

**HealthSmart
Alignment
with Wyoming
Health & Safety
Content &
Performances
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
Health Information, Concepts, Products, and Resources						
Students will access, analyze, and evaluate health information, products, and resources.						
12.HE.1.2 Use criteria to evaluate the validity of health information from a variety of sources.	5	17		9		
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.						
12.HE.2.2 Apply a systematic decision-making process that includes evaluation of outcomes to self and others to enhance health.	14				13	5
Effective Communication						
Students will demonstrate the ability to use interpersonal communication skills to enhance health and prevent, reduce, or avoid health risks.						
12.HE.3.1 Evaluate verbal and non-verbal techniques for communicating effectively with family, peers, and others to enhance health and prevent, reduce, or avoid health risks.	15	6, 7, 9, 10	12, 13		14	
12.HE.3.2 Demonstrate the ability to use effective communication techniques to advocate for personal and community health.		11	2, 15	8	16	7, 11
12.HE.3.3 Demonstrate the ability to use refusal, negotiation, and collaboration skills to enhance health and to prevent, reduce, or avoid health risks.	15, 16		12, 13		14, 15	19
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.						
12.HE.4.2 Demonstrate the ability to use a strategic approach to manage health risks and enhance health.	2	3, 5, 7, 8, 9, 12, 13	11	3, 5, 7, 8, 13, 16		1, 2, 3, 4, 5, 6
12.HE.4.6 Evaluate the appropriateness of various strategies for managing stress in specific situations.		4, 5, 9, 10				

HEALTH STANDARD	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.						
12.HE.4.9 Monitor progress toward achieving a long-term personal health goal and evaluate the effectiveness of the plan for meeting the goal.	6	14		10, 11		
12.HE.4.11 Describe the behaviors and warning signs of self-harm and suicidal ideation, explain how to communicate with someone in need, and explain how to seek help.		16				16
12.HE.4.12 Demonstrate the ability to advocate for acceptance of individual, social, and cultural differences.			2			
12.HE.4.14 Analyze the relationship between physical, mental, emotional, and social health.		1				