

Relationship Smarts PLUS 5.0

Alignment with CDC Healthy Schools

Health Education Standards

Grades 9-12

HIGH SCHOOL (GRADES 9-12)**Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.**

- 1.12.1 Predict how healthy behaviors can affect health status.
Lesson 1 - Who Am I and Where Am I Going?
Lesson 3 - Attractions and Infatuation
Lesson 4 - Principles of Smart Relationships
Lesson 5 - Is it a Healthy Relationship?
Lesson 6 - Breaking Up and Dating Violence
Lesson 7 - Decide, Don't Slide! Pathways to Success
Lesson 8 - Communication and Healthy Relationships
Lesson 9 - Communication Challenges and More Skills
Lesson 10 - Sexual Decision-Making
Lesson 11 - Pregnancy, STIs and HIV
Lesson 12 - Unintended Pregnancy Through the Eyes of a Child
Lesson 13 - Teens, Technology, and Social Media
- 1.12.2 Describe the interrelationships of emotional, intellectual, physical, and social health.
Lesson 2 - Maturity and What I Value
Lesson 4 - Principles of Smart Relationships
Lesson 5 - Is it a Healthy Relationship?
Lesson 8 - Communication and Healthy Relationships
Lesson 10 - Sexual Decision-Making
Lesson 11 - Pregnancy, STIs and HIV
Lesson 13 - Teens, Technology, and Social Media
- 1.12.3 Analyze how environment and personal health are interrelated.
Lesson 1 - Who Am I and Where Am I Going?
Lesson 5 - Is it a Healthy Relationship?
Lesson 6 - Breaking Up and Dating Violence
Lesson 7 - Decide, Don't Slide! Pathways to Success
Lesson 11 - Pregnancy, STIs and HIV
Lesson 12 - Unintended Pregnancy Through the Eyes of a Child
Lesson 13 - Teens, Technology, and Social Media
- 1.12.4 Analyze how genetics and family history can impact personal health.
Lesson 7 - Decide, Don't Slide! Pathways to Success
Lesson 8 - Communication and Healthy Relationships
Lesson 12 - Unintended Pregnancy Through the Eyes of a Child
- 1.12.5 Propose ways to reduce or prevent injuries and health problems.

- Lesson 1 - Who Am I and Where Am I Going?
 - Lesson 6 - Breaking Up and Dating Violence
 - Lesson 7 - Decide, Don't Slide! Pathways to Success
 - Lesson 8 - Communication and Healthy Relationships
 - Lesson 10 - Sexual Decision-Making
 - Lesson 11 - Pregnancy, STIs and HIV
- 1.12.6 Analyze the relationship between access to health care and health status.
- Lesson 5 - Is it a Healthy Relationship?
 - Lesson 6 - Breaking Up and Dating Violence
 - Lesson 7 - Decide, Don't Slide! Pathways to Success
 - Lesson 9 - Communication Challenges and More Skills
 - Lesson 10 - Sexual Decision-Making
 - Lesson 11 - Pregnancy, STIs and HIV
 - Lesson 12 - Unintended Pregnancy Through the Eyes of a Child
 - Lesson 13 - Teens, Technology, and Social Media
- 1.12.7 Compare and contrast the benefits of and barriers to practicing a variety of healthy behaviors.
- Lesson 1 - Who Am I and Where Am I Going?
 - Lesson 3 - Attractions and Infatuation
 - Lesson 4 - Principles of Smart Relationships
 - Lesson 5 - Is it a Healthy Relationship?
 - Lesson 6 - Breaking Up and Dating Violence
 - Lesson 7 - Decide, Don't Slide! Pathways to Success
 - Lesson 9 - Communication Challenges and More Skills
 - Lesson 10 - Sexual Decision-Making
 - Lesson 11 - Pregnancy, STIs and HIV
 - Lesson 12 - Unintended Pregnancy Through the Eyes of a Child
 - Lesson 13 - Teens, Technology, and Social Media
- 1.12.8 Analyze personal susceptibility to injury, illness, or death if engaging in unhealthy behaviors.
- Lesson 6 - Breaking Up and Dating Violence
 - Lesson 7 - Decide, Don't Slide! Pathways to Success
 - Lesson 10 - Sexual Decision-Making
 - Lesson 11 - Pregnancy, STIs and HIV
- 1.12.9 Analyze the potential severity of injury or illness if engaging in unhealthy behaviors.
- Lesson 6 - Breaking Up and Dating Violence
 - Lesson 7 - Decide, Don't Slide! Pathways to Success
 - Lesson 11 - Pregnancy, STIs and HIV

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

- 2.12.1 Analyze how the family influences the health of individuals.
Lesson 7 - Decide, Don't Slide! Pathways to Success
Lesson 8 - Communication and Healthy Relationships
Lesson 12 - Unintended Pregnancy Through the Eyes of a Child
- 2.12.2 Analyze how the culture supports and challenges health beliefs, practices, and behaviors.
Lesson 7 - Decide, Don't Slide! Pathways to Success
Lesson 8 - Communication and Healthy Relationships
Lesson 11 - Pregnancy, STIs and HIV
Lesson 13 - Teens, Technology, and Social Media
- 2.12.3 Analyze how peers influence healthy and unhealthy behaviors.
Lesson 1 - Who Am I and Where Am I Going?
Lesson 7 - Decide, Don't Slide! Pathways to Success
Lesson 11 - Pregnancy, STIs and HIV
Lesson 13 - Teens, Technology, and Social Media
- 2.12.4 Evaluate how the school and community can affect personal health practice and behaviors.
Lesson 13 - Teens, Technology, and Social Media
- 2.12.5 Evaluate the effect of media on personal and family health.
Lesson 13 - Teens, Technology, and Social Media
- 2.12.6 Evaluate the impact of technology on personal, family, and community health.
Lesson 13 - Teens, Technology, and Social Media
- 2.12.7 Analyze how the perceptions of norms influence healthy and unhealthy behaviors.
Lesson 1 - Who Am I and Where Am I Going?
Lesson 8 - Communication and Healthy Relationship
Lesson 11 - Pregnancy, STIs and HIVs
Lesson 13 - Teens, Technology, and Social Media
- 2.12.8 Analyze the influence of personal values and beliefs on individual health practices and behaviors.
Lesson 1 - Who Am I and Where Am I Going?
Lesson 2 - Maturity and What I Value
Lesson 4 - Principles of Smart Relationships
Lesson 5 - Is it a Healthy Relationship?
Lesson 6 - Breaking Up and Dating Violence
Lesson 7 - Decide, Don't Slide! Pathways to Success
Lesson 10 - Sexual Decision-Making
Lesson 11 - Pregnancy, STIs and HIV

- 2.12.9 Analyze how some health risk behaviors can influence the likelihood of engaging in unhealthy behaviors.
Lesson 1 - Who Am I and Where Am I Going?
Lesson 3 - Attractions and Infatuation
Lesson 5 - Is it a Healthy Relationship?
Lesson 6 - Breaking Up and Dating Violence
Lesson 7 - Decide, Don't Slide! Pathways to Success
Lesson 8 - Communication and Healthy Relationships
Lesson 10 - Sexual Decision-Making
Lesson 11 - Pregnancy, STIs and HIV
Lesson 13 - Teens, Technology, and Social Media
- 2.12.10 Analyze how public health policies and government regulations can influence health promotion and disease prevention.
[Not Included]

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

- 3.12.1 Evaluate the validity of health information, products, and services.
Lesson 13 - Teens, Technology, and Social Media
- 3.12.2 Use resources from home, school, and community that provide valid health information.
Lesson 6 - Breaking Up and Dating Violence
Lesson 8 - Communication and Healthy Relationships
Lesson 11 - Pregnancy, STIs and HIV
Lesson 13 - Teens, Technology, and Social Media
- 3.12.3 Determine the accessibility of products and services that enhance health.
Lesson 6 - Breaking Up and Dating Violence
- 3.12.4 Determine when professional health services may be required.
Lesson 6 - Breaking Up and Dating Violence
Lesson 7 - Decide, Don't Slide! Pathways to Success
Lesson 8 - Communication and Healthy Relationships
Lesson 11 - Pregnancy, STIs and HIV
Lesson 13 - Teens, Technology, and Social Media
- 3.12.5 Access valid and reliable health products and services.
Lesson 6 - Breaking Up and Dating Violence
Lesson 7 - Decide, Don't Slide! Pathways to Success
Lesson 8 - Communication and Healthy Relationships

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

- 4.12.1 Use skills for communicating effectively with family, peers, and others to enhance health.
- Lesson 1 - Who Am I and Where Am I Going?
 - Lesson 2 - Maturity and What I Value
 - Lesson 3 - Attractions and Infatuation
 - Lesson 4 - Principles of Smart Relationships
 - Lesson 5 - Is it a Healthy Relationship?
 - Lesson 6 - Breaking Up and Dating Violence
 - Lesson 8 - Communication and Healthy Relationships
 - Lesson 9 - Communication Challenges and More Skills
 - Lesson 10 - Sexual Decision-Making
 - Lesson 11 - Pregnancy, STIs and HIV
 - Lesson 13 - Teens, Technology, and Social Media
- 4.12.2 Demonstrate refusal, negotiation, and collaboration skills to enhance health and avoid or reduce health risks.
- Lesson 1 - Who Am I and Where Am I Going?
 - Lesson 6 - Breaking Up and Dating Violence
 - Lesson 7 - Decide, Don't Slide! Pathways to Success
 - Lesson 10 - Sexual Decision-Making
 - Lesson 11 - Pregnancy, STIs and HIV
- 4.12.3 Demonstrate strategies to prevent, manage, or resolve interpersonal conflicts without harming self or others.
- Lesson 1 - Who Am I and Where Am I Going?
 - Lesson 6 - Breaking Up and Dating Violence
 - Lesson 8 - Communication and Healthy Relationships
 - Lesson 9 - Communication Challenges and More Skills
 - Lesson 11 - Pregnancy, STIs and HIV
- 4.12.4 Demonstrate how to ask for and offer assistance to enhance the health of self and others.
- Lesson 6 - Breaking Up and Dating Violence

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

- 5.12.1 Examine barriers that can hinder healthy decision making.
- Lesson 2 - Maturity and What I Value
 - Lesson 3 - Attractions and Infatuation
 - Lesson 4 - Principles of Smart Relationships
 - Lesson 5 - Is it a Healthy Relationship?
 - Lesson 6 - Breaking Up and Dating Violence

- Lesson 7 - Decide, Don't Slide! Pathways to Success
 - Lesson 8 - Communication and Healthy Relationships
 - Lesson 9 - Communication Challenges and More Skills
 - Lesson 10 - Sexual Decision-Making
 - Lesson 11 - Pregnancy, STIs and HIV
 - Lesson 13 - Teens, Technology, and Social Media
- 5.12.2 Determine the value of applying a thoughtful decision-making process in health-related situations.
- Lesson 1 - Who Am I and Where Am I Going?
 - Lesson 3 - Attractions and Infatuation
 - Lesson 5 - Is it a Healthy Relationship?
 - Lesson 6 - Breaking Up and Dating Violence
 - Lesson 7 - Decide, Don't Slide! Pathways to Success
 - Lesson 8 - Communication and Healthy Relationships
 - Lesson 9 - Communication Challenges and More Skills
 - Lesson 10 - Sexual Decision-Making
 - Lesson 11 - Pregnancy, STIs and HIV
 - Lesson 13 - Teens, Technology, and Social Media
- 5.12.3 Justify when individual or collaborative decision making is appropriate.
- Lesson 6 - Breaking Up and Dating Violence
 - Lesson 7 - Decide, Don't Slide! Pathways to Success
 - Lesson 9 - Communication Challenges and More Skills
 - Lesson 10 - Sexual Decision-Making
 - Lesson 11 - Pregnancy, STIs and HIV
 - Lesson 12 - Unintended Pregnancy Through the Eyes of a Child
 - Lesson 13 - Teens, Technology, and Social Media
- 5.12.4 Generate alternatives to health-related issues or problems.
- Lesson 1 - Who Am I and Where Am I Going?
 - Lesson 3 - Attractions and Infatuation
 - Lesson 4 - Principles of Smart Relationships
 - Lesson 5 - Is it a Healthy Relationship?
 - Lesson 6 - Breaking Up and Dating Violence
 - Lesson 7 - Decide, Don't Slide! Pathways to Success
 - Lesson 8 - Communication and Healthy Relationships
 - Lesson 9 - Communication Challenges and More Skills
 - Lesson 10 - Sexual Decision-Making
 - Lesson 11 - Pregnancy, STIs and HIV
 - Lesson 12 - Unintended Pregnancy Through the Eyes of a Child
 - Lesson 13 - Teens, Technology, and Social Media

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

Lesson 1 - Who Am I and Where Am I Going?

Lesson 3 - Attractions and Infatuation

Lesson 5 - Is it a Healthy Relationship?

Lesson 6 - Breaking Up and Dating Violence

Lesson 7 - Decide, Don't Slide! Pathways to Success

Lesson 8 - Communication and Healthy Relationships

Lesson 9 - Communication Challenges and More Skills

Lesson 10 - Sexual Decision-Making

Lesson 11 - Pregnancy, STIs and HIV

Lesson 12 - Unintended Pregnancy Through the Eyes of a Child

Lesson 13 - Teens, Technology, and Social Media

5.12.6 Defend the healthy choice when making decisions.

Lesson 1 - Who Am I and Where Am I Going?

Lesson 2 - Maturity and What I Value

Lesson 6 - Breaking Up and Dating Violence

Lesson 7 - Decide, Don't Slide! Pathways to Success

Lesson 10 - Sexual Decision-Making

Lesson 11 - Pregnancy, STIs and HIV

Lesson 13 - Teens, Technology, and Social Media

5.12.7 Evaluate the effectiveness of health-related decisions.

Lesson 1 - Who Am I and Where Am I Going?

Lesson 3 - Attractions and Infatuation

Lesson 4 - Principles of Smart Relationships

Lesson 5 - Is it a Healthy Relationship?

Lesson 6 - Breaking Up and Dating Violence

Lesson 7 - Decide, Don't Slide! Pathways to Success

Lesson 8 - Communication and Healthy Relationships

Lesson 9 - Communication Challenges and More Skills

Lesson 10 - Sexual Decision-Making

Lesson 11 - Pregnancy, STIs and HIV

Lesson 12 - Unintended Pregnancy Through the Eyes of a Child

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

6.12.1 Assess personal health practices and overall health status.

Lesson 1 - Who Am I and Where Am I Going?

Lesson 4 - Principles of Smart Relationships

Lesson 5 - Is it a Healthy Relationship?

- Lesson 6 - Breaking Up and Dating Violence
 - Lesson 8 - Communication and Healthy Relationships
 - Lesson 9 - Communication Challenges and More Skills
 - Lesson 10 - Sexual Decision-Making
 - Lesson 11 - Pregnancy, STIs and HIV
 - Lesson 12 - Unintended Pregnancy Through the Eyes of a Child
 - Lesson 13 - Teens, Technology, and Social Media
- 6.12.2 Develop a plan to attain a personal health goal that addresses strengths, needs, and risks.
- Lesson 1 - Who Am I and Where Am I Going?
 - Lesson 8 - Communication and Healthy Relationships
 - Lesson 11 - Pregnancy, STIs and HIV
 - Lesson 13 - Teens, Technology, and Social Media
- 6.12.3 Implement strategies and monitor progress in achieving a personal health goal.
- Lesson 1 - Who Am I and Where Am I Going?
 - Lesson 8 - Communication and Healthy Relationships
 - Lesson 11 - Pregnancy, STIs and HIV
 - Lesson 13 - Teens, Technology, and Social Media
- 6.12.4 Formulate an effective long-term personal health plan.
- Lesson 6 - Breaking Up and Dating Violence
 - Lesson 7 - Decide, Don't Slide! Pathways to Success
 - Lesson 8 - Communication and Healthy Relationships
 - Lesson 10 - Sexual Decision-Making
 - Lesson 11 - Pregnancy, STIs and HIV
 - Lesson 13 - Teens, Technology, and Social Media

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

- 7.12.1 Analyze the role of individual responsibility for enhancing health.
- Lesson 1 - Who Am I and Where Am I Going?
 - Lesson 7 - Decide, Don't Slide! Pathways to Success
 - Lesson 8 - Communication and Healthy Relationships
 - Lesson 10 - Sexual Decision-Making
 - Lesson 11 - Pregnancy, STIs and HIV
 - Lesson 13 - Teens, Technology, and Social Media
- 7.12.2 Demonstrate a variety of healthy practices and behaviors that will maintain or improve the health of self and others.
- Lesson 1 - Who Am I and Where Am I Going?
 - Lesson 2 - Maturity and What I Value
 - Lesson 3 - Attractions and Infatuation

Lesson 4 - Principles of Smart Relationships
Lesson 5 - Is it a Healthy Relationship?
Lesson 6 - Breaking Up and Dating Violence
Lesson 7 - Decide, Don't Slide! Pathways to Success
Lesson 8 - Communication and Healthy Relationships
Lesson 9 - Communication Challenges and More Skills
Lesson 10 - Sexual Decision-Making
Lesson 11 - Pregnancy, STIs and HIV
Lesson 12 - Unintended Pregnancy Through the Eyes of a Child
Lesson 13 - Teens, Technology, and Social Media

7.12.3 Demonstrate a variety of behaviors to avoid or reduce health risks to self and others.

Lesson 1 - Who Am I and Where Am I Going?
Lesson 2 - Maturity and What I Value
Lesson 3 - Attractions and Infatuation
Lesson 4 - Principles of Smart Relationships
Lesson 5 - Is it a Healthy Relationship?
Lesson 6 - Breaking Up and Dating Violence
Lesson 7 - Decide, Don't Slide! Pathways to Success
Lesson 8 - Communication and Healthy Relationships
Lesson 9 - Communication Challenges and More Skills
Lesson 10 - Sexual Decision-Making
Lesson 11 - Pregnancy, STIs and HIV
Lesson 12 - Unintended Pregnancy Through the Eyes of a Child
Lesson 13 - Teens, Technology, and Social Media

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

8.12.1 Utilize accurate peer and societal norms to formulate a health-enhancing message.

Lesson 3 - Attractions and Infatuation
Lesson 5 - Is it a Healthy Relationship?
Lesson 6 - Breaking Up and Dating Violence
Lesson 7 - Decide, Don't Slide! Pathways to Success
Lesson 8 - Communication and Healthy Relationships
Lesson 9 - Communication Challenges and More Skills
Lesson 10 - Sexual Decision-Making
Lesson 11 - Pregnancy, STIs and HIV
Lesson 12 - Unintended Pregnancy Through the Eyes of a Child
Lesson 13 - Teens, Technology, and Social Media

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

Lesson 6 - Breaking Up and Dating Violence

Lesson 10 - Sexual Decision-Making

8.12.3 Work cooperatively as an advocate for improving personal, family, and community health.

[Not Included]

8.12.4 Adapt health messages and communication techniques to a specific target audience.

[Not Included]