

**HealthSmart
Alignment with
Ohio Legislative
Requirements
for Health
Education**



**GRADES
K-12**

Note: Ohio law does not permit the State Board of Education to adopt Health Education Standards in Ohio, but rather directs schools and districts to include health education and other related topics at various times throughout a K–12 curriculum. This document details the *HealthSmart* lessons at the different grade levels that can be used to meet these requirements. See the National Health Education Standards alignment [here](#).

TOPIC	GR. K	GR. 1	GR. 2	GR. 3	GR. 4	GR. 5	GRADES 6–8	GRADES 9–12
Nutrition								
The nutritive value of foods	21, 22	21, 22	16, 17, 18	17, 18, 19, 20	16, 17	16, 17, 18, 19	Nutrition & Physical Activity 1, 2, 3, 5, 6, 7	Nutrition & Physical Activity 1, 2, 3, 5
Relation of nutrition to health	21, 22	21, 22	16, 17, 18	17, 18, 19, 20	16, 17	16, 17, 18, 19	Nutrition & Physical Activity 1, 3, 5, 7	Nutrition & Physical Activity 1, 2, 3, 5
Use and effects of food additives	Not covered						Nutrition & Physical Activity 4	Nutrition & Physical Activity 4
Tobacco, Alcohol & Other Drugs								
Harmful effects of drugs of abuse, alcoholic beverages and tobacco <i>(Note: Grades K–2 cover tobacco only; Grades 3–4 cover alcohol and tobacco; Grade 5 covers alcohol only.)</i>	26, 27, 28, 29	26, 27	23, 24	25	20, 24	24, 25	Tobacco, Alcohol & Other Drug Prevention 2, 3, 4, 6, 8	Tobacco, Alcohol & Other Drug Prevention 1, 2, 3, 5, 7, 8
Legal restrictions against the use of drugs	Not covered			25	20	24	Tobacco, Alcohol & Other Drug Prevention 8, 12	Tobacco, Alcohol & Other Drug Prevention 9
Prescription opioid abuse prevention, including connection between opioid abuse and addition to other drugs, such as heroin	7 [medicines], 16 [poisons]		6 [using medicines safely]	8 [using medicines safely]			Tobacco, Alcohol & Other Drug Prevention 6 [addiction], 7 [opioids]	Tobacco, Alcohol & Other Drug Prevention 2 [addiction], 4 [opioids]

TOPIC	GR. K	GR. 1	GR. 2	GR. 3	GR. 4	GR. 5	GRADES 6–8	GRADES 9–12
Violence & Injury Prevention								
Personal safety	10, 11, 12, 13, 14, 15, 17, 18, 19, 20	9, 10, 11, 12, 13, 14, 15, 16, 17, 18	9, 10, 11, 12, 13, 14, 15	9, 10, 11, 12, 13, 14, 15	10, 11, 12, 13, 14, 15	7, 8, 9, 10, 11, 12, 13, 14, 15	Violence & Injury Prevention 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15	Violence & Injury Prevention 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 16
Assault prevention		20		16			Violence & Injury Prevention 16, 17	Violence & Injury Prevention 17, 18, 19
Dating violence, including warning signs and characteristics of healthy relationships	Healthy relationships covered in:						Dating violence is covered in H.S Healthy relationships covered in: Emotional & Mental Health 4, 5 HIV, STI & Pregnancy Prevention 4	Violence & Injury Prevention 15
	3	1, 2, 3	1	3, 4		2		
Sexual Health								
STI education	Not covered						HIV, STI & Pregnancy Prevention 6, 7, 8	HIV, STI & Pregnancy Prevention 6, 7, 9, 10, 11
Abstinence is 100% effective protection	Not covered						Abstinence, Puberty & Personal Health 11, 16 HIV, STI & Pregnancy Prevention 1	Abstinence, Personal & Sexual Health 10 HIV, STI & Pregnancy Prevention 3
Consequences of sexual activity, unintended pregnancy and teen parenthood	Not covered						HIV, STI & Pregnancy Prevention 1, 5	HIV, STI & Pregnancy Prevention 3, 5
Adoption is an option for unintended pregnancies	Not covered						HIV, STI & Pregnancy Prevention Supplemental Lesson	HIV, STI & Pregnancy Prevention Supplemental Lesson