk of injuries from participation in sports and other physical activities. **NPA Lesson 10; VIP Lesson 14**
- PA1.12.12 Describe the effects of hydration and dehydration on physical performance. **Not an objective, but importance of hydration is addressed in NPA Lesson 10**
- PA1.12.13 Determine the necessary protective gear for wheel sports and activities, including biking, inline skating, riding a scooter, and skateboarding. **Addressed in VIP Lesson 14, but not an objective**
- PA1.12.14 Describe the use of safety equipment for specific physical activities. **NPA Lesson 10; also covered in VIP Lesson 14 (sports/recreation injuries)**

Safety/Injury Prevention

- S1.12.1 Summarize ways to reduce the risk of injuries while riding in or driving a motor vehicle. **VIP Lesson 13**
- S1.12.2 Summarize the necessary protective gear for biking, motorcycling, snowmobiling, inline skating, riding a scooter, and/or skateboarding. **Addressed in VIP Lesson 14, but not an objective**
- S1.12.3 Explain ways to reduce the risk of injuries when using tools or machinery. **VIP Lesson 14**
- S1.12.4 Explain ways to reduce the risk of work-related injuries. **VIP Lesson 14**
- S1.12.5 Analyze the dangers or driving while under the influence of alcohol and other drugs. **VIP Lesson 13**

Safety & Injury Prevention (Continued)

- S1.12.6 Summarize the importance of not riding with a driver who has been using alcohol or other drugs. **VIP Lesson 13**
- S1.12.7 Analyze the relationship between unintentional injuries and using alcohol and other drugs. **VIP Lesson 12**
- S1.12.8 Prioritize actions to take to prevent injuries during severe weather. **VIP Lesson 15**
- S1.12.9 Explain ways to reduce the risk of injuries around water. **Covered in VIP Lesson 14, but not an objective**
- S1.12.10 Summarize ways to reduce injuries when playing sports. **VIP Lesson 14; NPA Lesson 10**
- S1.12.11 Summarize ways to reduce the risk of injuries from firearms. **Covered in VIP Lesson 14, but not an objective**
- S1.12.12 Summarize ways to reduce safety hazards in the home. **VIP Lesson 17**
- S1.12.13 Summarize ways to reduce safety hazards in the community. **Not covered**
- S1.12.14 Explain ways to reduce the risk of injuries due to poisoning. **Covered in VIP Lesson 14, but not an objective**
- S1.12.15 Summarize ways to reduce safety hazards at school. **VIP Lesson 17**
- S1.12.16 Analyze how sharing or posting personal information electronically about self or others on social media sites can negatively impact personal safety of self or others. **Addressed in VIP Lesson 4 (cyberbullying), but not an objective**
- S1.12.17 Describe actions to take in case of mass trauma. **Can be addressed in VIP Lesson 15 in terms of emergency actions, but not an objective**
- S1.12.18 Explain accepted procedures for basic emergency care and lifesaving. **First aid is not covered in HealthSmart**
- S1.12.19 Analyze the benefits of reducing the risks of injury. **VIP Lesson 14**

Sexual Health

- SH1.12.1 Explain how to build and maintain healthy family and peer relationships. **EMH Lesson 9**
- SH1.12.2 Analyze characteristics of healthy relationships. **EMH Lesson 9**
- SH1.12.3 Summarize the qualities of a healthy dating relationship. **VIP Lesson 8; also addressed in EMH Lesson 10, but not an objective**
- SH1.12.4 Evaluate effective strategies for dealing with difficult relationships with family members, peers, and boyfriends or girlfriends. **EMH Lesson 10**
- SH1.12.5 Summarize the importance of talking with parents and other trusted adults about issues related to relationships, growth and development and sexual health. **ABST Lesson 8 (sexual health)**
- SH1.12.6 Evaluate the negative consequences of sending sexually explicit pictures or messages by e-mail or cell phone or posting sexually explicit pictures on social media sites. **Covered in ABST Lesson 11 (sexting) and VIP Lesson 4 (cyberbullying), but not an objective**
- SH1.12.7 Justify why abstinence from sex and drugs are the safest, most effective risk avoidance methods of protection from HIV, other STDs, and pregnancy. **ABST Lesson 9 (sexual abstinence); HIV/STD Lesson 13**
- SH1.12.8 Analyze the factors that contribute to engaging in sexual risk behaviors. **ABST Lesson 10; HIV/STD Lesson 7**
- SH1.12.9 Analyze the factors that protect one against engaging in sexual risk behaviors. **ABST Lesson 10; HIV/STD Lesson 7**
- SH1.12.10 Summarize ways to prevent pregnancy and the sexual transmission of HIV and other common STDs. **HIV/STD Lesson 5 (STD), HIV/STD Lesson 6 (HIV), HIV/STD Lesson 13**
- SH1.12.11 Summarize the importance of setting personal limits to avoid risky sexual behavior. **ABST Lesson 12; HIV/STD Lesson 3**
- SH1.12.12 Describe the importance of shared responsibilities for avoiding sexual activity and preventing sexual risk behaviors. **HIV/STD Lesson 8**
- SH1.12.13 Analyze the relationship between using alcohol and other drugs and sexual risk behaviors. **ABST Lesson 10; HIV/STD Lesson 7**
- SH1.12.14 Analyze the effectiveness of perfect use vs. typical use of condoms in reducing the risk of pregnancy, HIV, and other infection by STDs, including HPV (Human Papillomavirus). **Not covered (HIV/STD Lesson 11 covers general effectiveness of condoms, but does not distinguish between perfect and typical use)**
- SH1.12.15 Summarize how common STDs are transmitted. **HIV/STD Lesson 5**
- SH1.12.16 Summarize how HIV is transmitted. **HIV/STD Lesson 6**
- SH1.12.17 Summarize the signs and symptoms of common STDs. **HIV/STD Lesson 5**
- SH1.12.18 Summarize the signs and symptoms of HIV. **HIV/STD Lesson 6**
- SH1.12.19 Summarize the problems associated with asymptomatic STDs and HIV. **HIV/STD Lesson 5 (STD Only)**
- SH1.12.20 Summarize the short- and long-term consequences of common STDs. **HIV/STD Lesson 5**
- SH1.12.21 Summarize the short- and long-term consequences of HIV. **HIV/STD Lesson 6**
- SH1.12.22 Summarize the importance of proper adherence to contraceptive methods to reduce the risk of pregnancy. **HIV/STD Lesson 4**
- SH1.12.23 Summarize the importance of using condoms consistently and correctly to reduce risk of pregnancy, and infection of HIV and common STDs. **HIV/STD Lesson 11; also covered in HIV/STD Lesson 4 (pregnancy) and HIV/STD Lesson 5 (STD), but not an objective.**
- SH1.12.24 Explain the value of using a condom at the same time as using another form of contraceptive to reduce the risk of infection of HIV and common STDs and reduce the risk of pregnancy. **Not covered**
- SH1.12.25 Explain the basic side effects and costs of treatment for STDs. **Not covered (HIV/STD Lesson 5 covers STD treatment, but not side-effects/costs)**
- SH1.12.26 Explain the basic side effects and costs of treatment for HIV. **Not covered (HIV/STD Lesson 6 covers HIV treatment, but not side-effects/costs)**
- SH1.12.27 Describe the increased risks associated with having multiple sexual partners including serial monogamy. **HIV/STD Lesson 8**
- SH1.12.28 Analyze situations that could lead to being pressured into having sex. **ABST Lesson 12**
- SH1.12.29 Analyze techniques that are used to coerce or pressure someone to have sex. **Covered in ABST Lesson 14, but not an objective**
- SH1.12.30 Explain why it is an individual's responsibility to verify that all sexual contact is consensual. **VIP Lesson 7 (sexual harassment)**
- SH1.12.31 Summarize why individuals have the right to refuse sexual contact. **ABST Lesson 14**
- SH1.12.32 Explain why it is wrong to trick, threaten, or coerce another person into having sex. **VIP Lesson 8 (dating violence)**
- SH1.12.33 Explain the importance of contraceptive counseling and services if sexually active. **HIV/STD Lesson 4**
- SH1.12.34 Explain why it's important to know the STD/HIV status of oneself and of a potential sexual partner. **HIV/STD Lesson 9**
- SH1.12.35 Explain the importance of STDs and HIV testing and counseling if sexually active. **HIV/STD Lesson 9**
- SH1.12.36 Analyze the effectiveness of perfect use vs. typical use of a variety of contraceptive methods in reducing the risk of pregnancy. **Covered in HIV/STD Lesson 4, but not an objective**
- SH1.12.37 Summarize the relationship between the menstrual cycle and conception. **ABST Lesson 7**
- SH1.12.38 Analyze the emotional, social, physical and financial effects of being a teen parent. **HIV/STD Lesson 4**

Sexual Health (Continued)

- SH1.12.39 Summarize the benefits of respecting individual differences in aspects of sexuality (such as sexual activity, sexual abstinence, sexual orientation, gender, or gender identity), growth and development or physical appearance. **ABST Lesson 6; HIV/STD Lesson 2**
- SH1.12.40 Summarize why it is wrong to tease or bully others based on aspects of their sexuality (such as sexual activity, sexual abstinence, sexual orientation, gender, or gender identity). **Covered in HIV/STD Lesson 2, but not an objective**
- SH1.12.41 Summarize how intolerance can affect others when aspects of their sexuality (such as sexual activity, sexual abstinence, sexual orientation, gender, or gender identity) are different from one's own. **HIV/STD Lesson 2**
- SH1.12.42 Summarize ways to show courtesy and respect for others when aspects of their sexuality (such as sexual activity, sexual abstinence, sexual orientation, gender, or gender identity) are different from one's own. **HIV/STD Lesson 3 and ABST Lesson 6, but not an objective**
- SH1.12.43 Explain the importance of immunizations, checkups, examinations and health screenings, such as breast self-examination, testicular self-examination, mammograms, and Pap smears necessary to maintain sexual and reproductive health. **ABST Lesson 8**

Tobacco

- T1.12.1 Examine situations that could lead to tobacco use. **Not covered**
- T1.12.2 Analyze short- and long-term physical effects of tobacco use. **TAOD Lesson 4**
- T1.12.3 Analyze short- and long-term psychological and social effects of tobacco use. **TAOD Lesson 4**
- T1.12.4 Analyze the relationship between using tobacco and using alcohol or other drugs. **Not covered**
- T1.12.5 Summarize long-term health benefits of abstaining from or discontinuing tobacco use. **TAOD Lesson 5**
- T1.12.6 Describe the effects of tobacco use on the fetus. **Covered in TAOD Lesson 4, but not an objective**
- T1.12.7 Summarize why individuals choose to use or not use tobacco. **TAOD Lesson 4, TAOD Lesson 5**
- T1.12.8 Evaluate community laws and policies related to the sale and use of tobacco products. **TAOD Lesson 8**
- T1.12.9 Evaluate the financial costs of tobacco use to the individual and society. **Covered in TAOD Lesson 4 (individual), but not an objective**
- T1.12.10 Summarize the effects of secondhand smoke. **TAOD Lesson 4**
- T1.12.11 Distinguish appropriate ways to support family and friends who are trying to stop using tobacco. **TAOD Lesson 5**
- T1.12.12 Analyze how the addiction to tobacco use can be treated. **TAOD Lesson 5**
- T1.12.13 Analyze how smoking cessation programs can be successful. **TAOD Lesson 5**

Violence Prevention

- V1.12.1 Analyze why pro-social behaviors can help prevent violence. **Not covered**
- V1.12.2 Describe ways to express anger non-violently. **EMH Lesson 12**
- V1.12.3 Summarize non-violent ways to respond to stress when angry or upset. **Covered in EMH Lesson 12, but not an objective**
- V1.12.4 Analyze why it is important to understand the perspectives of others in resolving a conflict situation. **EMH Lesson 13**
- V1.12.5 Summarize the qualities of a healthy dating relationship. **VIP Lesson 8**
- V1.12.6 Evaluate effective non-violent strategies for dealing with difficult relationships with family members, peers, and boyfriends or girlfriends. **EMH Lesson 10**
- V1.12.7 Summarize impulsive behaviors that can lead to violence and strategies for controlling them. **EMH Lesson 12**
- V1.12.8 Analyze how power and control differences in relationships (peer, dating, or family relationships) can contribute to aggression and violence. **VIP Lesson 8 (dating); also covered in VIP Lesson 7 (sexual harassment), but not an objective**
- V1.12.9 Analyze how mental and emotional health can affect violence-related behaviors. **Not covered**
- V1.12.10 Analyze the negative consequences of violence to perpetrators, victims, and bystanders. **VIP Lesson 1, Lesson 3 (bullying), Lesson 4 (cyberbullying), Lesson 5 (hazing), Lesson 7 (sexual harassment)**
- V1.12.11 Explain how bystanders can help prevent violence by reporting dangerous situations or actions. **VIP Lesson 3 (bullying), Lesson 4 (cyberbullying), Lesson 5 (hazing)**
- V1.12.12 Analyze the consequences of prejudice, discrimination, racism, sexism, and hate crimes. **VIP Lesson 6**
- V1.12.13 Explain why it is an individual's responsibility to verify that all sexual contact is consensual. **VIP Lesson 7; also addressed in VIP Lesson 8, but not an objective**
- V1.12.14 Explain why it is wrong to trick, threaten or coerce another person into having sex. **VIP Lesson 8**
- V1.12.15 Analyze techniques that are used to coerce or pressure someone to have sex. **Covered in ABST Lesson 14, but not an objective**
- V1.12.16 Summarize why individuals have the right to refuse sexual contact. **Covered in VIP Lesson 8, but not an objective**
- V1.12.17 Analyze the relationship between using alcohol and other drugs and violence. **VIP Lesson 2, VIP Lesson 5 (hazing)**
- V1.12.18 Describe characteristics of the school or community that can increase or decrease the likelihood of violence. **Addressed in VIP Lesson 2, but not an objective**
- V1.12.19 Analyze situations that could lead to different types of violence. **Not covered**
- V1.12.20 Summarize why the presence of weapons increases the likelihood of violent injury. **VIP Lesson 2**
- V1.12.21 Analyze how changing behavior or changing the environment interacts to increase or decrease the likelihood of violence. **VIP Lesson 2**
- V1.12.22 Analyze how gang involvement can contribute to violence. **VIP Lesson 2**
- V1.12.23 Describe characteristics of the school or community that can increase or decrease the likelihood of violence. **Addressed in VIP Lesson 2, but not an objective**
- V1.12.24 Describe actions to take if weapons are seen or suspected in school or outside the supervision of a parent or guardian. **Covered in VIP Lesson 11, but not an objective**
- V1.12.25 Explain why a person who has been sexually assaulted or raped is not at fault. **VIP Lesson 8**
- V1.12.26 Explain why rape and sexual assault should be reported to a trusted adult. **Covered in VIP Lesson 8, but not an objective**
- V1.12.27 Describe actions to take in case of a disaster, emergency, or act of terrorism. **VIP Lesson 15 (natural disasters and emergencies)**
- V1.12.28 Describe federal, state, and local laws intended to prevent violence. **Not covered**
- V1.12.29 Summarize why it is important to tell an adult if there are people who are in danger of hurting themselves or others. **VIP Lesson 9 (self), VIP Lesson 11 (self and others)**
- V1.12.30 Explain that self-directed violence is the result of the accumulation of multiple problems rather than just one problem. **VIP Lesson 9**
- V1.12.31 Explain when to seek help for mental health problems that contribute to violence. **Not covered; EMH Lesson 16 covers getting help for mental health issues in general**