

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

**Middle School
(Grades 6–8)**

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HealthSmart Middle School Unit Key

ABST = Abstinence, Puberty & Personal Health
 HIV = HIV, STD & Pregnancy Prevention
 TAOD = Tobacco, Alcohol & Other Drug Prevention

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

Grade 6	HealthSmart
Core Concepts	(Unit – Lesson)
HE.6.C.1.2 Describe how the physical, mental/emotional, social, and intellectual dimensions of health are interrelated.	ABST – 4, 5 EMH – 1
HE.6.C.1.3 Identify environmental factors that affect personal health.	ABST – 2, 3 EMH – 2 VIP – 9
HE.6.C.1.4 Identify health problems and concerns common to adolescents including reproductive development.	ABST – 6, 7, 8 EMH – 11, 12 VIP – 1, 2, 3, 14, 15
HE.6.C.1.5 Explain how body systems are impacted by hereditary factors and infectious agents.	ABST – 3 [infectious agents only]
HE.6.C.1.6 Examine how appropriate health care can promote personal health.	ABST – 9
HE.6.C.1.7 Recognize how heredity can affect personal health.	ABST – 3
HE.6.C.1.8 Examine the likelihood of injury or illness if engaging in unhealthy/risky behaviors.	HIV – 5, 6, 7 NPA – 13 TAOD – 7 VIP – 1, 2, 8
Internal and External Influences	
HE.6.C.2.1 Examine how family influences the health of adolescents.	ABST – 12 EMH – 4 NPA – 9, 11 TAOD – 8, 11
HE.6.C.2.2 Examine how peers influence the health of adolescents.	ABST – 12, 13 EMH – 4 NPA – 9, 10, 11 TAOD – 8, 10, 13, 15 VIP – 5, 12, 14
HE.6.C.2.3 Identify the impact of health information conveyed to students by the school and community.	ABST – 12 EMH – 2 TAOD – 11
HE.6.C.2.4 Investigate school and public health policies that influence health promotion and disease prevention.	TAOD – 11

Grade 6 (continued)	HealthSmart
Internal and External Influences (continued)	(Unit – Lesson)
HE.6.C.2.5 Examine how media influences peer and community health behaviors.	ABST – 12 NPA – 9, 11 TAOD – 12, 13 VIP – 14
HE.6.C.2.6 Propose ways that technology can influence peer and community health behaviors.	VIP – 10
HE.6.C.2.7 Investigate cultural changes related to health beliefs and behaviors.	ABST – 10, 12 NPA – 11
HE.6.C.2.8 Determine how social norms may impact healthy and unhealthy behavior.	ABST – 13 HIV – 4 TAOD – 1 VIP – 1
HE.6.C.2.9 Identify the influence of personal values, attitudes, and beliefs about individual health practices and behaviors.	ABST – 12 TAOD – 8
Accessing Information	
HE.6.B.3.1 Examine the validity of health information, and determine the cost of health products, and services.	ABST – 1, 4 HIV – 10, 13 NPA – 1
HE.6.B.3.3 Investigate a variety of technologies to gather health information.	HIV – 10
HE.6.B.3.4 Describe situations when professional health services may be required.	ABST – 9 EMH – 8 HIV – 2, 8 NPA – 14
Interpersonal Communication	
HE.6.B.4.1 Determine strategies to improve effective verbal- and nonverbal-communication skills to enhance health.	ABST – 5, 10, 15 EMH – 5, 9 HIV – 14 NPA – 10 VIP – 5
HE.6.B.4.2 Practice refusal skills and negotiation skills to reduce health risks.	ABST – 15, 16 HIV – 11, 12, 14, 15 NPA – 10 TAOD – 16, 17, 18 VIP – 5
HE.6.B.4.3 Demonstrate effective conflict-management and/or resolution strategies.	VIP – 15, 16

Grade 6 (continued)	HealthSmart
Interpersonal Communication (continued)	(Unit – Lesson)
HE.6.B.4.4 Compile ways to ask for assistance to enhance the health of self and others.	EMH – 8 VIP – 11, 16
Decision Making	
HE.6.B.5.1 Investigate health-related situations that require the application of a thoughtful decision-making process.	EMH – 13 HIV – 9 VIP – 6
HE.6.B.5.2 Choose healthy alternatives over unhealthy alternatives when making a decision.	EMH – 13 HIV – 9 VIP – 6
HE.6.B.5.3 Specify the potential outcomes of each option when making a health-related decision.	EMH – 13 HIV – 9 VIP – 6
HE.6.B.5.4 Distinguish between the need for individual or collaborative decision-making.	EMH – 13 HIV – 9 VIP – 6
HE.6.B.5.5 Predict the potential outcomes of a health-related decision.	EMH – 13 HIV – 9 VIP – 6
Goal Setting	
HE.6.B.6.1 Use various methods to measure personal health status.	EMH – 1, 14 NPA – 3, 9, 15, 17
HE.6.B.6.2 Develop an individual goal to adopt, maintain, or improve a personal health practice.	EMH – 14 NPA – 17
HE.6.B.6.3 Determine strategies and skills needed to attain a personal health goal.	EMH – 14 NPA – 17, 18
HE.6.B.6.4 Monitor progress toward attaining a personal health goal.	EMH – 14 NPA – 18
Self-Management	
HE.6.P.7.1 Explain the importance of assuming responsibility for personal-health behaviors.	ABST – 3, 9, 14 EMH – 2, 3, 6 HIV – 2, 5, 8 NPA – 3, 15 TAOD – 19 VIP – 5
HE.6.P.7.2 Write about healthy practices and behaviors that will maintain or improve personal health and reduce health risks.	ABST – 2, 3, 14 EMH – 11, 12 HIV – 3, 14, 15 NPA – 5, 7, 8, 11, 16, 18 TAOD – 9, 19 VIP – 2, 3, 5, 11, 12, 14, 16

Grade 6 (continued)	HealthSmart
Advocacy	
<p>HE.6.P.8.1 Practice how to influence and support others when making positive health choices.</p>	<p>ABST – 2, 11, 13 HIV – 5 NPA – 6, 12 TAOD – 14, 19 VIP – 4</p>
<p>HE.6.P.8.2 State a health-enhancing position on a topic and support it with accurate information.</p>	<p>ABST – 2, 11 HIV – 3 NPA – 6 TAOD – 14, 19 VIP – 4, 13</p>
<p>HE.6.P.8.3 Work cooperatively to advocate for healthy individuals, families, and schools.</p>	<p>ABST – 2 HIV – 5 NPA – 6, 12 TAOD – 14 VIP – 4, 13</p>
<p>HE.6.P.8.4 Identify ways health messages and communication techniques can be targeted for different audiences.</p>	<p>TAOD – 14 VIP – 4</p>

Grade 7	HealthSmart
Core Concepts	(Unit – Lesson)
HE7.C.1.1 Compare and contrast the effects of healthy and unhealthy behaviors on personal health, including reproductive health.	ABST – 1, 2, 3, 10, 11, 17 EMH – 3, 4, 6, 7, 9, 10, 11 HIV – 1, 2, 5, 6, 7, 8, 16 NPA – 1, 2, 3, 5, 6, 7, 8, 9, 11, 13, 14, 15, 17 TAOD – 2, 3, 4, 5, 6, 10 VIP – 1, 2, 8, 9, 10, 11, 12, 14
HE7.C.1.2 Explain how physical, mental/emotional, social, and intellectual dimensions of health are interrelated.	ABST – 4, 5 EMH – 1
HE.7.C.1.3 Analyze how environmental factors affect personal health.	ABST – 2, 3 EMH – 2 VIP – 9
HE.7.C.1.4 Describe ways to reduce or prevent injuries and adolescent health problems.	ABST – 2 EMH – 11, 12 HIV – 14 NPA – 8, 16 VIP – 1, 2, 3, 4, 7, 14, 15
HE.7.C.1.5 Classify infectious agents and their modes of transmission to the human body.	ABST – 3
HE.7.C.1.6 Explain how appropriate health care can promote personal health.	ABST – 9 HIV - 2
HE.7.C.1.7 Describe how heredity can affect personal health.	ABST – 3
HE.7.C.1.8 Explain the likelihood of injury or illness if engaging in unhealthy/risky behaviors.	HIV – 5, 6, 7 NPA – 13 TAOD – 7 VIP – 1, 2, 8
Internal and External Influences	
HE.7.C.2.1 Examine how family health behaviors influence health of adolescents.	ABST – 12 EMH – 4 NPA – 9, 11 TAOD – 8, 11
HE.7.C.2.2 Examine how peers may influence the health behaviors of adolescents.	ABST – 12, 13 EMH – 4 NPA – 9, 10, 11 TAOD – 8, 10, 13, 15 VIP – 5, 12, 14
HE.7.C.2.3 Examine how the school and community may influence the health behaviors of adolescents.	ABST – 12 EMH – 2 TAOD – 11

Grade 7 (continued)	HealthSmart
Internal and External Influences (continued)	(Unit – Lesson)
HE.7.C.2.5 Analyze how messages from media influence health behaviors.	ABST – 12 NPA – 9, 11 TAOD – 12, 13, 14
HE.7.C.2.6 Evaluate the influence of technology in locating valid health information.	ABST – 1 HIV – 10
HE.7.C.2.7 Determine how cultural changes related to health beliefs and behaviors impact personal health.	ABST – 10, 12 NPA – 11
HE.7.C.2.8 Evaluate how changes in social norms impact healthy and unhealthy behavior.	ABST – 13 HIV – 4 TAOD – 1 VIP – 1, 9
HE.7.C.2.9 Explain the influence of personal values, attitudes, and beliefs about individual health practices and behaviors.	ABST – 12 TAOD – 8
Accessing Information	
HE.7.B.3.1 Analyze the validity of health information, products, and services.	ABST – 1, 4 HIV – 10 NPA – 1
HE.7.B.3.3 Compare a variety of technologies to gather health information.	HIV – 10
HE.7.B.3.4 Differentiate among professional health services that may be required.	ABST – 9 EMH – 8 HIV – 2, 8 NPA – 14
Interpersonal Communication	
HE.7.B.4.1 Apply effective communication skills when interacting with others to enhance health.	ABST – 5, 10, 15 EMH – 5, 9 HIV – 11, 14 NPA – 10 VIP – 5
HE.7.B.4.2 Demonstrate refusal, negotiation, and collaboration skills to enhance health and reduce health risks.	ABST – 16 HIV – 11, 12, 14, 15 NPA – 10 TAOD – 16, 17, 18 VIP – 5
HE.7.B.4.3 Articulate the possible causes of conflict among youth in schools and communities.	VIP – 15, 16
HE.7.B.4.4 Demonstrate how to ask for assistance to enhance the health of self and others.	EMH – 8 VIP – 11, 16

Grade 7 (continued)	HealthSmart
Decision Making	(Unit – Lesson)
HE.7.B.5.1 Predict when health-related situations require the application of a thoughtful decision-making process.	EMH – 13 HIV – 9 VIP – 6
HE.7.B.5.2 Select healthy alternatives over unhealthy alternatives when making a decision.	EMH – 13 HIV – 9 VIP – 6
HE.7.B.5.4 Determine when individual or collaborative decision-making is appropriate.	EMH – 13 HIV – 9 VIP – 6
HE.7.B.5.5 Predict the short and long-term consequences of engaging in health-risk behaviors.	EMH – 13 HIV – 9 VIP – 6
Goal Setting	
HE.7.B.6.1 Analyze personal beliefs as they relate to health practices.	EMH – 1, 14 NPA – 3, 9, 15, 17
HE.7.B.6.2 Devise an individual goal (short or long term) to adopt, maintain, or improve a personal health practice.	EMH – 14 NPA – 17
HE.7.B.6.3 Explain strategies and skills needed to assess progress and maintenance of a personal health goal.	EMH – 14 NPA – 17, 18
Self-Management	
HE.7.P.7.1 Examine the importance of assuming responsibility for personal-health behaviors.	ABST – 3, 9, 14 EMH – 2, 3, 6 HIV – 2, 5, 8 NPA – 3, 15 TAOD – 19 VIP – 5
HE.7.P.7.2 Experiment with behaviors that will maintain or improve personal health and reduce health risks.	ABST – 2, 3, 14 EMH – 11, 12 HIV – 3, 13, 14, 15 NPA – 4, 5, 7, 8, 11, 16, 18 TAOD – 9, 19 VIP – 2, 3, 5, 7, 11, 12, 14, 16
Advocacy	
HE.7.P.8.1 Utilize the influence of others to promote positive health choices.	ABST – 2, 11, 13 HIV – 5 NPA – 6, 12 TAOD – 14, 19 VIP – 4

Grade 7 (continued)	HealthSmart
Advocacy (continued)	(Unit – Lesson)
<p>HE.7.P.8.2 Articulate a position on a health-related issue and support it with accurate health information.</p>	<p>ABST – 2, 11 HIV – 3 NPA – 6 TAOD – 14, 19 VIP – 4, 13</p>
<p>HE.7.P.8.3 Work cooperatively to advocate for healthy individuals, peers, and families.</p>	<p>ABST – 2 HIV – 5 NPA – 6, 12 TAOD – 14 VIP – 4, 13</p>
<p>HE.7.P.8.4 Analyze ways health messages can target different audiences.</p>	<p>TAOD – 14 VIP – 4</p>

Grade 8	HealthSmart
Core Concepts	(Unit – Lesson)
HE.8.C.1.2 Analyze the interrelationship between healthy/unhealthy behaviors and the dimensions of health: physical, mental/emotional, social, and intellectual.	ABST – 4, 5 EMH – 1
HE.8.C.1.3 Predict how environmental factors affect personal health.	ABST – 2, 3 EMH – 2 VIP – 9
HE.8.C.1.4 Investigate strategies to reduce or prevent injuries and other adolescent health problems.	ABST – 2 EMH – 11, 12 HIV – 14 NPA – 8, 16 VIP – 1, 2, 3, 4, 7, 14, 15
HE.8.C.1.5 Identify major chronic diseases that impact human body systems.	ABST – 3
HE.8.C.1.6 Analyze how appropriate health care can promote personal health.	ABST – 9 HIV – 2
HE.8.C.1.7 Explore how heredity and family history can affect personal health.	ABST – 3
HE.8.C.1.8 Anticipate the likelihood of injury or illness if engaging in unhealthy/risky behaviors.	HIV – 5, 9, 10 NPA – 13 TAOD – 7 VIP – 1, 2, 8, 14
Internal and External Influences	
HE.8.C.2.1 Assess the role of family health beliefs on the health of adolescents.	ABST – 12 EMH – 4 NPA – 9, 11 TAOD – 8, 11
HE.8.C.2.2 Assess how the health beliefs of peers may influence adolescent health.	ABST – 12, 13 EMH – 4 NPA – 9, 10, 11 TAOD – 8, 10, 13, 15 VIP – 5, 12, 14
HE.8.C.2.3 Analyze how the school and community may influence adolescent health.	ABST – 12 EMH – 2 TAOD – 11
HE.8.C.2.4 Critique school and public health policies that influence health promotion and disease prevention.	TAOD – 11
HE.8.C.2.5 Research marketing strategies behind health-related media messages.	NPA – 9, 11 TAOD – 12, 13

Grade 8 (continued)	HealthSmart
Internal and External Influences (continued)	(Unit – Lesson)
HE.8.C.2.6 Analyze the influence of technology on personal and family health.	VIP – 10
HE.8.C.2.7 Describe the influence of culture on health beliefs, practices, and behaviors.	ABST – 10, 12 NPA – 11
HE.8.C.2.8 Explain how the perceptions of norms influence healthy and unhealthy behaviors.	ABST – 13 HIV – 4 TAOD – 1 VIP – 1, 9
HE.8.C.2.9 Analyze the influence of personal values, attitudes, and beliefs about individual health practices and behaviors.	ABST – 12 TAOD – 8
Accessing Information	
HE.8.B.3.1 Analyze valid and reliable health services and the cost of products.	HIV – 10, 13
HE.8.B.3.2 Analyze the accessibility, validity, and reliability of products and services that enhance home, school, and community health.	HIV – 13 NPA – 4
HE.8.B.3.3 Recommend a variety of technologies to gather health information.	ABST – 4
HE.8.B.3.4 Determine situations when specific professional health services or providers may be required.	ABST – 9 EMH – 8 HIV – 2, 8 NPA – 14
Interpersonal Communication	
HE.8.B.4.1 Illustrate skills necessary for effective communication with family, peers, and others to enhance health.	ABST – 5, 10, 15, 16 EMH – 5, 9 HIV – 11, 12, 14, 15 NPA – 10 TAOD – 16, 17, 18 VIP – 5
HE.8.B.4.3 Examine the possible causes of conflict among youth in schools and communities.	VIP – 15, 16
HE.8.B.4.4 Compare and contrast ways to ask for and offer assistance to enhance the health of self and others.	EMH – 8 VIP – 11, 16

Grade 8 (continued)	HealthSmart
Decision Making	
HE.8.B.5.1 Determine when health-related situations require the application of a thoughtful prepared plan of action.	EMH – 13 HIV – 9 VIP – 6
HE.8.B.5.2 Categorize healthy and unhealthy alternatives to health-related issues or problems.	EMH – 13 HIV – 9 VIP – 6
HE.8.B.5.3 Compile the potential outcomes of each option when making a health-related decision.	EMH – 13 HIV – 9 VIP – 6
HE.8.B.5.4 Distinguish when individual or collaborative decision-making is appropriate.	EMH – 13 HIV – 9 VIP – 6
HE.8.B.5.5 Evaluate the outcomes of a health-related decision.	EMH – 13 HIV – 9 VIP – 6
Goal Setting	
HE.8.B.6.1 Assess personal health practices.	EMH – 1, 14 NPA – 3, 9, 15, 17
HE.8.B.6.2 Design an individual goal to adopt, maintain, or improve a personal health practice.	EMH – 14 NPA – 17
HE.8.B.6.3 Apply strategies and skills needed to attain a personal health goal.	EMH – 14 NPA – 17, 18
HE.8.B.6.4 Describe how personal health goals can vary with changing abilities, priorities, and responsibilities.	ABST – 17 EMH – 14 NPA – 18
Self-Management	
HE.8.P.7.1 Assess the importance of assuming responsibility for personal-health behaviors, including sexual behavior.	ABST – 3, 9, 14 EMH – 2, 3, 6 HIV – 2, 5, 8 NPA – 3, 15 TAOD – 19 VIP – 5
HE.8.P.7.2 Apply healthy practices and behaviors that will maintain or improve personal health and reduce health risks.	ABST – 2, 3, 14 EMH – 11, 12 HIV – 3, 13, 14, 15 NPA – 4, 5, 7, 8, 11, 16, 18 TAOD – 9, 19 VIP – 2, 3, 5, 7, 11, 12, 14, 16

Grade 8 (continued)	HealthSmart
Advocacy	
<p>HE.8.P.8.1 Promote positive health choices with the influence and support of others.</p>	<p>ABST – 2, 11, 13 HIV – 5 NPA – 6, 12 TAOD – 14, 19 VIP – 4</p>
<p>HE.8.P.8.2 Justify a health-enhancing position on a topic and support it with accurate information.</p>	<p>ABST – 2, 11 HIV – 3 NPA – 6 TAOD – 14, 19 VIP – 4, 13</p>
<p>HE.8.P.8.3 Work cooperatively to advocate for healthy individuals, peers, families, and schools.</p>	<p>ABST – 2 HIV – 5 NPA – 6, 12 TAOD – 14 VIP – 4, 13</p>
<p>HE.8.P.8.4 Evaluate ways health messages and communication techniques can be targeted for different audiences.</p>	<p>TAOD – 14 VIP – 4</p>