



# The Dibble Institute

## Relationship Skills for Teens

### Connections Dating and Emotions

National Sexuality Education Standards

Grades: 6, 7, 8

Lesson 01: What It's About - Things to Know

Grade: **6, 7, 8** - Adopted **2012**

<b>TOPIC / STANDARD</b>	<b>FoSE.CC.</b>	Core Concepts: Students will comprehend concepts related to health promotion and disease prevention to enhance health.
<b>STRAND</b>	<b>PD.8.CC.</b>	Puberty and Adolescent Development: By the end of the 8th grade, students should be able to:
<b>ITEM INDICATORS</b>	<b>PD.8.CC.1.</b>	Describe the physical, social, cognitive and emotional changes of adolescence
<b>TOPIC / STANDARD</b>	<b>FoSE.CC.</b>	Core Concepts: Students will comprehend concepts related to health promotion and disease prevention to enhance health.
<b>STRAND</b>	<b>HR.8.CC.</b>	Healthy Relationships: By the end of the 8th grade, students should be able to:
<b>ITEM INDICATORS</b>	<b>HR.8.CC.1.</b>	Compare and contrast the characteristics of healthy and unhealthy relationships
<b>ITEM INDICATORS</b>	<b>HR.8.CC.2.</b>	Describe the potential impacts of power differences such as age, status or position within relationships
<b>ITEM INDICATORS</b>	<b>HR.8.CC.3.</b>	Analyze the similarities and differences between friendships and romantic relationships
<b>ITEM INDICATORS</b>	<b>HR.8.CC.4.</b>	Describe a range of ways people express affection within various types of relationships
<b>TOPIC / STANDARD</b>	<b>FoSE.IC.</b>	Interpersonal Communication: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
<b>STRAND</b>	<b>HR.8.IC.</b>	Healthy Relationships: By the end of the 8th grade, students should be able to:
<b>ITEM INDICATORS</b>	<b>HR.8.IC.1.</b>	Demonstrate communication skills that foster healthy relationships
<b>TOPIC / STANDARD</b>	<b>FoSE.SM.</b>	Self Management: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
<b>STRAND</b>	<b>HR.8.SM.</b>	Healthy Relationships: By the end of the 8th grade, students should be able to:
<b>ITEM INDICATORS</b>	<b>HR.8.SM.1.</b>	Explain the criteria for evaluating the health of a relationship

Lesson 02: Am I Ready? Maturity Checklist

Grade: 6, 7, 8 - Adopted 2012

<b>TOPIC / STANDARD</b>	<b>FoSE.CC.</b>	Core Concepts: Students will comprehend concepts related to health promotion and disease prevention to enhance health.
<b>STRAND</b>	<b>PD.8.CC.</b>	Puberty and Adolescent Development: By the end of the 8th grade, students should be able to:
<b>ITEM INDICATORS</b>	<b>PD.8.CC.1.</b>	Describe the physical, social, cognitive and emotional changes of adolescence
<b>TOPIC / STANDARD</b>	<b>FoSE.CC.</b>	Core Concepts: Students will comprehend concepts related to health promotion and disease prevention to enhance health.
<b>STRAND</b>	<b>HR.8.CC.</b>	Healthy Relationships: By the end of the 8th grade, students should be able to:
<b>ITEM INDICATORS</b>	<b>HR.8.CC.1.</b>	Compare and contrast the characteristics of healthy and unhealthy relationships
<b>ITEM INDICATORS</b>	<b>HR.8.CC.2.</b>	Describe the potential impacts of power differences such as age, status or position within relationships
<b>ITEM INDICATORS</b>	<b>HR.8.CC.3.</b>	Analyze the similarities and differences between friendships and romantic relationships
<b>ITEM INDICATORS</b>	<b>HR.8.CC.4.</b>	Describe a range of ways people express affection within various types of relationships
<b>TOPIC / STANDARD</b>	<b>FoSE.INF.</b>	Analyzing Influences: Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.
<b>STRAND</b>	<b>HR.8.INF.</b>	Healthy Relationships: By the end of the 8th grade, students should be able to:
<b>ITEM INDICATORS</b>	<b>HR.8.INF.1.</b>	Analyze the ways in which friends, family, media, society and culture can influence relationships
<b>TOPIC / STANDARD</b>	<b>FoSE.SM.</b>	Self Management: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
<b>STRAND</b>	<b>HR.8.SM.</b>	Healthy Relationships: By the end of the 8th grade, students should be able to:
<b>ITEM INDICATORS</b>	<b>HR.8.SM.1.</b>	Explain the criteria for evaluating the health of a relationship

Lesson 03: Ask, Accept, or Decline

Grade: 6, 7, 8 - Adopted 2012

<b>TOPIC / STANDARD</b>	<b>FoSE.CC.</b>	Core Concepts: Students will comprehend concepts related to health promotion and disease prevention to enhance health.
<b>STRAND</b>	<b>PD.8.CC.</b>	Puberty and Adolescent Development: By the end of the 8th grade, students should be able to:
<b>ITEM INDICATORS</b>	<b>PD.8.CC.1.</b>	Describe the physical, social, cognitive and emotional changes of adolescence
<b>TOPIC / STANDARD</b>	<b>FoSE.CC.</b>	Core Concepts: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

<b>STRAND</b>	<b>HR.8.CC.</b>	Healthy Relationships: By the end of the 8th grade, students should be able to:
<b>ITEM INDICATORS</b>	<b>HR.8.CC.1.</b>	Compare and contrast the characteristics of healthy and unhealthy relationships
<b>ITEM INDICATORS</b>	<b>HR.8.CC.2.</b>	Describe the potential impacts of power differences such as age, status or position within relationships
<b>ITEM INDICATORS</b>	<b>HR.8.CC.3.</b>	Analyze the similarities and differences between friendships and romantic relationships
<b>ITEM INDICATORS</b>	<b>HR.8.CC.4.</b>	Describe a range of ways people express affection within various types of relationships
<b>TOPIC / STANDARD</b>	<b>FoSE.INF.</b>	Analyzing Influences: Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.
<b>STRAND</b>	<b>HR.8.INF.</b>	Healthy Relationships: By the end of the 8th grade, students should be able to:
<b>ITEM INDICATORS</b>	<b>HR.8.INF.1.</b>	Analyze the ways in which friends, family, media, society and culture can influence relationships
<b>TOPIC / STANDARD</b>	<b>FoSE.IC.</b>	Interpersonal Communication: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
<b>STRAND</b>	<b>HR.8.IC.</b>	Healthy Relationships: By the end of the 8th grade, students should be able to:
<b>ITEM INDICATORS</b>	<b>HR.8.IC.1.</b>	Demonstrate communication skills that foster healthy relationships
<b>TOPIC / STANDARD</b>	<b>FoSE.SM.</b>	Self Management: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
<b>STRAND</b>	<b>HR.8.SM.</b>	Healthy Relationships: By the end of the 8th grade, students should be able to:
<b>ITEM INDICATORS</b>	<b>HR.8.SM.1.</b>	Explain the criteria for evaluating the health of a relationship
<b>TOPIC / STANDARD</b>	<b>FoSE.SM.</b>	Self Management: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
<b>STRAND</b>	<b>PS.8.SM.</b>	Personal Safety: By the end of the 8th grade, students should be able to:
<b>ITEM INDICATORS</b>	<b>PS.8.SM.1.</b>	Describe ways to treat others with dignity and respect

Lesson 04: What's the Rush?

Grade: **6, 7, 8** - Adopted **2012**

<b>TOPIC / STANDARD</b>	<b>FoSE.CC.</b>	Core Concepts: Students will comprehend concepts related to health promotion and disease prevention to enhance health.
<b>STRAND</b>	<b>PD.8.CC.</b>	Puberty and Adolescent Development: By the end of the 8th grade, students should be able to:
<b>ITEM INDICATORS</b>	<b>PD.8.CC.1.</b>	Describe the physical, social, cognitive and emotional changes of adolescence
<b>TOPIC / STANDARD</b>	<b>FoSE.CC.</b>	Core Concepts: Students will comprehend concepts related to health

<b>STANDARD</b>		promotion and disease prevention to enhance health.
<b>STRAND</b>	<b>HR.8.CC.</b>	Healthy Relationships: By the end of the 8th grade, students should be able to:
<b>ITEM INDICATORS</b>	<b>HR.8.CC.1.</b>	Compare and contrast the characteristics of healthy and unhealthy relationships
<b>ITEM INDICATORS</b>	<b>HR.8.CC.2.</b>	Describe the potential impacts of power differences such as age, status or position within relationships
<b>ITEM INDICATORS</b>	<b>HR.8.CC.3.</b>	Analyze the similarities and differences between friendships and romantic relationships
<b>ITEM INDICATORS</b>	<b>HR.8.CC.4.</b>	Describe a range of ways people express affection within various types of relationships
<b>TOPIC / STANDARD</b>	<b>FoSE.INF.</b>	Analyzing Influences: Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.
<b>STRAND</b>	<b>PR.8.INF.</b>	Pregnancy and Reproduction: By the end of the 8th grade, students should be able to:
<b>ITEM INDICATORS</b>	<b>PR.8.INF.1.</b>	Examine how alcohol and other substances, friends, family, media, society and culture influence decisions about engaging in sexual behaviors
<b>TOPIC / STANDARD</b>	<b>FoSE.INF.</b>	Analyzing Influences: Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.
<b>STRAND</b>	<b>HR.8.INF.</b>	Healthy Relationships: By the end of the 8th grade, students should be able to:
<b>ITEM INDICATORS</b>	<b>HR.8.INF.1.</b>	Analyze the ways in which friends, family, media, society and culture can influence relationships
<b>TOPIC / STANDARD</b>	<b>FoSE.IC.</b>	Interpersonal Communication: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
<b>STRAND</b>	<b>HR.8.IC.</b>	Healthy Relationships: By the end of the 8th grade, students should be able to:
<b>ITEM INDICATORS</b>	<b>HR.8.IC.2.</b>	Demonstrate effective ways to communicate personal boundaries and show respect for the boundaries of others
<b>TOPIC / STANDARD</b>	<b>FoSE.DM.</b>	Decision-Making: Students will demonstrate the ability to use decision-making skills to enhance health.
<b>STRAND</b>	<b>PR.8.DM.</b>	Pregnancy and Reproduction: By the end of the 8th grade, students should be able to:
<b>ITEM INDICATORS</b>	<b>PR.8.DM.1.</b>	Apply a decision-making model to various sexual health decisions
<b>TOPIC / STANDARD</b>	<b>FoSE.SM.</b>	Self Management: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
<b>STRAND</b>	<b>PR.8.SM.</b>	Pregnancy and Reproduction: By the end of the 8th grade, students should be able to:
<b>ITEM INDICATORS</b>	<b>PR.8.SM.1.</b>	Describe the steps to using a condom correctly
<b>TOPIC / STANDARD</b>	<b>FoSE.SM.</b>	Self Management: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

<b>STRAND</b>	<b>HR.8.SM.</b>	Healthy Relationships: By the end of the 8th grade, students should be able to:
<b>ITEM INDICATORS</b>	<b>HR.8.SM.1.</b>	Explain the criteria for evaluating the health of a relationship
<b>TOPIC / STANDARD</b>	<b>FoSE.SM.</b>	Self Management: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
<b>STRAND</b>	<b>PS.8.SM.</b>	Personal Safety: By the end of the 8th grade, students should be able to:
<b>ITEM INDICATORS</b>	<b>PS.8.SM.1.</b>	Describe ways to treat others with dignity and respect
<b>ITEM INDICATORS</b>	<b>PS.8.SM.2.</b>	Demonstrate ways they can respond when someone is being bullied or harassed

Lesson 05: How Relationships Grow

Grade: **6, 7, 8** - Adopted **2012**

<b>TOPIC / STANDARD</b>	<b>FoSE.CC.</b>	Core Concepts: Students will comprehend concepts related to health promotion and disease prevention to enhance health.
<b>STRAND</b>	<b>PD.8.CC.</b>	Puberty and Adolescent Development: By the end of the 8th grade, students should be able to:
<b>ITEM INDICATORS</b>	<b>PD.8.CC.1.</b>	Describe the physical, social, cognitive and emotional changes of adolescence
<b>TOPIC / STANDARD</b>	<b>FoSE.CC.</b>	Core Concepts: Students will comprehend concepts related to health promotion and disease prevention to enhance health.
<b>STRAND</b>	<b>HR.8.CC.</b>	Healthy Relationships: By the end of the 8th grade, students should be able to:
<b>ITEM INDICATORS</b>	<b>HR.8.CC.1.</b>	Compare and contrast the characteristics of healthy and unhealthy relationships
<b>ITEM INDICATORS</b>	<b>HR.8.CC.2.</b>	Describe the potential impacts of power differences such as age, status or position within relationships
<b>ITEM INDICATORS</b>	<b>HR.8.CC.3.</b>	Analyze the similarities and differences between friendships and romantic relationships
<b>ITEM INDICATORS</b>	<b>HR.8.CC.4.</b>	Describe a range of ways people express affection within various types of relationships
<b>TOPIC / STANDARD</b>	<b>FoSE.IC.</b>	Interpersonal Communication: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
<b>STRAND</b>	<b>HR.8.IC.</b>	Healthy Relationships: By the end of the 8th grade, students should be able to:
<b>ITEM INDICATORS</b>	<b>HR.8.IC.1.</b>	Demonstrate communication skills that foster healthy relationships
<b>TOPIC / STANDARD</b>	<b>FoSE.SM.</b>	Self Management: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
<b>STRAND</b>	<b>HR.8.SM.</b>	Healthy Relationships: By the end of the 8th grade, students should be able to:
<b>ITEM</b>	<b>HR.8.SM.1.</b>	Explain the criteria for evaluating the health of a relationship

<b>INDICATORS</b>		
<b>TOPIC / STANDARD</b>	<b>FoSE.SM.</b>	Self Management: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
<b>STRAND</b>	<b>PS.8.SM.</b>	Personal Safety: By the end of the 8th grade, students should be able to:
<b>ITEM INDICATORS</b>	<b>PS.8.SM.1.</b>	Describe ways to treat others with dignity and respect

Lesson 06: What Should I Say?

Grade: **6, 7, 8** - Adopted **2012**

<b>TOPIC / STANDARD</b>	<b>FoSE.CC.</b>	Core Concepts: Students will comprehend concepts related to health promotion and disease prevention to enhance health.
<b>STRAND</b>	<b>PD.8.CC.</b>	Puberty and Adolescent Development: By the end of the 8th grade, students should be able to:
<b>ITEM INDICATORS</b>	<b>PD.8.CC.1.</b>	Describe the physical, social, cognitive and emotional changes of adolescence
<b>TOPIC / STANDARD</b>	<b>FoSE.CC.</b>	Core Concepts: Students will comprehend concepts related to health promotion and disease prevention to enhance health.
<b>STRAND</b>	<b>HR.8.CC.</b>	Healthy Relationships: By the end of the 8th grade, students should be able to:
<b>ITEM INDICATORS</b>	<b>HR.8.CC.1.</b>	Compare and contrast the characteristics of healthy and unhealthy relationships
<b>ITEM INDICATORS</b>	<b>HR.8.CC.2.</b>	Describe the potential impacts of power differences such as age, status or position within relationships
<b>ITEM INDICATORS</b>	<b>HR.8.CC.4.</b>	Describe a range of ways people express affection within various types of relationships
<b>TOPIC / STANDARD</b>	<b>FoSE.IC.</b>	Interpersonal Communication: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
<b>STRAND</b>	<b>HR.8.IC.</b>	Healthy Relationships: By the end of the 8th grade, students should be able to:
<b>ITEM INDICATORS</b>	<b>HR.8.IC.1.</b>	Demonstrate communication skills that foster healthy relationships
<b>TOPIC / STANDARD</b>	<b>FoSE.SM.</b>	Self Management: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
<b>STRAND</b>	<b>HR.8.SM.</b>	Healthy Relationships: By the end of the 8th grade, students should be able to:
<b>ITEM INDICATORS</b>	<b>HR.8.SM.1.</b>	Explain the criteria for evaluating the health of a relationship

Lesson 07: Feeling Alone - Kinds of Connections

Grade: **6, 7, 8** - Adopted **2012**

<b>TOPIC /</b>	<b>FoSE.CC.</b>	Core Concepts: Students will comprehend concepts related to health
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<b>STANDARD</b>		promotion and disease prevention to enhance health.
<b>STRAND</b>	<b>PD.8.CC.</b>	Puberty and Adolescent Development: By the end of the 8th grade, students should be able to:
<b>ITEM INDICATORS</b>	<b>PD.8.CC.1.</b>	Describe the physical, social, cognitive and emotional changes of adolescence
<b>TOPIC / STANDARD</b>	<b>FoSE.CC.</b>	Core Concepts: Students will comprehend concepts related to health promotion and disease prevention to enhance health.
<b>STRAND</b>	<b>HR.8.CC.</b>	Healthy Relationships: By the end of the 8th grade, students should be able to:
<b>ITEM INDICATORS</b>	<b>HR.8.CC.3.</b>	Analyze the similarities and differences between friendships and romantic relationships
<b>TOPIC / STANDARD</b>	<b>FoSE.INF.</b>	Analyzing Influences: Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.
<b>STRAND</b>	<b>PR.8.INF.</b>	Pregnancy and Reproduction: By the end of the 8th grade, students should be able to:
<b>ITEM INDICATORS</b>	<b>PR.8.INF.1.</b>	Examine how alcohol and other substances, friends, family, media, society and culture influence decisions about engaging in sexual behaviors
<b>TOPIC / STANDARD</b>	<b>FoSE.INF.</b>	Analyzing Influences: Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.
<b>STRAND</b>	<b>HR.8.INF.</b>	Healthy Relationships: By the end of the 8th grade, students should be able to:
<b>ITEM INDICATORS</b>	<b>HR.8.INF.1.</b>	Analyze the ways in which friends, family, media, society and culture can influence relationships
<b>TOPIC / STANDARD</b>	<b>FoSE.AI.</b>	Accessing Information: Students will demonstrate the ability to access valid information and products and services to enhance health.
<b>STRAND</b>	<b>ID.8.AI.</b>	Identity: By the end of the 8th grade, students should be able to:
<b>ITEM INDICATORS</b>	<b>ID.8.AI.1.</b>	Access accurate information about gender identity, gender expression and sexual orientation
<b>TOPIC / STANDARD</b>	<b>FoSE.AI.</b>	Accessing Information: Students will demonstrate the ability to access valid information and products and services to enhance health.
<b>STRAND</b>	<b>PS.8.AI.</b>	Personal Safety: By the end of the 8th grade, students should be able to:
<b>ITEM INDICATORS</b>	<b>PS.8.AI.1.</b>	Identify sources of support such as parents or other trusted adults that they can go to if they are or someone they know is being bullied, harassed, abused or assaulted
<b>TOPIC / STANDARD</b>	<b>FoSE.IC.</b>	Interpersonal Communication: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
<b>STRAND</b>	<b>PS.8.IC.</b>	Personal Safety: By the end of the 8th grade, students should be able to:
<b>ITEM INDICATORS</b>	<b>PS.8.IC.1.</b>	Demonstrate ways to communicate with trusted adults about bullying, harassment, abuse or assault
<b>TOPIC / STANDARD</b>	<b>FoSE.DM.</b>	Decision-Making: Students will demonstrate the ability to use decision-making skills to enhance health.
<b>STRAND</b>	<b>PR.8.DM.</b>	Pregnancy and Reproduction: By the end of the 8th grade, students should be able to:

<b>ITEM INDICATORS</b>	<b>PR.8.DM.1.</b>	Apply a decision-making model to various sexual health decisions
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Lesson 08: Problem Patterns

Grade: **6, 7, 8** - Adopted **2012**

<b>TOPIC / STANDARD</b>	<b>FoSE.CC.</b>	Core Concepts: Students will comprehend concepts related to health promotion and disease prevention to enhance health.
<b>STRAND</b>	<b>PD.8.CC.</b>	Puberty and Adolescent Development: By the end of the 8th grade, students should be able to:
<b>ITEM INDICATORS</b>	<b>PD.8.CC.1.</b>	Describe the physical, social, cognitive and emotional changes of adolescence
<b>TOPIC / STANDARD</b>	<b>FoSE.CC.</b>	Core Concepts: Students will comprehend concepts related to health promotion and disease prevention to enhance health.
<b>STRAND</b>	<b>HR.8.CC.</b>	Healthy Relationships: By the end of the 8th grade, students should be able to:
<b>ITEM INDICATORS</b>	<b>HR.8.CC.1.</b>	Compare and contrast the characteristics of healthy and unhealthy relationships
<b>ITEM INDICATORS</b>	<b>HR.8.CC.2.</b>	Describe the potential impacts of power differences such as age, status or position within relationships
<b>ITEM INDICATORS</b>	<b>HR.8.CC.4.</b>	Describe a range of ways people express affection within various types of relationships
<b>TOPIC / STANDARD</b>	<b>FoSE.SM.</b>	Self Management: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
<b>STRAND</b>	<b>HR.8.SM.</b>	Healthy Relationships: By the end of the 8th grade, students should be able to:
<b>ITEM INDICATORS</b>	<b>HR.8.SM.1.</b>	Explain the criteria for evaluating the health of a relationship

Lesson 09: Making Choices - Dating Demons

Grade: **6, 7, 8** - Adopted **2012**

<b>TOPIC / STANDARD</b>	<b>FoSE.CC.</b>	Core Concepts: Students will comprehend concepts related to health promotion and disease prevention to enhance health.
<b>STRAND</b>	<b>PD.8.CC.</b>	Puberty and Adolescent Development: By the end of the 8th grade, students should be able to:
<b>ITEM INDICATORS</b>	<b>PD.8.CC.1.</b>	Describe the physical, social, cognitive and emotional changes of adolescence
<b>TOPIC / STANDARD</b>	<b>FoSE.CC.</b>	Core Concepts: Students will comprehend concepts related to health promotion and disease prevention to enhance health.
<b>STRAND</b>	<b>HR.8.CC.</b>	Healthy Relationships: By the end of the 8th grade, students should be able to:
<b>ITEM INDICATORS</b>	<b>HR.8.CC.1.</b>	Compare and contrast the characteristics of healthy and unhealthy relationships



ITEM INDICATORS	HR.8.CC.2.	Describe the potential impacts of power differences such as age, status or position within relationships
ITEM INDICATORS	HR.8.CC.4.	Describe a range of ways people express affection within various types of relationships
TOPIC / STANDARD	FoSE.IC.	Interpersonal Communication: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
STRAND	HR.8.IC.	Healthy Relationships: By the end of the 8th grade, students should be able to:
ITEM INDICATORS	HR.8.IC.2.	Demonstrate effective ways to communicate personal boundaries and show respect for the boundaries of others
TOPIC / STANDARD	FoSE.SM.	Self Management: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
STRAND	PR.8.SM.	Pregnancy and Reproduction: By the end of the 8th grade, students should be able to:
ITEM INDICATORS	PR.8.SM.1.	Describe the steps to using a condom correctly
TOPIC / STANDARD	FoSE.SM.	Self Management: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
STRAND	HR.8.SM.	Healthy Relationships: By the end of the 8th grade, students should be able to:
ITEM INDICATORS	HR.8.SM.1.	Explain the criteria for evaluating the health of a relationship
TOPIC / STANDARD	FoSE.SM.	Self Management: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
STRAND	PS.8.SM.	Personal Safety: By the end of the 8th grade, students should be able to:
ITEM INDICATORS	PS.8.SM.1.	Describe ways to treat others with dignity and respect
ITEM INDICATORS	PS.8.SM.2.	Demonstrate ways they can respond when someone is being bullied or harassed

Lesson 10: What Abuse Looks Like - Break the Chain

Grade: 6, 7, 8 - Adopted 2012

TOPIC / STANDARD	FoSE.CC.	Core Concepts: Students will comprehend concepts related to health promotion and disease prevention to enhance health.
STRAND	PD.8.CC.	Puberty and Adolescent Development: By the end of the 8th grade, students should be able to:
ITEM INDICATORS	PD.8.CC.1.	Describe the physical, social, cognitive and emotional changes of adolescence
TOPIC / STANDARD	FoSE.CC.	Core Concepts: Students will comprehend concepts related to health promotion and disease prevention to enhance health.
STRAND	ID.8.CC.	Identity: By the end of the 8th grade, students should be able to:
ITEM INDICATORS	ID.8.CC.1.	Differentiate between gender identity, gender expression and sexual orientation

<b>ITEM INDICATORS</b>	<b>ID.8.CC.2.</b>	Explain the range of gender roles
<b>TOPIC / STANDARD</b>	<b>FoSE.CC.</b>	Core Concepts: Students will comprehend concepts related to health promotion and disease prevention to enhance health.
<b>STRAND</b>	<b>HR.8.CC.</b>	Healthy Relationships: By the end of the 8th grade, students should be able to:
<b>ITEM INDICATORS</b>	<b>HR.8.CC.3.</b>	Analyze the similarities and differences between friendships and romantic relationships
<b>ITEM INDICATORS</b>	<b>HR.8.CC.5.</b>	Describe the advantages and disadvantages of communicating using technology and social media
<b>TOPIC / STANDARD</b>	<b>FoSE.CC.</b>	Core Concepts: Students will comprehend concepts related to health promotion and disease prevention to enhance health.
<b>STRAND</b>	<b>PS.8.CC.</b>	Personal Safety: By the end of the 8th grade, students should be able to:
<b>ITEM INDICATORS</b>	<b>PS.8.CC.2.</b>	Discuss the impacts of bullying, sexual harassment, sexual abuse, sexual assault, incest, rape and dating violence and why they are wrong
<b>TOPIC / STANDARD</b>	<b>FoSE.INF.</b>	Analyzing Influences: Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.
<b>STRAND</b>	<b>ID.8.INF.</b>	Identity: By the end of the 8th grade, students should be able to:
<b>ITEM INDICATORS</b>	<b>ID.8.INF.1.</b>	Analyze external influences that have an impact on one's attitudes about gender, sexual orientation and gender identity
<b>TOPIC / STANDARD</b>	<b>FoSE.INF.</b>	Analyzing Influences: Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.
<b>STRAND</b>	<b>HR.8.INF.</b>	Healthy Relationships: By the end of the 8th grade, students should be able to:
<b>ITEM INDICATORS</b>	<b>HR.8.INF.1.</b>	Analyze the ways in which friends, family, media, society and culture can influence relationships
<b>ITEM INDICATORS</b>	<b>HR.8.INF.2.</b>	Analyze the impact of technology and social media on friendships and relationships
<b>TOPIC / STANDARD</b>	<b>FoSE.IC.</b>	Interpersonal Communication: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
<b>STRAND</b>	<b>ID.8.IC.</b>	Identity: By the end of the 8th grade, students should be able to:
<b>ITEM INDICATORS</b>	<b>ID.8.IC.1.</b>	Communicate respectfully with and about people of all gender identities, gender expressions and sexual orientations
<b>TOPIC / STANDARD</b>	<b>FoSE.IC.</b>	Interpersonal Communication: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
<b>STRAND</b>	<b>HR.8.IC.</b>	Healthy Relationships: By the end of the 8th grade, students should be able to:
<b>ITEM INDICATORS</b>	<b>HR.8.IC.3.</b>	Demonstrate effective skills to negotiate agreements about the use of technology in relationships

<b>TOPIC / STANDARD</b>	<b>FoSE.CC.</b>	Core Concepts: Students will comprehend concepts related to health promotion and disease prevention to enhance health.
<b>STRAND</b>	<b>PD.8.CC.</b>	Puberty and Adolescent Development: By the end of the 8th grade, students should be able to:
<b>ITEM INDICATORS</b>	<b>PD.8.CC.1.</b>	Describe the physical, social, cognitive and emotional changes of adolescence
<b>TOPIC / STANDARD</b>	<b>FoSE.CC.</b>	Core Concepts: Students will comprehend concepts related to health promotion and disease prevention to enhance health.
<b>STRAND</b>	<b>HR.8.CC.</b>	Healthy Relationships: By the end of the 8th grade, students should be able to:
<b>ITEM INDICATORS</b>	<b>HR.8.CC.1.</b>	Compare and contrast the characteristics of healthy and unhealthy relationships
<b>ITEM INDICATORS</b>	<b>HR.8.CC.2.</b>	Describe the potential impacts of power differences such as age, status or position within relationships
<b>ITEM INDICATORS</b>	<b>HR.8.CC.3.</b>	Analyze the similarities and differences between friendships and romantic relationships
<b>ITEM INDICATORS</b>	<b>HR.8.CC.4.</b>	Describe a range of ways people express affection within various types of relationships
<b>TOPIC / STANDARD</b>	<b>FoSE.SM.</b>	Self Management: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
<b>STRAND</b>	<b>HR.8.SM.</b>	Healthy Relationships: By the end of the 8th grade, students should be able to:
<b>ITEM INDICATORS</b>	<b>HR.8.SM.1.</b>	Explain the criteria for evaluating the health of a relationship

Lesson 13: Dealing with the Past - Moving On

Grade: **6, 7, 8** - Adopted **2012**

<b>TOPIC / STANDARD</b>	<b>FoSE.CC.</b>	Core Concepts: Students will comprehend concepts related to health promotion and disease prevention to enhance health.
<b>STRAND</b>	<b>PD.8.CC.</b>	Puberty and Adolescent Development: By the end of the 8th grade, students should be able to:
<b>ITEM INDICATORS</b>	<b>PD.8.CC.1.</b>	Describe the physical, social, cognitive and emotional changes of adolescence
<b>TOPIC / STANDARD</b>	<b>FoSE.CC.</b>	Core Concepts: Students will comprehend concepts related to health promotion and disease prevention to enhance health.
<b>STRAND</b>	<b>HR.8.CC.</b>	Healthy Relationships: By the end of the 8th grade, students should be able to:
<b>ITEM INDICATORS</b>	<b>HR.8.CC.3.</b>	Analyze the similarities and differences between friendships and romantic relationships
<b>ITEM INDICATORS</b>	<b>HR.8.CC.5.</b>	Describe the advantages and disadvantages of communicating using technology and social media
<b>TOPIC / STANDARD</b>	<b>FoSE.INF.</b>	Analyzing Influences: Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.
<b>STRAND</b>	<b>HR.8.INF.</b>	Healthy Relationships: By the end of the 8th grade, students should be

		able to:
<b>ITEM INDICATORS</b>	<b>HR.8.INF.2.</b>	Analyze the impact of technology and social media on friendships and relationships
<b>TOPIC / STANDARD</b>	<b>FoSE.IC.</b>	Interpersonal Communication: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
<b>STRAND</b>	<b>HR.8.IC.</b>	Healthy Relationships: By the end of the 8th grade, students should be able to:
<b>ITEM INDICATORS</b>	<b>HR.8.IC.3.</b>	Demonstrate effective skills to negotiate agreements about the use of technology in relationships

Lesson 14: Feeling Another's Feelings

Grade: **6, 7, 8** - Adopted **2012**

<b>TOPIC / STANDARD</b>	<b>FoSE.CC.</b>	Core Concepts: Students will comprehend concepts related to health promotion and disease prevention to enhance health.
<b>STRAND</b>	<b>PD.8.CC.</b>	Puberty and Adolescent Development: By the end of the 8th grade, students should be able to:
<b>ITEM INDICATORS</b>	<b>PD.8.CC.1.</b>	Describe the physical, social, cognitive and emotional changes of adolescence
<b>TOPIC / STANDARD</b>	<b>FoSE.CC.</b>	Core Concepts: Students will comprehend concepts related to health promotion and disease prevention to enhance health.
<b>STRAND</b>	<b>HR.8.CC.</b>	Healthy Relationships: By the end of the 8th grade, students should be able to:
<b>ITEM INDICATORS</b>	<b>HR.8.CC.1.</b>	Compare and contrast the characteristics of healthy and unhealthy relationships
<b>ITEM INDICATORS</b>	<b>HR.8.CC.2.</b>	Describe the potential impacts of power differences such as age, status or position within relationships
<b>ITEM INDICATORS</b>	<b>HR.8.CC.3.</b>	Analyze the similarities and differences between friendships and romantic relationships
<b>ITEM INDICATORS</b>	<b>HR.8.CC.4.</b>	Describe a range of ways people express affection within various types of relationships
<b>TOPIC / STANDARD</b>	<b>FoSE.IC.</b>	Interpersonal Communication: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
<b>STRAND</b>	<b>HR.8.IC.</b>	Healthy Relationships: By the end of the 8th grade, students should be able to:
<b>ITEM INDICATORS</b>	<b>HR.8.IC.1.</b>	Demonstrate communication skills that foster healthy relationships
<b>TOPIC / STANDARD</b>	<b>FoSE.SM.</b>	Self Management: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
<b>STRAND</b>	<b>PR.8.SM.</b>	Pregnancy and Reproduction: By the end of the 8th grade, students should be able to:
<b>ITEM INDICATORS</b>	<b>PR.8.SM.1.</b>	Describe the steps to using a condom correctly

<b>TOPIC / STANDARD</b>	<b>FoSE.SM.</b>	Self Management: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
<b>STRAND</b>	<b>HR.8.SM.</b>	Healthy Relationships: By the end of the 8th grade, students should be able to:
<b>ITEM INDICATORS</b>	<b>HR.8.SM.1.</b>	Explain the criteria for evaluating the health of a relationship
<b>TOPIC / STANDARD</b>	<b>FoSE.SM.</b>	Self Management: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
<b>STRAND</b>	<b>PS.8.SM.</b>	Personal Safety: By the end of the 8th grade, students should be able to:
<b>ITEM INDICATORS</b>	<b>PS.8.SM.1.</b>	Describe ways to treat others with dignity and respect
<b>ITEM INDICATORS</b>	<b>PS.8.SM.2.</b>	Demonstrate ways they can respond when someone is being bullied or harassed

Lesson 15: Love that Lasts

Grade: **6, 7, 8** - Adopted **2012**

<b>TOPIC / STANDARD</b>	<b>FoSE.CC.</b>	Core Concepts: Students will comprehend concepts related to health promotion and disease prevention to enhance health.
<b>STRAND</b>	<b>PD.8.CC.</b>	Puberty and Adolescent Development: By the end of the 8th grade, students should be able to:
<b>ITEM INDICATORS</b>	<b>PD.8.CC.1.</b>	Describe the physical, social, cognitive and emotional changes of adolescence
<b>TOPIC / STANDARD</b>	<b>FoSE.CC.</b>	Core Concepts: Students will comprehend concepts related to health promotion and disease prevention to enhance health.
<b>STRAND</b>	<b>HR.8.CC.</b>	Healthy Relationships: By the end of the 8th grade, students should be able to:
<b>ITEM INDICATORS</b>	<b>HR.8.CC.1.</b>	Compare and contrast the characteristics of healthy and unhealthy relationships
<b>ITEM INDICATORS</b>	<b>HR.8.CC.2.</b>	Describe the potential impacts of power differences such as age, status or position within relationships
<b>ITEM INDICATORS</b>	<b>HR.8.CC.3.</b>	Analyze the similarities and differences between friendships and romantic relationships
<b>ITEM INDICATORS</b>	<b>HR.8.CC.4.</b>	Describe a range of ways people express affection within various types of relationships
<b>TOPIC / STANDARD</b>	<b>FoSE.SM.</b>	Self Management: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
<b>STRAND</b>	<b>HR.8.SM.</b>	Healthy Relationships: By the end of the 8th grade, students should be able to:
<b>ITEM INDICATORS</b>	<b>HR.8.SM.1.</b>	Explain the criteria for evaluating the health of a relationship
<b>TOPIC / STANDARD</b>	<b>FoSE.SM.</b>	Self Management: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
<b>STRAND</b>	<b>PS.8.SM.</b>	Personal Safety: By the end of the 8th grade, students should be able to:

<b>ITEM INDICATORS</b>	<b>PS.8.SM.1.</b>	Describe ways to treat others with dignity and respect
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