

HealthSmart Alignment with Arizona Health Standards



**Middle School
Grades 6–8**

HealthSmart Middle School Unit Key

ABST = Abstinence, Puberty & Personal Health

EMH = Emotional & Mental Health

HIV = HIV, STI & Pregnancy Prevention

NPA = Nutrition & Physical Activity

TAOD = Tobacco, Alcohol & Other Drug Prevention

VIP = Violence & Injury Prevention

HEALTH STANDARDS	ABST	EMH	HIV	NPA	TAOD	VIP
Strand 1: Comprehension of Health Promotion and Disease Prevention Concepts						
Concept 1: Understanding relationship between health behaviors and health						
PO 1. Analyze the relationship between healthy behaviors and personal health.	1, 2, 3, 5, 6, 8, 9, 10, 11, 16	3, 4, 6, 7, 9, 10, 12, 13	1, 4, 5, 6, 7, 8, 14	1, 2, 3, 4, 5, 6, 7, 8, 11, 12, 13, 14, 15, 16	2, 3, 4, 5, 6, 7, 11	1, 2, 8, 9, 10, 11, 13
Concept 2: Understanding multiple dimensions of health						
PO 1. Describe the interrelationships of emotional, intellectual, physical, and social health in adolescence.	4, 7	1				
Concept 3: Understanding personal health						
PO 1. Analyze how the environment affects personal health.	2, 3	2, 13				
PO 2. Analyze how food provides energy and nutrients for growth and development, that nutrition requirements vary from person to person, and how food intake affects health.				1, 2, 3, 12		
PO 3. Analyze how physical activity contributes to disease prevention.	3			14, 15		
PO 4. Describe how family history can affect personal health.	3					
Concept 4: Understanding prevention of injuries and health problems						
PO 1. Describe ways to reduce or prevent injuries and other adolescent health problems.	2	10, 11	3	8, 15		1, 2, 3, 4, 7, 13, 14, 16, 17
Concept 5: Understanding use of health care						
PO 1. Explain how appropriate health care can promote personal health.	9					
Concept 6: Understanding healthy vs unhealthy behaviors						
PO 1. Describe the benefits of and barriers to practicing healthy behaviors.	1, 2, 9, 11	7, 8	1, 3, 13	5, 16	11	1, 10, 14
PO 2. Examine the likelihood of injury or illness if engaging in unhealthy behaviors.			1, 5, 7	12, 13	7, 8	1, 2, 8, 13
PO 3. Examine the potential seriousness of injury or illness if engaging in unhealthy behaviors.			6, 7		7, 8	8

HEALTH STANDARDS	ABST	EMH	HIV	NPA	TAOD	VIP
Strand 2: Analysis of Factors Affecting Health Behaviors						
Concept 1: External influences on personal health						
PO 1. Examine how the family influences the health of adolescents.	12	4		9, 11	9, 12	
PO 2. Describe the influence of culture on health beliefs, practices, and behaviors.	10, 12			11		
PO 3. Analyze how peers influence healthy and unhealthy behaviors.	12, 13	4, 13		9, 10, 11	9, 11, 15	5, 11, 13
PO 4. Analyze how the school and community can affect personal health practices and behaviors.	12	2			9, 12	
PO 5. Analyze how messages from media influence health behaviors.	12	13		9, 11	9, 13, 14	13
PO 6. Analyze the influence of technology on personal and family health.		13				9
Concept 2: Internal influences on personal health						
PO 1. Explain how the perceptions of norms influence healthy and unhealthy behaviors.	13	13	1		1	1
PO 2. Explain the influence of personal values and beliefs on individual health practices and behaviors.	12				9	
PO 3. Describe how some health risk behaviors can influence the likelihood of engaging in unhealthy behaviors.					2	
Concept 3: Influence of public policy on health						
PO 1. Examine and explain how school and public health policies can influence health promotion and disease prevention.					12	
Strand 3: Access to Health Information, Products and Services to Enhance Health						
Concept 1: Knowledge of sources of help						
PO 1. Analyze the validity of health information, products, and services.	1, 4			1		
Concept 2: Accessing help						
PO 1. Access valid health information from home, school, and community.	1			4	5, 12	
PO 2. Determine the accessibility of products that enhance health.			12			
PO 3. Describe situations that may require professional health services.	9	8	8	13		
PO 4. Locate valid and reliable health products and services.			12			17

HEALTH STANDARDS	ABST	EMH	HIV	NPA	TAOD	VIP
Strand 4: Use of Interpersonal Communication Skills to Enhance Health						
Concept 1: Communication to enhance health						
PO 1. Apply effective verbal and nonverbal communication skills to enhance health.	7, 10, 14	5, 12	10, 13	10	15	5
PO 2. Demonstrate refusal and negotiation skills that avoid or reduce health risks.	15		11, 13	10	16	5, 16
Concept 2: Self-protection and dealing with conflict						
PO 1. Identify effective conflict management or resolution strategies.						14, 15
Concept 3: Asking for help						
PO 1. Identify ways to ask for assistance to enhance the health of self and others.		8				10, 15, 17
Strand 5: Use of Decision-Making Skills to Enhance Health						
Concept 1: Influences on health decision making						
PO 1. Identify circumstances that can help or hinder healthy decision making.		14	9			6
Concept 2: Application of decision-making skills to health						
PO 1. Determine when health-related situations require the application of a thoughtful decision-making process.		14	9			6
PO 2. Distinguish when individual or collaborative decision making is appropriate.		14	9			6
PO 3. Distinguish between healthy and unhealthy alternatives to health-related issues or problems.		14	9			6
PO 4. Predict the potential short-term impact of each alternative on self and others.		14	9			6
PO 5. Choose healthy alternatives over unhealthy alternatives when making a decision.		14	9			6
PO 6. Analyze the outcomes of a health-related decision.		14	9			6
Strand 6: Use of Goal-Setting Skills to Enhance Health						
Concept 1: Assessment of health						
PO 1. Assess personal health practices.		1, 15		3, 9, 14, 16		
Concept 2: Health-related goal setting						
PO 1. Develop a goal to adopt, maintain, or improve a personal health practice.		15		16		
PO 2. Apply strategies and skills needed to attain a personal health goal.		15		16, 17		

HEALTH STANDARDS	ABST	EMH	HIV	NPA	TAOD	VIP
Strand 6: Use of Goal-Setting Skills to Enhance Health (continued)						
Concept 2: Health-related goal setting (continued)						
PO 3. Describe how personal health goals can vary with changing abilities, priorities, and responsibilities.	16	15		17		
Strand 7: Ability to Practice Health-Enhancing Behaviors						
Concept 1: Personal responsibility for health						
PO 1. Explain the importance of assuming responsibility for personal health behaviors.	3, 9	2, 3, 6, 7	3, 5, 8	3, 14	17	2, 5
Concept 2: Healthy practices and behaviors						
PO 1. Demonstrate healthy practices and behaviors that will maintain or improve the health of self and others.	2, 3	10	2	4, 5, 7, 11, 14, 15, 17	10	15
PO 2. Demonstrate behaviors that avoid or reduce health risks to self and others.	3	7, 11	12, 13	8, 15	10	2, 3, 5, 7, 10, 11, 15
Strand 8: Ability to Advocate for Health						
Concept 1: Personal advocacy						
PO 1. State a health enhancing position on a topic and support it with accurate information.	2, 11		2	6	13, 14	4, 12
PO 2. Demonstrate how to influence and support others to make positive health choices.	2, 11, 13	13	5	6	14, 17	4, 12
Concept 2: Collective advocacy						
PO 1. Demonstrate how to work cooperatively to advocate for healthy individuals, families, and schools.	2		5	6	14	4, 12
Concept 3: Tailoring advocacy message to audience						
PO 1. Identify ways in which health messages and communication techniques can be altered for different audiences.					14	4