

Love Notes V2.0 Standards

Centers for Disease Control – National Health Education Standards

Lesson 1: Relationships Today

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.
- 1.12.2 Describe the interrelationships of emotional, intellectual, physical, and social health.
- 1.12.7 Compare and contrast the benefits of and barriers to practicing a variety of healthy behaviors.

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 2: Knowing Yourself

STANDARD 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

- 1.12.3 Analyze how environment and personal health are interrelated.
- 1.12.4 Analyze how genetics and family history can impact personal health.

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.

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 3: My Expectations—My Future

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

- 2.12.8 Analyze the influence of personal values and beliefs on individual health practices and behaviors.

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.

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Lesson 4: Attractions and Starting Relationships

STANDARD 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

1.12.7 Compare and contrast the benefits of and barriers to practicing a variety of healthy behaviors.

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

2.12.8 Analyze the influence of personal values and beliefs on individual health practices and behaviors.

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.

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.

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

Lesson 5: Principles of Smart Relationships

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

2.12.7 Analyze how the perceptions of norms influence healthy and unhealthy behaviors.

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

5.12.6 Defend the healthy choice when making decisions.

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

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

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Lesson 6: Is It a Healthy Relationship?

STANDARD 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

- 1.12.2 Describe the interrelationships of emotional, intellectual, physical, and social health.
1.12.7 Compare and contrast the benefits of and barriers to practicing a variety of healthy behaviors.

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

- 2.12.5 Evaluate the effect of media on personal and family health.
2.12.7 Analyze how the perceptions of norms influence healthy and unhealthy behaviors.
2.12.8 Analyze the influence of personal values and beliefs on individual health practices and behaviors.
2.12.9 Analyze how some health risk behaviors can influence the likelihood of engaging in unhealthy behaviors.

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

- 5.12.2 Determine the value of applying a thoughtful decision-making process in health-related situations.

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

- 7.12.2 Demonstrate a variety of healthy practices and behaviors that will maintain or improve the health of self and others.
7.12.3 Demonstrate a variety of behaviors to avoid or reduce health risks to self and others.

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

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

Lesson 7: Dangerous Love

STANDARD 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

- 1.12.2 Describe the interrelationships of emotional, intellectual, physical, and social health.
1.12.7 Compare and contrast the benefits of and barriers to practicing a variety of healthy behaviors.
1.12.8 Analyze personal susceptibility to injury, illness, or death if engaging in unhealthy behaviors.
1.12.9 Analyze the potential severity of injury or illness if engaging in unhealthy behaviors.

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

- 2.12.1 Analyze how family influences the health of individuals.
 - 2.12.7 Analyze how the perceptions of norms influence healthy and unhealthy behaviors.
 - 2.12.8 Analyze the influence of personal values and beliefs on individual health practices and behaviors.
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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.
 - 4.12.2 Demonstrate refusal, negotiation, and collaboration skills to enhance health and avoid or reduce health risks.
 - 4.12.4 Demonstrate how to ask for and offer assistance to enhance the health of self and others.
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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
 - 5.12.2 Determine the value of applying a thoughtful decision-making process in health-related situations.
 - 5.12.6 Defend the healthy choice when making decisions.
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STANDARD 7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

- 7.12.3 Demonstrate a variety of behaviors to avoid or reduce health risks to self and others.
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STANDARD 8: Students will demonstrate the ability to advocate for personal, family and community health.

- 8.12.2 Demonstrate how to influence and support others to make positive health choices.
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Lesson 8: Decide, Don't Slide! The Low-Risk Approach to Relationships

STANDARD 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

- 1.12.2 Describe the interrelationships of emotional, intellectual, physical, and social health.
- 1.12.5 Propose ways to reduce or prevent injuries and health problems.
- 1.12.7 Compare and contrast the benefits of and barriers to practicing a variety of healthy behaviors.

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

2.12.1 Analyze how family influences the health of individuals.

2.12.9 Analyze how some health risk behaviors can influence the likelihood of engaging in unhealthy behaviors.

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

4.12.2 Demonstrate refusal, negotiation, and collaboration skills to enhance health and avoid or reduce health risks.

4.12.4 Demonstrate how to ask for and offer assistance to enhance the health of self and others.

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.

5.12.2 Determine the value of applying a thoughtful decision-making process in health-related situations.

5.12.6 Defend the healthy choice when making decisions.

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

6.12.2 Develop a plan to attain a personal health goal that addresses strengths, needs and risks.

6.12.3 Implement strategies and monitor progress in achieving personal health goals.

6.12.4 Formulate an effective long-term personal health plan.

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.

7.12.2 Demonstrate a variety of healthy practices and behaviors that will maintain or improve the health of self and others.

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

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

Lesson 9: Let's Talk about Sex

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.

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- 1.12.2 Describe the interrelationships of emotional, intellectual, physical, and social health.
1.12.7 Compare and contrast the benefits of and barriers to practicing a variety of healthy behaviors.
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STANDARD 3: Students will demonstrate the ability to access valid information, products, and services to enhance health.

- 2.12.2 Analyze how the culture supports and challenges health beliefs, practices, and behaviors.
2.12.7 Analyze how the perceptions of norms influence healthy and unhealthy behaviors.
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STANDARD 5: Students will demonstrate the ability to use decision-making skills to enhance health.

- 5.12.2 Determine the value of applying a thoughtful decision-making process in health-related situations.
5.12.6 Defend the healthy choice when making decisions.
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STANDARD 6: Students will demonstrate the ability to use goal-setting skills to enhance health.

- 6.12.2 Develop a plan to attain a personal health goal that addresses strengths, needs, and risks.
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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.
7.12.2 Demonstrate a variety of healthy practices and behaviors that will maintain or improve the health of self and others.
7.12.3 Demonstrate a variety of behaviors to avoid or reduce health risks to self and others.
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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 10: Let's Plan for Choices

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.
1.12.7 Compare and contrast the benefits of and barriers to practicing a variety of healthy behaviors.
1.12.8 Analyze personal susceptibility to injury, illness, or death if engaging in unhealthy behaviors.
1.12.9 Analyze the potential severity of injury or illness if engaging in unhealthy behaviors.

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

- 2.12.2 Analyze how the culture supports and challenges health beliefs, practices, and behaviors.
 - 2.12.7 Analyze how the perceptions of norms influence healthy and unhealthy behaviors.
 - 2.12.9 Analyze how some health risk behaviors can influence the likelihood of engaging in unhealthy behaviors.
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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.
 - 3.12.2 Use resources from home, school, and community that provide valid health information.
 - 3.12.3 Determine the accessibility of products and services that enhance health.
 - 3.12.4 Determine when professional health services may be required.
 - 3.12.5 Access valid and reliable health products and services.
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STANDARD 4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

- 4.12.2 Demonstrate refusal, negotiation, and collaboration skills to enhance health and avoid or reduce health risks.
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STANDARD 5: Students will demonstrate the ability to use decision-making skills to enhance health.

- 5.12.2 Determine the value of applying a thoughtful decision-making process in health-related situations.
 - 5.12.4 Generate alternatives to health-related issues or problems.
 - 5.12.6 Defend the healthy choice when making decisions.
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STANDARD 6: Students will demonstrate the ability to use goal-setting skills to enhance health.

- 6.12.2 Develop a plan to attain a personal health goal that addresses strengths, needs, and risks.
 - 6.12.3 Implement strategies and monitor progress in achieving personal health goals.
 - 6.12.4 Formulate an effective long-term personal health plan.
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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.
- 7.12.2 Demonstrate a variety of healthy practices and behaviors that will maintain or improve the health of self and others.
- 7.12.3 Demonstrate a variety of behaviors to avoid or reduce health risks to self and others.

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Lesson 11: What's Communication Got to Do with It? Lesson 12: Communication Challenges and More Skills

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.

4.12.2 Demonstrate refusal, negotiation, and collaboration skills to enhance health and avoid or reduce health risks.

4.12.3 Demonstrate strategies to prevent, manage, or resolve interpersonal conflicts without harming self or others.

Lesson 13: Through the Eyes of a Child

STANDARD 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

1.12.5 Propose ways to reduce or prevent injuries and health problems.

1.12.7 Compare and contrast the benefits of and barriers to practicing a variety of healthy behaviors.

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

2.12.1 Analyze how family influences the health of individuals.

2.12.2 Analyze how the culture supports and challenges health beliefs, practices, and behaviors.

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

6.12.2 Develop a plan to attain a personal health goal that addresses strengths, needs, and risks.

6.12.3 Implement strategies and monitor progress in achieving personal health goals.

6.12.4 Formulate an effective long-term personal health plan.

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

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

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

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