

**HealthSmart
Alignment
with Florida's
Academic State
Standards,
Health
Education**



**Middle School
Grades 6–8**

HealthSmart Middle School Unit Key

ABST = Abstinence, Puberty & Personal Health

EMH = Emotional & Mental Health

NPA = Nutrition & Physical Activity

TAOD = Tobacco, Alcohol & Other Drug Prevention

VIP = Violence & Injury Prevention

HEALTH STANDARDS	ABST	EMH	NPA	TAOD	VIP
Personal Health Concepts Strand					
Core Concepts					
HE.6.PHC.1.1 Describe how the physical, mental social, and intellectual dimensions of health are interrelated.		1			
HE.6.PHC.1.2 Identify personal health problems and concerns common to adolescents including reproductive development.	2, 3, 7, 9, 14, 16	6, 7, 8, 9, 12	5, 7, 8, 10, 11, 12, 13, 15	1, 2, 3, 4, 5, 6, 7, 8, 13, 15	1, 2, 3, 4, 5, 7, 8, 9, 11, 13, 14, 16, 17
HE.6.PHC.1.3 Examine the importance of assuming responsibility for personal reproductive health behaviors.	9				
HE.6.PHC.1.4 Describe situations when professional health services may be required.	9	8	13		
Internal and External Influences					
HE.6.PHC.2.1 Analyze how media/social media influences personal and peer thoughts, feelings, and health behaviors.	12	13	9, 11	9, 13, 14	13
HE.6.PHC.2.2 Identify environmental factors that affect personal health.	3				
HE.6.PHC.2.3 Examine how friends and peers influence the health of adolescents.	12, 13	4	9, 11	9, 11, 15	5, 11, 13
HE.6.PHC.2.4 Examine how family and culture influence the health of adolescents.	10, 12	4, 13	9, 10, 11	9, 12	
HE.6.PHC.2.5 Recognize how personal health choices can affect hereditary risk factors.	3				
HE.6.PHC.2.6 Determine how social norms may impact healthy and unhealthy behavior.	13	13		1	1
HE.6.PHC.2.7 Explain how body systems are impacted by hereditary factors and infectious diseases.	3				
HE.6.PHC.2.8 Describe legal and ethical behaviors when using the internet and social media.	10 [sexting]	13 [social media in general]			9 [cyberbullying]

HEALTH STANDARDS	ABST	EMH	NPA	TAOD	VIP
Personal Health Concepts Strand (continued)					
Prevention and Decision Making					
HE.6.PHC.3.1 Distinguish between the need for individual or collaborative decision making.		14			6
HE.6.PHC.3.2 Specify the potential outcomes of each option when making a personal health-related decision.		14			6
HE.6.PHC.3.3 Predict the potential outcomes of a health-related decision.		14			6
HE.6.PHC.3.4 Use various methods to measure personal health status.		1, 15	3, 9, 14, 16		
HE.6.PHC.3.5 Develop an individual goal to adopt, maintain, or improve a personal health practice.		15	16		
HE.6.PHC.3.6 Determine strategies and skills needed to attain a personal health goal.		15	16, 17		
HE.6.PHC.3.7 Monitor progress toward attaining a personal health goal.		15	17		
HE.6.PHC.3.8 Examine the likelihood of injury or illness if engaging in unhealthy/risky behaviors.			12, 13	7, 8	1, 2, 8, 13
HE.6.PHC.3.9 Explore healthy practices and behaviors that will maintain or improve personal health and reduce health risks.	2, 3	7, 10, 11	4, 5, 7, 8, 11, 14, 15, 17	10	2, 3, 5, 7, 10, 11, 15
Advocacy					
HE.6.PHC.4.1 Use valid and reliable information to request access to health products, services, or environments.	1		1, 4	5, 12	
Community and Environmental Health Concepts Strand					
Core Concepts					
HE.6.CEH.1.1 Describe how the physical, mental, social, and intellectual dimensions of community health are interrelated.		1			
HE.6.CEH.1.2 Identify community health problems and concerns common to adolescents.	Can extend discussion of personal concerns to wider community in lessons identified for HE.6.PHC.1.2				

HEALTH STANDARDS	ABST	EMH	NPA	TAOD	VIP
Community and Environmental Health Concepts Strand (continued)					
Internal and External Influence					
HE.6.CEH.2.1 Identify the impact of health information conveyed to students by the school and community.	12	2		9, 12	
HE.6.CEH.2.2 Investigate changes to societal norms and how they influence health beliefs and behaviors.	13	13		1	1
HE.6.CEH.2.3 Examine how media/social media influences peer and community health behaviors.	Can extend discussion of personal/peer influence to wider community in lessons identified for HE.6.PHC.2.1				
HE.6.CEH.2.4 Propose ways that technology can influence peer and community health behaviors.		13			9
Prevention and Decision Making					
HE.6.CEH.3.1 Choose healthy alternatives over unhealthy alternatives when making a decision.		14			6
HE.6.CEH.3.2 Specify the potential outcomes of each option when making a community health-related decision.		14			6
Advocacy					
HE.6.CEH.4.1 Describe how the community can influence and support others to make positive health choices.	12			9, 12	
HE.6.CEH.4.2 State a health-enhancing position on a topic and support it with accurate information.	2, 11		6	13, 14	4, 12
Consumer Health Concepts Strand					
Core Concepts					
HE.6.CH.1.1 Examine how appropriate health care can promote personal health.	9	8	13		
HE.6.CH.1.2 Investigate a variety of technologies to gather health information.	1		1		
HE.6.CH.1.3 Identify available resources and services needed to attain a personal health goal.		15	16, 17		
Internal and External Influence					
HE.6.CH.2.1 Illustrate ways health messages and communication techniques can be targeted for different audiences through internet and social media sources.				14	4

HEALTH STANDARDS	ABST	EMH	NPA	TAOD	VIP
Consumer Health Concepts Strand (continued)					
Prevention and Decision Making					
HE.6.CH.3.1 Examine the validity of health information and determine the cost benefit of health products and services.	1, 4		1		
Advocacy					
HE.6.CH.4.1 Identify ways students can request access to appropriate resources and services that promote healthy living.	4	8	13		10, 15, 17

HEALTH STANDARDS		ABST	EMH	NPA	TAOD	VIP
Personal Health Concepts Strand						
Core Concepts						
HE.7.PHC.1.1	Explain how physical, mental, social, and intellectual dimensions of health are interrelated.		1			
HE.7.PHC.1.2	Classify infectious diseases and their modes of transmission to the human body.	3				
HE.7.PHC.1.3	Explain the importance of assuming responsibility for personal and reproductive health behaviors.	9				
HE.7.PHC.1.4	Differentiate among professional health services that may be required.	9	8	13		
Internal and External Influences						
HE.7.PHC.2.1	Interpret the potential impact of media/social media on health behaviors, personal thoughts, and feelings.	12	13	9, 11	9, 13, 14	13
HE.7.PHC.2.2	Analyze how environmental factors affect personal health.	3				
HE.7.PHC.2.3	Analyze how friends and peers influence the health of adolescents.	12, 13	4	9, 11	9, 11, 15	5, 11, 13
HE.7.PHC.2.4	Analyze how family and cultural changes influence the health of adolescents.	10, 12	4, 13	9, 10, 11	9, 12	
HE.7.PHC.2.5	Describe how personal health choices can affect hereditary risk factors.	3				
HE.7.PHC.2.6	Analyze personal beliefs as they relate to health practices.	12			9	
HE.7.PHC.2.7	Explain the influence of personal values, attitudes, and beliefs about individual health practices and behaviors.	12			9	
HE.7.PHC.2.8	Describe safe and legal practices when participating in online communities.		Can be included in 13			
Prevention and Decision Making						
HE.7.PHC.3.1	Predict when health-related situations require the application of a thoughtful decision-making process.		14			6
HE.7.PHC.3.2	Select healthy alternatives over unhealthy alternatives when making a decision.		14			6

HEALTH STANDARDS	ABST	EMH	NPA	TAOD	VIP
Personal Health Concepts Strand (continued)					
Prevention and Decision Making (continued)					
HE.7.PHC.3.3 Determine when individual or collaborative decision making is appropriate.		14			6
HE.7.PHC.3.4 Predict the short and long-term consequences of engaging in health-risk behaviors.		14			6
HE.7.PHC.3.5 Devise an individual goal (short or long term) to adopt, maintain, or improve a personal health practice.		15	16		
HE.7.PHC.3.6 Explain strategies and skills needed to assess progress and maintenance of a personal health goal.		15	16, 17		
HE.7.PHC.3.7 Compare and contrast the effects of healthy and unhealthy behaviors on personal health.	2	6, 7, 9, 12	5, 7, 8, 12	11	1
HE.7.PHC.3.8 Describe ways one can reduce or prevent injuries and adolescent health problems.	9, 16	8, 10, 11	15	10, 17	2, 3, 4, 5, 6, 10, 12, 14, 16
HE.7.PHC.3.9 Practice behaviors that will maintain or improve personal health and reduce health risks, including reproductive health.	2, 3	7, 10, 11	4, 5, 7, 8, 11, 14, 15, 17	10	2, 3, 5, 7, 10, 11, 15
Advocacy					
HE.7.PHC.4.1 Articulate ways to request access to healthy products, services, and environments.		8	13		10, 15, 17
Community and Environmental Health Concepts Strand					
Core Concepts					
HE.7.CEH.1.1 Investigate how the physical, mental, social, and intellectual dimensions of community health are interrelated.		1			
HE.7.CEH.1.2 Describe community health problems and concerns common to adolescents.	Can extend discussion of personal concerns to wider community in lessons identified for HE.6.PHC.1.2				
Internal and External Influence					
HE.7.CEH.2.1 Examine how the school and community may influence the health behaviors of adolescents.	12	2		9, 12	
HE.7.CEH.2.2 Evaluate how changes in social norms impact healthy and unhealthy behavior.	13	13		1	1
HE.7.CEH.2.3 Evaluate how media/social media influences peer and community health behaviors.	12	13	9, 11	9, 13, 14	13

HEALTH STANDARDS		ABST	EMH	NPA	TAOD	VIP
Community and Environmental Health Concepts Strand (continued)						
Prevention and Decision Making						
HE.7.CEH.3.1	Describe ways the community can reduce or prevent injuries and adolescent health problems.	Can extend discussion of personal efforts to wider community in lessons identified for HE.7.PHC.3.8				
HE.7.CEH.3.2	Explain how injury or illness stemming from unhealthy or risky behaviors impacts the community.					1
Advocacy						
HE.7.CEH.4.1	Evaluate how community practices influence the positive health choices of others.				12	
HE.7.CEH.4.2	Articulate a position on a health-related issue and support it with accurate health information.	2, 11	2	6	13, 14	4, 12
Consumer Health Concepts Strand						
Core Concepts						
HE.7.CH.1.1	Explain how appropriate health care can promote personal health.	9	8	13		
HE.7.CH.1.2	Evaluate a variety of technologies to gather health information.	1		1		
HE.7.CH.1.3	Determine appropriate resources and services needed to attain a personal health goal.		15	16, 17		
Internal and External Influence						
HE.7.CH.2.1	Analyze ways consumer health messages can target different audiences through internet and social media sources.				14	4
HE.7.CH.2.2	Analyze how messages from media/social media influence health behaviors.	12	13	9, 11	9, 13, 14	13
HE.7.CH.2.3	Evaluate the influence of technology in locating valid health information.	1		1		
Prevention and Decision Making						
HE.7.CH.3.1	Analyze the validity of health information, products, and services.	1		1		
HE.7.CH.3.2	Compare resources and services needed to attain a personal health goal.		15	16, 17		
Advocacy						
HE.7.CH.4.1	Articulate ways students can request access to appropriate resources and services that promote healthy living.		8	13		10, 15, 17

HEALTH STANDARDS	ABST	EMH	NPA	TAOD	VIP
Personal Health Concepts Strand					
Core Concepts					
HE.8.PHC.1.1 Analyze how the physical, mental, social, and intellectual dimensions of personal health are interrelated.		1			
HE.8.PHC.1.2 Identify major chronic diseases that impact human body systems.	3				
HE.8.PHC.1.3 Assess the importance of assuming responsibility for personal health behaviors.	3, 9	2, 3, 6, 7	3, 14	17	2, 5
HE.8.PHC.1.4 Assess personal health practices.		1, 15	3, 9, 14, 16		
Internal and External Influences					
HE.8.PHC.2.1 Analyze the influences of media/social media on physical, emotional, and social health.		13	9, 11	9, 13, 14	13
HE.8.PHC.2.2 Analyze the influence of personal values, attitudes, and beliefs about individual health practices and behaviors.	12			9	
HE.8.PHC.2.3 Predict how environmental factors affect personal health.	3				
HE.8.PHC.2.4 Assess the role of the beliefs of friends and peers on the health of adolescents.	12, 13	4, 13	9, 10, 11	9, 11, 15	5, 11, 13
HE.8.PHC.2.5 Assess the role of the beliefs of family and culture on the health of adolescents.	10, 12	4	9, 11	9, 12	
HE.8.PHC.2.6 Describe the influence of culture on health beliefs, practices, and behaviors.	10, 12		11		
HE.8.PHC.2.7 Explore how heredity and family history can affect personal health.	3				
HE.8.PHC.2.8 Explain how the perceptions of norms influence healthy and unhealthy behaviors.	13	13		1	1
HE.8.PHC.2.9 Describe how personal health goals can vary with changing abilities, priorities, and responsibilities.	16	15	17		
HE.8.PHC.2.10 Explain the impact of cyberbullying and inappropriate use of social media on personal wellness.		13			9
Prevention and Decision Making					
HE.8.PHC.3.1 Determine when health-related situations require the application of a thoughtful prepared plan of action.		14			6
HE.8.PHC.3.2 Compile the potential outcomes of each option when making a health-related decision.		14			6

HEALTH STANDARDS	ABST	EMH	NPA	TAOD	VIP
Personal Health Concepts Strand (continued)					
Prevention and Decision Making (continued)					
HE.8.PHC.3.3 Distinguish when individual or collaborative decision-making is appropriate.		14			6
HE.8.PHC.3.4 Evaluate the outcomes of a health-related decision.		14			6
HE.8.PHC.3.5 Determine situations when specific professional health services or providers may be required.	9	8	13		
HE.8.PHC.3.6 Investigate personal strategies to reduce or prevent injuries and other adolescent health problems.	9, 16	8, 10, 11	15	10, 17	2, 3, 4, 5, 6, 10, 12, 14, 16
HE.8.PHC.3.7 Design an individual goal to adopt, maintain, or improve a personal health practice.		15	16, 17		
HE.8.PHC.3.8 Apply strategies and skills needed to attain a personal health goal.		15	16, 17		
HE.8.PHC.3.9 Apply healthy practices and behaviors that will maintain or improve personal health and reduce health risks.	2, 3	7, 10, 11	4, 5, 7, 8, 11, 14, 15, 17	10	2, 3, 5, 7, 10, 11, 15
Advocacy					
HE.8.PHC.4.1 Promote ways to acquire health services, products and or environments based on accurate and truthful information.	9				
HE.8.PHC.4.2 Identify strategies to combat cyberbullying and online harassment.					10
Community and Environmental Health Concepts Strand					
Core Concepts					
HE.8.CEH.1.1 Analyze how the physical, mental, social, and intellectual dimensions of community health are interrelated.		1			
HE.8.CEH.1.2 Evaluate community health problems and concerns common to adolescents.	Can extend discussion of personal concerns to wider community in lessons identified for HE.6.PHC.1.2				
HE.8.CEH.1.3 Identify the social determinants of health.	Not covered				
Internal and External Influence					
HE.8.CEH.2.1 Analyze how the school and community may influence adolescent health.	12	2		9, 12	
HE.8.CEH.2.2 Critique school and public health policies that influence health promotion and disease prevention.				12	

HEALTH STANDARDS	ABST	EMH	NPA	TAOD	VIP
Community and Environmental Health Concepts Strand (continued)					
Internal and External Influence (continued)					
HE.8.CEH.2.3 Analyze how media/social media influences community health behaviors.	12	13		9, 13, 14	13
HE.8.CEH.2.4 Predict how environmental factors affect community health.	Not covered				
Prevention and Decision Making					
HE.8.CEH.3.1 Investigate community strategies to reduce or prevent injuries and other adolescent health problems.	Can extend discussion of personal efforts to wider community in lessons identified for HE.8.PHC.3.6				
HE.8.CEH.3.2 Anticipate how injury or illness stemming from unhealthy or risky behaviors impacts the community.					1, 8
HE.8.CEH.3.3 Categorize healthy and unhealthy alternatives to community health-related issues or problems.	Not covered				
Advocacy					
HE.8.CEH.4.1 Promote positive health choices with the influence and support of others.	2, 11		6	14	4, 12
HE.8.CEH.4.2 Justify a health-enhancing position on a topic and support it with accurate information.	2, 11		6	13, 14	4, 12
HE.8.CEH.4.3 Work cooperatively to advocate for healthy individuals, peers, families, and schools.	2		6	14	4, 12
Consumer Health Concepts Strand					
Core Concepts					
HE.8.CH.1.1 Analyze how appropriate health care can influence personal health.	9	8	13		
HE.8.CH.1.2 Compare and contrast a variety of technologies to gather health information.	1		1		
Internal and External Influence					
HE.8.CH.2.1 Evaluate ways consumer health messages and communication techniques can be targeted for different audiences.				14	4
HE.8.CH.2.2 Research marketing strategies behind health-related media/social media messages.				14 [marketing strategies in general]	
HE.8.CH.2.3 Analyze the influence of technology on personal and family health.		13			9

HEALTH STANDARDS	ABST	EMH	NPA	TAOD	VIP
Consumer Health Concepts Strand (continued)					
Prevention and Decision Making					
HE.8.CH.3.1 Analyze the accessibility, validity, and reliability of products and services that enhance home, school, and community health.	1		1		
HE.8.CH.3.2 Analyze valid and reliable health services and the cost of products.	9				
Advocacy					
HE.8.CH.4.1 Promote resources that assist in goal setting.		15	16, 17		
HE.8.CH.4.2 Recommend a variety of technologies to gather health information.	1		1		

HEALTH STANDARDS		ABST	EMH	NPA	TAOD	VIP
Resiliency Education Strand						
Character						
HE.68.R.1.1	Demonstrate the ability to respond with empathy in a variety of contexts and situations.		3, 8, 12			
HE.68.R.1.2	Describe the importance of empathy, kindness, honesty and trust in building and sustaining relationships.		4, 5			
HE.68.R.1.1	Identify sources of relational conflicts and healthy approaches to conflict resolutions.					14, 15
Personal Responsibility						
HE.68.R.2.1	Discuss how character is shaped by attitudes, decisions and actions.	Not covered				
HE.68.R.2.2	Demonstrate responsible decision-making that considers multiple perspectives.		14			6
HE.68.R.2.3	Describe the importance of following school and community laws and rules.		2		12	
HE.68.R.2.4	Monitor progress toward attaining a personal goal.		15	16, 17		
HE.68.R.2.5	Explain strategies and skills needed to assess progress and maintenance of a challenging personal goal.		15	16, 17		
HE.68.R.2.6	Describe how personal goals can vary with changing abilities, priorities, and responsibilities.	16	15	17		
HE.68.R.2.7	Identify how continuous learning leads to personal growth.		3			
HE.68.R.2.8	Identify strategies to manage challenges and setbacks.		3			
HE.68.R.2.9	Identify healthy responses to negative peer pressure	14, 15		10	15, 16	5, 16
Mentorship and Citizenship						
HE.68.R.3.1	Discuss ways a leader can build the trust of individuals and groups.	Not covered				
HE.68.R.3.2	Explain and develop ways to apply leadership skills in the school and the community.	Not covered				
HE.68.R.3.3	Identify the importance of volunteerism in positively affecting the community and nation.	Not covered				
HE.68.R.3.4	Identify ways to participate in our constitutional republic through public policy, voting, and leadership positions.	Not covered				

HEALTH STANDARDS	ABST	EMH	NPA	TAOD	VIP
Resiliency Education Strand					
Critical Thinking and Problem Solving					
HE.68.R.4.1	Analyze possible solutions to a problem to determine the best outcome for oneself and others.		14		6
HE.68.R.4.2	Develop and apply conflict resolution skills in a variety of situations.				14, 15
HE.68.R.4.3	Analyze ways to pursue common goals as a part of a team or group.	Not covered			
HE.68.R.4.4	Identify the importance of perseverance when facing difficulty solving a problem.		3		
Substance Use and Abuse Strand					
Health Promotion and Disease Prevention Concepts					
HE.68.SUA.1.1	Demonstrate responsible decision-making about the use of substances.			10, 11, 17	
HE.68.SUA.1.2	Define terminology specific to alcohol misuse/abuse and discuss the short- and long-term effects of consuming alcohol.			2	
HE.68.SUA.1.2	Discuss the health risks associated with alcohol misuse including liver disease, cancer, cardiovascular disease, and neurological/brain damage.			2	
HE.68.SUA.1.4	Describe the types, delivery devices and accessibility of marijuana/THC products and their impacts on prevalence of use.			4	
HE.68.SUA.1.5	Examine the effects of marijuana/THC and opioids on body systems and behavior.			4, 7	
HE.68.SUA.1.6	State the risks of misusing and sharing prescription and/or illicit drugs, including fentanyl and other opioids.			5, 7	
HE.68.SUA.1.7	Identify signs and symptoms of prescription and/or illicit drug misuse and overdose, including fentanyl and other opioids.			5, 7	
HE.68.SUA.1.8	Describe the short- and long-term physical and social consequences of tobacco, nicotine use and/or vaping.			3	

HEALTH STANDARDS	ABST	EMH	NPA	TAOD	VIP
Substance Use and Abuse Strand (continued)					
Internal and External Influences					
HE.68.SUA.2.1 Discuss family rules, school rules and state laws about the use of alcohol and other drugs.				12	
HE.68.SUA.2.2 Discuss the dangers of underage consumption of alcohol and the benefits of abstaining from drinking alcohol.				2	
HE.68.SUA.2.3 Describe how external factors can influence behaviors related to tobacco, nicotine use, and/or vaping.				9, 13	
HE.68.SUA.2.4 Explain school-based policies and legal consequences related to the sale, promotion, and use of tobacco, nicotine, and/or vaping products on school property.				12	
Access to Valid Information, Products and Services					
HE.68.SUA.3.1 Discuss ways to identify valid and reliable multi-media information as it pertains to alcohol and other drugs.	Not covered				
HE.68.SUA.3.2 Identify how to find and access school and community resources related to alcohol misuse and/or abuse.	Covered in High School TAOD – 10				
HE.68.SUA.3.3 Differentiate between marijuana/THC myths and facts.				4	
HE.68.SUA.3.4 Explain how family, peers and multi-media messages over time can influence the use of marijuana/THC.				9 [for all drugs]	
HE.68.SUA.3.5 Describe the three major categories, purposes and side effects of prescription drugs.	Not covered				
HE.68.SUA.3.6 Distinguish valid and reliable resources for cessation.	Covered in High School TAOD – 6, 10				
Communication Skills and Resilient Behaviors to Reduce Health Risks					
HE.68.SUA.4.1 Demonstrate refusal and communication skills in specific scenarios related to underage drinking and illicit drug use.				15, 16	
HE.68.SUA.4.2 Predict the potential short- and long-term impacts on self and others when responding to pressure to use alcohol and/or other drugs.				8, 17	
Advocacy for Personal, Family and Community Health					
HE.68.SUA.5.1 Work cooperatively with peers to advocate for others to remain alcohol and drug free.				17	

HEALTH STANDARDS	ABST	EMH	NPA	TAOD	VIP
Substance Use and Abuse Strand (continued)					
Advocacy for Personal, Family and Community Health (continued)					
HE.68.SUA.5.2 Demonstrate ways to seek help and support from trusted adults for peers involved in unwanted, threatening or dangerous situations.					10, 11, 17
HE.68.SUA.5.3 Identify the consequences of marijuana/THC use and work cooperatively to advocate for healthy behaviors.				4 [marijuana], 8 [consequences], 17 [advocacy]	
HE.68.SUA.5.4 Model ways that encourage others to avoid situations where alcohol and other drugs are present or may be used.				17	
HE.68.SUA.5.5 Encourage peers to model healthy choices related to goals, communication, friendship and peer pressure.	Implied in all lessons that help shape norms				
HE.68.SUA.5.6 Describe how to support family and friends who are trying to stop using tobacco, nicotine, and/or vaping.	Covered in High School TAOD – 6				