

***HealthSmart* Alignment with
North Dakota
Health Education
Content Standards
Grades K–5**

Grades K–2	HealthSmart (Grade – Lesson)
Standard 1: Understand concepts related to human growth and development, health promotion and disease prevention.	
1.2.1. Identify how health behaviors affect mental, emotional, physical, and social health.	K – 1, 2, 3, 4, 5, 6, 7, 8, 9, 11, 12, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30 1 – 1, 2, 3, 4, 5, 6, 7, 8, 18, 21, 22, 23, 24, 25, 26, 27 2 – 1, 2, 3, 4, 5, 6, 7, 8, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 26
1.2.2 Recognize that there are multiple dimensions of health.	2 – 2
1.2.3 Describe ways to prevent contagious diseases.	K – 6 1 – 5 2 – 5
1.2.4 Identify ways to prevent common childhood injuries.	K – 13, 14, 15, 16, 17, 18 1 – 7, 9, 10, 11, 12, 13, 14, 15, 16, 20 2 – 9, 10, 11, 12, 13
1.2.5 Describe why it is important to seek health care.	K – 7, 8 2 – 6
1.2.6 Explain how responsibility changes as we grow older.	2 – 2
1.2.7 Identify characteristics of healthy and unhealthy relationships with family, peers, and other adults. <i>(Focus is on ways family, peers, trusted adults support health.)</i>	K – 3 1 – 1, 2, 3 2 – 1
Standard 2: Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.	
2.2.1 Identify how family influences personal health behaviors.	K – 3 1 – 2, 27, 29 2 – 1
2.2.2 Identify what the school can do to support personal health behaviors. <i>(Focus is on trusted adults at school and school rules.)</i>	K – 7, 8, 10, 11 1 – 13, 14, 16, 18 2 – 4, 14, 25
2.2.3 Describe how the media and technology can influence health behaviors.	Not covered
Standard 3: Demonstrate the ability to access valid information, products, and services.	
3.2.1 Identify trusted adults and professionals who can help promote health.	K – 3, 7, 8, 9, 10, 11, 18, 22 1 – 1, 9, 11, 18, 29 2 – 4, 14, 25
3.2.2 Identify ways to locate school and community health helpers.	K – 9, 10, 19 1 – 17

Grades K–2 <i>(continued)</i>	HealthSmart (Grade – Lesson)
Standard 4: Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.	
4.2.1 Demonstrate healthy ways to express needs, wants, feelings, and emotions.	K – 1, 2, 3, 9, 10 1 – 29 2 – 4
4.2.2 Demonstrate listening skills to enhance health.	K – 1
4.2.3 Demonstrate ways to respond when in an unwanted, threatening, or dangerous situation.	K – 10, 11, 18, 29 1 – 16, 17, 18, 20 2 – 15
4.2.4 Demonstrate ways to tell a trusted adult if threatened or harmed.	K – 19 1 – 17, 20 2 – 15
Standard 5: Demonstrate the ability to use decision-making skills to enhance health and avoid or reduce health risks.	
5.2.1 Identify situations when a health-related situation is needed.	K – 20, 21, 28 2 – 9, 10, 11, 12, 26
5.2.2. Differentiate between situations when a health-related decision can be made individually or when assistance is needed.	K – 20 2 – 26
Standard 6: Demonstrate the ability to use goal-setting skills to enhance health and avoid or reduce health risks.	
6.2.1 Identify a short-term personal health goal and the action toward achieving the goal.	K – 5, 6, 23, 25 1 – 8, 23 2 – 13, 19, 21
6.2.2 Identify who can help when assistance is needed to achieve a personal health goal.	K – 5, 6, 23, 25 1 – 23 2 – 13, 19, 21
Standard 7: Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.	
7.2.1 Demonstrate health behaviors to maintain or improve personal health.	K – 1, 5, 6 1 – 5, 6, 8 2 – 5, 22, 26
7.2.2 Demonstrate health behaviors that avoid or reduce health risks.	K – 2, 13, 14, 15, 16, 17, 19, 29 1 – 7, 10, 12, 16, 17 2 – 3
Standard 8: Demonstrate the ability to advocate for personal, family, and community health.	
8.2.1 Make a request to promote personal health.	K – 3, 7, 29 1 – 19, 28, 29 2 – 15, 16, 25
8.2.2 Encourage peers to make positive health choices.	K – 11, 25, 28, 30 1 – 3, 12, 19, 22, 28 2 – 8, 15, 16, 23, 26

Grades 3–5	HealthSmart (Grade – Lesson)
Standard 1: Understand concepts related to human growth and development, health promotion and disease prevention.	
1.5.1 Describe the relationship between health behaviors and mental, emotional, physical, and social health.	3 – 1, 2, 3, 4, 5, 6, 7, 8, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28 4 – 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 12, 13, 14, 16, 17, 18, 19, 20, 21, 25, 26, 28 5 – 1, 2, 4, 5, 6, 7, 8, 11, 13, 16, 17, 18, 19, 20, 21, 24, 25, 26, 27, 30, 32, 33, 34, 35, 37
1.5.2 Identify examples of mental, emotional, physical, and social health.	3 – 1 5 – 1
1.5.3 Describe ways in which a safe and healthy school and community environment can promote personal health.	3 – 9, 10, 11, 13, 14, 15 4 – 11 5 – 36
1.5.4 Describe ways to prevent common childhood injuries and health problems.	3 – 9, 10, 11, 16 4 – 3, 10, 11, 12, 14, 15 5 – 9, 10, 11, 12
1.5.5 Describe when it is important to seek health care.	3 – 8
1.5.6 Explain the stages of mental, emotional, physical, and social growth and development in humans from infancy to late adulthood. <i>(Focus is on changes of puberty/adolescence.)</i>	4 – 25, 26 5 – 32, 33, 34, 35
1.5.7 Define abstinence in relation to health behaviors.	5 – 37
1.5.8 Describe characteristics of healthy and unhealthy relationships with family, peers, and other adults.	3 – 1, 3, 4, 5 5 – 2, 3
Standard 2: Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.	
2.5.1 Describe how family influences personal health behaviors.	3 – 3, 21 4 – 21 5 – 2, 19, 30, 33
2.5.2 Identify the influence of culture on health behaviors.	3 – 21 4 – 21 5 – 19, 36
2.5.3 Identify how peers influence health behaviors.	3 – 4, 21, 27, 28 4 – 13, 21 5 – 2, 7, 11, 19, 26, 30
2.5.4 Describe how the school and community can support personal health behaviors.	3 – 15 4 – 11 5 – 9
2.5.5 Explain how media and technology influences personal health behaviors.	3 – 14, 21, 28 4 – 21 5 – 7, 8, 14, 27, 30

Grades 3–5 <i>(continued)</i>	HealthSmart (Grade – Lesson)
Standard 3: Demonstrate the ability to access valid information, products, and services.	
3.5.1 Identify characteristics of valid health information, products, and services.	4 – 20 5 – 4, 38
3.5.2 Locate resources from home, school, and community that provide valid health information.	3 – 1 4 – 6, 20, 27 5 – 4, 5, 13, 31, 38
Standard 4: Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.	
4.5.1 Demonstrate effective verbal and nonverbal communication skills to enhance health.	3 – 4, 29 5 – 3
4.5.2. Demonstrate refusal skills that avoid or reduce health risks.	3 – 16, 29 4 – 13, 22, 23 5 – 28
4.5.3 Demonstrate nonviolent strategies to manage or resolve conflicts.	4 – 14, 15
4.5.4 Demonstrate how to ask for assistance to enhance personal health.	3 – 15, 16 4 – 6, 15, 27 5 – 31
Standard 5: Demonstrate the ability to use decision-making skills to enhance health and avoid or reduce health risks.	
5.5.1 Identify health-related situations that might require a decision-making process.	3 – 13, 26 4 – 14, 28 5 – 12, 29
5.5.2 Analyze when assistance is needed when making a health-related decision.	3 – 13, 26 4 – 14, 28 5 – 12, 29
5.5.3 List healthy options to health-related issues or problems.	3 – 13, 26 4 – 28 5 – 29
5.5.4 Predict the potential outcomes of each option when making a health-related decision.	3 – 13, 26 4 – 28 5 – 29
5.5.5 Choose a healthy option when making a decision.	3 – 13, 26 4 – 28 5 – 29
5.5.6 Describe the outcomes of a health-related decision.	3 – 26 5 – 29, 30, 37

Grades 3–5 <i>(continued)</i>	HealthSmart (Grade – Lesson)
Standard 6: Demonstrate the ability to use goal-setting skills to enhance health and avoid or reduce health risks.	
6.5.1 Set a personal health short-term goal and track progress toward its achievement.	3 – 12, 22, 24 4 – 9, 19 5 – 22, 23
6.5.2 Identify resources to assist in achieving a personal health goal.	3 – 12, 22, 24 4 – 9, 19 5 – 22, 23, 30
Standard 7: Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.	
7.5.1 Identify responsible personal health behaviors	3 – 9, 11, 14 4 – 4, 12 5 – 25, 26, 30, 33
7.5.2 Demonstrate health behaviors to maintain or improve personal health.	3 – 4, 18, 22, 24 4 – 9, 19 5 – 3, 6, 23
7.5.3 Demonstrate health behaviors to avoid or reduce health risks.	3 – 6, 12, 16, 29 4 – 3, 5, 13, 15, 23 5 – 9, 12, 19, 28
Standard 8: Demonstrate the ability to advocate for personal, family, and community health.	
8.5.1 Express opinions and give accurate information about health issues.	3 – 7, 10, 11, 15 4 – 20, 24, 25, 26 5 – 9, 15, 27, 36
8.5.2 Encourage others to make positive health choices.	3 – 7, 11, 15, 29 4 – 20, 24, 26 5 – 9, 15, 27, 36