

HealthSmart

HealthSmart is an evidence-informed, skills-based Health Education program for classroom and virtual instruction. HealthSmart helps youth develop knowledge and skills to make healthy choices and establish lifelong healthy behaviors.

Lessons are easy to use with clear, concise teaching steps focused on the essential concepts and skills that will enable students to develop, practice, and support specific healthy behaviors. Activities are developmentally appropriate, challenge students in various ways, and accommodate a range of learning styles.

HealthSmart's design was based on the following:

- Theory of Planned Behavior
- National Health Education Standards
- a focus on the primary areas of risk for children and adolescents identified and monitored by the Centers for Disease Control and Prevention (CDC)
- characteristics of an effective health education curriculum defined by the CDC
- key knowledge and skill expectations detailed in the CDC's Health Education Curriculum Analysis Tool for each grade level
- social and emotional learning (SEL)

The ultimate goal of the HealthSmart program is to promote the healthy growth and development of youth and give them the knowledge and skills to make healthy choices and establish lifelong healthy behaviors.

The general description of the curriculum was adapted from information provided on the publisher's website.

Reference

ETR. (2024). *Healthsmart*. Retrieved July 17, 2024, from <https://www.etr.org/healthsmart>.

Opt-Out Process

A student shall be excused from sexual violence prevention instruction only upon the prior written request of the student's parent or legal guardian. A student may not be subject to disciplinary action, academic penalty, or other sanctions if the student's parent or legal guardian makes such written request.

For more information about the Department's Sexual Violence Prevention Program, visit bit.ly/HIDOE-SVP.