

***HealthSmart* Alignment with
Oregon
Health Education Standards**

High School

etr.

OREGON HEALTH EDUCATION STANDARDS AND PERFORMANCE INDICATORS

High School

ABST = Abstinence, Puberty & Personal Health EMH = Emotional & Mental Health
HIV = HIV, STD & Pregnancy Prevention NPA = Nutrition & Physical Activity
TAOD = Tobacco, Alcohol & Other Drug Prevention VIP = Violence & Injury Prevention

HIGH SCHOOL OUTCOMES

Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

HE.1.12.1 Predict how healthy behaviors can affect health status.

ABST Lessons 1, 2, 3, 4, 5, 6, 7, 8, 9, 12; EMH Lessons 2, 3, 4, 6, 7, 9, 10, 11, 12;
HIV Lessons 1, 2, 4, 5, 6, 7, 8, 9, 13; NPA Lesson 1, 2, 3, 4, 5, 6, 7, 10, 13, 14, 15, 16;
TAOD Lessons 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 13, 16; VIP Lessons 2, 8, 11, 13

HE.1.12.2 Describe the interrelationships of physical, mental, social, emotional, and environmental health. ABST Lessons 1, 6; EMH Lesson 1

HE.1.12.3 Explain how environment (both physical and social) and personal health are interrelated. ABST Lessons 2, 3; EMH Lessons 5, 15; VIP Lesson 2

HE.1.12.4 Justify ways to reduce or prevent injuries and health problems.
ABST Lessons 2, 5; EMH Lessons 6, 12, 13; NPA Lessons 10, 16; TAOD Lesson 12;
VIP Lessons 3, 4, 5, 6, 8, 9, 12, 13, 14, 15, 16, 17, 18

HE.1.12.5 Describe the importance of accessing medical care and self-care and exams.
ABST Lessons 4, 8; EMH Lesson 16; HIV Lesson 9; TAOD Lesson 9

HE.1.12.6 Explain how genetics and family history can impact personal health.
ABST Lesson 3; EMH Lesson 15; TAOD Lesson 2

HE.1.12.7 Identify and analyze barriers that prevent people from practicing a variety of healthy behaviors. ABST Lesson 9; EMH Lessons 2, 13, 14, 16; HIV Lessons 3, 10; NPA Lessons 7, 8;
TAOD Lessons 5, 13; VIP Lessons 3, 5, 7, 8, 9, 11, 13, 15

HE.1.12.8 Explain disparities that exist between access to health care and health status.
ABST Lessons 4, 8; EMH Lesson 16

HE.1.12.9 Explain key concepts of fitness including target heart rate, phases of a workout.
NPA Lesson 6

HE.1.12.10 Explain key concepts of disease prevention including lifestyle choices, prevention and detection. ABST Lesson 2 [infectious], 3 [chronic]; HIV Lessons 5 [STD], 6 [HIV], 8 [risks], 9 [testing]

HE.1.12.11 Explain key concepts of Environmental Health including pollution, community resources.
Not covered

HE.1.12.12 Explain key concepts of Unintentional Injury Prevention and Care, including but not limited to CPR. VIP Lessons 12, 13, 14, 16, 17 [prevention only; *HealthSmart* does not cover first aid]

HE.1.12.13 Compare and contrast human sexual and reproductive systems including body parts and their functions. ABST Lesson 7

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- HE.1.12.14 Define contraceptive methods including emergency contraception and describe their mechanism of action. [HIV Lesson 4](#)
- HE.1.12.15 Identify health care practices related to physical changes during adolescent development and early adulthood. [ABST Lesson 8](#)
- HE.1.12.16 Differentiate between biological sex, sexual orientation, sexual identity and sexual behavior, gender identity and gender expression. [ABST Lesson 6](#); [HIV Lesson 2](#)
- HE.1.12.17 Explain how brain development has an impact on cognitive, social and emotional changes of adolescence and early adulthood. **Not covered**
- HE.1.12.18 Describe the intersections of varied identities, including gender, race, ethnicity, sexual orientation, ability, etc. [ABST Lesson 6](#); [HIV Lesson 2 \[sexual identity only\]](#)
- HE.1.12.19 Discuss the importance of treating people with HIV or other STDs with respect. [HIV Lesson 6](#)
- HE.1.12.20 Describe the human sexual response cycle, including the role hormones play. [ABST Lesson 7 \[response cycle will need to be added\]](#)
- HE.1.12.21 Describe the laws related to sexual health care services, including confidential testing and treatment; and disclosure of STD status. [ABST Lesson 8](#); [HIV Lesson 9 \[tailor to local laws as needed\]](#)
- HE.1.12.22 Describe characteristics of healthy and unhealthy romantic and/or sexual relationships. [EMH Lessons 9, 10](#); [VIP Lesson 8](#)
- HE.1.12.23 Explain characteristics of a healthy relationship that is free from threats, coercion or abuse. [EMH Lessons 9, 10](#); [VIP Lesson 8](#)
- HE.1.12.24 Express that everyone has the right to say who touches their body and how. [ABST Lesson 12](#); [EMH Lesson 10](#); [VIP Lesson 8 \[be sure discussions cover this concept\]](#)
- HE.1.12.25 Express that it is never ok to touch someone, or make someone touch you if they don't want to. [ABST Lesson 12](#); [EMH Lesson 10](#); [VIP Lesson 8 \[be sure discussions cover this concept\]](#)
- HE.1.12.26 Describe a range of ways to express affection within healthy relationships. [ABST Lesson 12](#); [EMH Lesson 9](#)
- HE.1.12.27 Discuss the impacts of bullying, sexual harassment, sexual abuse, sexual assault, incest, rape, stalking, and dating violence. [VIP Lessons 1, 3, 4, 5, 6, 7, 8, supplemental lessons 1–3](#)
- HE.1.12.28 Define sexual consent and explain its implications for sexual decision-making. [Can be addressed in ABST Lesson 12](#); [EMH Lesson 10](#); [HIV Lesson 3](#); [VIP Lesson 8](#)
- HE.1.12.29 Explain the role and impact of technology and social media in personal safety. [VIP Lessons 4 \[cyberbullying\]](#); [13 \[distracted driving\]](#)
- HE.1.12.30 Explain Oregon's laws related to bullying, sexual harassment, coercion, sexual abuse, sexual assault, incest, rape, stalking, domestic violence, and dating violence. [Will need to add discussion of state-specific laws to VIP Lessons 1, 3, 4, 5, 6, 7, 8, supplemental lessons 1–3](#)

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HE.1.12.31 Identify the laws related to reproductive and sexual health care service (i.e., confidentiality, contraception, pregnancy options, safe surrender policies, prenatal care).

Will need to add discussion of state-specific laws to ABST Lesson 8; HIV Lesson 9

HE.1.12.32 Explain Oregon laws relating to minors' rights around contraception, pregnancy, adoption, abortion and parenting. **Will need to add discussion of state-specific laws to HIV Lessons 4, 9**

HE.1.12.33 Describe the importance of getting tested for HIV and other STDs when people are sexually active. **HIV Lessons 3, 9**

HE.1.12.34 Explain that sexuality includes a multitude of sexual expressions and behaviors that are a normal part of being human. **ABST Lesson 6; HIV Lessons 1, 2**

HE.1.12.35 Describe prenatal practices that can contribute to a healthy pregnancy and possible risk factors. (i.e. healthy nutrition, behaviors, etc.) **Not covered**

HE.1.12.36 Define affirmative consent as a freely given enthusiastic yes.

Can be addressed in ABST Lesson 12; EMH Lesson 10; HIV Lesson 3, supplemental lesson; VIP Lesson 8

HE.1.12.37 Demonstrate an understanding of how affirmative consent mitigates the impact and consequences of sexual pressure.

Can be addressed in ABST Lesson 12; EMH Lesson 10; HIV Lesson 3, supplemental lesson; VIP Lesson 8

HE.1.12.38 Recognize that many teens successfully use condoms. **HIV Lessons 10, 11**

HE.1.12.39 Discuss laws related to sex and sexual health. **Add discussion of state-specific laws to ABST Lesson 8; HIV Lessons 4, 9; VIP Lessons 7, 8**

HE.1.12.40 Explain how fertilization occurs, the stages of pregnancy, and responsibility of parenting. **ABST Lesson 7 [fertilization]; HIV Lesson 4 [parenting]; stages of pregnancy not covered**

HE.1.12.41 Explain the ovulation cycle and its relationship to fertilization and pregnancy. **ABST Lesson 7**

HE.1.12.42 Compare and contrast situations and behaviors that may constitute bullying, sexual harassment, coercion, sexual abuse, sexual assault, incest, rape stalking, domestic violence, and dating violence. **VIP Lesson 1 [many forms of violence], supplemental lessons 1 and 2 [sexual abuse]**

HE.1.12.43 Explain the potential severity of injury or illness if engaging in risky or unhealthy behaviors, including how the development of the teen brain affects the decision-making process.

ABST Lessons 2, 9; EMH Lessons 5, 15; HIV Lessons 5, 6, 8; NPA Lessons 14, 15, 16; TAOD Lessons 1, 2, 4, 6, 7, 12, 13, 16; VIP Lessons 3, 4, 5, 6, 7, 8, 9, 12, 13, 14, 15

HE.1.12.44 Explain key concepts of alcohol, tobacco and other drugs including tolerance, addiction, recovery, peer pressure, short and long term health impacts (Steroid law). **TAOD Lessons 2, 3, 4, 6, 7, 8; will need to add Oregon-specific laws to TAOD Lesson 8**

HE.1.12.45 Explain key concepts of nutrition including food groups, nutrient types, adequacy of diet, portion size and moderation, food safety and disease connection. **ABST Lesson 3 [chronic disease]; NPA Lessons 1, 2, 3, 16**

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HE.1.12.46 Explain key concepts of mental & emotional health including stress, anxiety, depression, resilience, suicide and therapeutic treatment options.

EMH Lessons 2, 4, 5, 6, 7, 11, 12, 15, 16; VIP Lesson 9 [suicide]

HE.1.12.47 Explain the key concepts of violence and suicide prevention including roots of violence, signs and symptoms of suicidal thoughts, strategies for preventing violence. **VIP Lessons 1, 2, 9, 10, 11**

Standard 2: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

HE.2.12.1 Analyze how culture influences health beliefs, behaviors, and outcomes.

ABST Lesson 10; HIV Lesson 7; NPA Lessons 12, 13; TAOD Lesson 10; VIP Lessons 6, 7

HE.2.12.2 Analyze how the school and community influence health beliefs, behaviors, and outcomes.

HIV Lesson 7; NPA Lesson 12; TAOD Lessons 8, 10; VIP Lessons 3, 5, 6

HE.2.12.3 Analyze and critique how media influences health beliefs, behaviors, and outcomes.

ABST Lesson 11, EMH Lesson 15; HIV Lessons 7, 8; NPA Lessons 12, 13; TAOD Lesson 11; VIP Lesson 6, 7

HE.2.12.4 Analyze how peers influence health beliefs, behaviors, and outcomes.

ABST Lesson 10; EMH Lessons 9, 10, 15; HIV Lesson 7; NPA Lessons 12, 13; TAOD Lesson 10; VIP Lessons 3, 5, 6, 7, 12, 13

HE.2.12.5 Analyze what influences our values around self-concept and body image, including the media.

EMH Lessons 2, 3, 4; NPA Lesson 13

HE.2.12.6 Analyze how race and ethnicity influences health beliefs, behaviors, and outcomes.

Not covered

HE.2.12.7 Analyze the influence of friends, family, media, society, and culture on the intersections of gender, sexual orientation, race, ethnicity, and other identities. **ABST Lesson 6; HIV Lesson 2 [sexual identity only; may want to add more discussion of influences]**

HE.2.12.8 Analyze the impact of technology (including medical/scientific advancements) on personal, family, and community health. **VIP Lesson 4 [cyberbullying only]**

HE.2.12.9 Analyze how the family influences health beliefs, behaviors, and outcomes.

ABST Lesson 10; EMH Lesson 9, 10; HIV Lesson 7; NPA Lessons 12, 13; TAOD Lesson 10; VIP Lessons 6, 7

HE.2.12.10 Analyze potential impacts of power differences (e.g., age, status or position) within sexual relationships. **VIP Lesson 8**

HE.2.12.11 Analyze how the perception of norms influences healthy and unhealthy behaviors.

ABST Lesson 10; EMH Lesson 15; HIV Lesson 7; TAOD Lesson 4

HE.2.12.12 Analyze how personal values and beliefs influence individual health practices and behaviors.

ABST Lesson 10; EMH Lessons 2, 3, 4; HIV Lesson 7; NPA Lesson 12; TAOD Lesson 10; VIP Lessons 6, 7, 13

HE.2.12.13 Analyze how public health policies and government regulations can influence health promotion and disease prevention. **NPA Lesson 12; TAOD Lesson 10**

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HE.2.12.14 Analyze the relationship between health risk factors and the likelihood of engaging in unhealthy behaviors. [ABST Lesson 10](#); [HIV Lesson 7](#); [TAOD Lesson 8](#); [VIP Lessons 2, 12](#)

HE.2.12.15 Analyze factors that may influence condom use and other safer sex decisions. [HIV Lesson 7](#)

HE.2.12.16 Analyze external influences that can impact one's decisions within a healthy intimate relationship. [ABST Lesson 10](#); [EMH Lesson 9](#); [HIV Lesson 7](#)

HE.2.12.17 Analyze the external influences and societal messages that impact attitudes about bullying, sexual harassment, coercion, sexual abuse, sexual assault, incest, rape, stalking, domestic violence, and dating violence. [VIP Lessons 2, 3, 4, 5, 6, 7](#), [supplemental lessons 1 and 2](#)

HE.2.12.18 Analyze factors that can affect the ability to give or perceive the provision of consent to sexual activity. [HIV supplemental lesson](#); [can also be added to ABST Lesson 10](#); [HIV Lesson 7](#)

HE.2.12.19 Analyze influences that may have an impact on deciding whether or when to engage in sexual behaviors. [ABST Lesson 10](#); [HIV Lesson 7](#)

HE.2.12.20 Analyze how our values impact our sexual health-related decisions. [ABST Lesson 10](#); [HIV Lesson 7](#)

HE.2.12.21 Analyze internal and external influences on decisions about pregnancy options and parenthood. [Not covered](#)

Standard 3. Students will demonstrate the ability to access valid information, products, and services to enhance health.

HE.3.12.1 Use a variety of valid and reliable resources to research health information. [ABST Lesson 5](#); [NPA Lessons 4, 11](#); [TAOD Lessons 3, 9](#); [VIP Lesson 10](#)

HE.3.12.2 Evaluate the validity and reliability of health information, products, and services. [ABST Lessons 4, 8](#); [EMH Lesson 16](#); [HIV Lesson 9](#); [NPA Lesson 11](#); [VIP Lesson 10](#)

HE.3.12.3 Demonstrate how to access valid and reliable health products, resources, and services including but not limited to mental health, i.e., support for suicidal ideation and accessing culturally appropriate mental health support. [EMH Lesson 16](#); [HIV Lessons 9, 10](#); [TAOD Lesson 9](#)

HE.3.12.4 Determine the accessibility of valid and reliable products and services that enhance health and resources or solutions to overcome barriers to access. [HIV Lessons 9, 10](#); [TAOD Lesson 9](#)

HE.3.12.5 Access community resources that provide medically-accurate information about adolescent sexual anatomy and reproductive health. [ABST Lesson 8](#); [HIV Lesson 9, 10](#)

HE.3.12.6 Access medically-accurate information and resources about pregnancy, pregnancy options, including parenting, abortion, and adoption, prenatal care and services. [Not covered](#)

HE.3.12.7 Access accurate information about healthy sexuality, including sexual orientation and gender identity. [ABST Lesson 8](#)

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HE.3.12.8 Access reliable information and resources about healthy and unhealthy relationships, and healthy boundaries as they relate to intimacy and sexual behavior.

VIP Lesson 8; could also add information about resources to EMH Lessons 9, 10

HE.3.12.9 Access accurate information and resources for survivors of sexual abuse, incest, rape, sexual harassment, sexual assault, domestic violence, dating violence, and stalking. **VIP Lessons 7, 8, suppl. 1–3**

HE.3.12.10 Access resources for help if they or someone they know are being bullied or harassed, or have been sexually abused or assaulted or otherwise feel unsafe. **VIP Lesson 11, suppl. 3**

HE.3.12.11 Access medically-accurate information about STDs and HIV transmission and prevention, including local STD and HIV testing and treatment services with support for disclosure of STD status. **HIV Lesson 9**

HE.3.12.12 Access medically-accurate information and resources about contraceptive methods, including abstinence, emergency contraception, and condoms. **HIV Lesson 4**

Standard 4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

HE.4.12.1 Practice effective and appropriate verbal and nonverbal communication skills with peers and adults to enhance health. **ABST Lessons 14, 15; EMH Lessons 7, 8, 10, 11; HIV Lessons 11, 12; NPA Lesson 11; TAOD Lesson 14**

HE.4.12.2 Demonstrate and/or explain how to ask for and offer assistance to enhance the health of self and others in a culturally relevant manner. **EMH Lessons 11, 16; NPA Lesson 15; TAOD Lesson 5; VIP Lesson 11**

HE.4.12.3 Demonstrate and/or assess refusal, negotiation, and collaboration skills to enhance health and avoid or reduce health risks. **ABST Lesson 15; HIV Lessons 11, 12; TAOD Lessons 14, 15**

HE.4.12.4 Demonstrate and/or assess strategies to prevent, manage, or resolve interpersonal conflicts without harming self or others. **EMH Lesson 13**

HE.4.12.5 Demonstrate respectful communication with and about people of all gender identities, gender expressions and sexual orientations. **HIV Lesson 2**

HE.4.12.6 Demonstrate communication skills that foster healthy intimate and sexual relationships and show personal boundaries and respect for the boundaries of others. **ABST Lesson 15; EMH Lessons 8, 10; HIV Lessons 11, 12**

HE.4.12.7 Demonstrate the use of effective communication about the use of contraception including abstinence, condoms, and other safer sex practices. **ABST Lesson 15; HIV Lessons 11, 12**

HE.4.12.8 Practice effective communication skills to ensure affirmative consent in all sexual relationships. **Can add to ABST Lesson 15; HIV Lessons 11, 12, supplemental lesson**

HE.4.12.9 Demonstrate skills to communicate decisions about whether or when to engage in sexual behaviors, and to practice safer sex, including STD and HIV prevention, and STD and HIV testing and disclosure of status. **ABST Lesson 15; HIV Lessons 11, 12**

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HE.4.12.10 Demonstrate effective skills to negotiate agreements about the use of technology in relationships. [Could add roleplay on this topic to EMH Lesson 8](#)

HE.4.12.11 Demonstrate asking for help and support, if they or someone they know is being hurt or feels unsafe in an intimate or sexual relationship. [VIP Lesson 11](#)

HE.4.12.12 Demonstrate effective strategies to avoid or end an unhealthy relationship. [EMH Lesson 10](#)

Standard 5: Students will demonstrate the ability to use decision-making skills to enhance health.

HE.5.12.1 Determine the benefits of practicing a thoughtful decision-making process to enhance health.

HE.5.12.2 Examine protective factors and barriers that can impact decision-making. [ABST Lesson 13](#); [TAOD Lesson 12](#); [VIP Lesson 16](#)

HE.5.12.3 Evaluate when additional adult and/or professional input is appropriate for health-related decision-making.

[ABST Lesson 13](#); [TAOD Lesson 12](#); [VIP Lesson 16](#)

HE.5.12.4 Generate a variety of options to solve health related issues or problems and predict potential short term and long term impacts of each option on self and others. [ABST Lesson 13](#); [TAOD Lesson 12](#); [VIP Lesson 16](#)

HE.5.12.5 Defend a health-enhancing decision. [ABST Lesson 13](#); [TAOD Lesson 12](#); [VIP Lesson 16](#)

H.E.5.12.6 Apply the decision-making process to make safe choices while driving or riding in motor vehicles. [VIP Lesson 16](#)

HE.5.12.7 Evaluate the outcome and effectiveness of a health-related decision.

[ABST Lesson 13](#); [TAOD Lesson 12](#); [VIP Lesson 16](#)

HE.5.12.8 Apply a decision-making process to make choices about contraception, including abstinence and condoms. [ABST Lesson 13 \[abstinence\]](#); [HIV Lesson 8 \[safer sex options—not a formal decision-making process, but can be addressed\]](#)

HE.5.12.9 Model a decision making process to make healthy choices around sexual health.

[ABST Lesson 13](#)

HE.5.12.10 Apply a decision making process to promote consensual sexual activity within healthy relationships. [Not covered](#); [ABST Lesson 13 could be used to address](#)

Standard 6: Students will demonstrate the ability to use goal-setting skills to enhance health.

HE.6.12.1 Develop a goal and create an action plan to maintain or improve health.

[ABST Lesson 16](#); [EMH Lesson 14](#); [NPA Lesson 8](#); [TAOD Lesson 13](#)

HE.6.12.2 Assess personal health practices and overall health status as the first step in determining a personal health goal. [ABST Lessons 1, 2, 3, 4, 5, 16](#); [EMH Lessons 1, 2, 14](#); [NPA Lessons 2, 3, 4, 7, 8](#); [VIP Lesson 12](#)

HE.6.12.3 Implement strategies and monitor progress in achieving a personal health goal.

[ABST Lesson 16](#); [EMH Lesson 14](#); [NPA Lessons 8, 9](#); [TAOD Lesson 13](#)

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HE.6.12.4 Evaluate the outcome of a personal health goal. [ABST Lesson 16](#); [EMH Lesson 14](#); [NPA Lessons 8, 9](#); [TAOD Lesson 13](#)

HE.6.12.5 Develop a personal short term goal and action plan to improve nutrition and/or fitness. [NPA Lessons 8, 9](#)

HE.6.12.6 Set a personal goal to not have sex until you're ready. [HIV Lesson 13 \[if chosen as goal\]](#)

HE.6.12.7 Set a personal goal to use protection when sexually active. [HIV Lesson 13 \[if chosen as goal\]](#)

HE.6.12.8 Develop a personal goal to be treated with dignity and respect. [EMH Lesson 14 \[if chosen\]](#)

HE.6.12.9 Develop short and long-term goals to maintain sexual health. [ABST Lesson 16](#); [HIV Lesson 13](#)

Standard 7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

HE.7.12.1 Explain the role of individual responsibility for enhancing health. [ABST Lessons 8, 12](#); [EMH Lessons 3, 7, 12](#); [HIV Lessons 3, 8, 13](#); [TAOD Lessons 1, 10](#); [VIP Lessons 3, 4, 7, 8, 12, 16](#)

HE.7.12.2 Demonstrate the ability to practice a variety of healthy behaviors that can maintain or improve the health of self and others including explaining and demonstrating CPR. [HealthSmart does not cover first aid or CPR; practice of health-enhancing behavior found in ABST Lesson 5](#); [EMH Lessons 4, 8, 9, 13](#); [NPA Lessons 4, 5, 9, 13](#); [VIP Lesson 15](#)

HE.7.12.3 Demonstrate the ability to practice a variety of healthy behaviors to avoid or reduce health risks of self and others. [EMH Lessons 6, 10, 12, 13](#); [NPA Lesson 16](#); [VIP Lesson 17](#)

HE.7.12.4 Demonstrate ways to treat yourself and others with dignity and respect, with regard to gender, gender identity, gender expression, and sexual orientation. [ABST Lesson 6](#); [HIV Lesson 2](#)

HE.7.12.5 Explain individual responsibility for testing and informing partners about STDs and HIV status. [HIV Lesson 3](#)

HE.7.12.6 Describe how alcohol and other drug use can affect one's ability to perceive or provide consent. [ABST Lesson 9 \[add specific discussion of consent\]](#); [HIV Lesson 3, supplemental lesson](#)

HE.7.12.7 Demonstrate on anatomical models, or list the steps for how to perform breast, testicular, and genital self-exams. [ABST Lesson 8](#)

HE.7.12.8 Demonstrate the steps to correctly use a condom and/or other barrier methods. [HIV Lesson 10](#)

HE.7.12.9 Analyze the criteria for evaluating the health of a relationship. [EMH Lessons 9, 10](#)

HE.7.12.10 Demonstrate respect for the boundaries of others and practice affirmative consent. [ABST Lessons 12, 14, 15](#); [HIV Lessons 3, 11, 12 \[may need to strengthen consent emphasis throughout\]](#), [supplemental lesson](#)

HE.7.12.11 Demonstrate how to set and respect boundaries around social media and technology use in relationships. [EMH Lessons 8, 9, 10 \[emphasis is on face-to-face communication, add social media/technology to discussion\]](#)

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Standard 8: Students will demonstrate the ability to advocate for personal, family, and community health.

HE.8.12.1 Utilize data to formulate a health-enhancing message.

HIV Lesson 14; TAOD Lessons 4, 16; VIP Lesson 18

HE.8.12.2 Demonstrate how to influence and support others to make positive health choices.

HIV Lessons 2, 14; NPA Lesson 10; TAOD Lessons 4, 5, 11, 16; VIP Lesson 18

HE.8.12.3 Adapt health messages and communication techniques to a specific target audience.

HIV Lessons 2, 14; TAOD Lessons 11, 16; VIP Lesson 18

HE.8.12.4 Work cooperatively as an advocate for improving personal, family, and community health.

HIV Lessons 2, 14; NPA Lesson 10; TAOD Lesson 16; VIP Lesson 17, 18

HE.8.12.5 Advocate for the promotion of respect and empathy for individual differences. HIV Lesson 2

HE.8.12.6 Advocate for school policies and programs that promote healthy relationships and a safe and inclusive environment for all. HIV Lesson 2

HE.8.12.7 Advocate for school policies and programs that promote healthy relationships with dignity and respect for all in a safe and inclusive environment. HIV Lesson 2

HE.8.12.8 Advocate for programs that support young parents and families. Not covered

HE.8.12.9 Advocate for access to products, services and medical care to maintain sexual and reproductive health. HIV Lesson 14

HE.8.12.10 Advocate for use of products, services and medical care to maintain sexual and reproductive health. HIV Lesson 14