

***HealthSmart* Alignment with
Mississippi Contemporary
Health Curriculum Framework**

**High School, Third Edition
(Grades 9–12)**

advancing
health
equity **etr.**

HealthSmart High School Unit Key	
ABST = Abstinence, Personal & Sexual Health EMH = Emotional & Mental Health HIV = HIV, STI & Pregnancy Prevention	NPA = Nutrition & Physical Activity TAOD = Tobacco, Alcohol & Other Drug Prevention VIP = Violence & Injury Prevention
Grades 9–12	HealthSmart (Unit – Lesson)
Unit 1: Personal and Consumer Health	
Describe ways to achieve and maintain a healthy lifestyle.	ABST – 1
Demonstrate the ability to use goal-setting and decision-making skills to enhance health.	ABST – 6 EMH – 14 NPA – 10 (goals) ABST – 14 TAOD – 13 VIP – 5 (decisions)
Recognize the benefits of being a wise consumer.	Not covered
Analyze the influence of culture, media, technology, and other factors on health.	ABST – 11, 12; EMH – 11, 15; HIV – 8, 9; NPA – 12, 13; TAOD – 9, 11, 12; VIP – 13
Unit 2: Mental Health	
Demonstrate the ability to practice health-enhancing behaviors that contribute to positive mental health.	EMH – 1, 2, 3, 5, 6, 7, 8, 9, 10, 12, 14, 17
Describe how stress influences mental and physical health.	EMH – 4, 5
Define functional and organic mental disorders and state controls for each.	EMH – 15, 17 (disorders in general)
Discuss the importance of suicide awareness, prevention, and coping strategies.	EMH – 16 VIP – 16
Unit 3: Family and Social Health	
Describe how the skills of communication, cooperation, and advocacy are essential for healthy relationships.	EMH – 8, 9 VIP – 15
Describe why the family is the basic social unit of society.	Not covered
Unit 4: Human Growth and Development	
Summarize how genetic traits are passed on from one generation to another.	Not covered
Examine health practices to be considered before, during, and after pregnancy.	HIV – Supplemental Lesson (prenatal care only)
Identify physical, mental, and emotional changes that occur from childhood through adolescence.	ABST – 8 (Puberty covered in more detail in Middle School ABST – 5, 6, 7, 8)
Examine the aging process from adulthood through death.	Not covered
Unit 5: Disease Prevention and Control	
Recognize the causes, transfer, and control of common communicable diseases.	ABST – 2
State causes, signs, and control of noninfectious diseases.	ABST – 3
Recognize the ways to prevent HIV infection and STIs.	HIV – 6, 7

Grades 9–12 (continued)	HealthSmart (Unit – Lesson)
Unit 6: Nutrition and Fitness	
Summarize how responsible food choices lead to nutritional health.	NPA – 1, 2, 3, 4, 5, 10, 11
Discover the importance of fitness.	NPA – 6, 7, 10, 11
Unit 7: Substance Abuse Prevention	
Examine the health hazards of tobacco.	TAOD – 5, 6
Summarize the health hazards of alcohol.	TAOD – 7
Analyze the health hazards of drugs and the benefits of medicines.	TAOD – 1, 2, 4, 8 (drugs); 3 (medicines)
Illustrate the health hazards of inhalants.	Briefly covered in TAOD – 1 but not a separate lesson
Explore current issues with illegal and legal drugs.	TAOD – 1, 2, 9, 10, 16
Discuss refusal and intervention skills.	TAOD – 10 (intervention); 14, 15 (refusal skills)
Unit 8: Community and Environmental Health	
Identify community health care agencies, health careers, and the importance of family medical records.	Not covered
Explain how the environment affects people and how people affect the environment.	Not covered
Unit 9: Safety and First Aid	
Discuss promotion of safety and prevention of accidents.	VIP – 1, 2, 3, 4, 5, 6, 7
Discuss and demonstrate procedures for emergency situations.	VIP – 4

Grade 7	<i>HealthSmart</i> (Grade – Lesson)
Competency 1: Comprehend concepts related to health promotion and disease prevention to enhance health.	
Identify behaviors for effectively handling peer pressure and stress.	ABST – 14, 15 (sexual pressure) EMH – 9, 10, 11 (stress) HIV – 10 (sexual pressure) NPA – 10 (food pressure) TAOD – 15 (drug pressures) VIP – 5 (dares)
Analyze how hygiene, posture, and self-image affect overall health.	ABST – 2, 9 EMH – 3 NPA – 11
Give examples of communicable diseases and discuss transmission and methods of prevention.	ABST – 3
Describe the effects of puberty on social and emotional behavior.	ABST – 7
Propose ways in which improving the environment can enhance physical, mental, and social health.	Not covered
Describe the relationship between tobacco and alcohol use and how it affects the development of serious health problems.	TAOD – 2, 3, 4, 6, 7, 8
Competency 2: Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.	
Describe the influence of culture on health behaviors.	ABST – 10, 12 NPA – 11
Analyze how the media and other sources influence health behavior.	ABST – 12; EMH – 13; NPA – 9, 11; TAOD – 9, 13, 14; VIP – 13
Explore technology and other resources to improve personal and family health.	Not covered
Competency 3: Demonstrate the ability to access valid information and products and services to enhance health.	
Critique sources of information regarding health products and services to determine if they are reliable/ unreliable.	ABST – 1, 4 NPA – 1
Competency 4: Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.	
Demonstrate various forms of effective communication.	ABST – 7, 10, 14; EMH – 5, 12; HIV – 10, 13; NPA – 10; TAOD – 15; VIP – 5
Demonstrate strategies to manage conflict in healthy ways.	VIP – 14, 15
Examine how to handle difficult interpersonal situations through effective communication.	ABST – 14, 15 (sexual pressure) EMH – 5 (effective communication) HIV – 10 (sexual pressure), 13 (condom use) NPA – 10 (food pressure), 13 (disorders) TAOD – 15, 16 (drug pressures) VIP – 5 (dares), 10 (bullying), 16 (touch)

Grade 7 (continued)	HealthSmart (Grade – Lesson)
Competency 5: Demonstrate the ability to use decision-making skills to enhance health.	
Demonstrate the ability to apply decision-making models to health issues and problems.	EMH – 14 HIV – 9 VIP – 6
Competency 6: Demonstrate the ability to use goal-setting skills to enhance health.	
Apply strategies and skills needed to attain goals that will contribute to a healthy active lifestyle.	NPA – 16, 17
Develop an action plan for achieving a personal health goal.	EMH – 15 NPA – 16, 17
Competency 7: Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.	
Demonstrate practices of making safe choices.	EMH – 14 HIV – 9 VIP – 6
Distinguish among use, misuse, and abuse of substances.	TAOD – 5, 6
Identify how a properly balanced diet and exercise influence healthy body weight.	NPA – 12
List health professionals that provide education, counseling services, and treatment to prevent communicable disease.	Can be included in ABST – 3 or HIV – 8
Competency 8: Demonstrate the ability to advocate for personal, family, and community health.	
Demonstrate an ability to influence others to become involved in healthy community projects.	ABST – 2, 11, 13; EMH – 13; HIV – 5; NPA – 6; TAOD – 14, 17; VIP – 4, 12 (peer advocacy) [would need to add community focus]

Grade 8	<i>HealthSmart</i> (Grade – Lesson)
Competency 1: Comprehend concepts related to health promotion and disease prevention to enhance health.	
Describe causes and effects of stress and identify healthy ways to manage stress.	EMH – 9, 10, 11
Explore the changes during adolescence (physical, mental/emotional, and social).	ABST – 5, 6, 7, 8
Identify ways individuals can reduce risk factors related to communicable and chronic diseases.	ABST – 3
Identify the various components of the human life cycle.	Not covered
Competency 2: Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.	
Analyze the positive and negative influences of technology and media on personal and family health.	ABST – 12; EMH – 13; NPA – 9, 11; TAOD – 9, 13, 14; VIP – 9, 13
Describe the influence of cultural beliefs on health behaviors.	ABST – 10, 12 NPA – 11
Understand peer relationships and their impact on health decisions.	ABST – 12, 13; EMH – 4, 13; NPA – 9, 10, 11; TAOD – 9, 11, 15; VIP – 5, 11, 13
Competency 3: Demonstrate the ability to access valid information and products and services to enhance health.	
Distinguish differences among various health care professionals.	Not covered
Explain an individual’s responsibility in choosing health products and services.	ABST – 9 HIV – 8, 12
Explain the reasons for public health laws and regulations.	Not covered
Competency 4: Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.	
Demonstrate ways to cope with interpersonal conflicts.	VIP – 14, 15
Practice refusal skills for risk taking behaviors.	ABST – 14, 15; HIV – 10, 11, 13; NPA – 10; TAOD – 15, 16; VIP – 5, 16
Examine ways to promote positive behavior when dealing with individual differences.	EMH – 5 HIV – 2 VIP – 14
Competency 5: Demonstrate the ability to use decision-making skills to enhance health.	
Analyze how nutrition affects physical, mental, and emotional development.	NPA – 1, 3, 5
Develop a plan that addresses commitment and self-control.	EMH – 7
Analyze how health related decisions are influenced by individuals, family, and community values.	ABST – 12; EMH – 14; HIV – 9; TAOD – 9; VIP – 6
Predict how decisions regarding health behaviors have consequences for self and others.	EMH – 14; HIV – 9; VIP – 6

Grade 8 (continued)	HealthSmart (Grade – Lesson)
Competency 6: Demonstrate the ability to use goal-setting skills to enhance health.	
Create a personal health plan that encourages an active lifestyle.	NPA – 16, 17
Competency 7: Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.	
Demonstrate common first aid procedures and identify ways to obtain various sources of help.	<i>HealthSmart</i> does not cover first aid. Getting help is covered in: ABST – 9; EMH – 8; NPA – 13; VIP – 10, 15, 17
Identify regulations and adverse effects of the use and misuse of drugs (prescription, over the counter, and illegal).	TAOD – 2, 3, 4, 5, 7, 12
Identify the six (6) essential nutrients needed by the body and their nutrient sources.	NPA – 1
Describe the role the Food and Drug Administration (FDA) plays in the safety of the products we use on a daily basis and how it relates to our health.	Not covered
Demonstrate practices of making safe choices.	EMH – 14; HIV – 9; VIP – 6
Competency 8: Demonstrate the ability to advocate for personal, family, and community health.	
Explain ways to improve community health and techniques for conserving natural resources.	Not covered
Identify services for people who abuse drugs.	Covered in High School TAOD – 10
Explain ways students can help friends who may exhibit signs of suicide.	EMH – 8 (troublesome feelings) Suicide prevention is specifically covered in High School EMH – 16 and VIP – 16