

HealthSmart Alignment with Wyoming Health & Safety 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
Health Information, Concepts, Products, and Resources						
Students will access, analyze, and evaluate health information, products, and resources.						
8.HE.1.1 Demonstrate the ability to locate appropriate health resources at school or in the community and beyond that help enhance health and prevent or reduce health risks.			12			17
8.HE.1.2 Analyze situations or conditions to determine when health services are needed.	9	8	8	13		
Problem Solving and Decision Making						
Students will use critical thinking and systematic processes to examine health-related problems and make decisions that enhance health and prevent, reduce, or avoid health risks.						
8.HE.2.2 Apply a systematic decision-making process that includes analysis of outcomes (e.g., impact of decision on self, on others) to enhance health and prevent, reduce, or avoid health risks.		14	9			6
8.HE.2.4 Analyze how peers, culture, and media can influence decisions students make about health practices and risk behaviors (e.g., time, fiscal, etc.).	10, 12, 13	4, 13		9, 10, 11	9, 11, 13, 14, 15	5, 11, 13
Effective Communication						
Students will demonstrate the ability to use interpersonal communication skills to enhance health and prevent, reduce, or avoid health risks.						
8.HE.3.3 Demonstrate the ability to apply effective refusal and conflict resolution skills to prevent health risks or risk behaviors.	14, 15		10, 11, 13	10	15, 16	5, 14, 15, 16
Personal and Social Responsibility						
Students will demonstrate the ability to use personal and social skills that are associated with taking responsible action for enhancing health and preventing, reducing, or avoiding health risks.						
8.HE.4.1 Differentiate between healthy and unhealthy behaviors for improving personal health.	1, 2, 3, 9, 10, 11, 16	3, 4, 6, 7, 8, 9, 10, 12, 13	1, 4, 5, 6, 7, 8, 9, 14	1, 2, 3, 5, 6, 7, 8, 11, 12, 13, 14, 15	2, 3, 4, 5, 6, 7, 10, 11	1, 2, 3, 4, 8, 9, 10, 11, 13, 14

HEALTH STANDARDS	ABST	EMH	HIV	NPA	TAOD	VIP
Personal and Social Responsibility (continued)						
Students will demonstrate the ability to use personal and social skills that are associated with taking responsible action for enhancing health and preventing, reducing, or avoiding health risks.						
8.HE.4.6 Demonstrate the ability to apply strategies to manage bad stress (e.g., sleep, hygiene, proper nutrition, and trusted resources) and use good stress to motivate successful performance.		9, 10, 11				
8.HE.4.8 Use multiple criteria (e.g., Specific, Measurable, Action-oriented, Realistic, Timely) to set a short-term personal health goal and make a plan for achieving it.		15		16, 17		
8.HE.4.11 Identify the behaviors and warning signs of self-harm and suicidal ideation, and explain how to seek help.		8 Covered in more detail at High School				
8.HE.4.13 Describe the impacts (e.g., depression, violence, avoidance, suicide, physical illness, etc.) of bullying on physical, mental, emotional, and social health.						9, 10, 11
8.HE.4.14 Explain the relationship between physical, mental, emotional, and social health.		1				