



Healthy Choices Healthy Relationships

National Sexuality Education Standards

Grades: 6, 7, 8

Lesson 01: The Teen Brain

Grade: 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
ITEM INDICATORS	ID.8.CC.2.	Explain the range of gender roles
TOPIC / STANDARD	FoSE.INF.	Analyzing Influences: Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.
STRAND	ID.8.INF.	Identity: By the end of the 8th grade, students should be able to:
ITEM INDICATORS	ID.8.INF.1.	Analyze external influences that have an impact on one's attitudes about gender, sexual orientation and gender identity
TOPIC / STANDARD	FoSE.INF.	Analyzing Influences: Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.
STRAND	PR.8.INF.	Pregnancy and Reproduction: By the end of the 8th grade, students should be able to:
ITEM INDICATORS	PR.8.INF.1.	Examine how alcohol and other substances, friends, family, media, society and culture influence decisions about engaging in sexual behaviors
TOPIC / STANDARD	FoSE.AI.	Accessing Information: Students will demonstrate the ability to access valid information and products and services to enhance health.
STRAND	PD.8.AI.	Puberty and Adolescent Development: By the end of the 8th grade, students should be able to:
ITEM INDICATORS	PD.8.AI.1.	Identify medically-accurate sources of information about puberty, adolescent development and sexuality
TOPIC / STANDARD	FoSE.AI.	Accessing Information: Students will demonstrate the ability to access

STANDARD		valid information and products and services to enhance health.
STRAND	PR.8.AI.	Pregnancy and Reproduction: By the end of the 8th grade, students should be able to:
ITEM INDICATORS	PR.8.AI.1.	Identify medically-accurate resources about pregnancy prevention and reproductive health care
ITEM INDICATORS	PR.8.AI.2.	Identify medically-accurate information about emergency contraception
ITEM INDICATORS	PR.8.AI.3.	Identify medically-accurate sources of pregnancy-related information and support including pregnancy options, safe surrender policies and prenatal care
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	ID.8.IC.	Identity: By the end of the 8th grade, students should be able to:
ITEM INDICATORS	ID.8.IC.1.	Communicate respectfully with and about people of all gender identities, gender expressions and sexual orientations
TOPIC / STANDARD	FoSE.DM.	Decision-Making: Students will demonstrate the ability to use decision-making skills to enhance health.
STRAND	PR.8.DM.	Pregnancy and Reproduction: By the end of the 8th grade, students should be able to:
ITEM INDICATORS	PR.8.DM.1.	Apply a decision-making model to various sexual health decisions

Lesson 02: Media Messages

Grade: 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	HR.8.CC.	Healthy Relationships: By the end of the 8th grade, students should be able to:
ITEM INDICATORS	HR.8.CC.5.	Describe the advantages and disadvantages of communicating using technology and social media
TOPIC / STANDARD	FoSE.INF.	Analyzing Influences: Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.
STRAND	PD.8.INF.	Puberty and Adolescent Development: By the end of the 8th grade, students should be able to:
ITEM INDICATORS	PD.8.INF.1.	Analyze how friends, family, media, society and culture can influence self-concept and body image

TOPIC / STANDARD	FoSE.INF.	Analyzing Influences: Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.
STRAND	HR.8.INF.	Healthy Relationships: By the end of the 8th grade, students should be able to:
ITEM INDICATORS	HR.8.INF.1.	Analyze the ways in which friends, family, media, society and culture can influence relationships
ITEM INDICATORS	HR.8.INF.2.	Analyze the impact of technology and social media on friendships and 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.3.	Demonstrate effective skills to negotiate agreements about the use of technology in relationships

Lesson 03: Peer and Family Influences

Grade: **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.INF.	Analyzing Influences: Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.
STRAND	PR.8.INF.	Pregnancy and Reproduction: By the end of the 8th grade, students should be able to:
ITEM INDICATORS	PR.8.INF.1.	Examine how alcohol and other substances, friends, family, media, society and culture influence decisions about engaging in sexual behaviors
TOPIC / STANDARD	FoSE.INF.	Analyzing Influences: Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.
STRAND	HR.8.INF.	Healthy Relationships: By the end of the 8th grade, students should be able to:
ITEM INDICATORS	HR.8.INF.1.	Analyze the ways in which friends, family, media, society and culture can influence relationships
TOPIC / STANDARD	FoSE.AI.	Accessing Information: Students will demonstrate the ability to access valid information and products and services to enhance health.
STRAND	ID.8.AI.	Identity: By the end of the 8th grade, students should be able to:
ITEM	ID.8.AI.1.	Access accurate information about gender identity, gender expression

INDICATORS		and sexual orientation
TOPIC / STANDARD	FoSE.AI.	Accessing Information: Students will demonstrate the ability to access valid information and products and services to enhance health.
STRAND	PS.8.AI.	Personal Safety: By the end of the 8th grade, students should be able to:
ITEM INDICATORS	PS.8.AI.1.	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
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	PS.8.IC.	Personal Safety: By the end of the 8th grade, students should be able to:
ITEM INDICATORS	PS.8.IC.1.	Demonstrate ways to communicate with trusted adults about bullying, harassment, abuse or assault
TOPIC / STANDARD	FoSE.DM.	Decision-Making: Students will demonstrate the ability to use decision-making skills to enhance health.
STRAND	PR.8.DM.	Pregnancy and Reproduction: By the end of the 8th grade, students should be able to:
ITEM INDICATORS	PR.8.DM.1.	Apply a decision-making model to various sexual health decisions

Lesson 04: Abuses and Excuses

Grade: 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	HR.8.CC.	Healthy Relationships: By the end of the 8th grade, students should be able to:
ITEM INDICATORS	HR.8.CC.3.	Analyze the similarities and differences between friendships and romantic relationships
TOPIC / STANDARD	FoSE.CC.	Core Concepts: Students will comprehend concepts related to health promotion and disease prevention to enhance health.
STRAND	PS.8.CC.	Personal Safety: By the end of the 8th grade, students should be able to:
ITEM INDICATORS	PS.8.CC.1.	Describe situations and behaviors that constitute bullying, sexual harassment, sexual abuse, sexual assault, incest, rape and dating violence
ITEM	PS.8.CC.2.	Discuss the impacts of bullying, sexual harassment, sexual abuse,

INDICATORS		sexual assault, incest, rape and dating violence and why they are wrong
ITEM INDICATORS	PS.8.CC.3.	Explain that no one has the right to touch anyone else in a sexual manner if they do not want to be touched
ITEM INDICATORS	PS.8.CC.4.	Explain why a person who has been raped or sexually assaulted is not at fault
TOPIC / STANDARD	FoSE.INF.	Analyzing Influences: Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.
STRAND	PR.8.INF.	Pregnancy and Reproduction: By the end of the 8th grade, students should be able to:
ITEM INDICATORS	PR.8.INF.1.	Examine how alcohol and other substances, friends, family, media, society and culture influence decisions about engaging in sexual behaviors
TOPIC / STANDARD	FoSE.DM.	Decision-Making: Students will demonstrate the ability to use decision-making skills to enhance health.
STRAND	PR.8.DM.	Pregnancy and Reproduction: By the end of the 8th grade, students should be able to:
ITEM INDICATORS	PR.8.DM.1.	Apply a decision-making model to various sexual health decisions
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.2.	Demonstrate ways they can respond when someone is being bullied or harassed

Lesson 05: Smart and Safe

Grade: 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	HR.8.CC.	Healthy Relationships: By the end of the 8th grade, students should be able to:
ITEM INDICATORS	HR.8.CC.3.	Analyze the similarities and differences between friendships and romantic relationships
TOPIC / STANDARD	FoSE.CC.	Core Concepts: Students will comprehend concepts related to health promotion and disease prevention to enhance health.
STRAND	PS.8.CC.	Personal Safety: By the end of the 8th grade, students should be able to:

ITEM INDICATORS	PS.8.CC.1.	Describe situations and behaviors that constitute bullying, sexual harassment, sexual abuse, sexual assault, incest, rape and dating violence
ITEM INDICATORS	PS.8.CC.2.	Discuss the impacts of bullying, sexual harassment, sexual abuse, sexual assault, incest, rape and dating violence and why they are wrong
ITEM INDICATORS	PS.8.CC.3.	Explain that no one has the right to touch anyone else in a sexual manner if they do not want to be touched
ITEM INDICATORS	PS.8.CC.4.	Explain why a person who has been raped or sexually assaulted is not at fault
TOPIC / STANDARD	FoSE.INF.	Analyzing Influences: Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.
STRAND	PR.8.INF.	Pregnancy and Reproduction: By the end of the 8th grade, students should be able to:
ITEM INDICATORS	PR.8.INF.1.	Examine how alcohol and other substances, friends, family, media, society and culture influence decisions about engaging in sexual behaviors
TOPIC / STANDARD	FoSE.AI.	Accessing Information: Students will demonstrate the ability to access valid information and products and services to enhance health.
STRAND	ID.8.AI.	Identity: By the end of the 8th grade, students should be able to:
ITEM INDICATORS	ID.8.AI.1.	Access accurate information about gender identity, gender expression and sexual orientation
TOPIC / STANDARD	FoSE.AI.	Accessing Information: Students will demonstrate the ability to access valid information and products and services to enhance health.
STRAND	PS.8.AI.	Personal Safety: By the end of the 8th grade, students should be able to:
ITEM INDICATORS	PS.8.AI.1.	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
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	PS.8.IC.	Personal Safety: By the end of the 8th grade, students should be able to:
ITEM INDICATORS	PS.8.IC.1.	Demonstrate ways to communicate with trusted adults about bullying, harassment, abuse or assault
TOPIC / STANDARD	FoSE.DM.	Decision-Making: Students will demonstrate the ability to use decision-making skills to enhance health.
STRAND	PR.8.DM.	Pregnancy and Reproduction: By the end of the 8th grade, students should be able to:
ITEM INDICATORS	PR.8.DM.1.	Apply a decision-making model to various sexual health decisions
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.2.	Demonstrate ways they can respond when someone is being bullied or harassed
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Lesson 06: Bullying and the Bystander

Grade: **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	HR.8.CC.	Healthy Relationships: By the end of the 8th grade, students should be able to:
ITEM INDICATORS	HR.8.CC.5.	Describe the advantages and disadvantages of communicating using technology and social media
TOPIC / STANDARD	FoSE.CC.	Core Concepts: Students will comprehend concepts related to health promotion and disease prevention to enhance health.
STRAND	PS.8.CC.	Personal Safety: By the end of the 8th grade, students should be able to:
ITEM INDICATORS	PS.8.CC.1.	Describe situations and behaviors that constitute bullying, sexual harassment, sexual abuse, sexual assault, incest, rape and dating violence
ITEM INDICATORS	PS.8.CC.2.	Discuss the impacts of bullying, sexual harassment, sexual abuse, sexual assault, incest, rape and dating violence and why they are wrong
TOPIC / STANDARD	FoSE.INF.	Analyzing Influences: Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.
STRAND	HR.8.INF.	Healthy Relationships: By the end of the 8th grade, students should be able to:
ITEM INDICATORS	HR.8.INF.1.	Analyze the ways in which friends, family, media, society and culture can influence relationships
ITEM INDICATORS	HR.8.INF.2.	Analyze the impact of technology and social media on friendships and relationships
TOPIC / STANDARD	FoSE.AI.	Accessing Information: Students will demonstrate the ability to access valid information and products and services to enhance health.
STRAND	ID.8.AI.	Identity: By the end of the 8th grade, students should be able to:
ITEM INDICATORS	ID.8.AI.1.	Access accurate information about gender identity, gender expression and sexual orientation
TOPIC / STANDARD	FoSE.AI.	Accessing Information: Students will demonstrate the ability to access valid information and products and services to enhance health.
STRAND	PS.8.AI.	Personal Safety: By the end of the 8th grade, students should be able to:

ITEM INDICATORS	PS.8.AI.1.	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
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.3.	Demonstrate effective skills to negotiate agreements about the use of technology in 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	PS.8.IC.	Personal Safety: By the end of the 8th grade, students should be able to:
ITEM INDICATORS	PS.8.IC.1.	Demonstrate ways to communicate with trusted adults about bullying, harassment, abuse or assault
TOPIC / STANDARD	FoSE.GS.	Goal Setting: Students will demonstrate the ability to use goal-setting skills to enhance health.
STRAND	HR.8.GS.	Healthy Relationships: By the end of the 8th grade, students should be able to:
ITEM INDICATORS	HR.8.GS.1.	Develop a plan to stay safe when using social media
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.2.	Describe strategies to use social media safely, legally and respectfully
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.2.	Demonstrate ways they can respond when someone is being bullied or harassed

Lesson 07: Care, Consideration, and Respect

Grade: 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	HR.8.CC.	Healthy Relationships: By the end of the 8th grade, students should be able to:
ITEM INDICATORS	HR.8.CC.1.	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.3.	Analyze the similarities and differences between friendships and romantic relationships
ITEM INDICATORS	HR.8.CC.4.	Describe a range of ways people express affection within various types of relationships
ITEM INDICATORS	HR.8.CC.5.	Describe the advantages and disadvantages of communicating using technology and social media
TOPIC / STANDARD	FoSE.INF.	Analyzing Influences: Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.
STRAND	HR.8.INF.	Healthy Relationships: By the end of the 8th grade, students should be able to:
ITEM INDICATORS	HR.8.INF.1.	Analyze the ways in which friends, family, media, society and culture can influence relationships
ITEM INDICATORS	HR.8.INF.2.	Analyze the impact of technology and social media on friendships and 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	ID.8.IC.	Identity: By the end of the 8th grade, students should be able to:
ITEM INDICATORS	ID.8.IC.1.	Communicate respectfully with and about people of all gender identities, gender expressions and sexual orientations
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.1.	Demonstrate communication skills that foster healthy relationships
ITEM INDICATORS	HR.8.IC.3.	Demonstrate effective skills to negotiate agreements about the use of technology in relationships
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 08: Thinking It Through

Grade: 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.INF.	Analyzing Influences: Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.
STRAND	PR.8.INF.	Pregnancy and Reproduction: By the end of the 8th grade, students should be able to:
ITEM INDICATORS	PR.8.INF.1.	Examine how alcohol and other substances, friends, family, media, society and culture influence decisions about engaging in sexual behaviors
TOPIC / STANDARD	FoSE.DM.	Decision-Making: Students will demonstrate the ability to use decision-making skills to enhance health.
STRAND	PR.8.DM.	Pregnancy and Reproduction: By the end of the 8th grade, students should be able to:
ITEM INDICATORS	PR.8.DM.1.	Apply a decision-making model to various sexual health decisions

Lesson 09: Pulling Things Together

Grade: 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
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Lesson 10: Setting a Course

Grade: **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	HR.8.CC.	Healthy Relationships: By the end of the 8th grade, students should be able to:
ITEM INDICATORS	HR.8.CC.1.	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.3.	Analyze the similarities and differences between friendships and romantic relationships
ITEM INDICATORS	HR.8.CC.4.	Describe a range of ways people express affection within various types of relationships
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

Lesson 11: I-Messages

Grade: **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	HR.8.CC.	Healthy Relationships: By the end of the 8th grade, students should be able to:

ITEM INDICATORS	HR.8.CC.1.	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.3.	Analyze the similarities and differences between friendships and romantic relationships
ITEM INDICATORS	HR.8.CC.4.	Describe a range of ways people express affection within various types of relationships
TOPIC / STANDARD	FoSE.INF.	Analyzing Influences: Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.
STRAND	HR.8.INF.	Healthy Relationships: By the end of the 8th grade, students should be able to:
ITEM INDICATORS	HR.8.INF.1.	Analyze the ways in which friends, family, media, society and culture can influence 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.1.	Demonstrate communication skills that foster healthy relationships
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

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The Dibble Institute

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