

**HealthSmart
Alignment
with Kansas
Health
Education
Standards**



**High School
Grades 9–12**

HealthSmart High School Unit Key

ABST = Abstinence, Personal & Sexual Health
EMH = Emotional & Mental Health
HIV = HIV, STI & Pregnancy Prevention

NPA = Nutrition & Physical Activity
TAOD = Tobacco, Alcohol & Other Drug Prevention
VIP = Violence & Injury Prevention

HEALTH STANDARD	ABST	EMH	HIV	NPA	TAOD	VIP
Students will know, comprehend, apply, analyze, synthesize and/or evaluate:						
Human Sexuality and Relationships						
12.1 Adapting to changes associated with puberty	Covered in Middle School					
12.2 Adapting to change within the family	Covered in Grades K–5					
12.3 Changing responsibilities from adolescence to adulthood	4, 9 [in relation to health care]		3 [in relation to sexual choices]			
12.4 Responsible behaviors within relationships (communication, abstinence, etc.)	10, 13	7, 8, 9, 12	3, 4, 9, 11			
12.5 Potential outcomes of sexual activity (STIs, pregnancy, etc.)	10, 13, 14		3, 6, 7, 9			
12.6 Impact of media and technology on sexual behaviors	11	11 [social media]	8			
12.7 Laws associated with sexual behaviors (consent, harassment, assault, rape, human trafficking, etc.)			4 [consent]			14, 15, 17, 18 [harrassment/abuse]
12.8 Differences between individual, family, culture, community, and global values	11 [as part of analyzing influences]		8 [as part of analyzing influences]			
Injury Prevention and Safety						
12.1 Basic first aid skills						4
12.2 Demonstrate and perform CPR/AED procedures according to current and nationally recognized guidelines						4
12.3 Resources to prevent and avoid violence						9, 11, 12, 13, 14, 15, 16, 19
12.4 Prevention and response to physical violence (guns and/or weapons and bullying)						9, 11, 12, 13
12.5 Prevention and response to mental violence (bullying and abuse)						9, 11, 12, 13, 18
12.6 Prevention and response to social violence (relationships, conflict resolution, and cyber)		13 [conflict resolution]				9, 11, 12, 13, 18
12.7 Prevention and response to sexual violence (harassment, assault, rape, and abuse)						14, 15, 17, 18, 19
12.8 Media safety (social media, cyber, TV, music, advertising, etc.)		11 [social media]				10, 11 [cyberbullying]
12.9 Causes of conflict and non-violent conflict resolutions		13				
12.10 Consequences of violence (school policies, laws, etc.)						8

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Mental and Emotional Health						
12.1 Importance of expressing emotions in a productive and healthy manner		6, 7				
12.2 Mental illnesses		15				
12.3 Stigmas associated with mental illness		15				
12.4 Avoiding negative self-talk, self-harm, and suicide		3, 16				16
12.5 Coping skills (grief, stress, depression, bullying, anxiety, etc.)		2, 3, 5, 7, 10, 12, 17				11
12.6 Characteristics of healthy and unhealthy relationships		8				15
12.7 Healthy versus unhealthy body image				13		
Nutrition						
12.1 Nutritional needs through stages of development	Not covered directly					
12.2 Meal planning and budgeting				3 [planning only]		
12.3 Food safety				16		
12.4 Nutritional value of foods				1, 2, 3, 4		
12.5 Cultural and ethnic food choices				Can be addressed in 2, 3		
12.6 Food labels				4		
12.7 Eating disorders/dysfunctions		15		15		
12.8 Healthy eating patterns				2, 3, 5		
12.9 Essential nutrients				1		
12.10 Performance enhancing beverages supplements				Can be addressed in 2, 3, 5		
12.11 Impact of food choices				1, 2, 3, 5, 10		
Personal Health						
12.1 Major body systems, anatomy, functions, relationships between systems and connection to disease	8 [reproductive only]					
12.2 Proper adolescent hygiene habits	2, 5, 6					
12.3 Leading causes of death and risk behaviors	3 [chronic disease]					1 [unintentional injury]
12.4 Traits and skills of lifelong learners		2				
12.5 Components of wellness		1				

HEALTH STANDARD	ABST	EMH	HIV	NPA	TAOD	VIP
Prevention & Control of Disease						
12.1 Disease prevention skills	2, 3		6, 7, 9			
12.2 Common causes of diseases, illness and disorders	2 [infectious], 3 [chronic]	15 [mental health disorders]	6, 7 [STIs]			
12.3 Influence of heredity and diseases	3					
12.4 Medical resources, health screenings and treatment methods for disease	4, 9		10			
12.5 Relationship between lifestyle choices and disease prevention	3					
12.6 Current healthcare issues	4, 9					
Substance Use and Abuse & Addiction						
12.1 Effects and consequences of nicotine use (all forms)					5	
12.2 Effects and consequences of alcohol use					7	
12.3 Effects and consequences of illegal drug use					1, 4, 8	
12.4 Categories of drugs (ex. stimulants, opiates, depressants, hallucinogens, etc.)					1	
12.5 Cumulative risk behaviors (patterns, gateway drugs, etc.)					2, 13	
12.6 Unsafe situations involving drugs, including alcohol					2, 13, 14	
12.7 Helpful and harmful use of prescription and non-prescription drugs					3, 4	
12.8 Strategies to resist peer pressure to engage in substance abuse					14, 15	
12.9 Media, social influences, and societal pressure of drug usage					11, 12	
12.10 Rules and laws for medicines and drugs					3 [medicine], 9 [laws]	
12.11 Safe alternatives to medicine	Not covered					
12.12 Government policies and global issues in drug trends						
Community Health						
12.1 Local community needs/issues/events	Not covered					
12.2 Local/state laws, ordinances, and policies for a healthy community						
12.3 Value of community interactions						
12.4 Strategies to maintain a healthy community						
12.5 Personal service for the betterment of the community						
12.6 Global health issues						

HEALTH STANDARD	ABST	EMH	HIV	NPA	TAOD	VIP
Consumer Health						
12.1 Availability and accessibility of health-care services	4, 9	17	10, 11			
12.2 Adolescent health-care products and services	4, 9	17	10, 11			
12.3 Interpersonal and intrapersonal influences on health choices (budgeting, culture, SES, etc.)	In relation to health behaviors:					
	11, 12	3, 8, 11, 15	8, 9	12, 13	5, 9, 11, 12	1, 2, 9, 12, 13
12.4 Characteristics of informed consumers	Not covered					
12.5 Seek reliable advice regarding consumer health choices						
12.6 Role of media in disseminating health information						
12.7 Basic health insurance terminology						
Environmental Health						
12.1 Personal responsibility for community environmental issue	HealthSmart does not cover environmental health content					
12.2 Reduce, reuse, recycle, and alternatives						
12.3 Relationship between environment, disease, and health						
12.4 Local, state, and global environmental issues						
12.5 Laws, ordinances, and policies						