

***HealthSmart* Alignment with
South Dakota
Health Education Standards
High School, Third Edition
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
Grades 9–12	HealthSmart (Unit – Lesson)
Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.	
1.12.1 Predict how healthy behaviors can affect health status.	ABST – 1, 2, 3, 4, 5, 7, 8, 9, 10, 13 EMH – 2, 3, 5, 6, 8, 9, 10, 11, 12 HIV – 1, 2, 5, 6, 7, 8, 9, 10, 14 NPA – 1, 2, 3, 4, 5, 6, 7, 8, 13, 14, 15, 16 TAOD – 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 16 VIP – 2, 15
1.12.2 Describe the interrelationships of emotional, intellectual, physical, and social health in adolescence.	EMH – 1
1.12.3 Analyze how social and physical environments affect personal health.	ABST – 2, 3 EMH – 4, 11, 15 VIP – 9
1.12.4 Research how genetics and family history can impact personal health.	ABST – 3 EMH – 15 TAOD – 2
1.12.5 Propose ways to reduce or prevent injuries and health problems.	ABST – 2, 5 EMH – 4, 5, 12, 16 HIV – 4 NPA – 8, 16 TAOD – 13 VIP – 1, 2, 3, 4, 5, 6, 7, 11, 12, 13, 15, 16, 17, 18, 19
1.12.6 Investigate the relationship between access to health care and health status.	ABST – 4, 9 EMH – 15, 17
1.12.7 Propose strategies for promoting the benefits of and overcoming barriers to practicing a variety of health-enhancing behaviors.	ABST – 10 EMH – 13, 14, 17 HIV – 4, 11 NPA – 7, 10 TAOD – 6 VIP – 2, 11, 12, 14, 15, 16
1.12.8 Evaluate personal susceptibility to injury, illness or death if engaging in unhealthy behaviors.	ABST – 1, 2, 3, 4, 5, 13 EMH – 4 HIV – 3, 6, 7 NPA – 14, 16 TAOD – 7, 8 VIP – 1, 8
1.12.9 Analyze the potential seriousness of injury or illness if engaging in unhealthy behaviors.	ABST – 3, 10 EMH – 4, 15 HIV – 3, 6, 7, 9 NPA – 14, 15, 16 TAOD – 1, 2, 4, 5, 7, 8, 13, 16 VIP – 1, 2, 3, 4, 8, 10, 12, 13, 14, 15

Grades 9–12 <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.	
2.12.1 Analyze health factors in the family that influence the health and wellness of individuals.	ABST – 11 EMH – 8 HIV – 8 NPA – 12, 13 TAOD – 11 VIP – 13
2.12.2 Analyze how the culture supports and challenges health beliefs, practices, and behaviors.	ABST – 11 HIV – 8 NPA – 12, 13 TAOD – 11 VIP – 9, 13
2.12.3 Demonstrate how peers influence healthy and unhealthy behaviors.	ABST – 11 EMH – 8, 15 HIV – 8 NPA – 12, 13 TAOD – 11 VIP – 1, 2, 11, 12, 13
2.12.4 Compare and contrast how the school and community can influence personal health practice and behaviors.	HIV – 8 NPA – 12 TAOD – 9, 11 VIP – 9, 11, 12, 13
2.12.5 Critique the influence of media on personal and family health.	ABST – 12 EMH – 11, 15 HIV – 8, 9 NPA – 12, 13 TAOD – 12 VIP – 13
2.12.6 Evaluate the impact of technology on personal, family, and community health.	ABST – 12 EMH – 11 HIV – 8 NPA – 12 VIP – 10
2.12.7 Describe how the perceptions of norms influence healthy and unhealthy behaviors.	ABST – 11 EMH – 15 HIV – 8 TAOD – 5
2.12.8 Analyze the influence of personal values and beliefs on individual health practices and behaviors.	ABST – 11 EMH – 2, 3 HIV – 8 NPA – 12 TAOD – 11 VIP – 2, 9, 13

Grades 9–12 <i>(continued)</i>	HealthSmart (Unit – Lesson)
Standard 2 <i>(continued)</i>	
2.12.9 Articulate how some health risk behaviors can influence the likelihood of engaging in unhealthy behaviors.	ABST – 11 HIV – 8 TAOD – 9 VIP – 1, 9
2.12.10 Investigate how public health policies and government regulations can influence health promotion and disease prevention.	NPA – 12 TAOD – 11
Standard 3: Students will demonstrate the ability to access valid information, products and services to enhance health.	
3.12.1 Compare and contrast health information, products and services.	ABST – 4, 9 HIV – 10 NPA – 4, 9 TAOD – 3
3.12.2 Utilize resources from home, school, and community that provide valid health information.	ABST – 5 EMH – 17 NPA – 4, 9 TAOD – 3
3.12.3 Evaluate the accessibility of products and services that enhance health.	HIV – 10, 11
3.12.4 Determine when professional health services may be required.	ABST – 4, 9 EMH – 15, 16, 17 HIV – 6 NPA – 15 TAOD – 4, 10 VIP – 16, 18
Standard 4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.	
4.12.1 Utilize skills for communicating effectively with family, peers, and others to enhance health.	ABST – 15 EMH – 6, 7, 9, 10 HIV – 12, 13 TAOD – 14
4.12.2 Demonstrate refusal, negotiation, and collaboration skills to enhance health and avoid or reduce health risks.	ABST – 15, 16 HIV – 12, 13 TAOD – 14, 15 VIP – 19
4.12.3 Demonstrate strategies to prevent, manage, or resolve interpersonal conflicts without harming self or others.	EMH – 13
4.12.4 Demonstrate how to ask for and offer assistance to enhance the health of self and others.	EMH – 10, 16, 17 NPA – 15 TAOD – 6 VIP – 16, 17

<p>Grades 9–12 <i>(continued)</i></p>	<p>HealthSmart (Unit – Lesson)</p>
<p>Standard 5: Students will demonstrate the ability to use decision-making skills to enhance health.</p>	
<p>5.12.1 Examine circumstances that can help or hinder healthy decision making.</p>	<p>ABST – 14 TAOD – 13 VIP – 5</p>
<p>5.12.2 Determine the value of applying a thoughtful decision-making process in health-related situations.</p>	<p>ABST – 14 TAOD – 13 VIP – 5</p>
<p>5.12.3 Justify when individual or collaborative decision making is appropriate.</p>	<p>ABST – 14 TAOD – 13 VIP – 5</p>
<p>5.12.4 Generate alternatives to health-related issues or problems.</p>	<p>ABST – 14 TAOD – 13 VIP – 5</p>
<p>5.12.5 Predict the potential short-term and long-term impact of each alternative on self and others.</p>	<p>ABST – 14 TAOD – 13 VIP – 5</p>
<p>5.12.6 Defend the healthy choice when making decisions.</p>	<p>ABST – 14 TAOD – 13 VIP – 5</p>
<p>5.12.7 Evaluate the effectiveness of health-related decisions.</p>	<p>ABST – 14 TAOD – 13 VIP – 5</p>
<p>Standard 6: Students will demonstrate the ability to use goal-setting skills to enhance health.</p>	
<p>6.12.1. Assess personal health practices and overall health status.</p>	<p>ABST – 1, 6 EMH – 1, 2, 11, 14 NPA – 2, 3, 4, 7, 10 VIP – 1</p>
<p>6.12.2 Develop a plan to attain a personal health goal that addresses strengths, needs, and risks.</p>	<p>ABST – 6 EMH – 14 NPA – 10</p>
<p>6.12.3 Implement strategies and monitor progress in achieving a personal health goal.</p>	<p>ABST – 6 EMH – 14 NPA – 10, 11</p>
<p>6.12.4 Formulate an effective long-term personal health plan.</p>	<p>HIV – 14</p>

Grades 9–12 <i>(continued)</i>	HealthSmart (Unit – Lesson)
Standard 7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.	
7.12.2 Demonstrate a variety of healthy practices and behaviors that will maintain or improve the health of self and others.	ABST – 2 EMH – 3, 7, 8, 13 NPA – 4, 5, 11, 13
7.12.3 Model a variety of behaviors that avoid or reduce health risks to self and others.	ABST – 2 EMH – 5, 9, 12, 13 HIV – 11 NPA – 16 VIP – 3, 4, 6
Standard 8: Students will demonstrate the ability to advocate for personal, family and community health.	
8.12.1 Advocate the role of individual responsibility in enhancing health.	ABST – 9, 13 EMH – 2, 6, 12 HIV – 3, 4, 9, 14 TAOD – 1, 11 VIP – 1, 5, 11, 14, 15
8.12.2 Persuade and support others to make positive health choices.	EMH – 11 HIV – 2, 15 NPA – 8 TAOD – 5, 6, 12, 16 VIP – 7, 11
8.12.3 Collaborate to advocate for improving personal, family, and/or community health.	HIV – 2, 15 NPA – 8 TAOD – 16 VIP – 6, 7, 11
8.12.4 Adapt health messages and communication techniques to a specific target audience.	HIV – 2, 15 NPA – 8 TAOD – 16 VIP – 7