

HealthSmart Alignment with Montana Health Enhancement Content Standards



**Middle School
Grades 6–8**

HealthSmart Middle School Unit Key

ABST = Abstinence, Puberty & Personal 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 STANDARDS	ABST	EMH	HIV	NPA	TAOD	VIP
Standard 1: Comprehend concepts related to health promotion and disease prevention to enhance personal health.						
HE 1.1 a. Discuss the relationship between healthy behaviors and personal health.	1, 2, 3, 5, 6, 8, 9, 10, 11, 16	3, 4, 6, 7, 9, 10, 12, 13	1, 4, 5, 6, 7, 8, 14	1, 2, 3, 4, 5, 6, 7, 8, 11, 12, 13, 14, 15, 16	2, 3, 4, 5, 6, 7, 11	1, 2, 8, 9, 10, 11, 13
HE 1.1 b. Describe the benefits of and barriers to practicing healthy behaviors.	1, 11	7, 8	1, 3, 13	5, 16	11	10, 14
HE 1.1 c. Analyze behaviors that promote health enhancing strategies for issues such as substance abuse prevention, nutrition, sexual activity, exercise, injury and disease prevention, and stress management, including traditional and contemporary strategies from American Indian cultures.	2, 3, 9, 14, 15	9, 10, 11	1, 8, 9, 10, 11, 12, 13, 14	3, 4, 5, 6, 7, 10, 14, 15, 16, 17	9, 10, 11, 14, 15, 16, 17	
	[will need to add focus on American Indian cultures/practices]					
HE 1.1 d. Analyze the potential consequences of engaging in risky behaviors.	16		1, 5, 6, 7	12, 13	7, 8	1, 2, 8, 13
HE 1.2 a. Identify characteristics of physical, mental, emotional, family, and social health, including those of traditional and contemporary American Indian cultures and practices.	7	1				
	[will need to add focus on American Indian cultures/practices]					
HE 1.3 a. Explain practices used to prevent or reduce the risk of spreading or contracting communicable diseases.	3		6, 7	8		
HE 1.4 a. Discuss ways environmental factors affect health.	2, 3	2, 13				
HE 1.6 a. Analyze ways in which safe and healthy school and community environments can promote personal health.	12	2			9, 12	
HE 1.7 a. Describe ways to reduce or prevent injuries and other adolescent health problems.	2	10, 11	3	8, 15		1, 2, 3, 4, 7, 13, 14, 16, 17
HE 1.8 a. Explain how appropriate health care can promote personal health, including the unique issues regarding American Indians and health care benefits.	9 [will need to add focus on American Indian issues around health care]					

HEALTH STANDARDS	ABST	EMH	HIV	NPA	TAOD	VIP
Standard 1: Comprehend concepts related to health promotion and disease prevention to enhance personal health. (continued)						
HE 1.9 a. Define human body systems, their function and their interrelationship with one another.	Not covered					
HE 1.9 b. Identify basic structures and functions of the male and female reproductive health systems.	5, 6, 8		5			
Standard 2: Analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.						
HE 2.1 a. Explain how family and culture influence the health of adolescents.	10, 12	4, 13		9, 11	9, 12	
HE 2.1 b. Explain how the perception of societal norms influence healthy and unhealthy behaviors.	13	13	1		1	1
HE 2.1 c. Explain the influence of personal values and beliefs on individual health practices and behaviors.	12				9	
HE 2.2 a. Describe how peers influence healthy and unhealthy behaviors.	12, 13	4, 13		9, 10, 11	9, 11, 15	5, 11, 13
HE 2.3 a. Explain how the school, tribe, and community can affect personal health practices and behaviors.	12				9, 12	
HE 2.4 a. Explain how messages from media influence health behavior.	12	13		9, 11	9, 13, 14	13
HE 2.5 a. Explain the influence of technology on personal and family health.		13				9
HE 2.6 a. Compare and contrast how school, public and tribal health policies can influence health promotion and disease prevention.					12	
Standard 3: Demonstrate the ability to access valid information, products and services to enhance health.						
HE 3.1 a. Analyze the validity of health information, products, and services.	1, 4			1		
HE 3.2 a. Access valid health information from home, school, tribe, and community.	1			4	5, 12	
HE 3.2 b. Determine the accessibility of products that enhance health.			12			
HE 3.2 c. Describe situations that may require professional health services.	9	8	8	13		

HEALTH STANDARDS	ABST	EMH	HIV	NPA	TAOD	VIP
Standard 4: Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.						
HE 4.1 a. Apply effective verbal and nonverbal communication skills to enhance health, including those of traditional and contemporary American Indian cultures and practices.	7, 10, 14	5, 12	10, 13		15	5
	[will need to add focus on American Indian cultures/practices]					
HE 4.2 a. Use refusal and negotiation skills that avoid or reduce health risks.	14, 15		10, 11, 13	10	15, 16	5, 16
HE 4.3 a. Use effective conflict management or resolution strategies.						14, 15
HE 4.4 a. Discuss how to ask for assistance to enhance the health and safety of self and others.		8				10, 15, 17
Standard 5: Demonstrate the ability to use decision-making skills to enhance health and safety.						
HE 5.1 a. Identify circumstances that can help or hinder safe and healthy decision making.		14	9			6
HE 5.1 b. Determine when safety and health-related situations require the application of a thoughtful decision-making process.		14	9			6
HE 5.2 a. Determine when individual or collaborative decision making is appropriate.		14	9			6
HE 5.3 a. Distinguish between safe, healthy, and unhealthy alternatives to health-related issues or problems.		14	9			6
HE 5.4 a. Predict the potential short-term and long-term impact of health and safety related options on self and others.		14	9			6
HE 5.4 b. Analyze the outcomes of safety and health-related decisions.		14	9			6
Standard 6: Demonstrate the ability to use goal-setting skills to enhance health.						
HE 6.1 a. Develop a goal to adopt, maintain, or improve personal health practices.		15		16		
HE 6.1 b. Assess personal health practices.		1, 15		3, 9, 14, 16		
HE 6.2 a. Apply strategies and skills needed to attain a personal health goal.		15		16, 17		
HE 6.2 b. Describe how personal health goals can vary with changing abilities, priorities, and responsibilities.	16	15		17		

HEALTH STANDARDS	ABST	EMH	HIV	NPA	TAOD	VIP
Standard 7: Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.						
HE 7.1 a. Analyze healthy practices and behaviors that will maintain or improve the health of self and others.	2, 3	10	2	4, 5, 7, 11, 14, 15, 17	10	15
HE 7.2 a. Explain the importance of assuming responsibility for personal health behaviors.	3, 9	2, 3, 6, 7	3, 5, 8	3, 14	17	2, 5
HE 7.3 a. Describe behaviors to avoid or reduce health risks to self and others.	3	7, 11	12, 13	8, 15	10	2, 3, 5, 7, 10, 11, 15
Standard 8: Demonstrate the ability to advocate for personal, family, and community health.						
HE 8.1 a. State a health-enhancing position on a topic and support it with accurate information.	2, 11		2	6	13, 14	4, 12
HE 8.2 a. Describe how to influence and support others to make positive health choices.	2, 11, 13	13	5	6	14, 17	4, 12
HE 8.2 b. Work cooperatively to advocate for healthy individuals, families, tribes and schools.	2		5	6	14	4, 12
HE 8.3 a. Identify ways in which health-related messages and communication techniques can be altered for different audiences.					14	4