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

High School (Grades 9–12)
<table>
<thead>
<tr>
<th>Core Concepts</th>
<th>HealthSmart (Unit – Lesson)</th>
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</table>
| **HE912.C.1.1** Predict how healthy behaviors can affect health status. | ABST – 1, 2, 3, 4, 5, 6, 7, 8, 9, 12  
EMH – 2, 3, 4, 5, 7, 9, 10, 11, 12  
HIV – 1, 2, 4, 5, 6, 7, 8, 9, 13  
NPA – 1, 2, 3, 4, 5, 6, 7, 10, 13, 14, 15, 16  
TAOD – 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 13, 16  
VIP – 2, 4, 8, 11, 13 |
| **HE912.C.1.2** Interpret the significance of interrelationships in mental/emotional, physical, and social health. | ABST – 1, 6  
EMH – 1 |
| **HE.912.C.1.3** Evaluate how environment and personal health are interrelated. | ABST – 2, 3  
EMH – 5, 15  
VIP – 2 |
| **HE.912.C.1.4** Propose strategies to reduce or prevent injuries and health problems. | ABST – 2, 5  
EMH – 6, 12, 13  
NPA – 10, 16  
TAOD – 12  
VIP – 3, 5, 6, 8, 9, 12, 13, 14, 15, 16, 17, 18 |
| **HE.912.C.1.5** Analyze strategies for prevention, detection, and treatment of communicable and chronic diseases. | ABST – 2, 3 |
| **HE.912.C.1.6** Evaluate the relationship between access to health care and health status. | ABST – 4, 8  
EMH – 15, 16 |
| **HE.912.C.1.7** Analyze how heredity and family history can impact personal health. | ABST – 3  
EMH – 15  
TAOD – 2 |
| **HE.912.C.1.8** Assess the degree of susceptibility to injury, illness, or death if engaging in unhealthy/risky behaviors. | ABST – 2, 3, 9, 12  
EMH – 5, 15  
HIV – 3, 5, 6, 8  
NPA – 14, 15, 16  
TAOD – 1, 2, 4, 6, 7, 12, 13, 16  
VIP – 1, 3, 4, 5, 6, 7, 8, 9, 12, 13, 14, 15 |
| **Internal and External Influences** | |
| **HE.912.C.2.1** Analyze how the family influences the health of individuals. | ABST – 10  
EMH – 9, 10  
HIV – 7  
NPA – 12, 13  
TAOD – 10  
VIP – 6, 7 |
| **HE.912.C.2.2** Compare how peers influence healthy and unhealthy behaviors. | ABST – 10  
EMH – 9, 10, 15  
HIV – 7  
NPA – 12, 13  
TAOD – 10  
VIP – 3, 5, 6, 7, 12, 13 |
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<td><strong>Internal and External Influences (continued)</strong></td>
<td>(Unit – Lesson)</td>
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| **HE.912.C.2.3** Assess how the school and community can affect personal health practice and behaviors. | HIV – 7  
| | NPA – 12  
| | TAOD – 8, 10  
| | VIP – 3, 5, 6  |
| **HE.912.C.2.4** Evaluate how public health policies and government regulations can influence health promotion and disease prevention. | NPA – 12  
| | TAOD – 10  |
| **HE.912.C.2.5** Evaluate the effect of media on personal and family health. | ABST – 11  
| | EMH – 11  
| | HIV – 11  
| | VIP – 11  |
| **HE.912.C.2.6** Evaluate the impact of technology on personal, family, and community health. | ABST – 11  
| | HIV – 7  
| | NPA – 11  
| | VIP – 11  |
| **HE.912.C.2.7** Analyze how culture supports and challenges health beliefs, practices, and behaviors. | ABST – 10  
| | HIV – 7  
| | NPA – 10, 13  
| | TAOD – 10  
| | VIP – 10  |
| **HE.912.C.2.8** Analyze how the perceptions of norms influence healthy and unhealthy behaviors. | ABST – 10  
| | EMH – 2, 3, 4  
| | HIV – 2, 3, 4  
| | TAOD – 10  
| | VIP – 10  |
| **HE.912.C.2.9** Evaluate the influence of personal values, attitudes, and beliefs about individual health practices and behaviors. | ABST – 10  
| | EMH – 10  
| | HIV – 10  
| | NPA – 10  
| | TAOD – 10  
| | VIP – 10  |
| **Accessing Information** | |
| **HE.912.B.3.1** Verify the validity of health information, products, and services. | ABST – 4, 8  
| | EMH – 16  
| | HIV – 9  
| | NPA – 11  
| | TAOD – 9  
| | VIP – 10  |
| **HE.912.B.3.2** Compile data reflecting the accessibility of resources from home, school, and community that provide valid health information. | ABST – 5  
| | HIV – 9, 10  
| | NPA – 4, 11  
| | TAOD – 9  
<p>| | VIP – 10  |</p>
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<tr>
<td><strong>HE.912.B.3.3</strong></td>
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Justify the validity of a variety of technologies to gather health information. | VIP – 10 |
| **HE.912.B.3.4** | 
Justify when professional health services or providers may be required. | ABST – 4, 8  
EMH – 15, 16  
HIV – 5  
NPA – 15  
TAOD – 9  
VIP – 9, 11 |

**Interpersonal Communication**

| **HE.912.B.4.1** | 
Explain skills needed to communicate effectively with family, peers, and others to enhance health. | ABST – 14, 15  
EMH – 7, 8, 10, 11  
HIV – 11, 12  
NPA – 11  
TAOD – 14 |
| **HE.912.B.4.2** | 
Assess refusal, negotiation, and collaboration skills to enhance health and avoid or reduce health risks. | ABST – 14, 15  
HIV – 11, 12  
TAOD – 14, 15 |
| **HE.912.B.4.3** | 
Demonstrate strategies to prevent, manage, or resolve interpersonal conflicts without harming self or others. | EMH – 13 |
| **HE.912.B.4.4** | 
Analyze the validity of ways to ask for and offer assistance to enhance the health of self and others. | EMH – 11, 16  
NPA – 15  
TAOD – 5  
VIP – 11 |

**Decision Making**

| **HE.912.B.5.1** | 
Determine the value of applying a thoughtful decision-making process in health-related situations. | ABST – 13  
TAOD – 12  
VIP – 16 |
| **HE.912.B.5.2** | 
Generate alternatives to health-related issues or problems. | ABST – 13  
TAOD – 12  
VIP – 16 |
| **HE.912.B.5.3** | 
Appraise the potential short-term and long-term outcomes of each alternative on self and others. | ABST – 13  
TAOD – 12  
VIP – 16 |
| **HE.912.B.5.4** | 
Assess whether individual or collaborative decision making is needed to make a healthy decision. | ABST – 13  
TAOD – 12  
VIP – 16 |
| **HE.912.B.5.5** | 
Examine barriers that can hinder healthy decision making. | ABST – 13  
TAOD – 12  
VIP – 16 |
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<td><strong>Goal Setting</strong></td>
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<tr>
<td><strong>HE.912.B.6.1</strong> Evaluate personal health practices and overall health status to include all dimensions of health.</td>
<td>ABST – 1, 2, 3, 4, 5, 16  EMH – 1, 2, 14  NPA – 2, 3, 4, 7, 8  VIP – 12</td>
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<td><strong>HE.912.B.6.2</strong> Formulate a plan to attain a personal health goal that addresses strengths, needs, and risks.</td>
<td>ABST – 16  EMH – 14  NPA – 8, 9  TAOD – 13</td>
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<td><strong>HE.912.B.6.3</strong> Implement strategies and monitor progress in achieving a personal health goal.</td>
<td>ABST – 16  EMH – 14  NPA – 8, 9</td>
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<td><strong>HE.912.B.6.4</strong> Formulate an effective long-term personal health plan.</td>
<td>HIV – 13</td>
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<tr>
<td><strong>Self-Management</strong></td>
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<td><strong>HE.912.P.7.1</strong> Analyze the role of individual responsibility in enhancing health.</td>
<td>ABST – 8, 12  EMH – 3, 7, 12  HIV – 3, 8, 13  TAOD – 1, 10  VIP – 3, 4, 7, 8, 12, 16</td>
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<td><strong>HE.912.P.7.2</strong> Evaluate healthy practices and behaviors that will maintain or improve health and reduce health risks.</td>
<td>ABST – 5  EMH – 4, 6, 8, 9, 10, 12, 13  HIV – 10  NPA – 4, 5, 8, 9, 13, 16  VIP – 14, 15, 17</td>
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<td><strong>Advocacy</strong></td>
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<td><strong>HE.912.P.8.1</strong> Demonstrate how to influence and support others in making positive health choices.</td>
<td>HIV – 2, 14  NPA – 10  TAOD – 4, 5, 11, 16  VIP – 18</td>
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<td><strong>HE.912.P.8.2</strong> Utilize current, accurate data/information to formulate a health-enhancing message.</td>
<td>HIV – 2  TAOD – 4, 16  VIP – 18</td>
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<td><strong>HE.912.P.8.3</strong> Work cooperatively as an advocate for improving personal, family, and community health.</td>
<td>HIV – 2, 14  NPA – 10  TAOD – 11, 16  VIP – 17, 18</td>
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<td><strong>HE.912.P.8.4</strong> Adapt health messages and communication techniques to a specific target audience.</td>
<td>HIV – 2, 14  TAOD – 11, 16  VIP – 18</td>
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