

***HealthSmart* Alignment with  
National Health  
Education Standards**

**High School, Third Edition  
Grades 9–12**

advancing  
health  
equity **etr.**

<b>HealthSmart High School Unit Key</b>	
ABST = Abstinence, Personal & Sexual Health EMH = Emotional & Mental Health HIV = HIV, STI & Pregnancy Prevention	NPA = Nutrition & Physical Activity TAOD = Tobacco, Alcohol & Other Drug Prevention VIP = Violence & Injury Prevention
<b>Grades 9–12</b>	<b>HealthSmart (Unit – Lesson)</b>
<b>Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.</b>	
1.12.1 Predict how healthy behaviors can impact personal health.	ABST – 1, 2, 3, 4, 5, 7, 8, 9, 10, 13 EMH – 2, 3, 5, 6, 8, 9, 10, 11, 12 HIV – 1, 2, 5, 6, 7, 8, 9, 10, 14 NPA – 1, 2, 3, 4, 5, 6, 7, 8, 13, 14, 15, 16 TAOD – 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 16 VIP – 2, 15
1.12.2 Describe the interrelationships of emotional, intellectual, physical, and social health.	EMH – 1
1.12.3 Analyze how environment and personal health are interrelated.	ABST – 2, 3 EMH – 4, 11, 15 VIP – 9
1.12.4 Analyze how genetics and family history can impact personal health.	ABST – 3 EMH – 15 TAOD – 2
1.12.5 Propose ways to reduce or prevent injuries and health problems.	ABST – 2, 5 EMH – 4, 5, 12, 16 HIV – 4 NPA – 8, 16 TAOD – 13 VIP – 1, 2, 3, 4, 5, 6, 7, 11, 12, 13, 15, 16, 17, 18, 19
1.12.6 Analyze the relationship between access to health care and health status.	ABST – 4, 9 EMH – 15, 17
1.12.7 Compare and contrast the benefits of and barriers to practicing a variety of healthy behaviors.	ABST – 10 EMH – 13, 14, 17 HIV – 4, 11 NPA – 7, 10 TAOD – 6 VIP – 2, 11, 12, 14, 15, 16
1.12.8 Analyze personal susceptibility to injury, illness or death if engaging in unhealthy behaviors.	ABST – 1, 2, 3, 4, 5, 13 EMH – 4 HIV – 3, 6, 7 NPA – 14, 16 TAOD – 7, 8 VIP – 1, 8
1.12.9 Analyze the potential severity of injury or illness if engaging in unhealthy behaviors.	ABST – 3, 10 EMH – 4, 15 HIV – 3, 6, 7, 9 NPA – 14, 15, 16 TAOD – 1, 2, 4, 5, 7, 8, 13, 16 VIP – 1, 2, 3, 4, 8, 10, 12, 13, 14, 15

Grades 9–12 <i>(continued)</i>	<b>HealthSmart</b> (Unit – Lesson)
<b>Standard 2: Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.</b>	
2.12.1 Analyze how the family influences the health of individuals.	ABST – 11 EMH – 8 HIV – 8 NPA – 12, 13 TAOD – 11 VIP – 13
2.12.2 Analyze how the culture supports and challenges health beliefs, practices, and behaviors.	ABST – 11 HIV – 8 NPA – 12, 13 TAOD – 11 VIP – 9, 13
2.12.3 Analyze how peers influence healthy and unhealthy behaviors.	ABST – 11 EMH – 8, 15 HIV – 8 NPA – 12, 13 TAOD – 11 VIP – 1, 2, 11, 12, 13
2.12.4 Evaluate how the school and community can impact personal health practice and behaviors.	HIV – 8 NPA – 12 TAOD – 9, 11 VIP – 9, 11, 12, 13
2.12.5 Evaluate the effect of media on personal and family health.	ABST – 12 EMH – 11, 15 HIV – 8, 9 NPA – 12, 13 TAOD – 12 VIP – 13
2.12.6 Evaluate the impact of technology on personal, family, and community health.	ABST – 12 EMH – 11 HIV – 8 NPA – 12 VIP – 10
2.12.7 Analyze how the perceptions of norms influence healthy and unhealthy behaviors.	ABST – 11 EMH – 15 HIV – 8 TAOD – 5
2.12.8 Analyze the influence of personal values and beliefs on individual health practices and behaviors.	ABST – 11 EMH – 2, 3 HIV – 8 NPA – 12 TAOD – 11 VIP – 2, 9, 13

<b>Grades 9–12</b> <i>(continued)</i>	<b>HealthSmart</b> <b>(Unit – Lesson)</b>
<b>Standard 2</b> <i>(continued)</i>	
2.12.9 Analyze how some health risk behaviors can increase the likelihood of engaging in unhealthy behaviors.	ABST – 11 HIV – 8 TAOD – 9 VIP – 1, 9
2.12.10 Analyze how public health policies and government regulations can influence health promotion and disease prevention.	NPA – 12 TAOD – 11
<b>Standard 3: Students will demonstrate the ability to access valid information, products and services to enhance health.</b>	
3.12.1 Evaluate the validity of health information, products and services.	ABST – 5 EMH – 17 NPA – 9
3.12.2 Use resources from home, school, and community that provide valid health information.	ABST – 5 NPA – 4, 9 TAOD – 3
3.12.3 Determine the accessibility of products and services that enhance health.	HIV – 10, 11
3.12.4 Determine when professional health services may be required.	ABST – 4, 9 EMH – 15, 16, 17 HIV – 6 NPA – 15 TAOD – 4, 10 VIP – 16, 18
3.12.5 Access valid and reliable health products and services.	HIV – 10, 11
<b>Standard 4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.</b>	
4.12.1 Use skills for communicating effectively with family, peers, and others to enhance health.	ABST – 15 EMH – 6, 7, 9, 10 HIV – 12, 13 TAOD – 14
4.12.2 Demonstrate refusal, negotiation, and collaboration skills to enhance health and avoid or reduce health risks.	ABST – 15, 16 HIV – 12, 13 TAOD – 14, 15 VIP – 19
4.12.3 Demonstrate strategies to prevent, manage, or resolve interpersonal conflicts without harming self or others.	EMH – 13
4.12.4 Demonstrate how to ask for and offer assistance to enhance the health of self and others.	EMH – 10, 16, 17 NPA – 15 TAOD – 6 VIP – 16, 17

<b>Grades 9–12</b> <i>(continued)</i>	<b>HealthSmart</b> <b>(Unit – Lesson)</b>
<b>Standard 5: Students will demonstrate the ability to use decision-making skills to enhance health.</b>	
5.12.1 Examine barriers that can hinder healthy decision making.	ABST – 14 TAOD – 13 VIP – 5
5.12.2 Determine the value of applying a thoughtful decision-making process in health-related situations.	ABST – 14 TAOD – 13 VIP – 5
5.12.3 Justify when individual or collaborative decision making is appropriate.	ABST – 14 TAOD – 13 VIP – 5
5.12.4 Generate alternatives to health-related issues or problems.	ABST – 14 TAOD – 13 VIP – 5
5.12.5 Predict the potential short-term and long-term impact of each alternative on self and others.	ABST – 14 TAOD – 13 VIP – 5
5.12.6 Defend the healthy choice when making decisions.	ABST – 14 TAOD – 13 VIP – 5
5.12.7 Evaluate the effectiveness of health-related decisions.	ABST – 14 TAOD – 13 VIP – 5
<b>Standard 6: Students will demonstrate the ability to use goal-setting skills to enhance health.</b>	
6.12.1. Assess personal health practices and overall health status.	ABST – 1, 6 EMH – 1, 2, 11, 14 NPA – 2, 3, 4, 7, 10 VIP – 1
6.12.2 Develop a plan to attain a personal health goal that addresses strengths, needs, and risks.	ABST – 6 EMH – 14 NPA – 10
6.12.3 Implement strategies and monitor progress in achieving a personal health goal.	ABST – 6 EMH – 14 NPA – 10, 11
6.12.4 Formulate an effective long-term personal health plan.	HIV – 14

<b>Grades 9–12</b> <i>(continued)</i>	<b>HealthSmart</b> <b>(Unit – Lesson)</b>
<b>Standard 7: Students demonstrate the ability to practice strategies and skills to enhance personal health and reduce health risks.</b>	
7.12.1 Analyze the role of individual responsibility in enhancing health.	ABST – 9, 13 EMH – 2, 6, 12 HIV – 3, 4, 9, 14 TAOD – 1, 11 VIP – 1, 5, 11, 14, 15
7.12.2 Demonstrate a variety of healthy practices and behaviors that will maintain or improve the health of self and others.	ABST – 2 EMH – 3, 7, 8, 13 NPA – 4, 5, 11, 13
7.12.3 Demonstrate a variety of behaviors to avoid or reduce health risks to self and others.	ABST – 2 EMH – 5, 9, 12, 13 HIV – 11 NPA – 16 VIP – 3, 4, 6
<b>Standard 8: Students will demonstrate the ability to advocate for personal, family and community health.</b>	
8.12.1 Utilize accurate peer and societal norms to formulate a health-enhancing message.	TAOD – 5, 16 VIP – 7
8.12.2 Demonstrate how to influence and support others to make positive health choices.	EMH – 11 HIV – 2, 15 NPA – 8 TAOD – 5, 6, 12, 16 VIP – 7, 11
8.12.3 Work cooperatively as an advocate for improving personal, family, and community health.	HIV – 2, 15 NPA – 8 TAOD – 16 VIP – 6, 7, 11
8.12.4 Adapt health messages and communication techniques to a specific target audience.	HIV – 2, 15 NPA – 8 TAOD – 16 VIP – 7