

***HealthSmart* Alignment with
Ohio Legislative Requirements
for Health Education**

Grades K–12

advancing
health
equity **etr.**

Note: Ohio law does not permit the State Board of Education to adopt Health Education Standards in Ohio, but rather directs schools and districts to include health education and other related topics at various times throughout a K–12 curriculum. This document details the *HealthSmart* lessons at the different grade levels that can be used to meet these requirements. See the National Health Education Standards alignments [HERE](#).

Topic	Grades K–5 (Grade – Lesson)	Grades 6–8 (Unit – Lesson)	Grades 9–12 (Unit – Lesson)
Nutrition			
The nutritive value of foods	K – 21, 22 1 – 21, 22 2 – 16, 17, 18 3 – 17, 18, 19, 20 4 – 16, 17 5 – 16, 17, 18, 19	Nutrition & Physical Activity – 1, 2, 3, 5, 6, 7	Nutrition & Physical Activity – 1, 2, 3, 5
Relation of nutrition to health	K – 21, 22 1 – 21, 22 2 – 16, 17, 18 3 – 17, 18, 19, 20 4 – 16, 17 5 – 16, 17, 18, 19	Nutrition & Physical Activity – 1, 3, 5, 7	Nutrition & Physical Activity – 1, 2, 3, 5
Use and effects of food additives	Not covered	Nutrition & Physical Activity – 4	Nutrition & Physical Activity – 4
Tobacco, Alcohol & Other Drugs			
Harmful effects of drugs of abuse, alcoholic beverages and tobacco <i>(Note: Grades K–2 cover tobacco only; Grades 3–4 cover alcohol and tobacco; Grade 5 covers alcohol only.)</i>	K – 26, 27, 28, 29 1 – 26, 27 2 – 23, 24 3 – 25 4 – 20, 24 5 – 24, 25	Tobacco, Alcohol & Other Drug Prevention – 2, 3, 4, 6, 8	Tobacco, Alcohol & Other Drug Prevention – 1, 2, 3, 5, 7, 8
Legal restrictions against the use of drugs	3 – 25 4 – 20 5 – 24	Tobacco, Alcohol & Other Drug Prevention – 8, 12	Tobacco, Alcohol & Other Drug Prevention – 9
Prescription opioid abuse prevention, including connection between opioid abuse and addition to other drugs, such as heroin	K – 7 (medicines), 16 (poisons) 2 – 6 (using medicines safely) 3 – 8 (using medicines safely)	Tobacco, Alcohol & Other Drug Prevention – 6 (addiction), 7 (opioids)	Tobacco, Alcohol & Other Drug Prevention – 2 (addiction), 4 (opioids)

Violence & Injury Prevention			
Personal safety	K–10, 11, 12, 13, 14, 15, 17, 18, 19, 20 1–9, 10, 11, 12, 13, 14, 15, 16, 17, 18 2–9, 10, 11, 12, 13, 14, 15 3–9, 10, 11, 12, 13, 14, 15 4–10, 11, 12, 13, 14, 15 5–7, 8, 9, 10, 11, 12, 13, 14, 15	Violence & Injury Prevention – 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15	Violence & Injury Prevention – 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 16
Assault prevention	1 – 20 3 – 16	Violence & Injury Prevention – 16, 17	Violence & Injury Prevention – 17, 18, 19
Dating violence, including warning signs and characteristics of healthy relationships	Healthy relationships covered in: K – 3 1 – 1, 2, 3 2 – 1 3 – 3, 4 5 – 2	Dating violence is covered in H.S. Healthy relationships covered in: Emotional & Mental Health – 4, 5 HIV, STI & Pregnancy Prevention – 4	Violence & Injury Prevention – 15
Sexual Health			
STI education		HIV, STI & Pregnancy Prevention – 6, 7, 8	HIV, STI & Pregnancy Prevention – 6, 7, 9, 10, 11
Abstinence is 100% effective protection		Abstinence, Puberty & Personal Health – 11, 16 HIV, STI & Pregnancy Prevention – 1	Abstinence, Personal & Sexual Health – 10 HIV, STI & Pregnancy Prevention – 3
Consequences of sexual activity, unintended pregnancy and teen parenthood		HIV, STI & Pregnancy Prevention – 1, 5	HIV, STI & Pregnancy Prevention – 3, 4
Adoption is an option for unintended pregnancies		HIV, STI & Pregnancy Prevention – Supplemental Lesson	HIV, STI & Pregnancy Prevention – Supplemental Lesson