

***HealthSmart* Alignment with
Nevada Academic Content Standards
(NVACS) for Health**

**Middle School
(Grades 6–8)**

HealthSmart Middle School Unit Key

ABST = Abstinence, Puberty & Personal Health
 HIV = HIV, STI & Pregnancy Prevention
 TAOD = Tobacco, Alcohol & Other Drug Prevention

EMH = Emotional & Mental Health
 NPA = Nutrition & Physical Activity
 VIP = Violence & Injury Prevention

Middle School	HealthSmart (Unit – Lesson)
Content Standard 1: Core Concepts	
Personal, Community, and Environmental Health	
1.PCE.MS.1 Investigate the impact of a variety of healthy practices and behaviors to maintain or improve personal, community, and environmental 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, 10, 11 VIP – 1, 2, 8, 9, 10, 11, 13, 14
1.PCE.MS.2 Investigate the impact of communicable and noncommunicable diseases.	ABST – 3
1.PCE.MS.3 Connect the importance of accepting the similarities and differences of self and others as it relates to personal, community, and environmental health.	ABST – 4 HIV – 2 VIP – 14
1.PCE.MS.4 Recognize an individual’s personal role within the family structure and within the community.	EMH – 2, 4
1.PCE.MS.5 Interpret personal susceptibility to injury, illness, or death based on genetics, family history, and health behaviors.	ABST – 3 HIV – 1, 5, 7 NPA – 12, 13 TAOD – 7, 8 VIP – 1, 2, 8, 13
1PCE.MS.6a Describe how to register as a donor and the rules governing donor gifts pursuant to Nevada Law.	Not covered
1.PCE.MS.6b Explain the individual and societal benefits of organ and tissue donation.	Not covered
1.PCE.MS.6c List facts about organ and tissue donation.	Not covered
Mental and Emotional Health	
1.ME.MS.1 Connect the relationship between mental health and physical health.	EMH – 1
1.ME.MS.2 Identify how loss, grief, trauma, and emotional distress may influence self-injurious or suicidal behaviors.	EMH – 8, 12
Nutrition and Physical Activity	
1.NP.MS.1 Connect how healthy eating patterns, in accordance to the current federal Dietary Guidelines for Americans, lead to health promotion and disease prevention.	NPA –1, 2, 3

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1.NP.MS.2 Compare the mental, social and physical benefits of daily moderate to vigorous physical activity.	NPA – 15
1.NP.MS.3 Explain the importance of annual physical health examinations and responding appropriately to unusual aches and pains.	ABST – 9
Substance Use and Abuse	
1.SUA.MS.1 Critique the pros and cons of using over-the-counter and prescription medications.	TAOD – 5
1.SUA.MS.2 Assess how alcohol, tobacco, marijuana, and other drugs impact health and disease prevention.	TAOD – 1, 2, 3, 4, 5, 6, 7, 8
Safety Practices, Injury Prevention and CPR/AED	
1.SIC.MS.1 Examine how health risk behaviors influence safety and injury prevention practices.	VIP – 1, 2, 3
1.SIC.MS.2a Perform the psychomotor skills required for the administration of hands-only cardiopulmonary resuscitation (CPR) according to the guidelines of the American Heart Association.	<i>HealthSmart does not cover hands-on first-aid skills</i>
1.SIC.MS.2b Discuss the purpose, operation, and safe use of an automated external defibrillator (AED).	Not covered
Personal Safety	
1.PS.MS.1 Define personal boundaries and clear limits for self and recognize personal boundaries of others.	ABST – 10 HIV – 3 VIP – 16
1.PS.MS.2 Investigate the impact of various abusive and coercive behaviors including mental, physical, social, economic, and legal consequences.	VIP – 17
1.PS.MS.3 Summarize the reporting process and include where, when, and to whom to report unsafe situations.	VIP – 17
1.PS.MS.5 Define human trafficking and ways to get help.	VIP – 17
1.PS.MS.6 Compare the advantages and disadvantages of communicating using technology and social media.	EMH – 13
Human Reproductive System, HIV/AIDS, Related Communicable Diseases, & Sexual Responsibility	
1.HRS.MS.1 Explain the structures and functions of the human reproductive systems using correct anatomical terms.	ABST – 5, 6
1.HRS.MS.2 Describe the physical, social, cognitive and emotional changes of adolescence.	ABST – 7
1.HRS.MS.3 Explain the scientific process of human reproduction.	ABST – 8 HIV – 5
1.HRS.MS.4a Describe the signs and symptoms of a pregnancy.	Not covered

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1.HRS.MS.4b Explain the health benefits, risks and effectiveness rates of various methods of contraception, including abstinence and condoms.	HIV – 14 ABST – 11 (abstinence only)
1.HRS.MS.4c Identify prenatal practices that can contribute to or compromise a healthy pregnancy.	HIV – Supplemental Lesson
1.HRS.MS.4d Identify the laws relating to pregnancy, abortion, adoption, and parenting.	HIV – Supplemental Lesson (specific NV state laws will need to be added)
1.HRS.MS.5a Classify the related communicable diseases (STDs/STIs), including HIV/AIDS , by signs and symptoms, treatments, and modes of transmission.	HIV – 6, 7
1.HRS.MS.5b Discuss current preventative approaches, including, but not limited to, HPV vaccinations to combat HIV/AIDS and related communicable diseases (STDs/STIs).	HIV – 6, 7
1.HRS.MS.5d Compare and contrast behaviors, including abstinence, to determine the potential transmission risk of related communicable diseases (STDs/STIs) and HIV/AIDS.	HIV – 1
1.HRS.MS. 6 Compare and contrast the characteristics of healthy and unhealthy relationships.	EMH – 4 HIV – 4
1.HRS.MS. 7a Define sexual consent and explain its implications for sexual decision-making.	HIV – 3
1.HRS.MS. 7b Discuss laws relating to the sexual conduct of minors, including consent, and criminal sexual conduct.	ABST – 10 (consequences of sexting only) Specific NV state laws will need to be added to appropriate lessons
Content Standard 2: Analyze Influences	
2.AF.MS.1 Explain how the perceptions of current social expectations influence healthy and unhealthy behaviors.	ABST – 13 EMH – 13 HIV – 1 TAOD – 1 VIP – 1
Content Standard 3: Access Information	
3.AI.MS.1 Analyze the validity of health information, products and services.	ABST – 1, 4 NPA – 1
Content Standard 4: Interpersonal Communication	
4.IC.MS.1 Apply effective verbal and nonverbal communication skills to enhance health.	ABST – 7, 10 EMH – 5, 12 HIV – 13 TAOD – 15 VIP – 5

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4.IC.MS.2 Demonstrate refusal and negotiation skills to avoid or reduce health risks.	ABST – 14, 15 HIV – 10, 11, 13 NPA – 10 TAOD – 15, 16 VIP – 5, 16
Content Standard 5: Decision Making	
5.DM.MS.1 Predict the potential short-term impact of healthy and unhealthy decisions on self and others.	EMH – 14 HIV – 9 VIP – 6
5.DM.MS.2 Analyze the outcomes of a health-related decision.	EMH – 14 HIV – 9 VIP – 6
5.DM.MS.3 Choose healthy alternatives over unhealthy alternatives when making a decision.	EMH – 14 HIV – 9 VIP – 6
Content Standard 6: Goal Setting	
6.GS.MS.1 Apply strategies and skills needed to attain a health goal.	EMH – 15 NPA – 16, 17
6.GS.MS.2 Describe how health goals can vary with changing abilities, priorities, and responsibilities.	ABST – 16 EMH – 15 NPA – 16, 17
Content Standard 7: Self-Management	
7.SM.MS.1 Demonstrate healthy practices and behaviors that will maintain or improve the health of self and others.	ABST – 2, 3 EMH – 10 HIV – 2 NPA – 4, 5, 7, 11, 14, 15, 17 TAOD – 10 VIP – 15
7.SM.MS.2 Demonstrate behaviors that avoid or reduce health risks to self and others.	ABST – 3 EMH – 7, 11 HIV – 12, 13 NPA – 8, 15 TAOD – 10 VIP – 2, 3, 5, 7, 10, 11, 15
7.SM.MS.3 Explain the importance of assuming responsibility for personal health behaviors.	ABST – 3, 9 EMH – 2, 3, 6, 7 HIV – 3, 5, 8 NPA – 3, 14 TAOD – 17 VIP – 2, 5

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Content Standard 8: Advocacy	
8.AV.MS.1 Demonstrate how to influence and support others to make positive health choices.	ABST – 2, 11, 13 EMH – 13 HIV – 5 NPA – 6 TAOD – 14, 17 VIP – 4, 12