

***HealthSmart* Alignment with  
Florida's Next Generation  
Sunshine State Standards  
for Health Education**

**High School, 3<sup>rd</sup> Edition  
(Grades 9–12)**

advancing  
health  
equity **etr.**

**HealthSmart High School Unit Key**

ABST = Abstinence, Personal & Sexual Health  
HIV = HIV, STI & Pregnancy Prevention  
TAOD = Tobacco, Alcohol & Other Drug Prevention

EMH = Emotional & Mental Health  
NPA = Nutrition & Physical Activity  
VIP = Violence & Injury Prevention

Grades 9–12	HealthSmart
Core Concepts	(Unit – Lesson)
<b>HE.912.C.1.1</b> Predict how healthy behaviors can affect health status.	<b>ABST – 1, 2, 3, 4, 5, 7, 8, 9, 10, 13</b> <b>EMH – 2, 3, 4, 6, 8, 9, 10, 12</b> <b>HIV – 1, 2, 5, 6, 7, 8, 9, 10, 14</b> <b>NPA – 1, 2, 3, 4, 5, 6, 7, 8, 13, 14, 15, 16</b> <b>TAOD – 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 16</b> <b>VIP – 2, 9, 11, 12, 16, 19</b>
<b>HE912.C.1.2</b> Interpret the significance of interrelationships in mental/emotional, physical, and social health.	<b>ABST – 1</b> <b>EMH – 1</b>
<b>HE.912.C.1.3</b> Evaluate how environment and personal health are interrelated.	<b>ABST – 2, 3</b> <b>EMH – 4, 15</b> <b>VIP – 9</b>
<b>HE.912.C.1.4</b> Propose strategies to reduce or prevent injuries and health problems.	<b>ABST – 2, 3, 5</b> <b>EMH – 5, 12, 13</b> <b>NPA – 8, 16</b> <b>TAOD – 13</b> <b>VIP – 1, 2, 3, 4, 5, 6, 7, 11, 12, 13, 15, 16</b>
<b>HE.912.C.1.5</b> Analyze strategies for prevention, detection, and treatment of communicable and chronic diseases.	<b>ABST – 2, 3</b>
<b>HE.912.C.1.6</b> Evaluate the relationship between access to health care and health status.	<b>ABST – 4, 9</b> <b>EMH – 15, 17</b>
<b>HE.912.C.1.7</b> Analyze how heredity and family history can impact personal health.	<b>ABST – 3</b> <b>EMH – 15</b> <b>TAOD – 2</b>
<b>HE.912.C.1.8</b> Assess the degree of susceptibility to injury, illness, or death if engaging in unhealthy/risky behaviors.	<b>ABST – 2, 3, 10, 13</b> <b>EMH – 4, 15</b> <b>HIV – 3, 6, 7, 9</b> <b>NPA – 14, 15, 16</b> <b>TAOD – 1, 2, 4, 5, 7, 8, 13</b> <b>VIP – 1, 3, 6, 8, 9, 19</b>
Internal and External Influences	
<b>HE.912.C.2.1</b> Analyze how the family influences the health of individuals.	<b>ABST – 11</b> <b>EMH – 8</b> <b>HIV – 8</b> <b>NPA – 12, 13</b> <b>TAOD – 11</b> <b>VIP – 13</b>

<b>Grades 9–12</b> (continued)	<b>HealthSmart</b>
<b>Internal and External Influences</b> (continued)	(Unit – Lesson)
<p><b>HE.912.C.2.2</b> Compare how peers influence healthy and unhealthy behaviors.</p>	<p><b>ABST – 11</b> <b>EMH – 8, 15</b> <b>HIV – 8</b> <b>NPA – 12, 13</b> <b>TAOD – 11</b> <b>VIP – 1, 2, 11, 12, 13,</b></p>
<p><b>HE.912.C.2.3</b> Assess how the school and community can affect personal health practice and behaviors.</p>	<p><b>HIV – 8</b> <b>NPA – 12</b> <b>TAOD – 9, 11</b> <b>VIP – 9, 11, 12, 13</b></p>
<p><b>HE.912.C.2.4</b> Evaluate how public health policies and government regulations can influence health promotion and disease prevention.</p>	<p><b>NPA – 12</b> <b>TAOD – 11</b></p>
<p><b>HE.912.C.2.5</b> Evaluate the effect of media on personal and family health.</p>	<p><b>ABST – 12</b> <b>EMH – 11, 15</b> <b>HIV – 8, 9</b> <b>NPA – 12, 13</b> <b>TAOD – 12</b> <b>VIP – 13, 14</b></p>
<p><b>HE.912.C.2.6</b> Evaluate the impact of technology on personal, family, and community health.</p>	<p><b>ABST – 11</b> <b>EMH – 11</b> <b>HIV – 8</b> <b>NPA – 12</b> <b>VIP – 10</b></p>
<p><b>HE.912.C.2.7</b> Analyze how culture supports and challenges health beliefs, practices, and behaviors.</p>	<p><b>ABST – 11</b> <b>HIV – 8</b> <b>NPA – 12, 13</b> <b>TAOD – 11</b> <b>VIP – 13, 14</b></p>
<p><b>HE.912.C.2.8</b> Analyze how the perceptions of norms influence healthy and unhealthy behaviors.</p>	<p><b>ABST – 11</b> <b>EMH – 11, 15</b> <b>HIV – 8</b> <b>TAOD – 5</b></p>
<p><b>HE.912.C.2.9</b> Evaluate the influence of personal values, attitudes, and beliefs about individual health practices and behaviors.</p>	<p><b>ABST – 11</b> <b>EMH – 2, 3</b> <b>HIV – 8</b> <b>NPA – 12</b> <b>TAOD – 11</b> <b>VIP – 2, 9, 13</b></p>

<b>Grades 9–12 (continued)</b>	<b>HealthSmart</b>
<b>Accessing Information</b>	<b>(Unit – Lesson)</b>
<b>HE.912.B.3.1</b> Verify the validity of health information, products, and services.	<b>ABST – 5</b> <b>EMH – 17</b> <b>NPA – 9</b>
<b>HE.912.B.3.2</b> Compile data reflecting the accessibility of resources from home, school, and community that provide valid health information.	<b>ABST – 5</b> <b>HIV – 10, 11</b> <b>NPA – 4, 9</b> <b>TAOD – 9</b>
<b>HE.912.B.3.3</b> Justify the validity of a variety of technologies to gather health information.	<b>NPA – 9</b>
<b>HE.912.B.3.4</b> Justify when professional health services or providers may be required.	<b>ABST – 4, 9</b> <b>EMH – 15, 16, 17</b> <b>HIV – 6</b> <b>NPA – 15</b> <b>TAOD – 4, 10</b> <b>VIP – 16, 18</b>
<b>Interpersonal Communication</b>	
<b>HE.912.B.4.1</b> Explain skills needed to communicate effectively with family, peers, and others to enhance health.	<b>ABST – 15, 16</b> <b>EMH – 6, 8, 9, 10</b> <b>HIV – 12, 13</b> <b>TAOD – 14</b>
<b>HE.912.B.4.2</b> Assess refusal, negotiation, and collaboration skills to enhance health and avoid or reduce health risks.	<b>ABST – 15, 16</b> <b>HIV – 12, 13</b> <b>TAOD – 14, 15</b>
<b>HE.912.B.4.3</b> Demonstrate strategies to prevent, manage, or resolve interpersonal conflicts without harming self or others.	<b>EMH – 13</b>
<b>HE.912.B.4.4</b> Analyze the validity of ways to ask for and offer assistance to enhance the health of self and others.	<b>EMH – 10, 16, 17</b> <b>NPA – 15</b> <b>TAOD – 6</b> <b>VIP – 16, 17</b>
<b>Decision Making</b>	
<b>HE.912.B.5.1</b> Determine the value of applying a thoughtful decision-making process in health-related situations.	<b>ABST – 14</b> <b>TAOD – 13</b> <b>VIP – 5</b>
<b>HE.912.B.5.2</b> Generate alternatives to health-related issues or problems.	<b>ABST – 14</b> <b>TAOD – 13</b> <b>VIP – 5</b>
<b>HE.912.B.5.3</b> Appraise the potential short-term and long-term outcomes of each alternative on self and others.	<b>ABST – 14</b> <b>TAOD – 13</b> <b>VIP – 5</b>
<b>HE.912.B.5.4</b> Assess whether individual or collaborative decision making is needed to make a healthy decision.	<b>ABST – 14</b> <b>TAOD – 13</b> <b>VIP – 5</b>

<b>Grades 9–12 (continued)</b>	<b>HealthSmart</b>
<b>Decision Making (continued)</b>	(Unit – Lesson)
<b>HE.912.B.5.5</b> Examine barriers that can hinder healthy decision making.	<b>ABST – 14</b> <b>TAOD – 13</b> <b>VIP – 5</b>
<b>Goal Setting</b>	
<b>HE.912.B.6.1</b> Evaluate personal health practices and overall health status to include all dimensions of health.	<b>ABST – 1, 2, 3, 4, 5, 6</b> <b>EMH – 1, 2, 11, 14</b> <b>NPA – 2, 3, 4, 7, 10</b> <b>VIP – 1, 19</b>
<b>HE.912.B.6.2</b> Formulate a plan to attain a personal health goal that addresses strengths, needs, and risks.	<b>ABST – 6</b> <b>EMH – 14</b> <b>NPA – 10, 11</b>
<b>HE.912.B.6.3</b> Implement strategies and monitor progress in achieving a personal health goal.	<b>ABST – 6</b> <b>EMH – 14</b> <b>NPA – 10, 11</b>
<b>HE.912.B.6.4</b> Formulate an effective long-term personal health plan.	<b>HIV – 14</b>
<b>Self-Management</b>	
<b>HE.912.P.7.1</b> Analyze the role of individual responsibility in enhancing health.	<b>ABST – 9, 13</b> <b>EMH – 2, 6, 12</b> <b>HIV – 3, 4, 9, 14</b> <b>TAOD – 1, 11</b> <b>VIP – 1, 5, 11, 14, 15</b>
<b>HE.912.P.7.2</b> Evaluate healthy practices and behaviors that will maintain or improve health and reduce health risks.	<b>ABST – 2, 5</b> <b>EMH – 3, 5, 7, 8, 9, 12, 13</b> <b>HIV – 11</b> <b>NPA – 4, 5, 11, 13, 16</b> <b>VIP – 3, 4, 6</b>
<b>Advocacy</b>	
<b>HE.912.P.8.1</b> Demonstrate how to influence and support others in making positive health choices.	<b>EMH – 11</b> <b>HIV – 2, 15</b> <b>NPA – 8</b> <b>TAOD – 5, 6, 12, 16</b> <b>VIP – 7, 11</b>
<b>HE.912.P.8.2</b> Utilize current, accurate data/information to formulate a health-enhancing message.	<b>HIV – 2</b> <b>TAOD – 5, 16</b> <b>VIP – 7</b>
<b>HE.912.P.8.3</b> Work cooperatively as an advocate for improving personal, family, and community health.	<b>HIV – 2, 15</b> <b>NPA – 8</b> <b>TAOD – 12, 16</b> <b>VIP – 6, 7, 11</b>
<b>HE.912.P.8.4</b> Adapt health messages and communication techniques to a specific target audience.	<b>HIV – 2, 15</b> <b>NPA – 8</b> <b>TAOD – 16</b> <b>VIP – 7</b>