

***HealthSmart* Alignment with  
Idaho Content Standards  
Health Education**

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

<b>HealthSmart Middle School Unit Key</b>	
ABST = Abstinence, Puberty & Personal Health	NPA = Nutrition & Physical Activity
EMH = Emotional & Mental Health	TAOD = Tobacco, Alcohol & Other Drug Prevention
HIV = HIV, STI & Pregnancy Prevention	VIP = Violence & Injury Prevention
<b>Grades 6–8</b>	<b>HealthSmart (Unit – Lesson)</b>
<b>Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.</b>	
6-8.H.1.1.1 Analyze the relationship between behaviors, body systems, and wellness.	ABST – 1, 2, 3, 5, 6, 8, 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, 16 TAOD – 2, 3, 4, 5, 6, 7, 11 VIP – 1, 2, 8, 9, 10, 11, 13
6-8.H.1.1.2 Describe the interrelationships of mental, emotional, physical, and social health in adolescence.	ABST – 4, 7 EMH – 1
6-8.H.1.1.3 Analyze how the environment, environmental exposure (e.g., secondhand smoke/vapors) and personal health are related.	ABST – 2, 3 EMH – 2, 13 TAOD – 3
6-8.H.1.1.4 Describe how family history can affect personal health.	ABST – 3
6-8.H.1.1.5 Describe ways to reduce or prevent injuries and adolescent health problems.	ABST – 2 EMH – 10, 11 HIV – 3 NPA – 8, 15 VIP – 1, 2, 3, 4, 7, 13, 14, 16, 17
6-8.H.1.1.6 Explain how appropriate health care can promote wellness.	ABST – 9
6-8.H.1.1.7 Describe the benefits of and barriers to practicing healthy behaviors.	ABST – 1, 11 EMH – 7, 8 HIV – 1, 3, 13 NPA – 5, 16 TAOD – 11 VIP – 10, 14
6-8.H.1.1.8 Examine the consequences and the likelihood of injury or illness if engaging in unhealthy behaviors.	HIV – 1, 5, 6, 7 NPA – 12, 13 TAOD – 2, 7, 8 VIP – 1, 2, 8, 9, 11, 13

<p><b>Grades 6–8</b> <i>(continued)</i></p>	<p><b>HealthSmart</b> <b>(Unit – Lesson)</b></p>
<p><b>Standard 2: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behavior.</b></p>	
<p>6-8.H.2.1.1 Examine how family, culture, peers, school, and community influence healthy and unhealthy behaviors (e.g., social norms).</p>	<p>ABST – 10, 12, 13 EMH – 2, 4, 13 HIV – 1 NPA – 9, 10, 11 TAOD – 1, 9, 11, 12, 15 VIP – 1, 5, 11, 13</p>
<p>6-8.H.2.1.2 Analyze the influence of media and technology on personal and family health (e.g., social media and internet safety and responsibility).</p>	<p>ABST – 12 EMH – 13 NPA – 9, 11 TAOD – 9, 13, 14 VIP – 9, 13</p>
<p>6-8.H.2.1.3 Explain the influence of personal values and beliefs on individual health practices and behaviors.</p>	<p>ABST – 12 TAOD – 9</p>
<p>6-8.H.2.1.4 Describe how some health risk behaviors can increase the likelihood of engaging in unhealthy behaviors (e.g., using drugs to fit in).</p>	<p>TAOD – 2, 9</p>
<p>6-8.H.2.1.5 Explain how school and public health policies can influence health promotion and disease prevention.</p>	<p>TAOD – 12</p>
<p><b>Standard 3: Students will demonstrate the ability to access valid information, products, and services to enhance health.</b></p>	
<p>6-8.H.3.1.1 Analyze the validity of health information, products, and services.</p>	<p>ABST – 1, 4 NPA – 1</p>
<p>6-8.H.3.1.2 Access valid health information from home, school, and community.</p>	<p>ABST – 1 NPA – 4 TAOD – 5, 12</p>
<p>6-8.H.3.1.3 Locate valid and reliable health products and services and determine accessibility.</p>	<p>HIV – 12 VIP – 17</p>
<p>6-8.H.3.1.4 Describe situations that may require professional health services.</p>	<p>ABST – 9 EMH – 8 HIV – 8 NPA – 13</p>

<p><b>Grades 6–8</b> <i>(continued)</i></p>	<p><b>HealthSmart</b> (Unit – Lesson)</p>
<p><b>Standard 4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.</b></p>	
<p>6-8.H.4.1.1 Apply effective verbal and nonverbal communication skills to enhance health.</p>	<p>ABST – 7, 10, 14 EMH – 5, 12 HIV – 10, 13 NPA – 10 TAOD – 15 VIP – 5</p>
<p>6-8.H.4.1.2 Demonstrate refusal and negotiation skills that avoid or reduce health risks.</p>	<p>ABST – 14, 15 HIV – 10, 11, 13 NPA – 10 TAOD – 15, 16 VIP – 5, 16</p>
<p>6-8.H.4.1.3 Demonstrate effective conflict management or resolution strategies.</p>	<p>VIP – 14, 15</p>
<p>6-8.H.4.1.4 Demonstrate how to request and offer assistance to enhance the health of self and others (e.g., suicide prevention, relationship violence and bullying).</p>	<p>ABST – 13 EMH – 8, 12 TAOD – 17 VIP – 10, 12, 15, 17</p>
<p><b>Standard 5: Students will demonstrate the ability to use decision-making skills to enhance health.</b></p>	
<p>6-8.H.5.1.1 Identify circumstances that can help or hinder healthy decision making.</p>	<p>EMH – 14 HIV – 9 VIP – 6</p>
<p>6-8.H.5.1.2 Determine when health-related situations require the application of a thoughtful decision-making process.</p>	<p>EMH – 14 HIV – 9 VIP – 6</p>
<p>6-8.H.5.1.3 Distinguish when individual or collaborative decision making is appropriate.</p>	<p>EMH – 14 HIV – 9 VIP – 6</p>
<p>6-8.H.5.1.4 Distinguish between healthy and unhealthy alternatives to health-related issues or problems.</p>	<p>EMH – 14 HIV – 9 VIP – 6</p>
<p>6-8.H.5.1.5 Predict the potential short-term and long-term impact of each alternative on self, others and the environment.</p>	<p>EMH – 14 HIV – 9 VIP – 6</p>
<p>6-8.H.5.1.6 Choose healthy alternatives over unhealthy alternatives when making a health-related decision.</p>	<p>EMH – 14 HIV – 9 VIP – 6</p>
<p>6-8.H.5.1.7 Analyze the outcomes of a health-related decision.</p>	<p>EMH – 14 HIV – 9 VIP – 6</p>

<b>Grades 6–8 (continued)</b>	<b>HealthSmart (Unit – Lesson)</b>
<b>Standard 6: Students will demonstrate the ability to use goal-setting skills to enhance health.</b>	
6-8.H.6.1.1 Assess personal health practices.	EMH – 1, 15 NPA – 3, 9, 14, 16
6-8.H.6.1.2 Develop a goal to adopt, maintain, or improve a personal health practice.	EMH – 15 NPA – 16
6-8.H.6.1.3 Apply effective strategies and skills needed to attain a personal health goal.	EMH – 15 NPA – 16, 17
<b>Standard 7: Students demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.</b>	
6-8.H.7.1.1 Explain the importance of assuming responsibility for personal health behaviors.	ABST – 3, 9 EMH – 2, 3, 6, 7 HIV – 3, 5, 8 NPA – 3, 14 TAOD – 17 VIP – 2, 5
6-8.H.7.1.2 Demonstrate healthy practices and behaviors that will maintain or improve the health of self and others.	ABST – 2, 3 EMH – 10 HIV – 2 NPA – 4, 5, 7, 11, 14, 15, 17 TAOD – 10 VIP – 15
6-8.H.7.1.3 Demonstrate behaviors that avoid or reduce health risks to self and others.	ABST – 3 EMH – 7, 11 HIV – 12, 13 NPA – 8, 15 TAOD – 10 VIP – 2, 3, 5, 7, 10, 11, 15
6-8.H.7.1.4 Explain the importance of personal hygiene, self-care, food behavior, and physical activity.	ABST – 2, 9 EMH – 3, 7, 10, 11, 12 NPA – 2, 3, 5, 6, 7, 8, 11, 14, 15

<p><b>Grades 6–8</b> <i>(continued)</i></p>	<p><b>HealthSmart</b> <b>(Unit – Lesson)</b></p>
<p><b>Standard 8: Students will demonstrate the ability to advocate for personal, family, and community health.</b></p>	
<p>6-8.H.8.1.1 State a health enhancing position on a topic and support it with accurate information.</p>	<p>ABST – 2, 11 HIV – 2 NPA – 6 TAOD – 13, 14 VIP – 4, 12</p>
<p>6-8.H.8.1.2 Demonstrate how to influence and support others to make positive health choices.</p>	<p>ABST – 2, 11, 13 EMH – 13 HIV – 5 NPA – 6 TAOD – 14, 17 VIP – 4, 12</p>
<p>6-8.H.8.1.3 Work cooperatively to advocate for the health of individuals, families, schools, and the community.</p>	<p>ABST – 2 HIV – 5 NPA – 6 TAOD – 14 VIP – 4, 12</p>
<p>6-8.H.8.1.4 Identify ways in which health messages and communication techniques can be altered for different audiences.</p>	<p>TAOD – 14 VIP – 4</p>