

***HealthSmart* Alignment with
North Dakota
Health Education
Content Standards**

**Middle School, Third Edition
Grades 6–8**

HealthSmart Middle School Unit Key	
ABST = Abstinence, Puberty & Personal Health	NPA = Nutrition & Physical Activity
EMH = Emotional & Mental Health	TAOD = Tobacco, Alcohol & Other Drug Prevention
HIV = HIV, STI & Pregnancy Prevention	VIP = Violence & Injury Prevention
Grade 6	HealthSmart (Unit – Lesson)
Standard 1: Understand concepts related to human growth and development, health promotion and disease prevention.	
1.6.1 Analyze the relationship between health 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
1.6.2 Identify examples of mental, emotional, physical, and social health.	EMH – 1
1.6.3 Describe how one’s environment can promote personal health.	ABST – 2, 3 EMH – 2, 13
1.6.4 Describe how family history can affect personal health.	ABST – 3
1.6.5 Identify adolescent health problems.	ABST – 2 EMH – 9 HIV – 1 NPA – 12, 13 VIP – 1, 2, 3, 9, 11, 13, 16, 17
1.6.6 Explain how appropriate health care can promote personal health.	ABST – 9
1.6.7 Describe the benefits of and barriers to practicing health-enhancing behaviors.	ABST – 1, 11 EMH – 7, 8 HIV – 1, 3, 13 NPA – 5, 16 TAOD – 11 VIP – 10, 14
1.6.8 Examine the likelihood of injury or illness if engaging in unhealthy behaviors.	HIV – 1, 5, 7 NPA – 12, 13 TAOD – 7, 8 VIP – 1, 2, 8, 13
1.6.9 Explain mental, emotional, physical, and social changes that occur during adolescence.	ABST – 5, 6, 7, 8, 10
1.6.10 Define abstinence in relation to health behaviors.	ABST – 11, 13, 16
1.6.11 Describe characteristics of healthy and unhealthy relationships with family, peers, and other adults.	EMH – 4, 5 HIV – 4

Grade 6 <i>(continued)</i>	HealthSmart (Unit – Lesson)
Standard 2: Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.	
2.6.1 Examine how family influences health in positive and negative ways.	ABST – 12 EMH – 4 NPA – 9, 11 TAOD – 9, 12
2.6.2 Describe how culture, personal values, and beliefs support and challenge health behaviors.	ABST – 10, 12 NPA – 11 TAOD – 9
2.6.3 Identify how peers influence health behaviors.	ABST – 12, 13 EMH – 4, 13 NPA – 9, 10, 11 TAOD – 9, 11, 15 VIP – 5, 11, 13
2.6.4 Identify risk behaviors that can lead to future unhealthy behaviors.	ABST – 2, 3 HIV – 1 NPA – 12, 13 TAOD – 2, 6 VIP – 1, 2, 5
2.6.5 Explain how messages from media and technology influence health behaviors.	ABST – 12 EMH – 13 NPA – 9, 11 TAOD – 9, 13, 14 VIP – 9, 13
Standard 3: Demonstrate the ability to access valid information, products, and services.	
3.6.1 Describe the validity of health information, products, and services.	ABST – 1, 4 NPA – 1
3.6.2 Access valid health information from home, school, and community.	ABST – 1 NPA – 4 TAOD – 5, 12
3.6.3 Identify situations that may require professional health services.	ABST – 9 EMH – 8 HIV – 8 NPA – 13

Grade 6 <i>(continued)</i>	HealthSmart (Unit – Lesson)
Standard 4: Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.	
4.6.1 Demonstrate effective verbal and nonverbal communication skills to enhance health.	ABST – 7, 10, 14 EMH – 5, 12 HIV – 10, 13 NPA – 10 TAOD – 15 VIP – 5
4.6.2 Demonstrate refusal skills to avoid or reduce health risks.	ABST – 14, 15 HIV – 10, 11, 13 NPA – 10 TAOD – 15, 16 VIP – 5, 16
4.6.3 Demonstrate negotiation skills to avoid or reduce health risks.	HIV – 13
4.6.4 Demonstrate effective conflict management or resolution strategies.	VIP – 14, 15
4.6.5 Demonstrate how to ask for assistance to enhance the health of self and others.	EMH – 8 VIP – 10, 15, 17
Standard 5: Demonstrate the ability to use decision-making skills to enhance health and avoid or reduce health risks.	
5.6.1 Identify circumstances that can help or hinder healthy decision making.	EMH – 14 HIV – 9 VIP – 6
5.6.2 Determine when health-related situations require the application of a decision-making process.	EMH – 14 HIV – 9 VIP – 6
5.6.3 Distinguish when individual or collaborative decision making is appropriate.	EMH – 14 HIV – 9 VIP – 6
5.6.4 Identify healthy and unhealthy alternatives to health-related issues or problems.	EMH – 14 HIV – 9 VIP – 6
5.6.5 Predict the potential outcomes of healthy and unhealthy decisions on self and others.	EMH – 14 HIV – 9 VIP – 6
5.6.6 Choose healthy alternatives over unhealthy alternatives when making a decision.	EMH – 14 HIV – 9 VIP – 6
5.6.7 Analyze the outcomes of a health-related decision.	EMH – 14 HIV – 9 VIP – 6

Grade 6 <i>(continued)</i>	HealthSmart (Unit – Lesson)
Standard 6: Demonstrate the ability to use goal-setting skills to enhance health and avoid or reduce health risks.	
6.6.1 Assess personal health practices.	EMH – 1, 15 NPA – 3, 9, 14, 16
6.6.2 Develop a goal to adopt, maintain, or improve a personal health practice.	EMH – 15 NPA – 16
6.6.3 Identify strategies and skills needed to attain a personal health goal.	EMH – 15 NPA – 16, 17
Standard 7: Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.	
7.6.1 Identify 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
7.6.2 Demonstrate health 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
7.6.3 Demonstrate health behaviors to 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: Demonstrate the ability to advocate for personal, family, and community health.	
8.6.1 Construct a health-enhancing position on a topic and support it with accurate information.	ABST – 2, 11 HIV – 2 NPA – 6 TAOD – 13, 14 VIP – 4, 12
8.6.2 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

Grades 7 & 8	HealthSmart (Unit – Lesson)
Standard 1: Understand concepts related to human growth and development, health promotion and disease prevention.	
1.8.1 Analyze the relationship between health 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 Describe the interrelationships of mental, emotional, physical, and social health in adolescence.	ABST – 4, 7 EMH – 1
1.8.3 Analyze how the environment affects personal health.	ABST – 2, 3 EMH – 2, 13
1.8.4 Describe how family history can affect personal health.	ABST – 3
1.8.5 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
1.8.6 Explain how appropriate health care can promote personal health.	ABST – 9
1.8.7 Describe the benefits of and barriers to practicing health-enhancing behaviors.	ABST – 1, 11 EMH – 7, 8 HIV – 1, 3, 13 NPA – 5, 16 TAOD – 11 VIP – 10, 14
1.8.8 Examine the potential seriousness of injury and illness if engaging in unhealthy behaviors.	HIV – 5, 6, 7 NPA – 13 TAOD – 7, 8 VIP – 1, 8
1.8.9 Identify the anatomical structures of the reproductive system.	ABST – 5, 6
1.8.10 Explain the processes of conception, prenatal development, and birth. <i>(How conception/pregnancy occurs only.)</i>	ABST – 8 HIV – 5
1.8.11 Identify the benefits of abstinence and/or contraceptive methods.	ABST – 11 HIV – 14
1.8.12 Acknowledge differences among individuals regarding gender.	ABST – 4 HIV – 2
1.8.13 Analyze characteristics of healthy and unhealthy relationships with family, peers, and other adults.	EMH – 4, 5 HIV – 4

<p>Grades 7 & 8 <i>(continued)</i></p>	<p>HealthSmart (Unit – Lesson)</p>
<p>Standard 2: Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.</p>	
<p>2.8.1 Analyze how family influences the health of individuals.</p>	<p>ABST – 12 EMH – 4 NPA – 9, 11 TAOD – 9, 12</p>
<p>2.8.2 Describe how culture, personal values, and beliefs support and challenge health behaviors.</p>	<p>ABST – 10, 12 NPA – 11 TAOD – 9</p>
<p>2.8.3 Describe how peers influence health behaviors.</p>	<p>ABST – 12, 13 EMH – 4, 13 NPA – 9, 10, 11 TAOD – 9, 11, 15 VIP – 5, 11, 13</p>
<p>2.8.4 Analyze how the school and community can affect personal health behaviors.</p>	<p>ABST – 12 EMH – 2 TAOD – 9, 12</p>
<p>2.8.5 Analyze how messages from media and technology influence health behaviors.</p>	<p>ABST – 12 EMH – 13 NPA – 9, 11 TAOD – 9, 13, 14 VIP – 9, 13</p>
<p>2.8.6 Explain the influence of norms, personal values, and beliefs on individual health behaviors.</p>	<p>ABST – 12, 13 EMH – 13 HIV – 1 TAOD – 1, 9 VIP – 1</p>
<p>2.8.7 Describe how some health risk behaviors can influence the likelihood of engaging in other unhealthy behaviors.</p>	<p>TAOD – 2</p>
<p>2.8.8 Explain how school and public health policies can influence health promotion and disease prevention.</p>	<p>TAOD – 12</p>
<p>Standard 3: Demonstrate the ability to access valid information, products, and services.</p>	
<p>3.8.1 Analyze the validity of health information, products, and services.</p>	<p>ABST – 1, 4 NPA – 1</p>
<p>3.8.2 Access valid health information from home, school, and community.</p>	<p>ABST – 1 NPA – 4 TAOD – 5, 12</p>
<p>3.8.3 Access valid and reliable health products and services.</p>	<p>HIV – 12 VIP – 17</p>
<p>3.8.4 Describe situations that may require professional health services.</p>	<p>ABST – 9 EMH – 8 HIV – 8 NPA – 13</p>

Grades 7 & 8 <i>(continued)</i>	HealthSmart (Unit – Lesson)
Standard 4: Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.	
4.8.1 Demonstrate effective verbal and nonverbal communication skills to enhance health.	ABST – 7, 10, 14 EMH – 5, 12 HIV – 10, 13 NPA – 10 TAOD – 15 VIP – 5
4.8.2 Demonstrate refusal skills to avoid or reduce health risks.	ABST – 14, 15 HIV – 10, 11, 13 NPA – 10 TAOD – 15, 16 VIP – 5, 16
4.8.3 Demonstrate negotiation skills to avoid or reduce health risks.	HIV – 13
4.8.4 Demonstrate collaboration skills to avoid or reduce health risks.	ABST – 2 HIV – 5 NPA – 6 TAOD – 14 VIP – 4, 12
4.8.5 Demonstrate effective conflict management or resolution strategies.	VIP – 14, 15
4.8.6 Demonstrate how to ask for assistance to enhance the health of self and others.	EMH – 8 VIP – 10, 15, 17
Standard 5: Demonstrate the ability to use decision-making skills to enhance health and avoid or reduce health risks.	
5.8.1 Identify circumstances that can help or hinder healthy decision making.	EMH – 14 HIV – 9 VIP – 6
5.8.2 Apply the decision-making process in health-related situations.	EMH – 14 HIV – 9 VIP – 6
5.8.3 Distinguish when individual or collaborative decision making is appropriate.	EMH – 14 HIV – 9 VIP – 6
5.8.4 Distinguish between healthy and unhealthy alternatives to health-related issues or problems.	EMH – 14 HIV – 9 VIP – 6
5.8.5 Predict the potential outcomes of healthy and unhealthy decisions on self and others.	EMH – 14 HIV – 9 VIP – 6

Grades 7 & 8 <i>(continued)</i>	HealthSmart (Unit – Lesson)
Standard 5 <i>(continued)</i>	
5.8.6 Choose healthy alternatives over unhealthy alternatives when making a decision.	EMH – 14 HIV – 9 VIP – 6
5.8.7 Analyze the outcomes of a health-related decision.	EMH – 14 HIV – 9 VIP – 6
Standard 6: Demonstrate the ability to use goal-setting skills to enhance health and avoid or reduce health risks.	
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 Apply 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, and responsibilities.	ABST – 16 EMH – 15 NPA – 17
Standard 7: 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 Analyze health 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 Demonstrate health behaviors to 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

Grades 7 & 8 <i>(continued)</i>	HealthSmart (Unit – Lesson)
Standard 8: Demonstrate the ability to advocate for personal, family, and community health.	
8.8.1 Construct a health-enhancing position on a topic and support it with accurate information.	ABST – 2, 11 HIV – 2 NPA – 6 TAOD – 13, 14 VIP – 4, 12
8.8.2 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
8.8.3 Work cooperatively to advocate for healthy individuals, families, and schools.	ABST – 2 HIV – 5 NPA – 6 TAOD – 14 VIP – 4, 12
8.8.4 Identify ways in which health messages and communication techniques can be altered for different audiences.	TAOD – 14 VIP – 4