Love Notes 4.0

Alignment with CDC Healthy Schools

Health Education Standards

Grades 6-8
MIDDLE SCHOOL (GRADES 6-8)

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.
   Lesson 1 - Relationships Today
   Lesson 2 - Knowing Yourself
   Lesson 3 - My Expectations-My Future
   Lesson 4 - Attractions and Starting Relationships
   Lesson 7 - Dangerous Love
   Lesson 8 - Decide, Don’t Slide! Pathways & Sequences Towards Success
   Lesson 9 - Communication and Healthy Relationships
   Lesson 10 - Communication Challenges and More Skills
   Lesson 11 - Let’s Talk About Sex
   Lesson 12 - Let’s Plan for Choices
   Lesson 13 - Through the Eyes of a Child

1.8.2 Describe the interrelationships of emotional, intellectual, physical, and social health in adolescence.
   Lesson 1 - Relationships Today
   Lesson 5 - Principles of Smart Relationships
   Lesson 9 - Communication and Healthy Relationships
   Lesson 10 - Communication Challenges and More Skills
   Lesson 11 - Let’s Talk About Sex
   Lesson 12 - Let’s Plan for Choices

1.8.3 Analyze how the environment affects personal health.
   Lesson 8 - Decide, Don’t Slide! Pathways & Sequences Towards Success
   Lesson 10 - Communication Challenges and More Skills
   Lesson 11 - Let’s Talk About Sex
   Lesson 12 - Let’s Plan for Choices
   Lesson 13 - Through the Eyes of a Child

1.8.4 Describe how family history can affect personal health.
   Lesson 2 - Knowing Yourself
   Lesson 9 - Communication and Healthy Relationships
   Lesson 13 - Through the Eyes of a Child

1.8.5 Describe ways to reduce or prevent injuries and other adolescent health problems.
   Lesson 4 - Attractions and Starting Relationships
   Lesson 7 - Dangerous Love
   Lesson 8 - Decide, Don’t Slide! Pathways & Sequences Towards Success
   Lesson 9 - Communication and Healthy Relationships
Lesson 11 - Let's Talk About Sex  
Lesson 12 - Let's Plan for Choices

1.8.6 Explain how appropriate health care can promote personal health.
Lesson 10 - Communication Challenges and More Skills  
Lesson 13 - Through the Eyes of a Child

1.8.7 Describe the benefits of and barriers to practicing healthy behaviors.
Lesson 3 - My Expectations-My Future  
Lesson 5 - Principles of Smart Relationships  
Lesson 8 - Decide, Don’t Slide! Pathways & Sequences Towards Success  
Lesson 11 - Let's Talk About Sex  
Lesson 12 - Let’s Plan for Choices

1.8.8 Examine the likelihood of injury or illness if engaging in unhealthy behaviors.
Lesson 4 - Attractions and Starting Relationships  
Lesson 7 - Dangerous Love  
Lesson 8 - Decide, Don’t Slide! Pathways & Sequences Towards Success  
Lesson 12 - Let’s Plan for Choices

1.8.9 Examine the potential seriousness of injury or illness if engaging in unhealthy behaviors.
Lesson 7 - Dangerous Love  
Lesson 8 - Decide, Don’t Slide! Pathways & Sequences Towards Success  
Lesson 12 - Let’s Plan for Choices

**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.
Lesson 2 - Knowing Yourself  
Lesson 9 - Communication and Healthy Relationships  
Lesson 13 - Through the Eyes of a Child

2.8.2 Describe the influence of culture on health beliefs, practices, and behaviors.
Lesson 1 - Relationships Today  
Lesson 9 - Communication and Healthy Relationships  
Lesson 11 - Let’s Talk About Sex  
Lesson 12 - Let’s Plan for Choices  
Lesson 13 - Through the Eyes of a Child

2.8.3 Describe how peers influence healthy and unhealthy behaviors.
Lesson 2 - Knowing Yourself  
Lesson 7 - Dangerous Love

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.  
Lesson 12 - Let’s Plan for Choices

2.8.6 Analyze the influence of technology on personal and family health.  
Lesson 10 - Communication Challenges and More Skills  
Lesson 12 - Let’s Plan for Choices

2.8.7 Explain how the perceptions of norms influence healthy and unhealthy behaviors.  
Lesson 3 - My Expectations-My Future  
Lesson 9 - Communication and Healthy Relationships  
Lesson 12 - Let’s Plan for Choices  
Lesson 13 - Through the Eyes of a Child

2.8.8 Explain the influence of personal values and beliefs on individual health practices and behaviors.  
Lesson 3 - My Expectations-My Future  
Lesson 5 - Principles of Smart Relationships  
Lesson 12 - Let’s Plan for Choices  
Lesson 13 - Through the Eyes of a Child

2.8.9 Describe how some health risk behaviors can influence the likelihood of engaging in unhealthy behaviors.  
Lesson 7 - Dangerous Love  
Lesson 8 - Decide, Don’t Slide! Pathways & Sequences Towards Success  
Lesson 9 - Communication and Healthy Relationships  
Lesson 10 - Communication Challenges and More Skills  
Lesson 11 - Let’s Talk About Sex  
Lesson 12 - Let’s Plan for Choices  
Lesson 13 - Through the Eyes of a Child

2.8.10 Explain how school and public health policies can influence health promotion and disease prevention.  
Lesson 12 - Let’s Plan for Choices

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.  
Lesson 12 - Let’s Plan for Choices

3.8.2 Access valid health information from home, school, and community.  
Lesson 1 - Relationships Today  
Lesson 7 - Dangerous Love  
Lesson 9 - Communication and Healthy Relationships
Lesson 10 - Communication Challenges and More Skills
Lesson 12 - Let’s Plan for Choices
Lesson 13 - Through the Eyes of a Child

3.8.3 Determine the accessibility of products that enhance health.
[Not Included]

3.8.4 Describe situations that may require professional health services.
Lesson 7 - Dangerous Love
Lesson 9 - Communication and Healthy Relationships
Lesson 10 - Communication Challenges and More Skills
Lesson 12 - Let’s Plan for Choices

3.8.5 Locate valid and reliable health products and services.
Lesson 7 - Dangerous Love
Lesson 9 - Communication and Healthy Relationships
Lesson 12 - Let’s Plan for Choices

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.
Lesson 3 - My Expectations-My Future
Lesson 4 - Attractions and Starting Relationships
Lesson 5 - Principles of Smart Relationships
Lesson 7 - Dangerous Love
Lesson 8 - Decide, Don’t Slide! Pathways & Sequences Towards Success
Lesson 9 - Communication and Healthy Relationships
Lesson 10 - Communication Challenges and More Skills
Lesson 11 - Let’s Talk About Sex

4.8.2 Demonstrate refusal and negotiation skills that avoid or reduce health risks.
Lesson 3 - My Expectations-My Future
Lesson 5 - Principles of Smart Relationships
Lesson 7 - Dangerous Love
Lesson 11 - Let’s Talk About Sex
Lesson 12 - Let’s Plan for Choices

4.8.3 Demonstrate effective conflict management or resolution strategies.
Lesson 6 - Is It a Healthy Relationship?
Lesson 7 - Dangerous Love
Lesson 9 - Communication and Healthy Relationships
Lesson 10 - Communication Challenges and More Skills
Lesson 12 - Let’s Plan for Choices
4.8.4 Demonstrate how to ask for assistance to enhance the health of self and others.
Lesson 7 - Dangerous Love

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 2 - Knowing Yourself
Lesson 3 - My Expectations-My Future
Lesson 4 - Attractions and Starting Relationships
Lesson 5 - Principles of Smart Relationships
Lesson 6 - Is It a Healthy Relationship?
Lesson 7 - Dangerous Love
Lesson 8 - Decide, Don't Slide! Pathways & Sequences Towards Success
Lesson 9 - Communication and Healthy Relationships
Lesson 10 - Communication Challenges and More Skills
Lesson 11- Let's Talk About Sex
Lesson 12 - Let's Plan for Choices
Lesson 13 - Through the Eyes of a Child

5.8.2 Determine when health-related situations require the application of a thoughtful decision-making process.
Lesson 1 - Relationships Today
Lesson 2 - Knowing Yourself
Lesson 4 - Attractions and Starting Relationships
Lesson 5 - Principles of Smart Relationships
Lesson 6 - Is It a Healthy Relationship?
Lesson 7 - Dangerous Love
Lesson 8 - Decide, Don't Slide! Pathways & Sequences Towards Success
Lesson 9 - Communication and Healthy Relationships
Lesson 11- Let’s Talk About Sex
Lesson 12 - Let’s Plan for Choices
Lesson 13 - Through the Eyes of a Child

5.8.3 Distinguish when individual or collaborative decision-making is appropriate.
Lesson 3 - My Expectations-My Future
Lesson 6 - Is It a Healthy Relationship?
Lesson 7 - Dangerous Love
Lesson 8 - Decide, Don't Slide! Pathways & Sequences Towards Success
Lesson 11- Let’s Talk About Sex
Lesson 13 - Through the Eyes of a Child
Distinguish between healthy and unhealthy alternatives to health-related issues or problems.
Lesson 4 - Attractions and Starting Relationships
Lesson 6 - Is It a Healthy Relationship?
Lesson 7 - Dangerous Love
Lesson 8 - Decide, Don’t Slide! Pathways & Sequences Towards Success
Lesson 9 - Communication and Healthy Relationships
Lesson 10 - Communication Challenges and More Skills
Lesson 11 - Let’s Talk About Sex
Lesson 12 - Let’s Plan for Choices
Lesson 13 - Through the Eyes of a Child

Predict the potential short-term impact of each alternative on self and others.
Lesson 4 - Attractions and Starting Relationships
Lesson 6 - Is It a Healthy Relationship?
Lesson 7 - Dangerous Love
Lesson 8 - Decide, Don’t Slide! Pathways & Sequences Towards Success
Lesson 9 - Communication and Healthy Relationships
Lesson 10 - Communication Challenges and More Skills
Lesson 11 - Let’s Talk About Sex
Lesson 12 - Let’s Plan for Choices
Lesson 13 - Through the Eyes of a Child

Choose healthy alternatives over unhealthy alternatives when making a decision.
Lesson 1 - Relationships Today
Lesson 2 - Knowing Yourself
Lesson 3 - My Expectations-My Future
Lesson 4 - Attractions and Starting Relationships
Lesson 5 - Principles of Smart Relationships
Lesson 6 - Is It a Healthy Relationship?
Lesson 7 - Dangerous Love
Lesson 8 - Decide, Don’t Slide! Pathways & Sequences Towards Success
Lesson 9 - Communication and Healthy Relationships
Lesson 10 - Communication Challenges and More Skills
Lesson 11 - Let’s Talk About Sex
Lesson 12 - Let’s Plan for Choices
Lesson 13 - Through the Eyes of a Child

Analyze the outcomes of a health-related decision.
Lesson 2 - Knowing Yourself
Lesson 3 - My Expectations-My Future
Lesson 4 - Attractions and Starting Relationships
Lesson 6 - Is It a Healthy Relationship?
Lesson 7 - Dangerous Love
Lesson 8 - Decide, Don’t Slide! Pathways & Sequences Towards Success
Lesson 9 - Communication and Healthy Relationships
Lesson 10 - Communication Challenges and More Skills
Lesson 11 - Let’s Talk About Sex
Lesson 12 - Let’s Plan for Choices
Lesson 13 - Through the Eyes of a Child

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

6.8.1 Assess personal health practices.
Lesson 3 - My Expectations-My Future
Lesson 4 - Attractions and Starting Relationships
Lesson 5 - Principles of Smart Relationships
Lesson 6 - Is It a Healthy Relationship?
Lesson 7 - Dangerous Love
Lesson 8 - Decide, Don’t Slide! Pathways & Sequences Towards Success
Lesson 9 - Communication and Healthy Relationships
Lesson 10 - Communication Challenges and More Skills
Lesson 11 - Let’s Talk About Sex
Lesson 12 - Let’s Plan for Choices
Lesson 13 - Through the Eyes of a Child

6.8.2 Develop a goal to adopt, maintain, or improve a personal health practice.
Lesson 1 - Relationships Today
Lesson 5 - Principles of Smart Relationships
Lesson 8 - Decide, Don’t Slide! Pathways & Sequences Towards Success
Lesson 9 - Communication and Healthy Relationships
Lesson 10 - Communication Challenges and More Skills
Lesson 11 - Let’s Talk About Sex
Lesson 12 - Let’s Plan for Choices
Lesson 13 - Through the Eyes of a Child

6.8.3 Apply strategies and skills needed to attain a personal health goal.
Lesson 1 - Relationships Today
Lesson 4 - Attractions and Starting Relationships
Lesson 7 - Dangerous Love
Lesson 8 - Decide, Don’t Slide! Pathways & Sequences Towards Success
Lesson 9 - Communication and Healthy Relationships
Lesson 10 - Communication Challenges and More Skills
Lesson 12 - Let’s Plan for Choices
Lesson 13 - Through the Eyes of a Child

6.8.4 Describe how personal health goals can vary with changing abilities, priorities, and responsibilities.
Lesson 1 - Relationships Today
Lesson 13 - Through the Eyes of a Child

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 2 - Knowing Yourself
Lesson 3 - My Expectations-My Future
Lesson 5 - Principles of Smart Relationships
Lesson 7 - Dangerous Love
Lesson 8 - Decide, Don’t Slide! Pathways & Sequences Towards Success
Lesson 9 - Communication and Healthy Relationships
Lesson 11- Let’s Talk About Sex
Lesson 12 - Let’s Plan for Choices
Lesson 13 - Through the Eyes of a Child

7.8.2 Demonstrate healthy practices and behaviors that will maintain or improve the health of self and others.
Lesson 1 - Relationships Today
Lesson 2 - Knowing Yourself
Lesson 4 - Attractions and Starting Relationships
Lesson 5 - Principles of Smart Relationships
Lesson 7 - Dangerous Love
Lesson 8 - Decide, Don’t Slide! Pathways & Sequences Towards Success
Lesson 9 - Communication and Healthy Relationships
Lesson 10 - Communication Challenges and More Skills
Lesson 11- Let’s Talk About Sex
Lesson 12 - Let’s Plan for Choices
Lesson 13 - Through the Eyes of a Child

7.8.3 Demonstrate behaviors to avoid or reduce health risks to self and others.
Lesson 3 - My Expectations-My Future
Lesson 4 - Attractions and Starting Relationships
Lesson 5 - Principles of Smart Relationships
Lesson 7 - Dangerous Love
Lesson 8 - Decide, Don’t Slide! Pathways & Sequences Towards Success
Lesson 9 - Communication and Healthy Relationships
Lesson 10 - Communication Challenges and More Skills
Lesson 11- Let’s Talk About Sex
Lesson 12 - Let’s Plan for Choices
Lesson 13 - Through the Eyes of a Child

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.
Lesson 7 - Dangerous Love
Lesson 8 - Decide, Don’t Slide! Pathways & Sequences Towards Success
Lesson 9 - Communication and Healthy Relationships
Lesson 10 - Communication Challenges and More Skills
Lesson 11- Let’s Talk About Sex
Lesson 12 - Let’s Plan for Choices
Lesson 13 - Through the Eyes of a Child

8.8.2 Demonstrate how to influence and support others to make positive health choices.
Lesson 3 - My Expectations-My Future

8.8.3 Work cooperatively to advocate for healthy individuals, families, and schools.
[Not Included]

8.8.4 Identify ways in which health messages and communication techniques can be altered for different audiences.