

***HealthSmart* Alignment with
South Dakota
Health Education Standards
Middle School, Third Edition
Grades 6–8**

HealthSmart Middle School Unit Key	
ABST = Abstinence, Puberty & Personal Health EMH = Emotional & Mental Health HIV = HIV, STI & Pregnancy Prevention	NPA = Nutrition & Physical Activity TAOD = Tobacco, Alcohol & Other Drug Prevention VIP = Violence & Injury Prevention
Grades 6–8	HealthSmart (Unit – Lesson)
Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.	
1.8.1 Investigate the relationship between healthy behaviors and personal 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, 11 VIP – 1, 2, 8, 9, 10, 11, 13
1.8.2 Identify how emotional, intellectual, physical, and social health affect adolescent development and relationships.	ABST – 4, 7 EMH – 1
1.8.3 Illustrate how family history can affect personal health.	ABST – 3
1.8.4 Describe ways to reduce or prevent injuries and other adolescent health problems.	ABST – 2 EMH – 10, 11 HIV – 3 NPA – 8, 15 VIP – 1, 2, 3, 4, 7, 13, 14, 16, 17
1.8.5 Explain how preventative health care can promote personal health.	ABST – 9
1.8.6 Compare and contrast the benefits of and barriers to practicing healthy behaviors.	ABST – 1, 11 EMH – 7, 8 HIV – 1, 3, 13 NPA – 5, 16 TAOD – 11 VIP – 10, 14
1.8.7 Examine the potential seriousness of injury or illness if engaging in unhealthy behaviors.	HIV – 5, 6, 7 NPA – 13 TAOD – 7, 8 VIP – 1, 8

Grades 6–8 <i>(continued)</i>	HealthSmart (Unit – Lesson)
Standard 2: Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.	
2.8.1 Classify health factors in the family that influences the health and wellness of adolescents.	ABST – 12 EMH – 4 NPA – 9, 11 TAOD – 9, 12
2.8.2 Classify how culture influences health beliefs, practices, and behaviors.	ABST – 10, 12 NPA – 11
2.8.3 Analyze how peers influence healthy and unhealthy behaviors.	ABST – 12, 13 EMH – 4, 13 NPA – 9, 10, 11 TAOD – 9, 11, 15 VIP – 5, 11, 13
2.8.4 Identify how the school and community can influence personal health practices and behaviors.	ABST – 12 EMH – 2 TAOD – 9, 12
2.8.5 Analyze how messages from media influence health behaviors.	ABST – 12 EMH – 13 NPA – 9, 11 TAOD – 9, 13, 14 VIP – 13
2.8.6 Research the influence of technology on personal and family health.	EMH – 13 VIP – 9
2.8.7 Investigate the influence of personal values and beliefs on individual health practices and behaviors.	ABST – 12 TAOD – 9
2.8.8 Distinguish between healthy behaviors and risky behaviors and their influence on short-term and long-term health.	ABST – 3, 16 EMH – 6, 7, 8, 9 HIV – 1, 5, 6, 7 NPA – 8, 12, 15 TAOD – 11 VIP – 1, 2, 3, 11, 13
2.8.9 Identify how public health policies can influence health promotion and disease prevention.	TAOD – 12
Standard 3: Students will demonstrate the ability to access valid information, products and services to enhance health.	
3.8.1 Locate valid and reliable health information, products and services.	ABST – 1, 4 HIV – 12 NPA – 1, 4 TAOD – 5, 12 VIP – 17
3.8.2 Access valid health information from home, school, and community.	ABST – 1 NPA – 4 TAOD – 5, 12

Grades 6–8 <i>(continued)</i>	HealthSmart (Unit – Lesson)
Standard 3 <i>(continued)</i>	
3.8.3 Investigate the validity of products and services that promote health and wellness.	ABST – 9 HIV – 8, 12
3.8.4 Describe situations that may require professional health services.	ABST – 9 EMH – 8 HIV – 8 NPA – 13
Standard 4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.	
4.8.1 Investigate effective verbal and nonverbal communication skills to enhance social, emotional, physical and intellectual growth and development.	ABST – 7, 10, 14 EMH – 5, 12 HIV – 10, 13 NPA – 10 TAOD – 15 VIP – 5
4.8.2 Formulate effective conflict management or resolution strategies.	VIP – 14, 15
4.8.3 Investigate how to ask for assistance to enhance the health of self and others.	EMH – 8 VIP – 10, 15, 17
4.8.4 Demonstrate refusal, negotiation and collaboration skills that avoid or reduce health risks.	ABST – 14, 15 HIV – 10, 11, 13 NPA – 10 TAOD – 15, 16 VIP – 5, 16
Standard 5: Students will demonstrate the ability to use decision-making skills to enhance health.	
5.8.1 Identify circumstances that can help or hinder healthy decision making.	EMH – 14 HIV – 9 VIP – 6
5.8.2 Identify a thoughtful decision-making process in health-related situations.	EMH – 14 HIV – 9 VIP – 6
5.8.3 Compare and contrast when individual or collaborative decision making is appropriate.	EMH – 14 HIV – 9 VIP – 6
5.8.4 Choose healthy alternatives over unhealthy alternatives when making a decision.	EMH – 14 HIV – 9 VIP – 6
5.8.5 Analyze the outcomes of a health-related decision.	EMH – 14 HIV – 9 VIP – 6

Grades 6–8 <i>(continued)</i>	HealthSmart (Unit – Lesson)
Standard 6: Students will demonstrate the ability to use goal-setting skills to enhance health.	
6.8.1 Assess personal health practices.	EMH – 1, 15 NPA – 3, 9, 14, 16
6.8.2 Develop a goal to adopt, maintain, or improve a personal health practice.	EMH – 15 NPA – 16
6.8.3 Investigate strategies and skills needed to attain a personal health goal.	EMH – 15 NPA – 16, 17
6.8.4 Describe how personal health goals can vary with changing abilities, priorities, resources and responsibilities and how these goals can enhance health and wellness.	ABST – 16 EMH – 15 NPA – 17
Standard 7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.	
7.8.1 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
7.8.2 Investigate 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
7.8.3 Describe 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
Standard 8: Students will demonstrate the ability to advocate for personal, family and community health.	
8.8.1 State a health enhancing concept and support it with accurate information.	ABST – 2, 11 HIV – 2 NPA – 6 TAOD – 13, 14 VIP – 4, 12

Grades 6–8 <i>(continued)</i>	HealthSmart (Unit – Lesson)
Standard 8 <i>(continued)</i>	
8.8.2 Research ways to advocate for healthy individuals, families and schools.	ABST – 2, 11, 13 EMH – 13 HIV – 5 NPA – 6 TAOD – 14, 17 VIP – 4, 12
8.8.3 Identify ways in which health messages and communication techniques can be altered for different audiences.	TAOD – 14 VIP – 4
8.8.4 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