

*Love Notes 4.1*

**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.

- [Not Included]
- 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

- 5.8.4 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
- 5.8.5 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
- 5.8.6 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
- 5.8.7 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

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