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
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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
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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
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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
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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
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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
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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
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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
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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  
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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  
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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]