

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

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

advancing
health
equity **etr.**

HealthSmart High School Unit Key

ABST = Abstinence, Personal & Sexual Health
 EMH = Emotional & Mental Health
 HIV = HIV, STD & Pregnancy Prevention

NPA = Nutrition & Physical Activity
 TAOD = Tobacco, Alcohol & Other Drug Prevention
 VIP = Violence & Injury Prevention

Mental & Emotional Health		HealthSmart High School (Unit: Lesson)
9.MEH.1 Create positive stress management strategies.		
9.MEH.1.1	Identify the body’s physical and psychological responses to stressful situations and positive coping mechanisms.	EMH: 4
9.MEH.1.2	Plan effective methods to deal with anxiety.	EMH: 5
9.MEH.2 Create help-seeking strategies for depression and mental disorders.		
9.MEH.2.1	Identify causes and symptoms of depression and mental disorders.	EMH: 15
9.MEH.2.2	Design useful help-seeking strategies for depression and mental disorders.	EMH: 17

Personal & Consumer Health		HealthSmart High School (Unit: Lesson)
9.PCH.1 Analyze wellness, disease prevention, and recognition of symptoms.		
9.PCH.1.1	Recognize that individuals have some control over risks for communicable and chronic diseases.	ABST: 1, 2, 3
9.PCH.1.2	Summarize the procedures for organ donation, local and state resources, and benefits.	Not covered
9.PCH.1.3	Explain the procedures for health screenings, checkups, and other early detection measures in terms of their health-related benefits.	ABST: 4 [preventive care in general], 9 [sexual health care]
9.PCH.1.4	Design strategies for reducing risks for chronic diseases.	ABST: 3
9.PCH.1.5	Select measures to get adequate rest and sleep.	ABST: 5
9.PCH.1.6	Recognize the early warning signs of skin cancer and the importance of early detection.	ABST: 5
9.PCH.1.7	Differentiate between the lifelong effects of positive and negative health behaviors.	ABST: 1, 3, 5
9.PCH.2 Evaluate health information and products.		
9.PCH.2.1	Critique the potential health and social consequences of body art (tattooing and piercing).	Not covered
9.PCH.2.2	Monitor the effects of media and popular culture on normative beliefs that contradict scientific research on health.	ABST: 11, 12; HIV: 8; TAOD: 11, 12 Also, evaluating online resources covered in ABST: 5; NPA: 9

9.PCH.3 Understand necessary steps to prevent and respond to unintentional injury.		
9.PCH.3.1	Summarize the risks associated with operating ATVs and motorcycles.	VIP: 2 [motor vehicle injuries], 3 [sports and recreational injuries]
9.PCH.3.2	Analyze reports of injuries to determine how they might have been prevented and what first aid measures should be taken.	VIP: 5 [decision making around variety of risky situations] HealthSmart does not cover first-aid.

Interpersonal Communication and Relationships		HealthSmart High School (Unit: Lesson)
9.ICR.1 Understand healthy and effective interpersonal communication and relationships.		
9.ICR.1.1	Illustrate the ability to respond to others with empathy.	EMH: 7, 10
9.ICR.1.2	Classify negotiation and collaboration skills as helpful or harmful in solving problems or resolving conflicts.	EMH: 7, 8, 9 [relationship issues], 13 [conflict resolution]
9.ICR.1.3	Illustrate strategies for resolving interpersonal conflict without harming self or others.	EMH: 12, 13
9.ICR.1.4	Summarize principles of healthy dating.	VIP: 15 [dating relationships] EMH: 8, 9 [healthy relationships in general]
9.ICR.1.5	Explain how power and control in relationships can contribute to aggression, violence and sex trafficking.	VIP: 15, 17
9.ICR.2 Evaluate abstinence from sexual intercourse as a positive choice for young people.		
9.ICR.2.1	Critique skills and strategies that are used to promote abstinence from sexual activity in terms of their effectiveness.	ABST: 10, 13, 14, 15, 16
9.ICR.2.2	Explain the consequences of early and unprotected sexual behaviors.	ABST: 10 HIV: 3, 5
9.ICR.3 Create strategies that develop and maintain reproductive and sexual health.		
9.ICR.3.1	Contrast the myths, misconceptions, and stereotypes pertaining to sexual assault and sexual abuse with what is known based on law and research.	VIP: 8 [violence in general], 14 [sexual harassment], 15 [dating violence], 18 [sexual abuse] May need to extend discussion to cover local laws.
9.ICR.3.2	Design safe plans for the prevention of sexual assault and abuse that include appropriate resources and needed skills.	VIP: 15, 18, 19
9.ICR.3.3	Illustrate skills related to safe and effective use of methods to prevent STDs as well as access resources for testing and treatment.	HIV: 6, 9, 10, 11, 12, 13, 15
9.ICR.3.4	Exemplify decision-making skills and problem solving regarding safe and effective use of methods to prevent unintended pregnancy.	HIV: 5, 11, 12, 13, 14
9.ICR.3.5	Summarize preventable risks for subsequent pregnancies including induced abortion, smoking, alcohol consumption, the use of illicit drugs and inadequate prenatal care.	TAOD lessons on different drugs briefly cover effects/risks of use during pregnancy. HIV: Supplemental Lesson addresses prenatal care.

Nutrition & Physical Activity	HealthSmart High School (Unit: Lesson)
9.NPA.1 Analyze strategies using tools (MyPlate, Dietary Guidelines, Food Facts Label) to plan healthy nutrition and fitness. (NPA: 2 [dietary guidelines], 3 [MyPlate], 4 [food labels])	
9.NPA.1.1 Attribute the prevention of chronic diseases to healthy nutrition and physical activity.	NPA: 1, 7
9.NPA.1.2 Organize meal plans to meet special dietary needs for athletes, pregnant women, diabetics and those experiencing allergies.	Not covered
9.NPA.1.3 Recognize the benefits of folic acid and other vitamins and minerals.	NPA: 1
9.NPA.2 Create strategies to consume a variety of nutrient dense foods and beverages in moderation.	
9.NPA.2.1 Plan vegetarian diets that are balanced and nutrient dense.	NPA: 3
9.NPA.2.2 Recall the number of servings recommended from each food group and the need for balanced nutrition.	NPA: 2, 3
9.NPA.2.3 Summarize the effects of hydration and dehydration and preventive measures for dehydration.	NPA: 8
9.NPA.3 Analyze the relationship of nutrition, fitness, and healthy weight management to the prevention of diseases such as diabetes, obesity, cardiovascular diseases, and eating disorders.	
9.NPA.3.1 Differentiate between healthy and unhealthy plans for weight gain, maintenance and loss.	NPA: 14
9.NPA.3.2 Classify the effects of eating disorders as short-term or long-term.	NPA: 15
9.NPA.3.3 Recall resources for seeking help for people with eating disorders.	NPA: 15
9.NPA.4 Apply lifelong nutrition and health-related fitness concepts to enhance quality of life.	
9.NPA.4.1 Execute exercise programs with safety and effectiveness.	NPA: 6, 8, 10, 11
9.NPA.4.2 Use appropriate methods for avoiding and responding to climate-related physical conditions during physical activity.	NPA: 8
9.NPA.4.3 Implement a personal plan to improve current habits to achieve balanced nutrition and fitness.	NPA: 10, 11

Alcohol, Tobacco & Other Drugs		HealthSmart High School (Unit: Lesson)
9.ATOD.1 Understand the health risks associated with alcohol, tobacco, and other drug use.		
9.ATOD.1.1	Explain the short-term and long-term effects of performance-enhancing drugs on health and eligibility to participate in sports.	TAOD: 1 Covered briefly, may want to enhance with further discussion.
9.ATOD.1.2	Analyze the role of family, community, and cultural norms in deciding to use alcohol, tobacco, and other drugs.	TAOD: 1, 2
9.ATOD.1.3	Contrast prescription medicines, nonprescription medicines, and illegal substances in terms of their use and abuse.	TAOD: 2, 3, 4, 7, 8
9.ATOD.1.4	Summarize the risks of IV drug use, including blood borne diseases.	HIV: 7 [risk of HIV with IV drug use] Other risks not covered explicitly.
9.ATOD.1.5	Predict the effects of substance abuse on other people as well as society as a whole.	TAOD: 2, 9, 10
9.ATOD.1.6	Summarize the consequences of alcohol or tobacco use during pregnancy.	TAOD: 5, 7 Covered very briefly.
9.ATOD.2 Apply risk reduction behaviors to protect self and others from alcohol, tobacco, and other drug use.		
9.ATOD.2.1	Identify ways to avoid riding in a car or engaging in other risky behaviors with someone who is under the influence of alcohol or other drugs.	TAOD: 16, VIP: 2
9.ATOD.2.2	Use strategies for avoiding binge drinking.	TAOD: 7, 13, 14, 15