

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

**High School
(Grades 9–12)**

advancing
health
equity **etr.**

<p style="text-align: center;">Grades 9–12</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, 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 – 1, 15</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, 5, 6 EMH – 4 NPA – 1, 7, 8, 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 – 2, 3 EMH – 15, 17 HIV – 6, 7, 9, 10 NPA – 15 TAOD – 2 VIP – 1, 2, 3</p>
<p>Recognize patterns of abuse directed at self or others and understand how to break these patterns.</p>	<p>VIP – 10, 11, 12, 13, 14, 15, 17, 18, 19</p>
<p>Use knowledge and skills to promote the well-being of the family.</p>	<p>EMH – 7, 8</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, 6, 7, 8 TAOD – 3</p>
<p>Understand the physical and behavioral characteristics of human sexual development and maturity.</p>	<p>ABST – 7, 8</p>
<p>Understand the ongoing life changes throughout the life span and healthful responses to these changes.</p>	<p>ABST – 1</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>ABST – 14 TAOD – 13 VIP – 5</p>
<p>Demonstrate a variety of communication skills that contribute to well-being.</p>	<p>ABST – 15, 16 EMH – 6, 7, 9, 10, 13, 16, 17 HIV – 12, 13 NPA – 15 TAOD – 6, 14, 15 VIP – 16, 17, 19</p>

<p>Grades 9–12 <i>(continued)</i></p>	<p>HealthSmart (Grade – Lesson)</p>
<p>B <i>(continued)</i></p>	
<p>Assess the effects of culture, heritage, and traditions on personal well-being.</p>	<p>ABST – 11 HIV – 8 NPA – 12, 13 TAOD – 11 VIP – 9, 13</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 – 11 EMH – 8 HIV – 8 NPA – 12, 13 TAOD – 9, 11 VIP – 9, 13</p>
<p>Evaluate what is viewed, read, and heard for its effect on personal well-being.</p>	<p>ABST – 5 EMH – 17 NPA – 4, 9 TAOD – 3</p>
<p>Understand how personal relationships, including those with family, friends, and co-workers, impact personal well-being.</p>	<p>ABST – 11 EMH – 8, 15 HIV – 8 NPA – 12, 13 TAOD – 11 VIP – 1, 2, 11, 12, 13</p>
<p>C. A student should understand how well-being is affected by relationships with others.</p>	
<p>Resolve conflicts responsibly.</p>	<p>EMH – 13</p>
<p>Communicate effectively within relationships.</p>	<p>ABST – 15 EMH – 6, 7, 9, 10 HIV – 12, 13 TAOD – 14</p>
<p>Evaluate how similarities and differences among individuals contribute to relationships.</p>	<p>EMH – 11, 15 HIV – 2 VIP – 15</p>
<p>Understand how attitude and behavior affect the well-being of self and others.</p>	<p>ABST – 1, 2, 3, 4, 5, 6, 9, 11, 13, 14 EMH – 1, 2, 3, 6, 8, 9, 10, 12, 13, 14, 15 HIV – 3, 4, 8, 9, 11, 14 NPA – 1, 7, 12, 13, 14, 16 TAOD – 1, 11, 13, 16 VIP – 1, 2, 3, 4, 5, 8, 9, 11, 12, 13, 19</p>
<p>Assess the effects of culture, heritage, and traditions on well-being.</p>	<p>ABST – 11 HIV – 8 NPA – 12, 13 TAOD – 11 VIP – 9, 13</p>

<p>Grades 9–12 <i>(continued)</i></p>	<p>HealthSmart (Grade – Lesson)</p>
<p>D. A student should be able to contribute to the well-being of families and communities.</p>	
<p>Make responsible decisions as a member of a family or community.</p>	<p>ABST – 14 TAOD – 13 VIP – 5</p>
<p>Take responsible actions to create safe and healthy environments.</p>	<p>VIP – 6, 7, 11, 12, 13, 14, 16, 17</p>
<p>Describe how public policy affects the well-being of families and communities.</p>	<p>NPA – 12 TAOD – 11</p>
<p>Identify and evaluate the roles and influences of public and private organizations that contribute to the well-being of communities.</p>	<p>Not covered</p>
<p>Describe how volunteer service at all ages can enhance community well-being.</p>	<p>Not covered</p>
<p>Use various methods of communication to promote community well-being.</p>	<p>EMH – 11 HIV – 2, 15 NPA – 8 TAOD – 5, 6, 12, 16 VIP – 7, 11</p>