

HealthSmart

HealthSmart is an evidence-informed, comprehensive K-12 Health Education program for classroom and virtual instruction. HealthSmart gives children and youth the 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 a variety of ways, and accommodate a range of learning styles. Schools can teach the comprehensive program or select only the grades and/or topics they need.

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. (2021). *Healthsmart*. Retrieved from <https://www.etr.org/healthsmart>.

Opt-Out Process

For information about sexual health education and the opt-out process, visit <https://www.hawaiipublicschools.org/TeachingAndLearning/HealthAndNutrition/sexed>.

For information about controversial issues and the opt-out process, visit <https://www.hawaiipublicschools.org/ConnectWithUs/FAQ/Pages/Parent-opt-out-for-child.aspx>.