

***HealthSmart* Alignment with
Indiana Academic Standards
for Health and Wellness**

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

advancing
health
equity **etr.**

HealthSmart Middle School Unit Key	
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
Grades 6–8	HealthSmart (Unit – Lesson)
Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.	
8.1.1 Analyze the relationship between healthy behaviors and personal health.	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
8.1.2 Describe the interrelationships of emotional, intellectual, physical, and social health in adolescence.	ABST – 4, 7 EMH – 1
8.1.3 Analyze how the environment impacts personal health.	ABST – 2, 3 EMH – 2, 13
8.1.4 Describe ways to reduce or prevent adolescent health problems and injuries.	ABST – 2 EMH – 10, 11 HIV – 3 NPA – 8, 15 VIP – 1, 2, 3, 4, 7, 13, 14, 16, 17
8.1.5 Explain how appropriate health care can promote personal health.	ABST – 9
8.1.6 Describe how family history can impact personal health.	ABST – 3
8.1.7 Describe the benefits of and barriers to practicing a variety of healthy behaviors.	ABST – 1, 2, 9, 11 EMH – 7, 8 HIV – 1, 3, 13 NPA – 5, 16 TAOD – 11 VIP – 1, 10, 14
8.1.8 Examine the severity of injury and/or illness if engaging in unhealthy behaviors.	HIV – 6, 7 TAOD – 7, 8 VIP – 8
Standard 2: Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.	
8.2.1 Examine how the family influences the health of adolescents.	ABST – 12 EMH – 4 NPA – 9, 11 TAOD – 9, 12
8.2.2 Analyze how the school and community can affect personal health practices and behaviors.	ABST – 12 EMH – 2 TAOD – 9, 12

Grades 6–8 <i>(continued)</i>	HealthSmart (Unit – Lesson)
8.2.3 Analyze how messages from the media influence health behaviors.	ABST – 12 EMH – 13 NPA – 9, 11 TAOD – 9, 13, 14 VIP – 13
8.2.4 Describe how peers can influence healthy and unhealthy behaviors.	ABST – 12, 13 EMH – 4, 13 NPA – 9, 10, 11 TAOD – 9, 11, 15 VIP – 5, 11, 13
8.2.5 Describe the influence of culture on health beliefs, practices, and behaviors.	ABST – 10, 12 NPA – 11
8.2.6 Analyze the influence of technology on personal and family health.	EMH – 13 VIP – 9
8.2.7 Explain how the perceptions of norms influence healthy and unhealthy behaviors.	ABST – 13 EMH – 13 HIV – 1 TAOD – 1 VIP – 1
8.2.8 Explain the influence of personal values and beliefs on individual health practices and behaviors.	ABST – 12 TAOD – 9
8.2.9 Describe how some health risk behaviors can increase the likelihood of engaging in additional unhealthy behaviors.	TAOD – 2
8.2.10 Explain how school and public health policies can influence health practices and behaviors.	TAOD – 12
Standard 3: Students will demonstrate the ability to access valid information, products and services to enhance health.	
8.3.1 Investigate the validity of health information, products, and services.	ABST – 1, 4 NPA – 1
8.3.2 Access valid health information from home, school, and community.	ABST – 1 NPA – 4 TAOD – 5, 12
8.3.3 Determine the accessibility of products that enhance health.	HIV – 12
8.3.4 Describe situations that may require professional health services.	ABST – 9 EMH – 8 HIV – 8 NPA – 13
8.3.5 Locate valid and reliable health products and services that enhance health.	HIV – 12 VIP – 17

Grades 6–8 <i>(continued)</i>	HealthSmart (Unit – Lesson)
Standard 4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.	
8.4.1 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
8.4.2 Demonstrate active listening and response skills to enhance health.	EMH – 5 HIV – 13 VIP – 15
8.4.3 Demonstrate healthy ways to express needs, wants and feelings.	ABST – 10 EMH – 6, 7, 12
8.4.4 Practice ways to communicate care, consideration, and respect for self and others.	ABST – 14 EMH – 5, 12 HIV – 3, 10
8.4.5 Demonstrate the ability to refuse or negotiate health risks in healthy ways.	ABST – 15 HIV – 11, 13 NPA – 10 TAOD – 16 VIP – 5, 16
8.4.6 Demonstrate how to ask for assistance to enhance the health of self and others.	EMH – 8 VIP – 10, 15, 17
8.4.7 Implement healthy strategies to prevent and manage conflict.	VIP – 14, 15
8.4.8 Formulate strategies for overcoming health-related communication barriers.	EMH – 5
8.4.9 Examine the impact of communication on relationships.	EMH – 5
Standard 5: Students will demonstrate the ability to use decision-making skills to enhance health.	
8.5.1 Identify personal health decisions and differentiate between related internal and external influences.	EMH – 14 HIV – 9 NPA – 9 TAOD – 9 VIP – 6
8.5.2 Compile and assess available information to enhance health.	EMH – 14 HIV – 9 VIP – 6
8.5.3 Personalize health risk of decisions to self and others.	EMH – 14 HIV – 9 VIP – 6
8.5.4 Apply a decision-making process to real-life health-related situations.	EMH – 14 HIV – 9 VIP – 6

Grades 6–8 (continued)	HealthSmart (Unit – Lesson)
8.5.5 Describe how personal health decisions may affect subsequent decisions.	EMH – 14 HIV – 9 VIP – 6
8.5.6 Assume responsibility for personal health decisions.	EMH – 14 HIV – 9 VIP – 6
Standard 6: Students will demonstrate the ability to use goal-setting skills to enhance health.	
8.6.1 Assess the benefits of planning and setting health goals.	EMH – 15 NPA – 16
8.6.2 Develop a personal health goal and a plan to achieve it.	EMH – 15 NPA – 16
8.6.3 Examine possible barriers to achieving the personal health goal.	ABST – 16 EMH – 15 NPA – 16
8.6.4 Implement the plan to achieve the personal health goal and overcome possible barriers.	EMH – 15 NPA – 16, 17
8.6.5 Consider the impact of decisions on the personal health goal.	ABST – 16 EMH – 15 NPA – 16
8.6.6 Identify personal support systems and explain their importance in achieving the personal health goal.	EMH – 15 NPA – 16, 17
8.6.7 Assess, reflect on and adjust the plan to reach and maintain the personal health goal.	EMH – 15 NPA – 17
Standard 7: Students demonstrate the ability to practice strategies and skills to enhance personal health and reduce health risks.	
8.7.1 Conduct a personal assessment of health and safety knowledge and skills.	EMH – 15 NPA – 3, 9, 14, 16 TAOD – 2, 3 VIP – 2
8.7.2 Describe the results of the personal assessment to identify personal health and safety strengths and needs.	EMH – 15 NPA – 3, 14, 16
8.7.3 Select and apply a strategy to improve personal health or safety.	EMH – 15 NPA – 3, 14, 16
8.7.4 Identify and access personal support, persons or systems, as needed.	EMH – 15 NPA – 16, 17
8.7.5 Explain the importance of assuming responsibility for personal health and safety behaviors.	ABST – 3, 9 EMH – 2, 3, 6, 7 HIV – 3, 5, 8 NPA – 3, 14 TAOD – 17 VIP – 2, 5

Grades 6–8 <i>(continued)</i>	HealthSmart (Unit – Lesson)
Standard 8: Students will demonstrate the ability to advocate for personal, family and community health.	
8.8.1 Conduct a personal, family or community health or safety assessment and/or review data from an existing health assessment.	Not covered
8.8.2 Analyze data to determine a priority health or safety issue on which to take a stand.	Not covered
8.8.3 Research the health and safety issue.	ABST – 2 TAOD – 13 VIP – 4
8.8.4 Identify agencies, organizations, or others who advocate for the health issue.	Not covered
8.8.5 Clarify personal beliefs regarding the health or safety issue.	VIP – 12
8.8.6 Take a clear health-enhancing stand.	ABST – 2, 11 HIV – 2 NPA – 6 TAOD – 13, 14 VIP – 4, 12
8.8.7 Use communication techniques to persuade the individual or group to support or act on the health or safety issue.	ABST – 2, 11 NPA – 6 TAOD – 13, 14 VIP – 4, 12
8.8.8 Identify an audience and adapt the health or safety message and communication technique to the characteristics of the individual or group.	TAOD – 14 VIP – 4