

HealthSmart Alignment with Kentucky Academic Standards for Health Education



**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
Standard 1: Use functional health information to support health and well-being of self and others.						
1.12.1 Analyze ways to build upon strengths and assets to support individual and collective health and well-being.	1, 3, 6, 9, 13	1, 2, 3, 4, 8, 12, 14	3, 8, 14	2, 3, 10, 11	13, 16	1, 4, 7, 11, 12, 13, 14, 19
1.12.2 Analyze the relationships between various dimensions of wellness as related to health outcomes.		1				
1.12.3 Evaluate behaviors that reduce or prevent illnesses and injuries.	2, 5	4, 5, 12, 16	4	8, 16	6, 13	1, 2, 3, 4, 5, 6, 7, 11, 12, 13, 15, 16, 17, 18, 19
1.12.4 Evaluate practices and behaviors that support health and well-being, including how to manage health conditions.	1, 2, 3, 4, 5, 6, 7, 9, 10, 13	2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 14	1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 14	1, 2, 3, 4, 5, 6, 7, 8, 13, 14, 15, 16	1, 3, 6, 10, 12, 16	
1.12.5 Examine connections between individual health literacy, organizational health literacy, and health outcomes.	Not covered					
1.12.6 Analyze how individual, interpersonal, community, societal, and environmental factors are interrelated and impact health outcomes.	2, 3	4, 11			2	9
1.12.7 Analyze the benefits of and barriers to practicing a variety of health behaviors.	10	13, 14, 17	4, 11	7, 10	6	2, 11, 12, 14, 15, 16
1.12.8 Examine how self-efficacy, perceived susceptibility, and perceived severity affect health behaviors.	1, 2, 3, 4, 5, 10, 13	4, 15	3, 6, 7, 9	14, 15, 16	1, 2, 4, 5, 7, 8, 13, 16	1, 2, 3, 4, 8, 10, 12, 13, 14, 15
1.12.9 Analyze the relationship between access to health care and overall health and well-being.	4, 9	15, 17				
1.12.10 Summarize the relationship between the menstrual cycle and conception.	8					
1.12.11 Justify abstinence as the most effective method of protection from HIV, other STDs and pregnancy.	10		3, 5, 6, 7, 14			
1.12.12 Explain why individuals have the right to refuse physical and sexual contact.	15		4			14
1.12.13 Evaluate the social, cultural and personal factors that influence an individual's right to express or remove consent.			4			14

HEALTH STANDARD	ABST	EMH	HIV	NPA	TAOD	VIP
Standard 1: Use functional health information to support health and well-being of self and others. (continued)						
1.12.14 Summarize the signs, symptoms, transmission and prevention of sexually transmitted diseases (STDs).			6, 7, 11			
1.12.15 Analyze various contraceptive methods to reduce the risk of pregnancy, HIV and other STDs.			5			
1.12.16 Analyze the short- and long-term health benefits of avoiding or discontinuing the use of nicotine, including financial costs.					5, 6	
1.12.17 Analyze the short- and long-term health benefits of avoiding or discontinuing the use of alcohol and other drugs, including financial costs.					7, 8, 12, 16	
1.12.18 Summarize personal strategies for minimizing potential harm from sun exposure.	5					
1.12.19 Explain accepted procedures for emergency and lifesaving care, including CPR.						4
Standard 2: Analyze influences that affect health and well-being of self and others.						
2.12.1 Evaluate the interrelationships and impacts of various influences and health behaviors on health and well-being.	11, 12	2, 3, 8, 11, 15	8, 9	12, 13	9, 11, 12	1, 2, 9, 10, 11, 12, 13
2.12.2 Evaluate how social determinants of health influence health behaviors, health outcomes, and health equity.	Not covered					
2.12.3 Evaluate how individual, interpersonal, community, societal, and environmental influences and factors affect health equity.	Not covered					
2.12.4 Formulate strategies to manage influences that impact health and well-being.	12	3, 8, 11	8	12, 13	12	1, 2, 9, 11, 12, 13
2.12.5 Use resources to manage influences that impact health and well-being.	12	8, 11		12, 13	12	1, 2, 11, 12, 13
2.12.6 Evaluate how technology and social media influence the health of self and others.	10 [sexting]	11 [social media]				10 [cyberbullying], 19 [exploitation]
Standard 3: Access valid and reliable resources to support health and well-being of self and others.						
3.12.1 Analyze the accessibility of trusted adults, health professionals, other individuals and resources to promote health and well-being.	4, 9	15, 16, 17	6	15	4, 10	16, 17, 18
3.12.2 Analyze supports and barriers to accessing valid and reliable health information, products, services, and other resources.	4, 5, 9	15, 16, 17	6, 10, 11	9, 15	10	15, 16, 18
3.12.3 Evaluate the validity and reliability of health information, products, services, and other resources.	4, 5	17	10, 11	9		

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Standard 3: Access valid and reliable resources to support health and well-being of self and others. (continued)						
3.12.4 Use valid and reliable sources of health information, products, services, and other resources.	5		10, 11	4, 9	3	
3.12.5 Apply strategies to manage misinformation and disinformation.	5	15, 16		9		16, 18
Standard 4: Use interpersonal communication skills to support health and well-being of self and others.						
4.12.1 Apply effective verbal and non-verbal communication skills across multiple modes and formats of communication to support health and well-being of self and others.	15	6, 7, 9, 10	12, 13		14	
4.12.2 Apply communication skills and strategies within a variety of interpersonal contexts.	15, 16	7, 9, 10, 13, 16, 17	12, 13	15	6, 14, 15	16, 17, 19
4.12.3 Demonstrate how to ask for and offer assistance to support the health of self and others.		10, 16, 17		15	6	16, 17
4.12.4 Use effective communication skills to set and express boundaries as well as grant or withdraw consent in a variety of situations.	15	7, 9	4, 12			19
4.12.5 Apply refusal skills and strategies in a variety of situations.	15, 16		12, 13		14, 15	19
4.12.6 Apply skills and strategies to prevent, manage, or resolve conflict.		13				
4.12.7 Demonstrate collaboration skills in a variety of situations.	Reinforced throughout all lessons in group work					
4.12.8 Demonstrate negotiation skills in a variety of situations.		13	12, 13			
4.12.9 Adapt strategies to communicate with others with different perspectives and values in various contexts.		7, 10, 13	12, 13			
4.12.10 Communicate with empathy and compassion.		7, 10				
Standard 5: Use a decision-making process to support health and well-being of self and others.						
5.12.1 Analyze how health-related decisions may affect personal and community health and well-being from a variety of perspectives.	14				13	5
5.12.2 Determine when and why health-related situations require the application of a thoughtful decision-making process.	14				13	5
5.12.3 Apply an individual, supported, or collaborative decision-making process to maintain or improve health and well-being.	14				13	5
5.12.4 Analyze a variety of options based on priorities and potential outcomes when making health-related decisions.	14				13	5

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Standard 5: Use a decision-making process to support health and well-being of self and others. (continued)						
5.12.5 Analyze the potential impacts of decisions on the health and well-being within individual, interpersonal, community, societal, cultural, and environmental levels.	14				13	5
5.12.6 Develop a plan of action to implement health-related decisions.	14				13	5
5.12.7 Evaluate the impacts of supports and barriers that affect decision making within individual, interpersonal, community, societal, cultural, and environmental levels.	14				13	5
5.12.8 Evaluate the effectiveness of health-related decisions.	14				13	5
Standard 6: Use a goal-setting process to support health and well-being of self and others.						
6.12.1 Assess personal health, well-being, and factors for engaging in a goal-setting process.	1, 6	1, 2, 11, 14		2, 3, 4, 7, 10		1
6.12.2 Use an individual, supported, or collaborative goal-setting process as appropriate.	6	14		10, 11		
6.12.3 Develop a goal and analyze how it supports health and well-being.	6	14		10		
6.12.4 Implement a plan that addresses supports and barriers to attaining a health-related goal.	6	14		10, 11		
6.12.5 Monitor progress and adjust the goal or plan as appropriate.	6	14		10, 11		
6.12.6 Evaluate the goal-setting process and outcomes on health and well-being.	6	14		11		
Standard 7: Demonstrate practices and behaviors to support health and well-being of self and others.						
7.12.1 Analyze supports and barriers to engaging in health-related practices and behaviors.	6, 10	13, 14, 17	4, 11	7, 10	6	2, 11, 12, 14, 15, 16, 18
7.12.2 Evaluate practices, behaviors, and other factors supporting individual and collective health and well-being.	1, 2, 3, 4, 5, 9, 10, 13, 14	1, 2, 3, 5, 6, 7, 8, 10, 11, 12	2, 3, 4, 5, 9, 10, 11, 12	1, 2, 4, 5, 6, 7, 8, 14, 16	6, 10, 12, 13, 16	1, 2, 3, 4, 5, 6, 11, 12, 13, 14, 15, 16, 19
7.12.3 Adapt practices and behaviors to support individual and collective health and well-being.	6, 14	3, 9, 10, 12, 14	12, 15	3, 5, 10, 11	6, 10, 13, 16	1, 5, 6, 7, 12, 19
7.12.4 Demonstrate a variety of practices and behaviors supporting individual and collective health and well-being.	2	3, 5, 7, 8, 9, 12, 13	11	4, 5, 11, 13, 16		3, 4, 6

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Standard 8: Advocate to promote health and well-being of self and others.						
8.12.1 Examine a variety of factors that affect advocacy at individual, interpersonal, community, societal, and environmental levels.	Not covered					
8.12.2 Advocate for health issues either collaboratively or individually to promote health and well-being.		11	2, 15	8	5, 6, 12, 16	6, 7, 11
8.12.3 Customize advocacy skills and strategies when addressing a variety of audiences and contexts.			2, 15	8	16	7
8.12.4 Demonstrate self-advocacy skills and strategies to promote health and well-being.	13	3, 17	12, 13	15		11, 18, 19
8.12.5 Demonstrate advocacy skills and strategies to promote health and well-being at interpersonal, community, societal, and environmental levels.		11	2, 15	8	5, 6, 12, 16	6, 7, 11
8.12.6 Evaluate the process, outcomes, and impact of advocacy efforts at the individual, interpersonal, community, societal, and environmental levels.	Not covered					
8.12.7 Analyze the role of collaboration among different people in a community to prevent and solve community health issues.	Not covered					