

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

**High School
Grades 9–12**

HEALTH *Smart*

HealthSmart High School Unit Key	
ABST = Abstinence, Personal & Sexual 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 9–12	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 G: I can analyze growth patterns and developmental changes and examine the factors that interfere with healthy development.	ABST – 8 [Review of reproductive systems. Puberty covered in Middle School]
Level H: I can examine factors that are important to human reproduction, including prenatal care, pregnancy, and childbirth, and identify available health resources.	ABST – 8, 9 HIV – Supplemental Lesson
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 G: I can analyze behaviors and attitudes that contribute to healthy relationships.	EMH – 8 HIV – 1 VIP – 15
Level G: I can identify healthy sexual behavior.	ABST – 10, 13, 14, 15, 16 HIV – 3, 4, 5, 9, 10, 11, 12, 13, 14
Level G: I can describe the signs of dating violence and abuse.	VIP – 15
Level H: I can compare and contrast characteristics of healthy and unhealthy behaviors and relationships.	EMH – 8 VIP – 15
Level H: I can communicate with peers about dating violence.	VIP – 15
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 G: I can evaluate personal eating habits and patterns for the purpose of determining how I can live a healthy lifestyle as it relates to nutrition.	NPA – 2, 3, 10, 11
Level H: I can identify unhealthy nutrition choices in self and others and determine the warning signs of unhealthy choices and disorders related to nutrition.	NPA – 1, 2, 3, 5, 14, 15 EMH – 15 [eating disorders]

Grades 9–12 <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 G: I can describe the effects of the use of alcohol, tobacco, and other drugs.	TAOD – 1, 2, 3, 4, 5, 7, 8
Level H: I can analyze substance abuse and identify available resources to combat addiction.	TAOD – 2, 10
Personal Health and Safety	
Students will promote physical, social, and emotional health for self and others.	
Level G: I can make choices in different situations that contribute to the overall health of self and others.	ABST – 14 TAOD – 13 VIP – 5
Level G: I can demonstrate an understanding of basic first aid including hands-on CPR, bleeding control, and the use of an AED.	VIP – 4
Level H: I can demonstrate an understanding of different procedures and resources that contribute to the health and safety of self and others.	ABST – 1, 2, 3, 4, 5, 6, 13, 14 EMH – 1, 2, 3, 5, 6, 7, 8, 10, 12, 13, 14, 16, 17 HIV – 2, 3, 4, 5, 9, 10, 11, 12, 14, 15 VIP – 1, 2, 3, 4, 5, 6, 7, 11, 12, 13, 14, 15, 16, 17, 18, 19
Disease Prevention and Control	
Students will demonstrate understanding of health promotion (physical, social, and emotional) by applying research-related concepts to disease prevention, safety, and advocating for the health and well-being of self and others.	
Level G: I can compare and contrast different methods of disease transmission and prevention, including foodborne illnesses, STDs, and other communicable diseases.	ABST – 2 NPA – 16 HIV – 6, 7
Level H: I can analyze the impact of different communicable and non-communicable diseases on the overall health of self and others.	ABST – 2, 3 NPA – 16 HIV – 6, 7
Mental and Emotional Health	
Students will understand the components related to mental and emotional health and analyze related behaviors.	
Level G: I can recognize the importance of good mental health and how it relates and contributes to all other aspects of health.	EMH – 1, 2
Level H: I can demonstrate skills and strategies that promote personal and mental health.	ABST – 1, 2, 4, 5, 6 EMH – 3, 5, 6, 7, 8, 9, 10, 12, 13, 14, 16, 17