

Relationship Smarts PLUS 4.0 SRAE
Center for Disease Control – National Health Education Standards
GRADE 6, 7, 8

Lesson 1: Who Am I and Where am I Going?

Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

- 1.8.1 Analyze the relationship between healthy behaviors and personal health.
 - 1.8.2 Describe the interrelationships of emotional, intellectual, physical, and social health in adolescence.
-

Standard 2: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

- 2.8.1 Examine how the family influences the health of adolescents.
- 2.8.2 Describe the influence of culture on health beliefs, practices, and behaviors.
- 2.8.3 Describe how peers influence healthy and unhealthy behaviors.
- 2.8.4 Analyze how the school and community can affect personal health practices and behaviors.

Lesson 2: Maturity Issues and What I Value

Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

- 1.8.1 Analyze the relationship between healthy behaviors and personal health.
 - 1.8.2 Describe the interrelationships of emotional, intellectual, physical, and social health in adolescence.
-

Standard 2: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

- 2.8.1 Examine how the family influences the health of adolescents.
- 2.8.2 Describe the influence of culture on health beliefs, practices, and behaviors.
- 2.8.3 Describe how peers influence healthy and unhealthy behaviors.
- 2.8.4 Analyze how the school and community can affect personal health practices and behaviors.
- 2.8.5 Analyze how messages from media influence health behaviors.
- 2.8.6 Analyze the influence of technology on personal and family health.

- 2.8.7 Explain how the perceptions of norms influence healthy and unhealthy behaviors.
- 2.8.8 Explain the influence of personal values and beliefs on individual health practices and behaviors.
-

Standard 7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

- 7.8.1 Explain the importance of assuming responsibility for personal health behaviors.

Lesson 3: Attractions and Infatuation

Standard 5: Students will demonstrate the ability to use decision-making skills to enhance health.

- 5.8.1 Identify circumstances that can help or hinder healthy decision making.
- 5.8.2 Determine when health-related situations require the application of a thoughtful decision-making process.
-

Standard 7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

- 7.8.1 Explain the importance of assuming responsibility for personal health behaviors.
- 7.8.2 Demonstrate healthy practices and behaviors that will maintain or improve the health of self and others.

Lesson 4: Principles of Smart Relationships

Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

- 1.8.2 Describe the interrelationships of emotional, intellectual, physical, and social health in adolescence.
- 1.8.4 Describe how family history can affect personal health.
-

Standard 2: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

- 2.8.3 Describe how peers influence healthy and unhealthy behaviors.
- 2.8.4 Analyze how the school and community can affect personal health practices and behaviors.

2.8.7 Explain how the perceptions of norms influence healthy and unhealthy behaviors.

2.8.8 Explain the influence of personal values and beliefs on individual health

Standard 5: Students will demonstrate the ability to use decision-making skills to enhance health.

5.8.1 Identify circumstances that can help or hinder healthy decision making.

Lesson 5: Is It a Healthy Relationship?

Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

1.8.1 Analyze the relationship between healthy behaviors and personal health.

1.8.2 Describe the interrelationships of emotional, intellectual, physical, and social health in adolescence.

1.8.3 Analyze how the environment affects personal health.

1.8.4 Describe how family history can affect personal health.

1.8.5 Describe ways to reduce or prevent injuries and other adolescent health problems.

1.8.7 Describe the benefits of and barriers to practicing healthy behaviors.

1.8.8 Examine the likelihood of injury or illness if engaging in unhealthy behaviors.

1.8.9 Examine the potential seriousness of injury or illness if engaging in unhealthy behaviors.

Standard 2: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

2.8.8 Explain the influence of personal values and beliefs on individual health practices and behaviors.

Standard 5: Students will demonstrate the ability to use decision-making skills to enhance health.

5.8.4 Distinguish between healthy and unhealthy alternatives to health-related issues or problems.

5.8.5 Predict the potential short-term impact of each alternative on self and others.

5.8.6 Choose healthy alternatives over unhealthy alternatives when making a decision.

Standard 8: Students will demonstrate the ability to advocate for personal, family, and community health.

8.8.2 Demonstrate how to influence and support others to make positive health choices.

Lesson 6: Breaking Up and Dating Violence

Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

1.8.1 Analyze the relationship between healthy behaviors and personal health.

1.8.2 Describe the interrelationships of emotional, intellectual, physical, and social health in adolescence.

1.8.5 Describe ways to reduce or prevent injuries and other adolescent health problems.

1.8.7 Describe the benefits of and barriers to practicing healthy behaviors.

1.8.8 Examine the likelihood of injury or illness if engaging in unhealthy behaviors.

1.8.9 Examine the potential seriousness of injury or illness if engaging in unhealthy behaviors.

Standard 2: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

2.8.2 Describe the influence of culture on health beliefs, practices, and behaviors.

2.8.3 Describe how peers influence healthy and unhealthy behaviors.

2.8.8 Explain the influence of personal values and beliefs on individual health practices and behaviors.

2.8.9 Describe how some health risk behaviors can influence the likelihood of engaging in unhealthy behaviors.

Standard 4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

4.8.2 Demonstrate refusal and negotiation skills that avoid or reduce health risks.

4.8.4 Demonstrate how to ask for assistance to enhance the health of self and others.

Standard 5: Students will demonstrate the ability to use decision-making skills to enhance health.

5.8.1 Identify circumstances that can help or hinder healthy decision making.

- 5.8.2 Determine when health-related situations require the application of a thoughtful decision-making process.
 - 5.8.3 Distinguish when individual or collaborative decision making is appropriate.
 - 5.8.4 Distinguish between healthy and unhealthy alternatives to health-related issues or problems.
 - 5.8.5 Predict the potential short-term impact of each alternative on self and others.
 - 5.8.6 Choose healthy alternatives over unhealthy alternatives when making a decision.
 - 5.8.7 Analyze the outcomes of a health-related decision.
-

Standard 6: Students will demonstrate the ability to use goal-setting skills to enhance health.

- 6.8.1 Assess personal health practices.
 - 6.8.2 Develop a goal to adopt, maintain, or improve a personal health practice.
 - 6.8.3 Apply strategies and skills needed to attain a personal health goal.
 - 6.8.4 Describe how personal health goals can vary with changing abilities, priorities, and responsibilities.
-

Standard 7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

- 7.8.3 Demonstrate behaviors to avoid or reduce health risks to self and others.
-

Standard 8: Students will demonstrate the ability to advocate for personal, family, and community health.

- 8.8.2 Demonstrate how to influence and support others to make positive health choices.

Lesson 7: Decide, Don't Slide!

Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

- 1.8.1 Analyze the relationship between healthy behaviors and personal health.
- 1.8.2 Describe the interrelationships of emotional, intellectual, physical, and social health in adolescence.
- 1.8.5 Describe ways to reduce or prevent injuries and other adolescent health problems.
- 1.8.7 Describe the benefits of and barriers to practicing healthy behaviors.

- 1.8.8 Examine the likelihood of injury or illness if engaging in unhealthy behaviors.
- 1.8.9 Examine the potential seriousness of injury or illness if engaging in unhealthy behaviors.
-

Standard 2: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

- 2.8.1 Examine how the family influences the health of adolescents.
- 2.8.2 Describe the influence of culture on health beliefs, practices, and behaviors.
- 2.8.3 Describe how peers influence healthy and unhealthy behaviors.
- 2.8.4 Analyze how the school and community can affect personal health practices and behaviors.
- 2.8.5 Analyze how messages from media influence health behaviors.
- 2.8.6 Analyze the influence of technology on personal and family health.
- 2.8.7 Explain how the perceptions of norms influence healthy and unhealthy behaviors.
- 2.8.8 Explain the influence of personal values and beliefs on individual health practices and behaviors.
- 2.8.9 Describe how some health risk behaviors can influence the likelihood of engaging in unhealthy behaviors.
-

Standard 5: Students will demonstrate the ability to use decision-making skills to enhance health.

- 5.8.1 Identify circumstances that can help or hinder healthy decision making.
- 5.8.2 Determine when health-related situations require the application of a thoughtful decision-making process.
- 5.8.3 Distinguish when individual or collaborative decision making is appropriate.
- 5.8.4 Distinguish between healthy and unhealthy alternatives to health-related issues or problems.
- 5.8.5 Predict the potential short-term impact of each alternative on self and others.
- 5.8.6 Choose healthy alternatives over unhealthy alternatives when making a decision.
- 5.8.7 Analyze the outcomes of a health-related decision.
-

Standard 7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

- 7.8.1 Explain the importance of assuming responsibility for personal health behaviors.

7.8.2 Demonstrate healthy practices and behaviors that will maintain or improve the health of self and others.

7.8.3 Demonstrate behaviors to avoid or reduce health risks to self and others.

Standard 8: Students will demonstrate the ability to advocate for personal, family, and community health.

8.8.1 State a health-enhancing position on a topic and support it with accurate information.

8.8.2 Demonstrate how to influence and support others to make positive health choices.

Lesson 8: Communication and Healthy Relationships

Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

1.8.4 Describe how family history can affect personal health.

Standard 2: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

2.8.1 Examine how the family influences the health of adolescents.

Standard 4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

4.8.1 Apply effective verbal and nonverbal communication skills to enhance health.

4.8.2 Demonstrate refusal and negotiation skills that avoid or reduce health risks.

4.8.3 Demonstrate effective conflict management or resolution strategies.

4.8.4 Demonstrate how to ask for assistance to enhance the health of self and others.

Lesson 9: Communication Challenges and More Skills

Standard 2: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

2.8.2 Describe the influence of culture on health beliefs, practices, and behaviors.

2.8.3 Describe how peers influence healthy and unhealthy behaviors.

2.8.4 Analyze how the school and community can affect personal health practices and behaviors.

2.8.5 Analyze how messages from media influence health behaviors.

2.8.6 Analyze the influence of technology on personal and family health.

Standard 4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

4.8.1 Apply effective verbal and nonverbal communication skills to enhance health.

4.8.2 Demonstrate refusal and negotiation skills that avoid or reduce health risks.

4.8.3 Demonstrate effective conflict management or resolution strategies.

Lesson 10: Sexual Decision-Making

Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

1.8.8 Examine the likelihood of injury or illness if engaging in unhealthy behaviors.

1.8.9 Examine the potential seriousness of injury or illness if engaging in unhealthy behaviors.

Standard 2: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

2.8.2 Describe the influence of culture on health beliefs, practices, and behaviors.

2.8.3 Describe how peers influence healthy and unhealthy behaviors.

2.8.7 Explain how the perceptions of norms influence healthy and unhealthy behaviors.

2.8.8 Explain the influence of personal values and beliefs on individual health practices and behaviors.

Standard 5: Students will demonstrate the ability to use decision-making skills to enhance health.

5.8.2 Determine when health-related situations require the application of a thoughtful decision-making process.

5.8.4 Distinguish between healthy and unhealthy alternatives to health-related issues or problems.

Standard 6: Students will demonstrate the ability to use goal-setting skills to enhance health.

6.8.2 Develop a goal to adopt, maintain, or improve a personal health practice.

Standard 7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

- 7.8.2 Demonstrate healthy practices and behaviors that will maintain or improve the health of self and others.
- 7.8.3 Demonstrate behaviors to avoid or reduce health risks to self and others.

Lesson 11: Pregnancy, STIs and HIV

Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

- 1.8.5 Describe ways to reduce or prevent injuries and other adolescent health problems.
- 1.8.6 Explain how appropriate health care can promote personal health.
- 1.8.7 Describe the benefits of and barriers to practicing healthy behaviors.
- 1.8.8 Examine the likelihood of injury or illness if engaging in unhealthy behaviors.
- 1.8.9 Examine the potential seriousness of injury or illness if engaging in unhealthy behaviors.
-

Standard 2: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

- 2.8.2 Describe the influence of culture on health beliefs, practices, and behaviors.
- 2.8.3 Describe how peers influence healthy and unhealthy behaviors.
- 2.8.7 Explain how the perceptions of norms influence healthy and unhealthy behaviors.
- 2.8.9 Describe how some health risk behaviors can influence the likelihood of engaging in unhealthy behaviors.
-

Standard 3: Students will demonstrate the ability to access valid information, products, and services to enhance health.

- 3.8.1 Analyze the validity of health information, products, and services.
- 3.8.3 Determine the accessibility of products that enhance health.
- 3.8.4 Describe situations that may require professional health services.
- 3.8.5 Locate valid and reliable health products and services.
-

Standard 4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

- 4.8.4 Demonstrate how to ask for assistance to enhance the health of self and others.
-

Standard 5: Students will demonstrate the ability to use decision-making skills to enhance health.

- 5.8.1 Identify circumstances that can help or hinder healthy decision making.
 - 5.8.2 Determine when health-related situations require the application of a thoughtful decision-making process.
 - 5.8.3 Distinguish when individual or collaborative decision making is appropriate.
 - 5.8.4 Distinguish between healthy and unhealthy alternatives to health-related issues or problems.
 - 5.8.5 Predict the potential short-term impact of each alternative on self and others.
 - 5.8.6 Choose healthy alternatives over unhealthy alternatives when making a decision.
 - 5.8.7 Analyze the outcomes of a health-related decision.
-

Standard 6: Students will demonstrate the ability to use goal-setting skills to enhance health.

- 6.8.1 Assess personal health practices.
 - 6.8.2 Develop a goal to adopt, maintain, or improve a personal health practice.
-

Standard 7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

- 7.8.2 Demonstrate healthy practices and behaviors that will maintain or improve the health of self and others.
- 7.8.3 Demonstrate behaviors to avoid or reduce health risks to self and others.

Lesson 12: Unplanned Pregnancy Through the Eyes of a Child\

Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

- 1.8.3 Analyze how the environment affects personal health.
 - 1.8.4 Describe how family history can affect personal health.
 - 1.8.7 Describe the benefits of and barriers to practicing healthy behaviors.
-

Standard 5: Students will demonstrate the ability to use decision-making skills to enhance health.

- 5.8.2 Determine when health-related situations require the application of a thoughtful decision-making process.
- 5.8.3 Distinguish when individual or collaborative decision making is appropriate.

- 5.8.4 Distinguish between healthy and unhealthy alternatives to health-related issues or problems.
- 5.8.5 Predict the potential short-term impact of each alternative on self and others.
- 5.8.7 Analyze the outcomes of a health-related decision.
-

Standard 7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

- 7.8.1 Explain the importance of assuming responsibility for personal health behaviors.

Lesson 13: Teens, Technology and Social Media

Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

- 1.8.1 Analyze the relationship between healthy behaviors and personal health.
- 1.8.3 Analyze how the environment affects personal health.
- 1.8.5 Describe ways to reduce or prevent injuries and other adolescent health problems.
-

Standard 2: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

- 2.8.3 Describe how peers influence healthy and unhealthy behaviors.
- 2.8.4 Analyze how the school and community can affect personal health practices and behaviors.
- 2.8.5 Analyze how messages from media influence health behaviors.
- 2.8.6 Analyze the influence of technology on personal and family health.
- 2.8.7 Explain how the perceptions of norms influence healthy and unhealthy behaviors.
- 2.8.9 Describe how some health risk behaviors can influence the likelihood of engaging in unhealthy behaviors.
- 2.8.10 Explain how school and public health policies can influence health promotion and disease prevention.
-

Standard 6: Students will demonstrate the ability to use goal-setting skills to enhance health.

- 6.8.2 Develop a goal to adopt, maintain, or improve a personal health practice.
- 6.8.3 Apply strategies and skills needed to attain a personal health goal
-

Standard 7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

- 7.8.1 Explain the importance of assuming responsibility for personal health behaviors.
 - 7.8.2 Demonstrate healthy practices and behaviors that will maintain or improve the health of self and others.
 - 7.8.3 Demonstrate behaviors to avoid or reduce health risks to self and others.
-

Standard 8: Students will demonstrate the ability to advocate for personal, family, and community health.

- 8.8.2 Demonstrate how to influence and support others to make positive health choices.