

***HealthSmart*
Alignment with
North Carolina
Essential
Standards
for Health
Education**



**Middle School
Grades 6–8**

HealthSmart Middle School Unit Key**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

HEALTH STANDARDS	ABST	EMH	HIV	NPA	TAOD	VIP
Mental and Emotional Health						
6.MEH.1 Analyze the impact of health-related decisions on mental and emotional health.						
6.MEH.1.1 Recognize that guidance from a parent, guardian, or trusted adult is beneficial and should be sought for healthy decision-making.		14				
6.MEH.1.2 Determine when health-related situations require the application of a thoughtful decision-making process.		14				
6.MEH.1.3 Develop a goal to adopt, maintain, or improve a personal mental health plan.		15				
6.MEH.2 Demonstrate a variety of positive stress management techniques.						
6.MEH.2.1 Compare and contrast positive and negative stress management techniques.		9, 10, 11				
6.MEH.2.2 Create a personal stress management plan.		11				
6.MEH.3 Analyze the relationship between healthy expression of emotions, mental health, and healthy behavior.						
6.MEH.3.1 Develop the ability to reframe challenges or setbacks and see them as opportunities for growth.		3				
6.MEH.3.2 Analyze the relationship between health-enhancing behaviors and navigating challenges.		3				
Personal and Consumer Health						
6.PCH.1 Demonstrate age and developmentally appropriate practices that promote health and prevent or reduce the risk of disease.						
6.PCH.1.1 Differentiate between communicable and chronic diseases.	3					
6.PCH.1.2 Recall symptoms associated with common communicable and chronic diseases.	3					
6.PCH.1.3 Identify methods of prevention based on the modes of transmission of communicable diseases.	3					
6.PCH.1.4 Summarize the triggers and symptoms for respiratory illnesses and strategies for controlling them.	Not covered					

HEALTH STANDARDS		ABST	EMH	HIV	NPA	TAOD	VIP
Personal and Consumer Health (continued)							
6.PCH.2	Develop health literacy through the examination of health claims and products.						
6.PCH.2.1	Analyze how messages from media influence health behaviors.	12	13		9, 11	9, 13	13
6.PCH.2.2	Analyze the validity of health information, products, and services from print and electronic sources.	1 [online resources]					
Interpersonal Communication and Healthy Relationships							
6.ICHR.1	Use skills for communicating effectively with family, peers, and others to enhance health.						
6.ICHR.1.1	Distinguish when individual or collaborative decision making is appropriate.		14				
6.ICHR.1.2	Demonstrate the use of verbal and nonverbal communication skills.		5, 12	13			
6.ICHR.1.3	Demonstrate how to effectively communicate kindness, empathy, compassion, and respect for others.		2, 12				
6.ICHR.2	Apply strategies and skills for developing and maintaining healthy relationships.						
6.ICHR.2.1	Explain how the physical and hormonal changes during puberty affect social relationships, and physical, mental, and emotional health.	7					
6.ICHR.2.2	Identify trusted resources to report sexual harassment and bullying.						10, 17
6.ICHR.2.3	Summarize strategies for predicting and avoiding conflict.						14, 15
6.ICHR.2.4	Design productive and positive solutions to conflicts based on an understanding of the perspectives of those involved in the conflicts.						14, 15
6.ICHR.2.5	Compare and contrast the signs of healthy and unhealthy relationships.		4	4			
6.ICHR.3	Summarize the changes that occur during puberty and adolescence.						
6.ICHR.3.1	Discuss the maturing of body systems during puberty.	5, 6, 7, 8					
6.ICHR.3.2	Examine the responsibilities of parenthood or guardianship.			5			
6.ICHR.3.3	Demonstrate refusal skills that avoid or reduce health risks.	14, 15		10, 11, 13	10	15, 16	5, 16

HEALTH STANDARDS		ABST	EMH	HIV	NPA	TAOD	VIP
Nutrition and Physical Activity							
6.NPA.1	Compare tools such as Dietary Guidelines and the Nutrition Facts Label as they relate to the planning of healthy nutrition and physical activity.						
6.NPA.1.1	Attribute the prevention of nutrition-related diseases to following the <i>Dietary Guidelines for Americans</i> .				1, 3		
6.NPA.1.2	Evaluate food choices using Nutrition Facts labels.				4		
6.NPA.1.3	Apply current dietary guidelines for meal planning with a variety of food choices.				2, 3, 7		
6.NPA.2	Explore the benefits of consuming a variety of foods and beverages.						
6.NPA.2.1	Identify the six essential nutrients to make informed decisions regarding healthy eating.				1		
6.NPA.2.2	Compare the nutrients in a variety of beverages.				7		
6.NPA.2.3	Discuss the benefits of consuming foods high in fiber.				3, 16, 17		
6.NPA.3	Apply lifelong nutrition and health-related fitness concepts to enhance quality of life.						
6.NPA.3.1	Explain the relationships between food consumption, physical activity, and overall health.				1, 12, 14		
6.NPA.3.2	Design a personal wellness plan addressing nutrition and physical activity to enhance quality of life.				16, 17		
Alcohol, Nicotine, Cannabis and Other Drugs							
6.ANCOD.1	Summarize the health risks associated with alcohol, nicotine products, cannabis, and other drug use.						
6.ANCOD.1.1	Explain potential consequences of using any nicotine products, including vaping.					3	
6.ANCOD.1.2	Identify benefits of a smoke/vape-free and nicotine-free environment.					3	
6.ANCOD.1.3	Analyze family, media, and peer influences on the use, misuse, and avoidance of alcohol, nicotine, cannabis, and other drugs.					9, 12, 13	
6.ANCOD.1.4	Describe the potential effects of alcohol, nicotine, cannabis, and other drugs on physical, mental, and social health.					2, 3, 4, 5, 6, 7, 8	

HEALTH STANDARDS	ABST	EMH	HIV	NPA	TAOD	VIP
Alcohol, Nicotine, Cannabis and Other Drugs (continued)						
6.ANCOD.2 Apply refusal skills to protect self and others from alcohol, nicotine products, cannabis, and other drug use.						
6.ANCOD.2.1 Explain the importance of accepting responsibility for personal actions to avoid risk-taking behaviors related to substance abuse.					17	
6.ANCOD.2.2 Identify the types of support available at school and in the community for substance abuse.	Covered in High School TAOD – 10					
6.ANCOD.2.3 Examine how health-enhancing and risky behaviors can influence the likelihood of engaging in more of the same behaviors.					2	

HEALTH STANDARDS		ABST	EMH	HIV	NPA	TAOD	VIP
Mental and Emotional Health							
7.MEH.1	Analyze the relationship between healthy expression of emotions, mental health, and healthy behaviors.						
7.MEH.1.1	Explain how emotions change during adolescence.	7	6				
7.MEH.1.2	Describe the potential outcomes of impulsive behaviors.		7				6
7.MEH.1.3	Identify resources for mental and emotional health.		8, 15				
7.MEH.2	Evaluate positive stress management strategies.						
7.MEH.2.1	Assess a variety of stress management techniques.		9, 10, 11				
7.MEH.2.2	Design a stress management plan.		10, 11				
7.MEH.3	Identify help-seeking strategies for mental health challenges.						
7.MEH.3.1	Identify numerous resources that would be appropriate for supporting mental health challenges.		8				
7.MEH.3.2	Implement strategies to seek help from a parent, guardian, or trusted adult when noticing harmful and/or negative thoughts or behaviors.		8				
Personal and Consumer Health							
7.PCH.1	Understand wellness, disease prevention, and recognition of symptoms.						
7.PCH.1.1	List personal behaviors that are risk factors of chronic illnesses.	3					
7.PCH.1.2	Name the social determinants of health and how they relate to chronic illnesses.	3					
7.PCH.1.3	Explain mental and physical consequences of inadequate rest and sleep.	2					
7.PCH.1.4	Explain the effects of excessive sun exposure on your overall health and the importance of regular skin checks.	2					
7.PCH.2	Analyze the immune system in terms of the organs, their functions, and their interrelationships.						
7.PCH.2.1	Describe the parts of the immune system and their purpose.	Not covered					
7.PCH.2.2	Explain how the immune system functions to protect the body.			7			
7.PCH.2.3	Identify strategies to protect your immune system.	3					

HEALTH STANDARDS		ABST	EMH	HIV	NPA	TAOD	VIP
Personal and Consumer Health (continued)							
7.PCH.3	Demonstrate health literacy when evaluating health claims for misinformation and bias.						
7.PCH.3.1	Identify resources that help to make educated decisions on health services and products.	1 [online resources]					
7.PCH.3.2	Discuss misconceptions about health and the efficacy of health products and services.	1 [online resources]					
7.PCH.4	Analyze necessary steps to prevent and respond to unintentional injury.						
7.PCH.4.1	Deconstruct the interaction of individual behaviors, the environment, and other factors that cause or prevent injuries.						1
7.PCH.4.2	Demonstrate techniques of basic first aid and procedures for treating injuries and emergencies.						7 [school emergencies]
		HealthSmart does not cover hands-on first-aid procedures					
7.PCH.4.3	Design plans that reduce the risk of fire-related injuries at home, in school, and in the community at large.						3
7.PCH.4.4	Create a plan to reduce the risk of water-related injuries.						3
Interpersonal Communication and Healthy Relationships							
7.ICHR.1	Understand healthy and effective interpersonal communication and relationships.						
7.ICHR.1.1	Contrast characteristics of healthy and unhealthy relationships.		4	4			
7.ICHR.1.2	Predict short-term and long-term consequences of violence to perpetrators, victims, and bystanders.						8, 9, 11
7.ICHR.1.3	Demonstrate safe and effective ways to manage and resolve conflict.						14, 15
7.ICHR.1.4	Identify risks of becoming a perpetrator or victim of bullying via social media.		13				9
7.ICHR.1.5	Recognize that all people have inherent value and dignity and contribute much in life, regardless of differences.		2	2			8
7.ICHR.1.6	Discuss the appropriate role of bystanders in preventing and stopping bullying and violence.						8, 10

HEALTH STANDARDS		ABST	EMH	HIV	NPA	TAOD	VIP
Interpersonal Communication and Healthy Relationships (continued)							
7.ICHR.2	Explain the physical, social, and emotional benefits of choosing to abstain from sexual activity until marriage.						
7.ICHR.2.1	Explain how family, peers, culture, media, technology, and other factors can affect sexual health decisions including remaining abstinent from sexual activity until marriage.	12					
7.ICHR.2.2	Analyze the meaning of the term <i>abstinence</i> in the context of sexual health and living a healthy life.	11, 13		1			
7.ICHR.2.3	Explain that sexual activity includes physical contact between individuals involving intimate/private areas of the body that can potentially result in pregnancy, STIs, and/or emotional consequences.	11, 16		1, 5, 6, 7			
7.ICHR.3	Explain strategies that develop and maintain reproductive and sexual health.						
7.ICHR.3.1	Recognize common STIs (including HIV & HPV), modes of transmission, symptoms, effects if untreated, and FDA-approved methods of prevention.			6, 7, 8, 12			
7.ICHR.3.2	Summarize the FDA-approved methods for avoiding unwanted pregnancy.			14			
7.ICHR.3.3	List ways that different forms of sexual assault and sexual abuse can physically, mentally, or emotionally harm a person.						8, 17
7.ICHR.3.4	Explain sex trafficking and the ways victims are groomed and recruited.						17
		Covered specifically in High School VIP – 17					
7.ICHR.3.5	Explain the importance of reporting actual or suspected sexual abuse of self or others to a parent, guardian, trusted adult, or local authority.						16, 17
7.ICHR.3.6	Recognize abstinence is the only certain means of avoiding pregnancy, sexually transmitted infections and other associated health and emotional problems.	11, 13, 16		1, 6, 7, 14			

HEALTH STANDARDS	ABST	EMH	HIV	NPA	TAOD	VIP
Nutrition and Physical Activity						
7.NPA.1 Apply resources to plan and employ balanced nutrition and physical activity plans.						
7.NPA.1.1	Develop a balanced dietary plan.			2, 3, 16, 17		
7.NPA.1.2	Develop a balanced physical activity plan.			14, 16, 17		
7.NPA.1.3	Identify the health benefits of consuming adequate amounts of water.			1		
7.NPA.2 Apply healthy nutrition and physical activity concepts to enhance quality of life.						
7.NPA.2.1	Design goals for enhancing physical activity and strategies for achieving those goals.			14, 16, 17		
7.NPA.2.2	Implement a personal health plan that balances nutrition and physical activity.			16, 17		
Alcohol, Nicotine, Cannabis and Other Drugs						
7.ANCOD.1 Analyze the health risks associated with alcohol, nicotine, cannabis, drugs, and other mind-altering substances.						
7.ANCOD.1.1	Explain the link between addiction to alcohol, nicotine, cannabis, drugs, and other mind-altering substances to chronic disease and other risky behaviors.				6	
7.ANCOD.1.2	Explain health risks resulting from injection drug use.		7 [HIV]			
7.ANCOD.1.3	Discuss consequences of over the counter and prescription medicine misuse.				5, 7	
7.ANCOD.1.4	Explain how drug dependence and addiction create barriers to achieving personal goals.				6	
7.ANCOD.2 Explain how drug use can negatively impact decision making and problem solving.						
7.ANCOD.2.1	Develop strategies to avoid nicotine products, alcohol, cannabis, and other drugs.				10, 15, 16, 17	
7.ANCOD.2.2	Discuss methods of avoiding peer pressure and social media pressures regarding nicotine products.				3, 9, 13	

HEALTH STANDARDS	ABST	EMH	HIV	NPA	TAOD	VIP
Mental and Emotional Health						
8.MEH.1 Evaluate how structured thinking benefits emotional well-being.						
8.MEH.1.1	Evaluate the uses of defense mechanisms in terms of whether they are healthy or unhealthy.	3				
8.MEH.1.2	Explain how personal responsibility for one's choices is linked to self-worth and growth.	3				
8.MEH.2 Design a personal plan for both preventing and managing stress and anxiety.						
8.MEH.2.1	Compare and contrast positive and negative stress management techniques.	9				
8.MEH.2.2	Design a plan to minimize stressors or manage the effects of stress.	10, 11				
8.MEH.3 Apply help-seeking strategies for mental health challenges.						
8.MEH.2.1	Identify signs of behaviors that contribute to harm to self or others.	8				
8.MEH.2.2	Create a plan for seeking adult help for yourself or peers who exhibit signs of self-harm or suicidal intent.	8				
Personal and Consumer Health						
8.PCH.1 Understand wellness, disease prevention, and recognition of symptoms.						
8.PCH.1.1	Examine risk factors and social determinants of health that impact health outcomes throughout the lifespan.	1, 3				
8.PCH.1.2	Explain behavioral and environmental factors that contribute to major chronic diseases and the methods for reducing problems associated with common conditions.	3				
8.PCH.1.3	Determine individual risk for preventable diseases based on personal health data and family history.	Covered in High School ABST – 1				
8.PCH.1.4	Identify specific ways the environment impacts personal and community health.	3				
8.PCH.2 Apply health literacy skills when examining health claims and products.						
8.PCH.2.1	Create a PSA about a health topic using evidence-based information.	2				
8.PCH.2.2	Demonstrate how to influence and support others to make positive health choices.	2, 11, 13	13	5	6	14, 17 4, 12

HEALTH STANDARDS		ABST	EMH	HIV	NPA	TAOD	VIP
Personal and Consumer Health (continued)							
8.PCH.3	Analyze necessary steps to prevent and respond to unintentional injury.						
8.PCH.3.1	Execute abdominal thrusts on a mannequin.	HealthSmart does not cover hands-on first-aid procedures					
8.PCH.3.2	Demonstrate CPR compressions and procedures on a mannequin.	HealthSmart does not cover hands-on first-aid procedures					
Interpersonal Communication and Healthy Relationships							
8.ICHR.1	Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.						
8.ICHR.1.1	Contrast characteristics of healthy and unhealthy relationships for friendships and for dating.		4	4			
8.ICHR.1.2	Create strategies to communicate personal boundaries and show respect for the boundaries of others.	10		3			16
8.ICHR.1.3	Identify potential consequences of unhealthy relationships and intolerance which can lead to dating violence, discrimination, and hate crimes.						8, 9
8.ICHR.1.4	Demonstrate communication skills that build and maintain healthy relationships.		5				
8.ICHR.1.5	Use decision-making strategies appropriate for responding to unknown people via social media, digital messaging, or other means to avoid sexual trafficking.						6 [safe decisions in general]
8.ICHR.1.6	Explore resources for safe and respectful ways to end an unhealthy or unwanted relationship.		5				
		Covered specifically in High School EMH – 9					
8.ICHR.2	Explain how avoiding sexual activity is the most effective way to prevent pregnancy and STIs.						
8.ICHR.2.1	Compare and contrast sexual risk avoidance versus sexual risk reduction as they relate to pregnancy, STI, and other risks.			1			
8.ICHR.2.2	Discuss refusal skills and behaviors that are required for delaying sexual activity.	13, 14, 15		10			
8.ICHR.3	Identify strategies that maintain reproductive and sexual health.						
8.ICHR.3.1	Discuss the emotional, social, educational, and financial impact of teen pregnancy on teen parents and their families.			5			

HEALTH STANDARDS		ABST	EMH	HIV	NPA	TAOD	VIP
Interpersonal Communication and Healthy Relationships (continued)							
8.ICHR.3 Identify strategies that maintain reproductive and sexual health. (continued)							
8.ICHR.3.2	Analyze methods of FDA-approved contraceptives in terms of their safety and their effectiveness in preventing unintended pregnancy.			14			
8.ICHR.3.3	Explore family, school, and community resources for the prevention of sexual risks through abstinence, postponed sexual activity, and safer sex practices.	4		1			
8.ICHR.3.4	Examine examples of how media, social media, and technology can positively or negatively influence sexual attitudes and behaviors.	12					
Nutrition and Physical Activity							
8.NPA.1 Demonstrate healthy practices and behaviors that will maintain or improve the health of self and others.							
8.NPA.1.1	Examine the destructive nature of body shaming and negative body image.				11		
8.NPA.1.2	Explain the importance of assuming responsibility for personal dietary choices.				2, 3, 5, 6, 7		
8.NPA.1.3	Identify resources to advocate for those who are at risk for poor nutrition.	Not covered					
8.NPA.2 Apply strategies to consume a variety of foods and beverages.							
8.NPA.2.1	Summarize the benefits of consuming adequate amounts of micronutrients and water in a variety of foods.				1, 2, 3, 16, 17		
8.NPA.2.2	Create a healthful eating plan incorporating food choice inside and outside the home setting.				16, 17		
8.NPA.3 Explore various diet and physical activity trends to enhance quality of life.							
8.NPA.3.1	Identify risks and benefits of various dietary preferences and eating patterns.				12		
8.NPA.3.2	Summarize the benefits and risks of current physical activity trends.				15		
8.NPA.3.3	Discuss the effects of food preparation on your health.				7, 8		

HEALTH STANDARDS	ABST	EMH	HIV	NPA	TAOD	VIP
Alcohol, Nicotine, Cannabis and Other Drugs						
8.ANCOD.1 Assess the short- and long-term health risks associated with alcohol, nicotine, cannabis, and other drug use.						
8.ANCOD.1.1 Explain the impact of alcohol and other drug use on vehicle crashes, injuries, violence, and risky sexual behavior.					2, 4, 7, 8	2, 3
8.ANCOD.1.2 Evaluate the magnitude and likelihood of the risks associated with the use of performance-enhancing supplements.					8	
8.ANCOD.2 Evaluate positive and negative influences on adolescent health practices and behaviors including peers, family, media, culture, community, technology, and social platforms.						
8.ANCOD.2.1 Analyze policies and laws related to the sale and use of alcohol and nicotine products in terms of their purposes and benefits.					12	
8.ANCOD.2.2 Create persuasive messaging to reduce the use of alcohol, nicotine, cannabis, and other drugs.					14	
8.ANCOD.2.3 Use strategies to avoid riding in a car with someone impaired by alcohol or drugs.						2
8.ANCOD.2.4 Identify positive alternatives to the use of alcohol and drugs.					11	