

**HealthSmart
Alignment
with Montana
Health
Enhancement
Content
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
Standard 1: Comprehend concepts related to health promotion and disease prevention to enhance personal health.						
HE 1.1 a. Predict how health behaviors can affect health status.	1, 2, 3, 4, 5, 7, 8, 9, 10, 13	2, 3, 5, 6, 8, 9, 10, 11, 12	1, 2, 5, 6, 7, 8, 9, 10, 14	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, 15
HE 1.1 b. Compare and contrast the benefits of and barriers to practicing a variety of healthy behaviors.	10	13, 14, 17	4, 11	7, 10	6	2, 11, 12, 14, 15, 16
HE 1.1 c. Develop personal health enhancing strategies for issues such as substance abuse prevention, nutrition, exercise, sexual activity, injury and disease prevention, and stress management, including traditional and contemporary strategies from American Indian cultures.	1, 2, 3, 9, 10, 12, 13, 14, 15, 16	3, 4, 5	3, 5, 6, 7, 9, 10, 11, 12, 13, 14	1, 2, 3, 4, 5, 6, 7, 8, 10, 14	11, 12, 13, 14, 15	1, 2, 3, 4, 5, 19
	[will need to add focus on American Indian cultures/practices]					
HE 1.1 d. Compare and contrast the potential consequences of engaging in risky behaviors.	7, 10	3	3, 6, 7	14	2, 3, 4, 5	8, 10, 12, 13, 14
HE 1.2 a. Analyze the interrelationships of physical, mental, emotional, family, and social health on personal health, including those of American Indian cultures and practices.		1 [will need to add focus on American Indian cultures/practices]				
HE 1.3 a. Compare and contrast various ways to prevent communicable diseases.	2, 4		6, 7	16		
HE 1.4 a. Analyze how environmental factors and personal health are interrelated.	2, 3	4, 11, 15				
HE 1.5 a. Analyze how genetics and family history can impact personal health.	3	15			2	
HE 1.6 a. Compare and contrast ways to advocate for safe and healthy school and community environments to promote personal health.		13	2		5	7, 11, 12
HE 1.7 a. Propose ways to reduce or prevent injuries and health problems.	2, 5	4, 5, 12, 16	4	8, 16	13	1, 2, 3, 4, 5, 6, 7, 11, 12, 13, 15, 16, 17, 18, 19
HE 1.8 a. Analyze the relationship between access to health care and health status, including the unique issues regarding American Indians and health care benefits resulting from treaty obligations.	4, 9 [will need to add focus on American Indian issues around health care]					

HEALTH STANDARD	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. Analyze human body systems, their function and their interrelationship with one another.	Not covered					
HE 1.9 b. Explain the natural body changes of reproductive health.	8		5			
HE 1.9 c. Explain fertilization, conception and how the baby's sex and inherited traits are determined.	8 [fertilization/ conception only]					
HE 1.9 d. Compare and contrast how physical, mental, social, spiritual, and cultural factors influence attitudes about sexuality.	7		1			
Standard 2: Analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.						
HE 2.1 a. Compare and contrast how the family and culture influence the health of individuals.	11	8	8	12, 13	11	9, 13
HE 2.1 b. Explain how the perception of societal norms influence healthy and unhealthy behaviors, including those of American Indian cultures and practices.	11	15	8		5	
	[will need to add focus on American Indian cultures/practices]					
HE 2.1 c. Explain the influence of personal values and beliefs on individual health practices and behaviors.	11	2, 3	8	12	11	2, 9, 13
HE 2.2 a. Explain how peers influence healthy and unhealthy behaviors.	11	8, 15	8	12, 13	11	1, 2, 11, 12, 13
HE 2.3 a. Evaluate how the school, tribe, and community can affect personal health practices and behaviors.			8	12	9, 11	13
HE 2.4 a. Evaluate the effect of media on personal and family health.	12	13		9, 11	9, 13, 14	9, 11, 12, 13
HE 2.5 a. Evaluate the impact of technology on personal, family, and community health.	12	11	8	12		10
HE 2.6 a. Explain how public health policies and governmental regulations, including tribal, can influence health promotion and disease prevention.				12	11	
Standard 3: Demonstrate the ability to access valid information, products and services to enhance health.						
HE 3.1 a. Evaluate the validity of health information, products, and services.	5	17		9		
HE 3.2 a. Use resources from home, school, tribe, and community that provide valid health information.	5			4, 9	3	

HEALTH STANDARD	ABST	EMH	HIV	NPA	TAOD	VIP
Standard 3: Demonstrate the ability to access valid information, products and services to enhance health. (continued)						
HE 3.2 b. Determine the accessibility of products and services that enhance health.			10, 11			
HE 3.2 c. Determine when professional health services may be required.	4, 9	15, 16, 17	6	15	4, 10	16, 18
Standard 4: Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.						
HE 4.1 a. Use skills for communicating effectively with family, peers, and others to enhance health, including those of traditional and contemporary American Indian cultures and practices.	15	6, 7, 9, 10	12, 13		14	
	[will need to add focus on American Indian cultures/practices]					
HE 4.2 a. Use refusal, negotiation, and collaboration skills to enhance health and avoid or reduce health risks.	15, 16		12, 13		14, 15	19
HE 4.3 a. Use strategies to prevent, manage, or resolve interpersonal conflicts without harming self or others.		13				
HE 4.4 a. Discuss how to ask for and offer assistance to enhance the health and safety of self and others.		10, 16, 17		15	6	16, 17
Standard 5: Demonstrate the ability to use decision-making skills to enhance health and safety.						
HE 5.1 a. Examine barriers that can hinder safe and healthy decision making.	14				13	5
HE 5.1 b. Determine the value of applying a thoughtful decision-making process in safety and health-related situations.	14				13	5
HE 5.2 a. Justify when individual or collaborative decision making is appropriate.	14				13	5
HE 5.3 a. Generate alternatives to safety and health-related issues or problems.	14				13	5
HE 5.4 a. Analyze the potential short-term and long-term impact of health and safety alternatives on self and others.	14				13	5
HE 5.4 b. Evaluate the effectiveness of safety and health-related decisions.	14				13	5
Standard 6: Demonstrate the ability to use goal-setting skills to enhance health.						
HE 6.1 a. Develop a plan to attain a personal health goal that addresses strengths, needs, and risks.	6	14		10		
HE 6.1 b. Assess personal health practices and overall health status.	1, 6	1, 2, 11, 14		2, 3, 4, 7, 10		

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Standard 6: Demonstrate the ability to use goal-setting skills to enhance health. (continued)						
HE 6.2 a. Implement strategies and monitor progress in achieving a personal health goal.	6	14		10, 11		
HE 6.2 b. Formulate an effective long-term personal health plan.			14			
Standard 7: Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.						
HE 7.1 a. Discuss ways to advocate for a variety of healthy practices and behaviors that will maintain or improve the health of self and others.	5, 10, 13	3, 5, 7, 8, 11, 17	2, 15	2, 5, 4, 5, 6, 13, 14		
HE 7.2 a. Analyze the role of individual responsibility for enhancing health.	9, 13	2, 6, 12	3, 4, 9, 14		1, 11	1, 5, 11, 14, 15
HE 7.3 a. Discuss ways to advocate for a variety of behaviors to avoid or reduce health risks to self and others.	2, 3	5, 9, 12, 13	9, 10, 11	15, 16	10, 12	1, 2, 3, 4, 6, 7, 11, 12
Standard 8: Demonstrate the ability to advocate for personal, family, and community health.						
HE 8.1 a. Use accurate peer and societal norms to formulate a health-enhancing message.					15, 16	7
HE 8.2 a. Advocate for behaviors and practices that will support others in making positive health choices.		11	2, 15	8	5, 6, 12, 16	7
HE 8.2 b. Work cooperatively as an advocate for improving personal, family, and community health.			2, 15	8	16	6, 7, 11
HE 8.3 a. Adapt health-related messages and communication techniques to target audiences.			2, 15	8	16	7