

***HealthSmart* Alignment with
Arkansas
Health and Safety Standards**

**Middle School
Grades 6–8**

HEALTH *Smart*

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
Grades 6–8	HealthSmart (Unit – Lesson)
Human Growth and Development	
Students will demonstrate the ability to apply their understanding of human growth and development, including awareness of their own and others', related to body systems.	
Level E: I can demonstrate an understanding of how different body systems interact and depend on each other.	ABST – 5, 6, 8 [reproductive only] HIV – 5 [reproductive only]
Level E: I can analyze more advanced body systems and the function that they play in overall health.	ABST – 5, 6, 8 [reproductive only] HIV – 5 [reproductive only]
Level F: I can analyze and discuss physical and emotional changes that occur during puberty and the physical changes that occur within body systems as I mature.	ABST – 5, 6, 7, 8 HIV – 5
Healthy Skills and Relationships	
Students will demonstrate healthy relationships and interaction with others, utilize effective communication skills (verbal, non-verbal, and online), and differentiate between healthy and unhealthy behaviors, and how those behaviors impact relationships with peers and adults.	
Level E: I can evaluate how inappropriate and risky behaviors as well as poor communication may have negative consequences in relationships.	ABST – 10, 14, 15 EMH – 4, 5, 6, 7 HIV – 3, 10, 13 VIP – 5, 14
Level E: I can identify the dangers and consequences of inappropriate use of technology and social media.	EMH – 13 VIP – 9
Level F: I can analyze the impact of behaviors and communication on relationships.	ABST – 10 EMH – 4, 5 HIV – 3 VIP – 14
Nutrition	
Students will apply concepts of how food choices impact the overall health of self and others, and investigate how different types of eating disorders damage body systems.	
Level E: I can recognize different types of eating disorders and identify resources for treatment.	NPA – 13
Level F: I can develop a personal eating plan that contributes to overall health and well-being.	NPA – 16, 17

Grades 6–8 <i>(continued)</i>	HealthSmart (Unit – Lesson)
Alcohol, Tobacco, and Other Drugs	
Students will investigate healthy and unhealthy behaviors related to alcohol, tobacco, and other drugs, while understanding the physical, psychological, and legal consequences for self and others.	
Level E: I can analyze the misuse of and dependency on alcohol, tobacco, and other drugs and identify support and resources for treatment.	TAOD – 2, 3, 4, 5, 6, 7
Level F: I can evaluate the family, societal, and legal impact of alcohol, tobacco, and other drugs.	TAOD – 8, 12, 17
Personal Health and Safety	
Students will promote physical, social, and emotional health for self and others.	
Level E: I can monitor personal feelings and stress and identify strategies, skills, and resources that assist in managing them.	EMH – 6, 7, 8, 9, 10, 11
Level E: I can examine personal feelings and stress that can be a threat to personal safety.	EMH – 7, 9
Level F: I can identify strategies to avoid risk associated with communicable diseases.	ABST – 3
Level F: I can show/model a knowledge of first aid and appropriate response in emergency situations.	Covered in High School