



The Dibble Institute®
Resources for Teaching Relationship Skills

Relationship Smarts PLUS 5.1

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 - 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
- 1.8.2 Describe the interrelationships of emotional, intellectual, physical, and social health in adolescence.
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
- 1.8.3 Analyze how the environment affects personal health.
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
- 1.8.4 Describe how family history can affect 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
- 1.8.5 Describe ways to reduce or prevent injuries and other adolescent 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
- 1.8.6 Explain how appropriate health care can promote personal health.
- 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
- 1.8.7 Describe the benefits of and barriers to practicing 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
- 1.8.8 Examine the likelihood 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 10 - Sexual Decision-Making
 - Lesson 11 - Pregnancy, STIs and HIV
- 1.8.9 Examine the potential seriousness 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.

- 2.8.1 Examine how the family influences the health of adolescents.
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
- 2.8.2 Describe the influence of culture on 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
- 2.8.3 Describe 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
- 2.8.4 Analyze how the school and community can affect personal health practices and behaviors.
Lesson 13 - Teens, Technology, and Social Media
- 2.8.5 Analyze how messages from media influence health behaviors.
Lesson 13 - Teens, Technology, and Social Media
- 2.8.6 Analyze the influence of technology on personal and family health.
Lesson 13 - Teens, Technology, and Social Media
- 2.8.7 Explain 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
- 2.8.8 Explain 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
- 2.8.9 Describe 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

- 2.8.10 Explain how school and public health policies 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.

- 3.8.1 Analyze the validity of health information, products, and services.
Lesson 13 - Teens, Technology, and Social Media
- 3.8.2 Access valid health information from home, school, and community.
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
- 3.8.3 Determine the accessibility of products that enhance health.
Lesson 6 - Breaking Up and Dating Violence
- 3.8.4 Describe situations that may require professional health services.
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
- 3.8.5 Locate 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.

- 4.8.1 Apply effective verbal and nonverbal communication skills 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
- 4.8.2 Demonstrate refusal and negotiation skills that 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
- 4.8.3 Demonstrate effective conflict management or resolution strategies.
- 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
- 4.8.4 Demonstrate how to ask for 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.

- 5.8.1 Identify circumstances that can help or 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

- 5.8.2 Determine when health-related situations require the application of a thoughtful decision-making process.
- 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
- 5.8.3 Distinguish 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
- 5.8.4 Distinguish between healthy and unhealthy 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
- 5.8.5 Predict the potential short-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

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

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

5.8.7 Analyze the outcomes of a health-related decision.

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
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Lesson 13 - Teens, Technology, and Social Media

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

6.8.1 Assess personal health practices.

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
- 6.8.2 Develop a goal to adopt, maintain, or improve a personal health practice.
 - 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
- 6.8.3 Apply strategies and skills needed to attain 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
- 6.8.4 Describe how personal health goals can vary with changing abilities, priorities, and responsibilities.
 - [Not Included]

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 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
- 7.8.2 Demonstrate 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
- 7.8.3 Demonstrate 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.

- 8.8.1 State a health-enhancing position on a topic and support it with accurate information.
- Lesson 3 - Attractions and Infatuation
 - Lesson 4 - Principles of Smart Relationships
 - Lesson 6 - Breaking Up and Dating Violence
 - Lesson 8 - Communication and Healthy Relationships
 - Lesson 11 - Pregnancy, STIs and HIV
 - Lesson 12 - Unintended Pregnancy Through the Eyes of a Child
 - Lesson 13 - Teens, Technology, and Social Media
- 8.8.2 Demonstrate how to influence and support others to make positive health choices.
- Lesson 6 - Breaking Up and Dating Violence
 - Lesson 10 - Sexual Decision-Making
- 8.8.3 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.

[Not Included]