

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



**High School  
Grades 9–12**

**HealthSmart High School Unit Key**

**ABST** = Abstinence, Personal & Sexual Health  
**EMH** = Emotional & Mental Health  
**NPA** = Nutrition & Physical Activity

**TAOD** = Tobacco, Alcohol & Other Drug Prevention  
**VIP** = Violence & Injury Prevention

HEALTH STANDARD	ABST	EMH	NPA	TAOD	VIP
<b>Personal Health Concepts Strand</b>					
<b>Core Concepts</b>					
HE.912.PHC.1.1 Evaluate personal health practices and overall health status to include all dimensions of health.	1, 2, 3, 6	1, 2, 4, 8, 14	2, 3, 6, 7, 10, 11	13	1, 2, 3, 5, 19
HE.912.PHC.1.2 Analyze strategies for prevention, detection, and treatment of communicable and chronic diseases.	2, 3				
HE.912.PHC.1.3 Analyze the role of individual responsibility in enhancing health.	9, 13	2, 6, 12		1, 11	1, 5, 11, 14, 15
HE.912.PHC.1.4 Interpret the significance of interrelationships in mental and physical health.	1	1, 4, 5, 8, 12	13, 14, 15	1, 2	
<b>Internal and External Influences</b>					
HE.912.PHC.2.1 Evaluate how the influences of social media affect physical and/or mental health and the ability to make healthy choices.	12	11	13, 14		10, 11, 17, 19
HE.912.PHC.2.2 Evaluate how environment and personal health are interrelated.	2, 3, 4	4, 15			9
HE.912.PHC.2.3 Analyze how friends and peers influence the health of individuals.	11	8, 15	12, 13	11	1, 2, 11, 12, 13
HE.912.PHC.2.4 Analyze how family and culture influence the health of individuals.	11	8	12, 13	11	13, 14
HE.912.PHC.2.5 Analyze how heredity and family history can impact personal health.	3	15		2	
HE.912.PHC.2.6 Predict how healthy behaviors can affect health status.	1, 2, 3, 4, 5, 9, 10, 13	2, 3, 4, 6, 8, 9, 10, 12	1, 2, 3, 4, 5, 6, 7, 8, 13, 14, 15, 16	1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 16	2, 9, 11, 12, 16, 19
HE.912.PHC.2.7 Evaluate the influence of personal values, attitudes, and beliefs about individual health practices and behaviors.	11	2, 3, 12	12	11	2, 9, 13
HE.912.PHC.2.8 Design a social media campaign that positively influences physical and/or mental health.		11	8	16	7
HE.912.PHC.2.9 Analyze the impacts of technology and social media on popular culture and personal life.	11, 12	11	12, 13	11, 12	10, 17, 19
HE.912.PHC.2.10 Demonstrate ethical and responsible use of technology.		11			19

HEALTH STANDARD	ABST	EMH	NPA	TAOD	VIP
<b>Personal Health Concepts Strand (continued)</b>					
<b>Prevention and Decision Making</b>					
HE.912.PHC.3.1 Determine the value of applying a thoughtful decision-making process in health-related situations.	13, 14, 15, 16			13, 14, 15	5, 17, 19
HE.912.PHC.3.2 Assess whether individual or collaborative decision making is needed to make a healthy decision.	4, 9, 14	16, 17	15	10, 13	5, 16, 18
HE.912.PHC.3.3 Identify protective factors that help to mitigate the risks of suicide and mental health disorders.		2, 3, 4, 5, 7, 8, 13, 15, 16			16
HE.912.PHC.3.4 Recognize the signs, symptoms and how to seek treatment or support for mental health disorders.		15, 17	15		
HE.912.PHC.3.5 Recognize the signs and symptoms of suicidal ideations.		16			16
HE.912.PHC.3.6 Identify when and who can provide assistance with suicidal ideations.		16, 17			16
HE.912.PHC.3.7 Assess the degree of susceptibility to injury, illness, or death if engaging in unhealthy/risky behaviors.	2, 3, 10, 13	4, 15	14, 15, 16	1, 2, 4, 5, 7, 8, 13	1, 3, 6, 8, 9, 19
HE.912.PHC.3.8 Formulate a plan to attain a personal health goal that addresses strengths, needs, barriers, and risks.	6	14	10, 11		
HE.912.PHC.3.9 Implement strategies and monitor progress in achieving a personal health goal.	6	14	10, 11		
HE.912.PHC.3.10 Evaluate healthy practices and behaviors that will maintain or improve health and reduce health risks, including reproductive health.	1, 2, 3, 4, 5, 10	1, 2, 3, 5, 7, 8, 9, 12, 13	2, 3, 5, 6, 7, 8, 11, 13, 14, 16	1, 6, 16	2, 3, 4, 5, 6, 11, 19
<b>Advocacy</b>					
HE.912.PHC.4.1 Justify when professional health services or providers may be required.	4, 9	15, 16, 17	15	4, 10	4, 15, 16, 18
HE.912.PHC.4.2 Propose strategies to reduce or prevent injuries and health problems.	2, 3, 5, 13, 15, 16	5, 7, 8, 12, 13	8, 14, 16	13, 14, 15	1, 2, 3, 4, 5, 6, 7, 11, 12, 13, 15, 16
HE.912.PHC.4.3 Develop strategies to combat cyberbullying and online harassment.					11, 13, 19

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<b>Community and Environmental Health Concepts Strand</b>					
<b>Core Concepts</b>					
HE.912.CEH.1.1 Interpret the significance of relationships in community health.	Not covered				
HE.912.CEH.1.2 Utilize current, accurate data/information to formulate a health-enhancing message.				<b>5, 16</b>	<b>7</b>
HE.912.CEH.1.3 Investigate the social determinants of health in a community.	Not covered				
<b>Internal and External Influence</b>					
HE.912.CEH.2.1 Assess how the school and community can affect personal health practices and behaviors.	<b>4</b>		<b>12</b>	<b>9, 11</b>	<b>9, 11, 12, 13</b>
HE.912.CEH.2.2 Evaluate how public health policies and government regulations can influence health promotion and disease prevention.			<b>12</b>	<b>11</b>	<b>2</b>
HE.912.CEH.2.3 Propose strategies to avoid risks on social media and the internet.		<b>11</b>			<b>19</b>
HE.912.CEH.2.4 Evaluate how environment and community health are related.	<b>1</b>		<b>5</b>		<b>4, 9</b>
HE.912.CEH.2.5 Predict how healthy behaviors can affect community health status.	Not covered directly, but could extend discussion from personal status to the community level in lessons that address <b>HE.912.PHC.2.6</b>				
HE.912.CEH.2.6 Analyze how culture supports and challenges health beliefs, practices and behaviors.	<b>11</b>	<b>8</b>	<b>12, 13</b>	<b>11</b>	<b>13, 14</b>
HE.912.CEH.2.7 Analyze how the perceptions of norms influence healthy and unhealthy behaviors.	<b>11</b>	<b>11, 15</b>		<b>5</b>	
HE.912.CEH.2.8 Evaluate how the social determinants of health impact a community's health wellbeing and quality of life.	Not covered				
HE.912.CEH.2.9 Identify computer related laws and analyze their impact on internet safety.	Not covered				
<b>Prevention and Decision Making</b>					
HE.912.CEH.3.1 Analyze community strategies for prevention, detection, and treatment of communicable and chronic diseases.	Can be addressed in <b>2, 3</b>				
HE.912.CEH.3.2 Propose community strategies to reduce or prevent injuries and health problems.					Can be addressed in <b>1, 9</b>
HE.912.CEH.3.3 Formulate alternatives to community health-related issues or problems.	Not covered				

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<b>Community and Environmental Health Concepts Strand</b> (continued)					
<b>Prevention and Decision Making</b> (continued)					
HE.912.CEH.3.4 Appraise the potential short-term and long-term outcomes of alternative solutions to community health-related issues or problems.	Not covered				
HE.912.CEH.3.5 Examine barriers that can hinder healthy decision making.	14			13	5
HE.912.CEH.3.5 Design a campaign promoting health literacy that would result in a variety of positive health and quality of life outcomes.	Campaigns related to particular health topics are found in:				
		11	8	12, 16	7, 11
<b>Advocacy</b>					
HE.912.CEH.4.1 Develop a resource that influences and supports others in making positive health choices.		11	8	5, 6, 12, 16	6, 7, 11
HE.912.CEH.4.2 Demonstrate leadership skills by advocating for personal, family and community health.			8	12, 16	6, 7, 11
<b>Consumer Health Concepts Strand</b>					
<b>Core Concepts</b>					
HE.912.CH.1.1 Evaluate the relationship between access to health care and health status.	4, 9	15, 17			
HE.912.CH.1.2 Describe resources or services that facilitate achieving a personal health goal.	6	14	10, 11		
<b>Internal and External Influence</b>					
HE.912.CH.2.1 Adapt health messages and communication techniques to a specific target audience using various media.			8	16	7
HE.912.CH.2.2 Evaluate the effect of media/social media on personal and family health.	12	11, 15	12, 13	12	13, 14
<b>Prevention and Decision Making</b>					
HE.912.CH.3.1 Authenticate the validity of health information and resources.	5	17	9		
HE.912.CH.3.2 Verify the validity of health information, products, and services.	5	17	9		
<b>Advocacy</b>					
HE.912.CH.4.1 Justify the use of valid technologies to gather health information.	5		9		

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<b>Resiliency Education Strand</b>						
<b>Character</b>						
HE.912.R.1.1	Demonstrate effective and respectful communication skills and strategies.	15, 16	7, 9, 10, 13		14, 15	19
HE.912.R.1.2	Demonstrate empathy in a variety of contexts and situations.		10			
HE.912.R.1.1	Adjust behavior to respect the needs of others.	15	12			
<b>Personal Responsibility</b>						
HE.912.R.2.1	Describe the importance of leadership skills in the school and the community.	Not covered				
HE.912.R.2.2	Analyze different perspectives to inform responsible decision-making.	14			13	5
HE.912.R.2.3	Formulate a plan to attain a personal goal that addresses strengths, needs, and risks.	6	14	10, 11		
HE.912.R.2.4	Implement strategies and monitor progress in achieving a personal goal.	6	14	10, 11		
HE.912.R.2.5	Formulate an effective long-term plan to include all dimensions of wellness.					
HE.912.R.2.6	Analyze how actions and reactions can influence one to respond in different situations.	13, 14	4, 6, 12		13	4, 5
HE.912.R.2.7	Evaluate strategies that assist with managing challenges or setbacks.	13	2, 3, 14	10, 11		
<b>Mentorship and Citizenship</b>						
HE.912.R.3.1	Identify benefits of voting, volunteering, mentoring, and seeking leadership positions.	Not covered				
HE.912.R.3.2	Analyze ways a leader can inspire confidence and motivate others.	Not covered				
HE.912.R.3.3	Analyze situations and demonstrate strategies to engage in respectful debate.		13			
<b>Critical Thinking and Problem Solving</b>						
HE.912.R.4.1	Analyze the importance of character and grit to achieve successful outcomes.		2			
HE.912.R.4.2	Generate and apply alternative solutions when solving problems or resolving conflict.		13			
HE.912.R.4.3	Describe ways to anticipate, avoid or de-escalate conflicts.		13			

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<b>Resiliency Education Strand (continued)</b>					
<b>Critical Thinking and Problem Solving (continued)</b>					
HE.912.R.4.4	Identify the importance of perseverance when facing difficulty solving a problem.				
	Can be addressed in goal-setting lessons:				
	<b>6</b>	<b>14</b>	<b>10, 11</b>		
<b>Substance Use and Abuse Strand</b>					
<b>Health Promotion and Disease Prevention Concepts</b>					
HE.912.SUA.1.1	Differentiate between various levels of alcohol consumption and its effects on the body				<b>7</b>
HE.912.SUA.1.2	<b>11</b>	Analyze how moderate and excessive alcohol consumption can contribute to risky, unsafe behaviors and consequences.			<b>7, 9</b>
HE.912.SUA.1.3	Analyze the long-term health risks associated with alcohol misuse including physical and neurological damage.				<b>7</b>
HE.912.SUA.1.4	Analyze how alcohol, marijuana/THC, tobacco, nicotine, and/or drug use can impede goals, activities, achievements, and college and career readiness.				<b>2, 4, 5, 7, 8</b>
HE.912.SUA.1.5	Analyze the physical, mental, social and legal consequences of marijuana/THC use.				<b>8</b>
HE.912.SUA.1.6	Examine the effects of marijuana/THC and vaping on brain function and development.				<b>8</b>
HE.912.SUA.1.7	Differentiate between the three major categories of prescription drugs and describe the purposes and side effects.				<b>3, 4</b>
HE.912.SUA.1.8	Analyze signs and symptoms of prescription drug and/or illicit drug misuse and overdose				<b>3, 4</b>
HE.912.SUA.1.9	Summarize the risks and consequences of misusing and sharing prescription drugs and/or illicit drugs				<b>3, 4</b>
HE.912.SUA.1.10	Analyze the short- and long-term physical, psychological, financial, and social consequences of tobacco, nicotine use, and/or vaping				<b>5</b>

HEALTH STANDARD	ABST	EMH	NPA	TAOD	VIP
<b>Substance Use and Abuse Strand (continued)</b>					
<b>Internal and External Influences</b>					
HE.912.SUA.2.1 Analyze the legal, mental and social consequences of underage consumption of alcohol.				<b>7</b>	
HE.912.SUA.2.2 Distinguish how external factors, including industry practices, can influence behaviors related to tobacco, nicotine use, and/or vaping.				<b>11, 12</b> [Industry practices covered specifically in Middle School TAOD – 13]	
<b>Access to Valid Information, Products and Services</b>					
HE.912.SUA.3.1 Discuss valid, reliable school and community resources where an individual can seek help for issues related to alcohol and/or other drug misuse and/or abuse.				<b>10</b>	
HE.912.SUA.3.2 Assess and examine the misconceptions and perceived norms that surround marijuana/THC and factors that contribute and influence decisions regarding usage.				<b>8</b>	
HE.912.SUA.3.3 Evaluate the accessibility of effective nicotine cessation products and services.				<b>6</b>	
<b>Communication Skills and Resilient Behaviors to Reduce Health Risks</b>					
HE.912.SUA.4.1 Propose strategies that can reduce health risks for self and others for potential pressures at the college or career level.				<b>13, 14, 15</b>	
<b>Advocacy for Personal, Family and Community Health</b>					
HE.912.SUA.5.1 Plan how to effectively ask for help if a person in your immediate environment experiences a problem with alcohol and/or other drugs.				<b>10</b>	
HE.912.SUA.5.2 Utilize current, accurate data/information to formulate a health-enhancing message to effectively persuade others to be drug and alcohol free.				<b>5, 16</b>	
HE.912.SUA.5.3 Propose strategies for prevention, detection and treatment options for youth who misuse, are dependent on or are addicted to alcohol, marijuana/THC, nicotine, tobacco, vaping, and other drugs.				<b>10</b>	