

***HealthSmart* Alignment with  
Georgia Performance Standards  
for Health Education**

**Middle School, Third Edition  
(Grades 6–8)**

<b>HealthSmart Middle School Unit Key</b>	
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
<b>Grade 6</b>	<b>HealthSmart (Unit – Lesson)</b>
<b>HE6.1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.</b>	
a. Compare how healthy behaviors and risk practices impact personal health.	ABST – 1, 2, 3, 9, 10, 11, 16 EMH – 3, 4, 6, 7, 9, 10, 12, 13 HIV – 1, 4, 5, 6, 7, 8, 14 NPA – 1, 2, 3, 4, 5, 6, 7, 8, 11, 12, 13, 14, 15 TAOD – 2, 3, 4, 5, 6, 7, 11 VIP – 1, 2, 8, 9, 10, 11, 12
b. Identify the interrelationships of emotional and social health in adolescence.	ABST – 7 EMH - 1
c. Examine how one’s surroundings impact health and wellness.	ABST – 2, 3 EMH – 2, 13
d. Identify how family culture and beliefs can impact personal health.	ABST – 3, 4, 12 NPA – 9, 11 TAOD – 9, 12
e. Practice ways to reduce or prevent injuries.	ABST – 2 EMH – 10, 11 HIV – 3 NPA – 8 VIP – 1, 2, 3, 4, 7, 13, 14, 16, 17
f. Identify how health care can promote health.	ABST – 9 HIV – 8
g. Identify the benefits of practicing healthy behaviors.	ABST – 1, 2, 7, 10, 11 EMH – 4, 7, 8 HIV – 1, 3, 13 NPA – 1, 3, 5, 15, 16 TAOD – 3, 11, 17 VIP – 1, 14
h. Describe the consequences of engaging in unhealthy behaviors.	ABST – 16 HIV – 1, 5, 6, 7 NPA – 12, 13 TAOD – 2, 3, 4, 5, 7, 8 VIP – 1, 8, 11, 13
<b>HE6.2: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.</b>	
a. Identify how family practices influence the health of adolescents.	ABST – 12 EMH – 4 NPA – 9, 11 TAOD – 9, 12
b. Identify the influence of culture on health beliefs and practices.	ABST – 10, 12 NPA – 9, 11 TAOD – 12
c. Explain how peers influence healthy behaviors.	ABST – 12, 13 EMH – 4, 13 NPA – 9, 10, 11 TAOD – 1, 11, 15 VIP – 5, 11, 13

Grade 6 (continued)	HealthSmart (Unit – Lesson)
<b>HE6.2: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors. (continued)</b>	
d. Identify how the community can affect personal health practices and behaviors.	ABST – 12 EMH – 2 TAOD – 9, 12
e. Illustrate how media messages influence health behaviors.	ABST – 12 EMH – 13 NPA – 9, 11 TAOD – 9, 13, 14 VIP – 13
f. Explain the influence of technology on family health.	ABST – 12 EMH – 13 NPA – 11 TAOD – 9 VIP – 9
g. Identify norms that influence health behaviors.	ABST – 13 EMH – 13 HIV – 1 TAOD – 1 VIP – 1
h. List the influence of personal values on health practices.	ABST – 12 TAOD – 9
i. Identify how some health choices influence unhealthy behaviors.	HIV – 3 TAOD – 2 VIP – 2
j. Describe how school policies can influence health promotion.	TAOD – 12
<b>HE6.3: Students will demonstrate the ability to access valid information and products and services to enhance health.</b>	
a. Determine validity of health information, products, and services.	ABST – 1, 4 NPA – 1
b. Locate valid information from home, school, and community.	ABST – 1 NPA – 4 TAOD – 5, 12
c. Determine the accessibility of products that enhance health.	HIV – 12
d. Describe the situations that may require professional health services.	ABST – 9 EMH – 8 HIV – 8 NPA – 13 VIP – 17
e. Locate valid and reliable health products and services.	HIV – 12 VIP – 17
<b>HE6.4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.</b>	
a. Recognize effective verbal and nonverbal communication skills to enhance health.	ABST – 7, 10, 14 EMH – 5, 12 HIV – 10, 13 NPA – 10 TAOD – 15 VIP – 5

<b>Grade 6 (continued)</b>	<b>HealthSmart (Unit – Lesson)</b>
<b>HE6.4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks. (continued)</b>	
b. Identify refusal and negotiation skills that avoid or reduce health risks.	ABST – 15 HIV – 11, 13 NPA – 10 TAOD – 16 VIP – 5, 16
c. Examine effective conflict management or resolution strategies.	VIP – 14, 15
<b>HE6.5: Students will demonstrate the ability to use decision-making skills to enhance health.</b>	
a. List some reasons that one may use to make an unhealthy choice.	ABST – 12 EMH – 9, 14 HIV – 9 NPA – 9 TAOD – 9 VIP – 1, 6, 13
b. Decide whether a health-related situation may require a carefully considered decision-making process.	EMH – 14 HIV – 9 VIP – 6
c. Distinguish whether decisions should be made by the individual or if help should be sought.	EMH – 14 HIV – 9 VIP – 6, 14
d. Choose between healthy and unhealthy alternatives to health-related problems.	EMH – 14 HIV – 9 VIP – 6
e. Study the potential short-term impact of each alternative on self and others.	EMH – 14 HIV – 9 VIP – 6
f. Decide which alternatives are healthy when making a decision.	EMH – 14 HIV – 9 VIP – 6
g. Predict the outcomes of a health-related decision.	EMH – 14 HIV – 9 VIP – 6
<b>HE6.6: Students will demonstrate the ability to use goal-setting skills to enhance health.</b>	
a. Assess personal health practices and decide whether or not they are healthy.	EMH – 1, 15 NPA – 3, 9, 14, 16
b. Choose a goal to adopt a personal health practice.	EMH – 15 NPA – 16
c. Develop a plan to achieve a personal health practice.	EMH – 15 NPA – 16, 17
d. Explain how personal health goals can vary with changing priorities.	ABST – 16 EMH – 15 NPA – 17

Grade 6 (continued)	HealthSmart (Unit – Lesson)
<b>HE6.7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.</b>	
a. Identify the importance of being responsible for health behaviors.	ABST – 3, 9 EMH – 2, 3, 6, 7 HIV – 3, 5, 8 NPA – 3, 6, 14 TAOD – 17 VIP – 2, 5
b. Demonstrate healthy behaviors that will maintain or improve the health of self and others.	ABST – 2, 3, 13 EMH – 10 HIV – 2 NPA – 4, 5, 7, 11, 14, 15, 17 TAOD – 10 VIP – 15
c. Describe practices to avoid or reduce health risks to self and others.	ABST – 3, 11, 16 EMH – 7, 11 HIV – 8, 12, 13, 14 NPA – 8, 12, 15 TAOD – 10 VIP – 2, 3, 5, 7, 10, 11, 15, 16
<b>HE6.8: Students will demonstrate the ability to advocate for personal, family, and community health.</b>	
a. State a health position and support it with accurate information.	ABST – 2, 11 HIV – 2 NPA – 6 TAOD – 13, 14 VIP – 4, 12
b. Demonstrate how to support others in positive choices regarding their health.	ABST – 2, 11, 13 EMH – 13 HIV – 5 NPA – 6 TAOD – 14, 17 VIP – 4, 12
c. Plan with others to advocate for healthy lifestyles or choices.	ABST – 2 HIV – 5 NPA – 6 TAOD – 14 VIP – 4, 12
d. Identify the methods in which health messages can be altered to appeal to different age groups.	TAOD – 14 VIP – 4

Grade 7	HealthSmart (Unit – Lesson)
<b>HE7.1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.</b>	
a. Examine how healthy behaviors influence personal health.	ABST – 1, 2, 3, 9, 10, 11, 16 EMH – 3, 4, 6, 7, 9, 10, 12, 13 HIV – 1, 4, 5, 6, 7, 8, 14 NPA – 1, 2, 3, 4, 5, 6, 7, 8, 11, 12, 13, 14, 15 TAOD – 2, 3, 4, 5, 6, 7, 11 VIP – 1, 2, 8, 9, 10, 11, 12
b. Summarize the interrelationship of emotional, social, and physical health in adolescence.	ABST – 7 EMH – 1
c. Analyze how the environment can impact personal health.	ABST – 2, 3 EMH – 2, 13
d. Cite how family history can impact personal health.	ABST – 3, 4, 12 NPA – 9, 11 TAOD – 9, 12
e. Explain ways to reduce or prevent health risks among adolescents.	ABST – 2 EMH – 10, 11 HIV – 3 NPA – 8 VIP – 1, 2, 3, 4, 7, 13, 14, 16, 17
f. Describe how immediate health care can promote individual health.	ABST – 9 HIV – 8
g. Determine the barriers to practicing healthy behaviors.	ABST – 7, 10, 11 EMH – 8, 15 HIV – 3, 13 NPA – 5, 16, 17 TAOD – 11 VIP – 10, 14
h. Predict the risk of injury or illness if engaging in unhealthy behaviors.	ABST – 16 HIV – 1, 5, 6, 7 NPA – 12, 13 TAOD – 2, 3, 4, 5, 7, 8 VIP – 1, 2, 8, 11, 13
<b>HE7.2: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.</b>	
a. Describe how family values and behaviors influence the health of adolescents.	ABST – 12 EMH – 4 NPA – 9, 11 TAOD – 9, 12
b. Discuss the influence of culture on health behaviors.	ABST – 10, 12 NPA – 9, 11 TAOD – 12
c. Describe how peers influence unhealthy behaviors.	ABST – 12, 13 EMH – 4, 13 NPA – 9, 10, 11 TAOD – 1, 11, 15 VIP – 5, 11, 13
d. Identify how the school can affect personal health practices and behaviors.	ABST – 12 EMH – 2 TAOD – 9, 12

Grade 7 (continued)	HealthSmart (Unit – Lesson)
<b>HE7.2: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors. (continued)</b>	
e. Examine how information from the media influences health behaviors.	ABST – 12 EMH – 13 NPA – 9, 11 TAOD – 9, 13, 14 VIP – 13
f. Interpret the influence of technology on personal health.	ABST – 12 EMH – 13 NPA – 11 TAOD – 9 VIP – 9
g. Indicate how the perceptions of norms influence healthy and unhealthy behaviors.	ABST – 13 EMH – 13 HIV – 1 TAOD – 1 VIP – 1
h. Describe the influence of personal beliefs on health practices and behaviors.	ABST – 12 TAOD – 9
i. Discuss how some risky choices can influence the likelihood of unhealthy behaviors.	HIV – 3 TAOD – 2 VIP – 2
j. Identify how public health policies can influence disease prevention.	Not covered
<b>HE7.3: Students will demonstrate the ability to access valid information and products and services to enhance health.</b>	
a. Examine the validity of health information, products, and services.	ABST – 1, 4 NPA – 1
b. Access valid health information from home, school, and community.	ABST – 1 NPA – 4 TAOD – 5, 12
c. Determine the accessibility of products that enhance health.	HIV – 12
d. Describe situations that may require professional health services.	ABST – 9 EMH – 8 HIV – 8 NPA – 13 VIP – 17
e. Locate valid health information from school and community.	HIV – 12 VIP – 17
<b>HE7.4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.</b>	
a. Apply effective verbal and nonverbal communication skills to enhance health.	ABST – 7, 10, 14 EMH – 5, 12 HIV – 10, 13 NPA – 10 TAOD – 15 VIP – 5

<b>Grade 7 (continued)</b>	<b>HealthSmart (Unit – Lesson)</b>
<b>HE7.4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks. (continued)</b>	
b. Model refusal and negotiation skills that avoid or reduce health risks.	ABST – 15 HIV – 11, 13 NPA – 10 TAOD – 16 VIP – 5, 16
c. Demonstrate effective conflict management or resolution strategies.	VIP – 14, 15
d. Demonstrate how to ask for assistance to enhance the health of self and others.	EMH – 8 VIP – 10, 15, 17
<b>HE7.5: Students will demonstrate the ability to use decision-making skills to enhance health.</b>	
a. Describe situations that can help or hinder making a healthy decision.	EMH – 14 HIV – 9 VIP – 6
b. Examine whether a health-related situation requires the application of a thoughtful decision-making process.	EMH – 14 HIV – 9 VIP – 6
c. Determine when individual or collaborative decision making is appropriate.	EMH – 14 HIV – 9 VIP – 6, 14
d. Differentiate between healthy and unhealthy alternatives to health-related issues or problems.	EMH – 14 HIV – 9 VIP – 6
e. Relate the potential short-term impact of each alternative on self and others.	EMH – 14 HIV – 9 VIP – 6
f. Select healthy alternatives over unhealthy alternatives when making a decision.	EMH – 14 HIV – 9 VIP – 6
g. Examine the outcomes of a health-related decision.	EMH – 14 HIV – 9 VIP – 6
<b>HE7.6: Students will demonstrate the ability to use goal-setting skills to enhance health.</b>	
a. Examine the effectiveness of personal health practices.	EMH – 1, 15 NPA – 3, 9, 14, 16
b. Select a goal to improve a personal health practice.	EMH – 15 NPA – 16
c. Demonstrate the skills necessary to achieve a personal health goal.	EMH – 15 NPA – 16, 17
d. Relate how personal health goals can vary with differing abilities and priorities.	ABST – 16 EMH – 15 NPA – 17



<b>Grade 7 (continued)</b>	<b>HealthSmart (Unit – Lesson)</b>
<b>HE7.7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.</b>	
a. Describe the importance of assuming responsibility for personal health behaviors.	ABST – 3, 9 EMH – 2, 3, 6, 7 HIV – 1, 3, 5, 8 NPA – 3, 6, 14 TAOD – 17 VIP – 2, 5
b. Give personal examples of healthy behaviors that will maintain or improve the health of self and others.	ABST – 2, 3, 13 EMH – 10 HIV – 2 NPA – 4, 5, 7, 11, 14, 15, 17 TAOD – 10 VIP – 15
c. Demonstrate behaviors to avoid or reduce health risks to self and others.	ABST – 3, 11, 16 EMH – 7, 11 HIV – 8, 12, 13, 14 NPA – 8, 12, 15 TAOD – 10 VIP – 2, 3, 5, 7, 10, 11, 15, 16
<b>HE7.8: Students will demonstrate the ability to advocate for personal, family, and community health.</b>	
a. Select a health-enhancing position and support it with accurate information.	ABST – 2, 11 HIV – 2 NPA – 6 TAOD – 13, 14 VIP – 4, 12
b. Demonstrate how to influence and support others to make positive health choices.	ABST – 2, 11, 13 EMH – 13 HIV – 5 NPA – 6 TAOD – 14, 17 VIP – 4, 12
c. Work with others to advocate for healthy individuals and families.	ABST – 2 HIV – 5 NPA – 6 TAOD – 14 VIP – 4, 12
d. Examine the ways that health messages can be altered to reach different audiences.	TAOD – 14 VIP – 4

Grade 8	<i>HealthSmart</i> (Unit – Lesson)
<b>HE8.1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.</b>	
a. Analyze the relationship between healthy behaviors and personal health.	ABST – 1, 2, 3, 9, 10, 11, 16 EMH – 3, 4, 6, 7, 9, 10, 12, 13 HIV – 1, 4, 5, 6, 7, 8, 14 NPA – 1, 2, 3, 4, 5, 6, 7, 8, 11, 12, 13, 14, 15 TAOD – 2, 3, 4, 5, 6, 7, 11 VIP – 1, 2, 8, 9, 10, 11, 12
b. Describe the interrelationships of emotional, intellectual, physical, and social health in adolescence.	ABST – 7 EMH – 1
c. Analyze how the environment affects personal health.	ABST – 2, 3 EMH – 2, 13
d. Describe how family history can affect personal health.	ABST – 3, 4, 12 NPA – 9, 11 TAOD – 9, 12
e. Describe ways to reduce or prevent injuries and other adolescent health problems.	ABST – 2 EMH – 10, 11 HIV – 3 NPA – 8 VIP – 1, 2, 3, 4, 7, 13, 14, 16, 17
f. Explain how appropriate health care can promote personal health.	ABST – 9 HIV – 8
g. Describe the benefits of and barriers to practicing healthy behaviors.	ABST – 1, 2, 7, 10, 11 EMH – 4, 7, 8, 15 HIV – 1, 3, 13 NPA – 1, 3, 5, 15, 16, 17 TAOD – 3, 11, 17 VIP – 1, 10, 14
h. Examine the likelihood of injury or illness if engaging in unhealthy behaviors.	ABST – 16 HIV – 1, 5, 6, 7 NPA – 12, 13 TAOD – 2, 3, 4, 5, 7, 8 VIP – 1, 2, 8, 11, 13
i. Examine the potential seriousness of injury or illness if engaging in unhealthy behaviors.	ABST – 16 HIV – 5, 6, 7 NPA – 13 TAOD – 2, 3, 4, 5, 7, 8 VIP – 1, 8
<b>HE8.2: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.</b>	
a. Examine how the family influences the health of adolescents.	ABST – 12 EMH – 4 NPA – 9, 11 TAOD – 9, 12
b. Describe the influence of culture on health beliefs, practices, and behaviors.	ABST – 10, 12 NPA – 9, 11 TAOD – 12

Grade 8 (continued)	HealthSmart (Unit – Lesson)
<b>HE8.2: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors. (continued)</b>	
c. Describe how peers influence healthy and unhealthy behaviors.	ABST – 12, 13 EMH – 4, 13 NPA – 9, 10, 11 TAOD – 1, 11, 15 VIP – 5, 11, 13
d. Analyze how the school and community can affect personal health practices and behaviors.	ABST – 12 EMH – 2 TAOD – 9, 12
e. Analyze how messages from media influence health behaviors.	ABST – 12 EMH – 13 NPA – 9, 11 TAOD – 9, 13, 14 VIP – 13
f. Analyze the influence of technology on personal and family health.	ABST – 12 EMH – 13 NPA – 11 TAOD – 9 VIP – 9
g. Explain how the perceptions of norms influence healthy and unhealthy behaviors.	ABST – 13 EMH – 13 HIV – 1 TAOD – 1 VIP – 1
h. Explain the influence of personal values and beliefs on individual health practices and behaviors.	ABST – 12 TAOD – 9
i. Describe how some health risk behaviors can influence the likelihood of engaging in unhealthy behaviors.	HIV – 3 TAOD – 2 VIP – 2
j. Explain how school and public health policies can influence health promotion and disease prevention.	TAOD – 12
<b>HE8.3: Students will demonstrate the ability to access valid information and products and services to enhance health.</b>	
a. Analyze the validity of health information, products, and services.	ABST – 1, 4 NPA – 1
b. Access valid health information from home, school, and community.	ABST – 1 NPA – 4 TAOD – 5, 12
c. Determine the accessibility of products that enhance health.	HIV – 12
d. Describe situations that may require professional health services.	ABST – 9 EMH – 8 HIV – 8 NPA – 13 VIP – 17
e. Locate valid and reliable health products and services.	HIV – 12 VIP – 17

<b>Grade 8 (continued)</b>	<b>HealthSmart (Unit – Lesson)</b>
<b>HE8.4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.</b>	
a. Apply effective verbal and nonverbal communication skills to enhance health.	ABST – 7, 10, 14 EMH – 5, 12 HIV – 10, 13 NPA – 10 TAOD – 15 VIP – 5
b. Demonstrate refusal and negotiation skills that avoid or reduce health risks.	ABST – 15 HIV – 11, 13 NPA – 10 TAOD – 16 VIP – 5, 16
c. Demonstrate effective conflict management or resolution strategies.	VIP – 14, 15
d. Demonstrate how to ask for assistance to enhance the health of self and others.	EMH – 8 VIP – 10, 15, 17
<b>HE8.5: Students will demonstrate the ability to use decision-making skills to enhance health.</b>	
a. Identify health-related situations that might require a thoughtful decision.	EMH – 14 HIV – 9 VIP – 6
b. Analyze when assistance is needed in making a health-related decision.	EMH – 14 HIV – 9 VIP – 6, 14
c. List healthy options to a health-related issue or problem.	EMH – 14 HIV – 9 VIP – 6
d. Predict the potential outcomes of each option when making a health-related decision.	EMH – 14 HIV – 9 VIP – 6
e. Choose a healthy option when making a decision.	EMH – 14 HIV – 9 VIP – 6
f. Describe the outcomes of a health-related decision.	EMH – 14 HIV – 9 VIP – 6
<b>HE8.6: Students will demonstrate the ability to use goal-setting skills to enhance health.</b>	
a. Compile and assess personal health practices.	EMH – 1, 15 NPA – 3, 9, 14, 16
b. Develop a goal to adopt, maintain, or improve a personal health practice.	EMH – 15 NPA – 16
c. Outline the strategies and skills necessary to attain a personal health goal.	EMH – 15 NPA – 16, 17
d. Describe how personal health goals can vary with changing abilities, priorities, and responsibilities.	ABST – 16 EMH – 15 NPA – 17
e. Explain how early sexual behavior can affect achieving long-term health goals.	ABST – 16 HIV – 1

Grade 8 (continued)	HealthSmart (Unit – Lesson)
<b>HE8.7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.</b>	
a. Examine the relationship between assuming responsibility for personal health and avoiding risky behaviors.	ABST – 9, 16 EMH – 3, 6, 7 HIV – 3, 5, 8 NPA – 3, 6, 14 TAOD – 17 VIP – 2, 5
b. Demonstrate healthy practices and behaviors that will maintain or improve the health of self and others.	ABST – 2, 3, 13 EMH – 10 HIV – 2 NPA – 4, 5, 7, 11, 14, 15, 17 TAOD – 10 VIP – 15
c. Examine the behaviors to avoid or reduce health risks to self and others.	ABST – 3, 11, 16 EMH – 7, 11 HIV – 8, 12, 13, 14 NPA – 8, 12, 15 TAOD – 10 VIP – 2, 3, 5, 7, 10, 11, 15, 16
<b>HE8.8: Students will demonstrate the ability to advocate for personal, family, and community health.</b>	
a. Debate a health issue and support all sides with accurate information.	See Grade 7 for list of lessons that present a health-enhancing position on a health issue. Advocacy activities in <i>HealthSmart</i> do not have students debate the opposing side.
b. Apply strategies that will influence and support others to make positive health choices.	ABST – 2, 11, 13 EMH – 13 HIV – 5 NPA – 6 TAOD – 14, 17 VIP – 4, 12
c. Work cooperatively to advocate for healthy individuals, families, and schools.	ABST – 2 HIV – 5 NPA – 6 TAOD – 14 VIP – 4, 12
d. Identify ways in which health messages and communication techniques can be altered for different audiences.	TAOD – 14 VIP – 4