

***HealthSmart* Alignment with
Idaho Content Standards
Health Education**

**High School, Third Edition
Grades 9–12**

advancing
health
equity **etr.**

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.	
9-12.H.1.1.1 Predict how behaviors can affect wellness.	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
9-12.H.1.1.2 Describe the interrelationships of emotional, mental, physical, and social health.	EMH – 1
9-12.H.1.1.3 Analyze how environment and wellness are interrelated (e.g., secondhand smoke/vapors from vaping).	ABST – 2, 3 EMH – 4, 11, 15 TAOD – 5 VIP – 9
9-12.H.1.1.4 Analyze how genetics and family history can affect personal health.	ABST – 3 EMH – 15 TAOD – 2
9-12.H.1.1.5 Propose ways to reduce 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
9-12.H.1.1.6 Analyze the relationship between access to health care and health status.	ABST – 4, 9 EMH – 15, 17
9-12.H.1.1.7 Compare and contrast the benefits of and barriers to practicing a variety of healthy behaviors.	ABST – 10 EMH – 13, 14, 17 HIV – 4, 11 NPA – 7, 10 TAOD – 6 VIP – 2, 11, 12, 14, 15, 16
9-12.H.1.1.8 Analyze the potential severity of health problems that result from 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.	
9-12.H.2.1.1 Analyze how the family and culture influence health beliefs and behaviors.	ABST – 11 EMH – 8 HIV – 8 NPA – 12, 13 TAOD – 11 VIP – 9, 13
9-12.H.2.1.2 Analyze how peers influence health beliefs and behaviors (e.g., social norms).	ABST – 11 EMH – 8, 15 HIV – 8 NPA – 12, 13 TAOD – 5, 11 VIP – 1, 2, 11, 12, 13
9-12.H.2.1.3 Evaluate how the school and community can impact personal health practice and behaviors.	HIV – 8 NPA – 12 TAOD – 9, 11 VIP – 9, 11, 12, 13
9-12.H.2.1.4 Analyze how the media and technology influence health beliefs and behaviors (e.g., social media, internet safety, and responsibility).	ABST – 12 EMH – 11, 15 HIV – 8, 9 NPA – 12, 13 TAOD – 12 VIP – 10, 13
9-12.H.2.1.5 Analyze how some health risk behaviors can increase the likelihood of engaging in unhealthy behaviors (e.g., using drugs to fit in).	ABST – 11 HIV – 8 TAOD – 9, 11 VIP – 1, 9
9-12.H.2.1.6 Analyze 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.	
9-12.H.3.1.1 Evaluate the validity of health information, products, and services.	ABST – 5 EMH – 17 NPA – 9
9-12.H.3.1.2 Determine the accessibility of products and services that enhance health.	HIV – 10, 11
9-12.H.3.1.3 Access valid and reliable health products and services.	HIV – 10, 11
9-12.H.3.1.4 Use resources from home, school, and community that provide valid health information.	ABST – 5 NPA – 4, 9 TAOD – 3

Grades 9–12 <i>(continued)</i>	HealthSmart (Unit – Lesson)
Standard 3 <i>(continued)</i>	
9-12.H.3.1.5 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.	
9-12.H.4.1.1 Use skills for communicating effectively with family, peers, and others to enhance health.	ABST – 15 EMH – 6, 7, 9, 10 HIV – 12, 13 TAOD – 14
9-12.H.4.1.2 Demonstrate refusal, conflict resolution, and collaboration skills to enhance health and avoid or reduce health risks.	ABST – 15, 16 HIV – 12, 13 TAOD – 14, 15 VIP – 19
9-12.H.4.1.3 Demonstrate strategies to prevent, manage, or resolve interpersonal conflicts without harming self or others.	EMH – 13
9-12.H.4.1.4 Demonstrate how to ask for and offer assistance to enhance the health of self and others (e.g., suicide prevention, relationship violence, and bullying).	EMH – 10, 16, 17 NPA – 15 TAOD – 6 VIP – 11, 16, 17
Standard 5: Students will demonstrate the ability to use decision-making skills to enhance health.	
9-12.H.5.1.1 Examine barriers that can hinder healthy decision making.	ABST – 14 TAOD – 13 VIP – 5
9-12.H.5.1.2 Determine the value of applying a thoughtful decision-making process in health-related situations.	ABST – 14 TAOD – 13 VIP – 5
9-12.H.5.1.3 Justify when individual or collaborative decision making is appropriate.	ABST – 14 TAOD – 13 VIP – 5
9-12.H.5.1.4 Generate alternatives to health-related issues or problems.	ABST – 14 TAOD – 13 VIP – 5
9-12.H.5.1.5 Predict the potential short-term and long-term impact of each alternative on self, others, and the environment.	ABST – 14 TAOD – 13 VIP – 5

Grades 9–12 <i>(continued)</i>	HealthSmart (Unit – Lesson)
Standard 5 <i>(continued)</i>	
9-12.H.5.1.6 Defend the healthy choice when making decisions.	ABST – 14 TAOD – 13 VIP – 5
9-12.H.5.1.7 Evaluate the effectiveness of health-related decisions.	ABST – 14 TAOD – 13 VIP – 5
Standard 6: Students will demonstrate the ability to use goal-setting skills to enhance health.	
9-12.H.6.1.1 Assess personal health practices and overall health status.	ABST – 1, 6 EMH – 1, 2, 11, 14 NPA – 2, 3, 4, 7, 10 VIP – 1
9-12.H.6.1.2 Develop a plan to attain a personal health goal that addresses strengths, needs, and risks.	ABST – 6 EMH – 14 NPA – 10
9-12.H.6.1.3 Implement effective strategies and monitor progress in achieving a personal health goal.	ABST – 6 EMH – 14 NPA – 10, 11
9-12.H.6.1.4 Formulate an effective long-term personal health plan.	HIV – 14
Standard 7: Students demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.	
9-12.H.7.1.1 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
9-12.H.7.1.2 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
9-12.H.7.1.3 Explain the importance of personal hygiene, self-care (e.g., self-exams), food behavior, and physical activity.	ABST – 2, 9 EMH – 3, 5, 12 NPA – 1, 2, 3, 5, 6, 7, 15, 16
9-12.H.7.1.4 Demonstrate 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
9-12.H.7.1.5 Instruction provided on hands-only CPR training including proper utilization of an AED.	<i>HealthSmart does not cover hands-on first-aid practices</i>

<p>Grades 9–12 <i>(continued)</i></p>	<p>HealthSmart (Unit – Lesson)</p>
<p>Standard 8: Students will demonstrate the ability to advocate for personal, family, and community health.</p>	
<p>9-12.H.8.1.1 Use accurate information to formulate a health-enhancing message.</p>	<p>EMH – 11 HIV – 2, 15 NPA – 8 TAOD – 5, 6, 12, 16 VIP – 7, 11</p>
<p>9-12.H.8.1.2 Demonstrate how to influence and support others to make positive health choices.</p>	<p>EMH – 11 HIV – 2, 15 NPA – 8 TAOD – 5, 6, 12, 16 VIP – 7, 11</p>
<p>9-12.H.8.1.3 Work cooperatively as an advocate for improving personal, family, and community health.</p>	<p>HIV – 2, 15 NPA – 8 TAOD – 16 VIP – 6, 7, 11</p>
<p>9-12.H.8.1.4 Adapt health messages and communication techniques to a specific target audience.</p>	<p>HIV – 2, 15 NPA – 8 TAOD – 16 VIP – 7</p>