



# The Dibble Institute

## Relationship Skills for Teens

### Connections: Relationships and Marriage

U.S. National Standards Health and PE

Grades: 9, 10, 11, 12

Lesson 01: What It's Like to Be Me | Poster Page

#### Grades: 11 & 12 – Adopted 2007

<b>STRAND / ORGANIZATION</b>	<b>N.NHES.</b>	National Health Education Standards (NHES)
<b>STANDARD / BENCHMARK</b>	<b>NHES.1:</b>	Students will comprehend concepts related to health promotion and disease prevention to enhance health.
<b>BENCHMARK / GRADE LEVEL EXPECTATION</b>	<b>1.12.3</b>	Analyze how environment and personal health are interrelated.
<b>STRAND / ORGANIZATION</b>	<b>N.NHES.</b>	National Health Education Standards (NHES)
<b>STANDARD / BENCHMARK</b>	<b>NHES.2:</b>	Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
<b>BENCHMARK / GRADE LEVEL EXPECTATION</b>	<b>2.12.1</b>	Analyze how the family influences the health of individuals.
<b>BENCHMARK / GRADE LEVEL EXPECTATION</b>	<b>2.12.2</b>	Analyze how the culture supports and challenges health beliefs, practices, and behaviors.
<b>BENCHMARK / GRADE LEVEL EXPECTATION</b>	<b>2.12.7</b>	Analyze how the perceptions of norms influence healthy and unhealthy behaviors.
<b>BENCHMARK / GRADE LEVEL EXPECTATION</b>	<b>2.12.8</b>	Analyze the influence of personal values and beliefs on individual health practices and behaviors.

Lesson 02: Understanding Myself Better

#### Grades: 11 & 12 – Adopted 2007

<b>STRAND / ORGANIZATION</b>	<b>N.NHES.</b>	National Health Education Standards (NHES)
<b>STANDARD / BENCHMARK</b>	<b>NHES.1:</b>	Students will comprehend concepts related to health promotion and disease prevention to enhance health.
<b>BENCHMARK /</b>	<b>1.12.3</b>	Analyze how environment and personal health are interrelated.

<b>GRADE LEVEL EXPECTATION</b>		
<b>STRAND / ORGANIZATION</b>	<b>N.NHES.</b>	National Health Education Standards (NHES)
<b>STANDARD / BENCHMARK</b>	<b>NHES.2:</b>	Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
<b>BENCHMARK / GRADE LEVEL EXPECTATION</b>	<b>2.12.1</b>	Analyze how the family influences the health of individuals.
<b>BENCHMARK / GRADE LEVEL EXPECTATION</b>	<b>2.12.2</b>	Analyze how the culture supports and challenges health beliefs, practices, and behaviors.
<b>BENCHMARK / GRADE LEVEL EXPECTATION</b>	<b>2.12.7</b>	Analyze how the perceptions of norms influence healthy and unhealthy behaviors.
<b>BENCHMARK / GRADE LEVEL EXPECTATION</b>	<b>2.12.8</b>	Analyze the influence of personal values and beliefs on individual health practices and behaviors.

Lesson 03: Your Plan for Life (with timeline)

**Grades: 11 & 12 – Adopted 2007**

<b>STRAND / ORGANIZATION</b>	<b>N.NHES.</b>	National Health Education Standards (NHES)
<b>STANDARD / BENCHMARK</b>	<b>NHES.6:</b>	Students will demonstrate the ability to use goal-setting skills to enhance health.
<b>BENCHMARK / GRADE LEVEL EXPECTATION</b>	<b>6.12.2</b>	Develop a plan to attain a personal health goal that addresses strengths, needs, and risks.
<b>BENCHMARK / GRADE LEVEL EXPECTATION</b>	<b>6.12.3</b>	Implement strategies and monitor progress in achieving a personal health goal.
<b>BENCHMARK / GRADE LEVEL EXPECTATION</b>	<b>6.12.4</b>	Formulate an effective long-term personal health plan.
<b>STRAND / ORGANIZATION</b>	<b>N.NASPE.</b>	National Standards for Physical Education (NASPE)
<b>STANDARD / BENCHMARK</b>	<b>NASPE.2.</b>	Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.
<b>BENCHMARK / GRADE LEVEL EXPECTATION</b>		High school students demonstrate knowledge and understanding necessary to develop scientifically based personal activity plans that include selected sports and activities. They use complex movement concepts and principles to independently refine their skills and apply them to the learning of new skills. Advanced activity related to discipline-specific knowledge is integrated so that students develop the ability to learn, self-assess, and improve movement skills independently. They also can

		recognize elite-level performance.
<b>GRADE LEVEL EXPECTATION</b>	<b>2.2.</b>	Develops realistic short-term and long-term personal fitness goals.
<b>STRAND / ORGANIZATION</b>	<b>N.NASPE.</b>	National Standards for Physical Education (NASPE)
<b>STANDARD / BENCHMARK</b>	<b>NASPE.4.</b>	Achieves and maintains a health-enhancing level of physical fitness.
<b>BENCHMARK / GRADE LEVEL EXPECTATION</b>		Young adults assume greater self-responsibility in their lives and display greater autonomy in their personal behaviors. They demonstrate responsibility for their own health-related fitness status by participating in appropriate physical activities on a regular basis. They engage in activities in a variety of settings (e.g., school, home, workplace, community) for the purpose of achieving and maintaining health-related fitness. They are largely independent in assessing their personal fitness status, and they can interpret information from fitness tests and use this information to plan and design their own programs to achieve and maintain personal fitness goals that encompass all components of fitness.
<b>GRADE LEVEL EXPECTATION</b>	<b>4.3.</b>	Develops a personal fitness profile on the basis of fitness assessment results.
<b>GRADE LEVEL EXPECTATION</b>	<b>4.4.</b>	Designs and implements a personal fitness program based on information obtained from the fitness assessment and in accordance with appropriate training principles.
<b>GRADE LEVEL EXPECTATION</b>	<b>4.5.</b>	Achieves personal fitness goals after a period of training.
<b>GRADE LEVEL EXPECTATION</b>	<b>4.6.</b>	Demonstrates ability to monitor and adjust a personal fitness program to meet needs and goals.
<b>GRADE LEVEL EXPECTATION</b>	<b>4.7.</b>	Meets the age- and gender-specific health-related fitness standards defined by Fitnessgram.

Lesson 04: Behind the Scenes | Positive Relationships | Male & Female Media Models

**Grades: 11 & 12 – Adopted 2007**

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<b>BENCHMARK / GRADE LEVEL EXPECTATION</b>	<b>2.12.8</b>	Analyze the influence of personal values and beliefs on individual health practices and behaviors.

Lesson 05: Check the Status | Things Change

**No Correlations Found**

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Lesson 06: Expectations

**Grades: 11 & 12 – Adopted 2007**

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<b>BENCHMARK / GRADE LEVEL EXPECTATION</b>	<b>2.12.8</b>	Analyze the influence of personal values and beliefs on individual health practices and behaviors.
<b>STRAND / ORGANIZATION</b>	<b>N.NHES.</b>	National Health Education Standards (NHES)
<b>STANDARD / BENCHMARK</b>	<b>NHES.4:</b>	Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
<b>BENCHMARK / GRADE LEVEL EXPECTATION</b>	<b>4.12.1</b>	Use skills for communicating effectively with family, peers, and others to enhance health.
<b>BENCHMARK / GRADE LEVEL EXPECTATION</b>	<b>4.12.3</b>	Demonstrate strategies to prevent, manage, or resolve interpersonal conflicts without harming self or others.

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Lesson 07: Attractions | Getting Acquainted

**No Correlations Found**

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Lesson 08: Dating and Emotions | Breaking Up | My Ideal Person

**No Correlations Found**

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Lesson 09: Family Patterns | Settling Differences

**Grades: 11 & 12 – Adopted 2007**

<b>STRAND /</b>	<b>N.NHES.</b>	National Health Education Standards (NHES)
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Lesson 10: Let's Talk | Listening | Types of Filters

**Grades: 11 & 12 – Adopted 2007**

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<b>BENCHMARK / GRADE LEVEL EXPECTATION</b>	<b>4.12.1</b>	Use skills for communicating effectively with family, peers, and others to enhance health.

Lesson 11: Handling Conflict

**Grades: 11 & 12 – Adopted 2007**

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<b>BENCHMARK / GRADE LEVEL EXPECTATION</b>	<b>4.12.1</b>	Use skills for communicating effectively with family, peers, and others to enhance health.
<b>BENCHMARK / GRADE LEVEL EXPECTATION</b>	<b>4.12.3</b>	Demonstrate strategies to prevent, manage, or resolve interpersonal conflicts without harming self or others.

Lesson 12: Components of Relationships | What Is Love?

**No Correlations Found**

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Lesson 13: Roadblocks to Relationships | Compatibility Counts Before You Marry

**No Correlations Found**

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Lesson 14: Priorities | Household Duties | What About Kids?

**No Correlations Found**

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Lesson 15: Making the Decision | Rate Your Mate | The Wedding Marriage License

**No Correlations Found**

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Lesson 16: A Portrait | Parenting 101 | Family Album

**No Correlations Found**

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Lesson 17: Finances | The Family Budget | Keeping a Job

**No Correlations Found**

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Lesson 18: Our Crisis

**No Correlations Found**

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Lesson 19: Family Vacation

**No Correlations Found**

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Lesson 20: What I Learned

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For more information on Connections: Relationships and Marriage please contact:  
The Dibble Institute  
[www.dibbleinstitute.org](http://www.dibbleinstitute.org)  
800-695-7975