

HealthSmart
Alignment with
North Dakota
Health
Education
Content
Standards



High School
Grades 9–12

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

HEALTH STANDARD	ABST	EMH	HIV	NPA	TAOD	VIP
Standard 1: Understand concepts related to human growth and development, health promotion and disease prevention.						
1.12.1 Predict how health behaviors can affect health status.	1, 2, 3, 4, 5, 7, 8, 9, 10, 13	2, 3, 5, 6, 8, 9, 10, 11, 12	1, 2, 5, 6, 7, 8, 9, 10, 14	1, 2, 3, 4, 5, 6, 7, 8, 13, 14, 15, 16	1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 16	2, 15
1.12.2 Analyze the interrelationships of mental, emotional, physical, and social health.		1				
1.12.3 Analyze how environment and personal health are interrelated.	2, 3	4, 11, 15				9
1.12.4 Analyze how genetics and family history can impact personal health.	3	15			2	
1.12.5 Formulate strategies to reduce or prevent injuries and health problems.	2, 5	4, 5, 12, 16	4	8, 16	13	1, 2, 3, 4, 5, 6, 7, 11, 12, 13, 15, 16, 17, 18, 19
1.12.6 Analyze the relationship between access to health care and health status.	4, 9	15, 17				
1.12.7 Analyze the benefits of and barriers to practicing a variety of health-enhancing behaviors.	10	13, 14, 17	4, 11	7, 10	6	2, 11, 12, 14, 15, 16
1.12.8 Examine personal susceptibility to and severity of injury, illness or death if engaging in unhealthy behaviors.	1, 2, 3, 4, 5, 10, 13	4, 15	3, 6, 7, 9	14, 15, 16	1, 2, 4, 5, 7, 8, 13, 16	1, 2, 3, 4, 8, 10, 12, 13, 14, 15
1.12.9 Explain the functions of the reproductive system.	8					
1.12.10 Describe prenatal and postnatal practices that can contribute to or threaten a healthy pregnancy for parent and child.			Supplemental Lesson [prenatal only]			
1.12.11 Compare and contrast the advantages and disadvantages of abstinence and other contraceptive methods.	10		5			
1.12.12 Acknowledge differences among individuals regarding gender.	7		2			
1.12.13 Analyze characteristics of healthy and unhealthy relationships with family, peers, and other adults.		8, 9				15

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Standard 2: Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.						
2.12.1 Analyze how family influences the health of individuals.	11	8	8	12, 13	11	13
2.12.2 Analyze how culture, personal values, and beliefs support and challenge health behaviors.	11	2, 3	8	12, 13	11	2, 9, 13
2.12.3 Analyze how peers influence health behaviors.	11	8, 15	8	12, 13	11	1, 2, 11, 12, 13
2.12.4 Evaluate how the school and community can affect personal health behaviors.			8	12	9, 11	9, 11, 12, 13
2.12.5 Evaluate the impact of media and technology on personal, family, and community health.	12	11, 15	8, 9	12, 13	12	10, 13
2.12.6 Analyze how the perceptions of norms influence health behaviors.	11	15	8		5	
2.12.7 Examine how some health risk behaviors can influence the likelihood of engaging in other unhealthy behaviors.	11		8		9	1, 9
2.12.8 Analyze how public health policies and government regulations can influence health promotion and disease prevention.				12	11	
Standard 3: Demonstrate the ability to access valid information, products, and services.						
3.12.1 Evaluate the validity of health information, products, and services.	5	17		9		
3.12.2 Utilize valid health resources that protect and inform consumers.	5			4, 9	3	
3.12.3 Evaluate the accessibility of products and services that enhance health.			10, 11			
3.12.4 Determine when professional health services may be required.	4, 9	15, 16, 17	6	15	4, 10	16, 18
Standard 4: Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.						
4.12.1 Demonstrate active listening skills to enhance health and avoid or reduce health risks.		7				
4.12.2 Apply effective verbal and nonverbal refusal skills to enhance health and avoid or reduce health risks.	15, 16		12, 13		14, 15	19
4.12.3 Apply effective verbal and nonverbal negotiation skills to enhance health and avoid or reduce health risks.	13	9, 13	12, 13			

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Standard 4: Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks. (continued)						
4.12.4 Apply effective verbal and nonverbal collaboration skills to enhance health and avoid or reduce health risks.			2, 15	8	16	6, 7, 11
4.12.5 Demonstrate strategies to prevent, manage, or resolve interpersonal conflicts without harming self or others.		13				
4.12.6 Demonstrate how to ask for and offer assistance to enhance the health of self and others.		10, 16, 17		15	6	16, 17
Standard 5: Demonstrate the ability to use decision-making skills to enhance health and avoid or reduce health risks.						
5.12.1 Examine barriers that can hinder healthy decision making.	14				13	5
5.12.2 Apply the decision- making process in health-related situations.	14				13	5
5.12.3 Justify when individual or collaborative decision making is appropriate.	14				13	5
5.12.4 Generate alternatives to health-related issues or problems.	14				13	5
5.12.5 Predict the potential short-term and long-term impact of each alternative on self and others.	14				13	5
5.12.6 Defend the healthy choice when making decisions.	14				13	5
5.12.7 Evaluate the effectiveness of health-related decisions.	14				13	5
Standard 6: Demonstrate the ability to use goal-setting skills to enhance health and avoid or reduce health risks.						
6.12.1. Assess personal health practices.	1, 6	1, 2, 11, 14		2, 3, 4, 7, 10		1
6.12.2 Develop a plan to attain a personal health goal.	6	14		10		
6.12.3 Implement strategies and monitor progress in achieving a personal health goal.	6	14		10, 11		
6.12.4 Create an effective short-term and long-term personal health plan.			14			

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Standard 7: Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.						
7.12.1 Analyze the role of individual responsibility for enhancing health.	9, 13	2, 6, 12	3, 4, 9, 14		1, 11	1, 5, 11, 14, 15
7.12.2 Analyze health behaviors that will maintain or improve the health of self and others.	2	3, 7, 8, 13		4, 5, 11, 13		
7.12.3 Demonstrate health behaviors to avoid or reduce health risks to self and others.	2	5, 9, 12, 13	11	16		3, 4, 6
Standard 8: Demonstrate the ability to advocate for personal, family, and community health.						
8.12.1 Utilize peer and societal norms to formulate a health-enhancing message.					5, 16	7
8.12.2 Demonstrate how to influence and support others to make positive health choices.		11	2, 15	8	5, 6, 12, 16	7, 11
8.12.3 Work cooperatively as an advocate for improving personal, family, and community health.			2, 15	8	16	6, 7, 11
8.12.4 Adapt health messages and communication techniques to a specific target audience.			2, 15	8	16	7