

***HealthSmart* Alignment with
Florida's Academic State Standards,
Health Education, 2023**

**High School, 3rd Edition
(Grades 9–12)**

advancing
health
equity **etr.**

HealthSmart High School Unit Key

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

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

Grades 9–12	HealthSmart Unit – Lesson
Personal Health Concepts Strand	
Core Concepts	
HE.912.PHC.1.1 Evaluate personal health practices and overall health status to include all dimensions of health.	ABST – 1, 2, 3, 6 EMH – 1, 2, 4, 8, 14 HIV – 3, 9 NPA – 2, 3, 6, 7, 10, 11 TAOD – 13 VIP – 1, 2, 3, 5, 19
HE.912.PHC.1.2 Analyze strategies for prevention, detection, and treatment of communicable and chronic diseases.	ABST – 2, 3 HIV – 6, 7, 10
HE.912.PHC.1.3 Analyze 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
HE.912.PHC.1.4 Interpret the significance of interrelationships in mental and physical health.	ABST – 1 EMH – 1, 4, 5, 8, 12 NPA – 13, 14, 15 TAOD – 1, 2
Internal and External Influences	
HE.912.PHC.2.1 Evaluate how the influences of social media affect physical and/or mental health and the ability to make healthy choices.	ABST – 12 EMH – 11 NPA – 13, 14 VIP – 10, 11, 17, 19
HE.912.PHC.2.2 Evaluate how environment and personal health are interrelated.	ABST – 2, 3, 4 EMH – 4, 15 VIP – 9
HE.912.PHC.2.3 Analyze how friends and peers influence the health of individuals.	ABST – 11 EMH – 8, 15 HIV – 8 NPA – 12, 13 TAOD – 11 VIP – 1, 2, 11, 12, 13,
HE.912.PHC.2.4 Analyze how family and culture influence the health of individuals.	ABST – 11 EMH – 8 HIV – 8 NPA – 12, 13 TAOD – 11 VIP – 13, 14

Grades 9–12	HealthSmart Unit – Lesson
Personal Health Concepts Strand (continued)	
Internal and External Influences (continued)	
HE.912.PHC.2.5 Analyze how heredity and family history can impact personal health.	ABST – 3 EMH – 15 TAOD – 2
HE.912.PHC.2.6 Predict how healthy behaviors can affect health status.	ABST – 1, 2, 3, 4, 5, 7, 8, 9, 10, 13 EMH – 2, 3, 4, 6, 8, 9, 10, 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, 9, 11, 12, 16, 19
HE.912.PHC.2.7 Evaluate the influence of personal values, attitudes, and beliefs about individual health practices and behaviors.	ABST – 11 EMH – 2, 3, 12 HIV – 8 NPA – 12 TAOD – 11 VIP – 2, 9, 13
HE.912.PHC.2.8 Design a social media campaign that positively influences physical and/or mental health.	EMH – 11 NPA – 8 TAOD – 16 VIP – 7
HE.912.PHC.2.9 Analyze the impacts of technology and social media on popular culture and personal life.	ABST – 11, 12 EMH – 11 HIV – 8 NPA – 12, 13 TAOD – 11, 12 VIP – 10, 17, 19
HE.912.PHC.2.10 Demonstrate ethical and responsible use of technology.	EMH – 11 VIP – 19
Prevention and Decision Making	
HE.912.PHC.3.1 Determine the value of applying a thoughtful decision-making process in health-related situations.	ABST – 13, 14, 15, 16 HIV – 12, 13 TAOD – 13, 14, 15 VIP – 5, 17, 19
HE.912.PHC.3.2 Assess whether individual or collaborative decision making is needed to make a healthy decision.	ABST – 4, 9, 14 EMH – 16, 17 NPA – 15 TAOD – 10, 13 VIP – 5, 16, 18
HE.912.PHC.3.3 Identify protective factors that help to mitigate the risks of suicide and mental health disorders.	EMH – 2, 3, 4, 5, 7, 8, 13, 15, 16 VIP – 16
HE.912.PHC.3.4 Recognize the signs, symptoms and how to seek treatment or support for mental health disorders.	EMH – 15, 17 NPA – 15

Grades 9–12	HealthSmart Unit – Lesson
Personal Health Concepts Strand (continued)	
Prevention and Decision Making (continued)	
HE.912.PHC.3.5 Recognize the signs and symptoms of suicidal ideations.	EMH – 16 VIP – 16
HE.912.PHC.3.6 Identify when and who can provide assistance with suicidal ideations.	EMH –16, 17 VIP – 16
HE.912.PHC.3.7 Assess the degree of susceptibility to injury, illness, or death if engaging in unhealthy/risky behaviors.	ABST – 2, 3, 10, 13 EMH – 4, 15 HIV – 3, 5, 6, 7, 9 NPA – 14, 15, 16 TAOD – 1, 2, 4, 5, 7, 8, 13 VIP – 1, 3, 6, 8, 9, 19
HE.912.PHC.3.8 Formulate a plan to attain a personal health goal that addresses strengths, needs, barriers, and risks.	ABST – 6 EMH – 14 NPA – 10, 11
HE.912.PHC.3.9 Implement strategies and monitor progress in achieving a personal health goal.	ABST –6 EMH – 14 NPA – 10, 11
HE.912.PHC.3.10 Evaluate healthy practices and behaviors that will maintain or improve health and reduce health risks, including reproductive health.	ABST – 1, 2, 3, 4, 5, 10 EMH – 1, 2, 3, 5, 7, 8, 9, 12, 13 HIV – 9, 10, 11, 14 NPA – 2, 3, 5, 6, 7, 8, 11, 13, 14, 16 TAOD – 1, 6, 16 VIP – 2, 3, 4, 5, 6, 11, 19
Advocacy	
HE.912.PHC.4.1 Justify when professional health services or providers may be required.	ABST – 4, 9 EMH – 15, 16, 17 HIV – 6 NPA – 15 TAOD –4, 10 VIP – 4, 15, 16, 18
HE.912.PHC.4.2 Propose strategies to reduce or prevent injuries and health problems.	ABST – 2, 3, 5, 13, 15, 16 EMH – 5, 7, 8, 12, 13 HIV – 12, 13 NPA – 8, 14, 16 TAOD – 13, 14, 15 VIP – 1, 2, 3, 4, 5, 6, 7, 11, 12, 13, 15, 16
HE.912.PHC.4.3 Develop strategies to combat cyberbullying and online harassment.	VIP – 11, 13, 19

Grades 9–12	HealthSmart Unit – Lesson
Community and Environmental Health Concepts Strand	
Core Concepts	
HE.912.CEH.1.1 Interpret the significance of relationships in community health.	Not covered
HE.912.CEH.1.2 Utilize current, accurate data/information to formulate a health-enhancing message.	HIV – 2 TAOD – 5, 16 VIP – 7
HE.912.CEH.1.3 Investigate the social determinants of health in a community.	Not covered
Internal and External Influence	
HE.912.CEH.2.1 Assess how the school and community can affect personal health practices and behaviors.	ABST – 4 HIV – 8 NPA – 12 TAOD – 9, 11 VIP – 9, 11, 12, 13
HE.912.CEH.2.2 Evaluate how public health policies and government regulations can influence health promotion and disease prevention.	NPA – 12 TAOD – 11 VIP – 2
HE.912.CEH.2.3 Propose strategies to avoid risks on social media and the internet.	EMH – 11 VIP – 19
HE.912.CEH.2.4 Evaluate how environment and community health are related.	ABST – 1 NPA – 5 VIP – 4, 9
HE.912.CEH.2.5 Predict how healthy behaviors can affect community health status.	Not covered directly, but could extend discussion from personal status to the community level in lessons that address HE.912.PHC.2.6
HE.912.CEH.2.6 Analyze how culture supports and challenges health beliefs, practices and behaviors.	ABST – 11 EMH – 8 HIV – 8 NPA – 12, 13 TAOD – 11 VIP – 13, 14
HE.912.CEH.2.7 Analyze how the perceptions of norms influence healthy and unhealthy behaviors.	ABST – 11 EMH – 11, 15 HIV – 8 TAOD – 5
HE.912.CEH.2.8 Evaluate how the social determinants of health impact a community's health wellbeing and quality of life.	Not covered
HE.912.CEH.2.9 Identify computer related laws and analyze their impact on internet safety.	Not covered

Grades 9–12	HealthSmart Unit – Lesson
Community and Environmental Health Concepts Strand <i>(continued)</i>	
Prevention and Decision Making	
HE.912.CEH.3.1 Analyze community strategies for prevention, detection, and treatment of communicable and chronic diseases.	Can be addressed in ABST – 2, 3
HE.912.CEH.3.2 Propose community strategies to reduce or prevent injuries and health problems.	Can be included in VIP – 1, 9
HE.912.CEH.3.3 Formulate alternatives to community health-related issues or problems.	Not covered
HE.912.CEH.3.4 Appraise the potential short-term and long-term outcomes of alternative solutions to community health-related issues or problems	Not covered
HE.912.CEH.3.5 Examine barriers that can hinder healthy decision making.	ABST – 14 TAOD – 13 VIP – 5
HE.912.CEH.3.5 Design a campaign promoting health literacy that would result in a variety of positive health and quality of life outcomes.	Campaigns related to particular health topics are found in EMH – 11 HIV – 2, 15 NPA – 8 TAOD – 12, 16 VIP – 7, 11
Advocacy	
HE.912.CEH.4.1 Develop a resource that influences and supports others in making positive health choices.	EMH – 11 HIV – 2, 15 NPA – 8 TAOD – 5, 6, 12, 16 VIP – 6, 7, 11
HE.912.CEH.4.2 Demonstrate leadership skills by advocating for personal, family and community health.	HIV – 2, 15 NPA – 8 TAOD – 12, 16 VIP – 6, 7, 11

Grades 9–12	HealthSmart Unit – Lesson
Consumer Health Concepts Strand	
Core Concepts	
HE.912.CH.1.1 Evaluate the relationship between access to health care and health status.	ABST – 4, 9 EMH – 15, 17
HE.912.CH.1.2 Describe resources or services that facilitate achieving a personal health goal.	ABST – 6 EMH – 14 NPA – 10, 11
Internal and External Influence	
HE.912.CH2.1 Adapt health messages and communication techniques to a specific target audience using various media.	HIV – 2, 15 NPA – 8 TAOD – 16 VIP – 7
HE.912.CH.2.2 Evaluate the effect of media/social media on personal and family health.	ABST – 12 EMH – 11, 15 HIV – 8, 9 NPA – 12, 13 TAOD – 12 VIP – 13, 14
Prevention and Decision Making	
HE.912.CH.3.1 Authenticate the validity of health information and resources.	ABST – 5 EMH – 17 NPA – 9
HE.912.CH.3.2 Verify the validity of health information, products, and services.	ABST – 5 EMH – 17 HIV – 11 NPA – 9
Advocacy	
HE.912.CH.4.1 Justify the use of valid technologies to gather health information.	ABST – 5 NPA – 9

Grades 9–12	HealthSmart Unit – Lesson
Resiliency Education Strand	
Character	
HE.912.R.1.1 Demonstrate effective and respectful communication skills and strategies.	ABST – 15, 16 EMH – 7, 9, 10, 13 HIV – 12, 13 HIV – 12, 13 TAOD – 14, 15
HE.912.R.1.2 Demonstrate empathy in a variety of contexts and situations.	EMH – 10 HIV – 2
HE.912.R.1.1 Adjust behavior to respect the needs of others.	ABST – 15 EMH – 12
Personal Responsibility	
HE.912.R.2.1 Describe the importance of leadership skills in the school and the community.	Not covered
HE.912.R.2.2 Analyze different perspectives to inform responsible decision-making.	ABST – 14 TAOD – 13 VIP – 5
HE.912.R.2.3 Formulate a plan to attain a personal goal that addresses strengths, needs, and risks.	ABST – 6 EMH – 14 NPA – 10, 11
HE.912.R.2.4 Implement strategies and monitor progress in achieving a personal goal.	ABST – 6 EMH – 14 NPA – 10, 11
HE.912.R.2.5 Formulate an effective long-term plan to include all dimensions of wellness.	HIV – 14
HE.912.R.2.6 Analyze how actions and reactions can influence one to respond in different situations.	ABST – 13, 14 EMH – 4, 6, 12 HIV – 12 TAOD – 13 VIP – 4, 5
HE.912.R.2.7 Evaluate strategies that assist with managing challenges or setbacks.	ABST – 13 EMH – 2, 3, 14 HIV – 12 NPA – 10, 11
Mentorship and Citizenship	
HE.912.R.3.1 Identify benefits of voting, volunteering, mentoring, and seeking leadership positions.	Not covered
HE.912.R.3.2 Analyze ways a leader can inspire confidence and motivate others.	Not covered
HE.912.R.3.3 Analyze situations and demonstrate strategies to engage in respectful debate.	EMH – 13

Grades 9–12	HealthSmart Unit – Lesson
Resiliency Education Strand (<i>continued</i>)	
Critical Thinking and Problem Solving	
HE.912.R.4.1 Analyze the importance of character and grit to achieve successful outcomes.	EMH – 2
HE.912.R.4.2 Generate and apply alternative solutions when solving problems or resolving conflict.	EMH – 13
HE.912.R.4.3 Describe ways to anticipate, avoid or de-escalate conflicts.	EMH – 13
HE.912.R.4.4 Identify the importance of perseverance when facing difficulty solving a problem.	Can be addressed in goal-setting lessons ABST – 6 EMH – 14 NPA – 10, 11

Grades 9–12	HealthSmart Unit – Lesson
Substance Use and Abuse Strand	
Health Promotion and Disease Prevention Concepts	
HE.912.SUA.1.1 Differentiate between various levels of alcohol consumption and its effects on the body	TAOD – 7
HE.912.SUA.1.2 Analyze how moderate and excessive alcohol consumption can contribute to risky, unsafe behaviors and consequences.	TAOD – 7, 9 ABST – 11, HIV – 8 VIP – 1, 2, 9
HE.912.SUA.1.2 Analyze the long-term health risks associated with alcohol misuse including physical and neurological damage.	TAOD – 7
HE.912.SUA.1.4 Analyze how alcohol, marijuana/THC, tobacco, nicotine, and/or drug use can impede goals, activities, achievements, and college and career readiness.	TAOD – 2, 4, 5, 7, 8
HE.912.SUA.1.5 Analyze the physical, mental, social and legal consequences of marijuana/THC use	TAOD – 8
HE.912.SUA.1.6 Examine the effects of marijuana/THC and vaping on brain function and development.	TAOD – 8
HE.912.SUA.1.7 Differentiate between the three major categories of prescription drugs and describe the purposes and side effects.	TAOD – 3, 4
HE.912.SUA.1.8 Analyze signs and symptoms of prescription drug and/or illicit drug misuse and overdose	TAOD – 3, 4
HE.912.SUA.1.9 Summarize the risks and consequences of misusing and sharing prescription drugs and/or illicit drugs	TAOD – 3, 4
HE.912.SUA.1.10 Analyze the short- and long-term physical, psychological, financial, and social consequences of tobacco, nicotine use, and/or vaping	TAOD – 5
Internal and External Influences	
HE.912.SUA.2.1 Analyze the legal, mental and social consequences of underage consumption of alcohol.	TAOD – 7
HE.912.SUA.2.2 Distinguish how external factors, including industry practices, can influence behaviors related to tobacco, nicotine use, and/or vaping.	TAOD – 11, 12 [Industry practices covered specifically in Middle School TAOD – 13]

Grades 9–12	HealthSmart Unit – Lesson
Substance Use and Abuse Strand (<i>continued</i>)	
Access to Valid Information, Products and Services	
HE.912.SUA.3.1 Discuss valid, reliable school and community resources where an individual can seek help for issues related to alcohol and/or other drug misuse and/or abuse.	TAOD – 10
HE.912.SUA.3.2 Assess and examine the misconceptions and perceived norms that surround marijuana/THC and factors that contribute and influence decisions regarding usage.	TAOD – 8
HE.912.SUA.3.3 Evaluate the accessibility of effective nicotine cessation products and services.	TAOD – 6
Communication Skills and Resilient Behaviors to Reduce Health Risks	
HE.912.SUA.4.1 Propose strategies that can reduce health risks for self and others for potential pressures at the college or career level.	TAOD – 13, 14, 15
Advocacy for Personal, Family and Community Health	
HE.912.SUA.5.1 Plan how to effectively ask for help if a person in your immediate environment experiences a problem with alcohol and/or other drugs.	TAOD – 10
HE.912.SUA.5.2 Utilize current, accurate data/information to formulate a health-enhancing message to effectively persuade others to be drug and alcohol free.	TAOD – 5, 16
HE.912.SUA.5.3 Propose strategies for prevention, detection and treatment options for youth who misuse, are dependent on or are addicted to alcohol, marijuana/THC, nicotine, tobacco, vaping, and other drugs.	TAOD – 10

