

***HealthSmart* Alignment with Alaska Content Standards Skills for a Healthy Life**

**Middle School
(Grades 6–8)**

advancing
health
equity **etr.**

<p style="text-align: center;">Grades 6–8</p>	<p style="text-align: center;">HealthSmart (Grade – Lesson)</p>
<p>A. A student should be able to acquire a core knowledge related to well-being.</p>	
<p>Understand that a person’s well-being is the integration of health knowledge, attitudes, and behaviors.</p>	<p>ABST – 1, 2, 3, 5, 6, 8, 9, 10, 11, 16 EMH – 3, 4, 6, 7, 9, 10, 12, 13 HIV – 1, 4, 5, 6, 7, 8, 14 NPA – 1, 2, 3, 4, 5, 6, 7, 8, 11, 12, 13, 14, 15, 16 TAOD – 2, 3, 4, 5, 6, 7, 11 VIP – 1, 2, 8, 9, 10, 11, 13</p>
<p>Understand how the human body is affected by behaviors related to eating habits, physical fitness, personal hygiene, harmful substances, safety, and environmental conditions.</p>	<p>ABST – 1, 2, 3 EMH – 9 NPA – 1, 3, 5, 12, 13, 14, 15 TAOD – 2, 3, 4, 5, 7, 8 VIP – 1, 2, 3</p>
<p>Understand and identify the causes, preventions, and treatments for diseases, disorders, injuries, and addictions.</p>	<p>ABST – 3 EMH – 8 HIV – 6, 7 NPA – 13 TAOD – 6 VIP – 1, 2, 3, 4</p>
<p>Recognize patterns of abuse directed at self or others and understand how to break these patterns.</p>	<p>VIP – 9, 10, 11, 12, 13, 16, 17</p>
<p>Use knowledge and skills to promote the well-being of the family.</p>	<p>EMH – 4, 5</p>
<p>Use knowledge and skills related to physical fitness, consumer health, independent living, and career choices to contribute to well-being.</p>	<p>NPA – 4, 14, 15 TAOD – 5</p>
<p>Understand the physical and behavioral characteristics of human sexual development and maturity.</p>	<p>ABST – 4, 5, 6, 7, 8</p>
<p>Understand the ongoing life changes throughout the life span and healthful responses to these changes.</p>	<p>ABST – 1, 7</p>
<p>B. A student should be able to demonstrate responsibility for the student’s well-being.</p>	
<p>Demonstrate an ability to make responsible decisions by discriminating among risks and by identifying consequences.</p>	<p>EMH – 14 HIV – 9 VIP – 6</p>
<p>Demonstrate a variety of communication skills that contribute to well-being.</p>	<p>ABST – 7, 10, 14, 15 EMH – 5, 8, 12 HIV – 10, 11, 13 NPA – 10 TAOD – 15, 16 VIP – 5, 10, 14, 15, 16, 17</p>

<p>Grades 6–8 (continued)</p>	<p>HealthSmart (Grade – Lesson)</p>
<p>B (continued)</p>	
<p>Assess the effects of culture, heritage, and traditions on personal well-being.</p>	<p>ABST – 10, 12 NPA – 11</p>
<p>Develop an awareness of how personal life roles are affected by and contribute to the well-being of families, communities, and cultures.</p>	<p>ABST – 10, 12 EMH – 2, 4 NPA – 9, 11 TAOD – 9, 12</p>
<p>Evaluate what is viewed, read, and heard for its effect on personal well-being.</p>	<p>ABST – 1, 4 NPA – 1, 4 TAOD – 5, 12</p>
<p>Understand how personal relationships, including those with family, friends, and co-workers, impact personal well-being.</p>	<p>ABST – 12, 13 EMH – 4, 13 NPA – 9, 10, 11 TAOD – 9, 11, 15 VIP – 5, 11, 13</p>
<p>C. A student should understand how well-being is affected by relationships with others.</p>	
<p>Resolve conflicts responsibly.</p>	<p>VIP – 14, 15</p>
<p>Communicate effectively within relationships.</p>	<p>ABST – 7, 10, 14 EMH – 5, 12 HIV – 10, 13 NPA – 10 TAOD – 15 VIP – 5</p>
<p>Evaluate how similarities and differences among individuals contribute to relationships.</p>	<p>ABST – 10 EMH – 2, 4 HIV – 2</p>
<p>Understand how attitude and behavior affect the well-being of self and others.</p>	<p>ABST – 1, 2, 3, 7, 9, 10, 11, 13, 16 EMH – 1, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13 HIV – 1, 3, 4, 5, 6, 7, 8, 9, 12, 14 NPA – 1, 2, 3, 4, 5, 6, 7, 8, 11, 12, 13, 14, 15, 16 TAOD – 1, 6, 9, 10, 11, 17 VIP – 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14</p>
<p>Assess the effects of culture, heritage, and traditions on well-being.</p>	<p>ABST – 10, 12 NPA – 11</p>

Grades 6–8 (continued)	HealthSmart (Grade – Lesson)
D. A student should be able to contribute to the well-being of families and communities.	
Make responsible decisions as a member of a family or community.	EMH – 14 HIV – 9 VIP – 6
Take responsible actions to create safe and healthy environments.	VIP – 1, 10, 11, 12, 13, 14
Describe how public policy affects the well-being of families and communities.	TAOD – 12
Identify and evaluate the roles and influences of public and private organizations that contribute to the well-being of communities.	Not covered
Describe how volunteer service at all ages can enhance community well-being.	Not covered
Use various methods of communication to promote community well-being.	ABST – 2, 11, 13 EMH – 13 HIV – 5 NPA – 6 TAOD – 14, 17 VIP – 4, 12