



The Dibble Institute

Relationship Skills for Teens

Connections Dating and Emotions

U.S. National Standards Health and PE

Grades: 6, 7, 8

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

Grade: **6, 7, 8** - Adopted **2007**

STRAND / ORGANIZATION	N.NHES.	National Health Education Standards (NHES)
STANDARD / BENCHMARK	NHES.2:	Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
BENCHMARK / GRADE LEVEL EXPECTATION	2.8.7	Explain how the perceptions of norms influence healthy and unhealthy behaviors.
BENCHMARK / GRADE LEVEL EXPECTATION	2.8.8	Explain the influence of personal values and beliefs on individual health practices and behaviors.
STRAND / ORGANIZATION	N.NHES.	National Health Education Standards (NHES)
STANDARD / BENCHMARK	NHES.4:	Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
BENCHMARK / GRADE LEVEL EXPECTATION	4.8.1	Apply effective verbal and nonverbal communication skills to enhance health.

Lesson 02: Am I Ready? Maturity Checklist

Grade: **6, 7, 8** - Adopted **2007**

STRAND / ORGANIZATION	N.NHES.	National Health Education Standards (NHES)
STANDARD / BENCHMARK	NHES.2:	Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
BENCHMARK / GRADE LEVEL EXPECTATION	2.8.1	Examine how the family influences the health of adolescents.
BENCHMARK / GRADE LEVEL EXPECTATION	2.8.7	Explain how the perceptions of norms influence healthy and unhealthy behaviors.
BENCHMARK / GRADE LEVEL	2.8.8	Explain the influence of personal values and beliefs on individual health practices and behaviors.

EXPECTATION		
STRAND / ORGANIZATION	N.NASPE.	National Standards for Physical Education (NASPE)
STANDARD / BENCHMARK	NASPE.5.	Exhibits responsible personal and social behavior that respects self and others in physical activity settings.
BENCHMARK / GRADE LEVEL EXPECTATION		Adolescents begin to understand the concept of physical activity as a microcosm of modern culture and society. They recognize the role of physical activity in understanding diversity and continue to include and support each other, respecting the limitations and strengths of group members. Students move from merely identifying and following rules, procedures, safe practices, ethical behavior, and positive forms of social interaction to reflecting upon their role in physical activity settings and the benefits of physical activity. They have well-developed cooperation skills and are able to accomplish group/team goals in both cooperative and competitive activities. Adolescents seek greater independence from adults and effectively work independently and in groups to complete assigned tasks. They make appropriate decisions to resolve conflicts arising from the powerful influence of peers, and they practice appropriate problem-solving techniques to resolve conflicts when necessary in competitive activities.
GRADE LEVEL EXPECTATION	5.6.	Considers the consequences of various choices when confronted with negative peer pressure.

Lesson 03: Ask, Accept, or Decline

Grade: **6, 7, 8** - Adopted **2007**

STRAND / ORGANIZATION	N.NHES.	National Health Education Standards (NHES)
STANDARD / BENCHMARK	NHES.4:	Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
BENCHMARK / GRADE LEVEL EXPECTATION	4.8.1	Apply effective verbal and nonverbal communication skills to enhance health.

Lesson 04: What's the Rush?

Grade: **6, 7, 8** - Adopted **2007**

STRAND / ORGANIZATION	N.NHES.	National Health Education Standards (NHES)
STANDARD / BENCHMARK	NHES.2:	Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
BENCHMARK / GRADE LEVEL EXPECTATION	2.8.5	Analyze how messages from media influence health behaviors.
BENCHMARK / GRADE LEVEL EXPECTATION	2.8.7	Explain how the perceptions of norms influence healthy and unhealthy behaviors.

BENCHMARK / GRADE LEVEL EXPECTATION	2.8.8	Explain the influence of personal values and beliefs on individual health practices and behaviors.
STRAND / ORGANIZATION	N.NASPE.	National Standards for Physical Education (NASPE)
STANDARD / BENCHMARK	NASPE.5.	Exhibits responsible personal and social behavior that respects self and others in physical activity settings.
BENCHMARK / GRADE LEVEL EXPECTATION		Adolescents begin to understand the concept of physical activity as a microcosm of modern culture and society. They recognize the role of physical activity in understanding diversity and continue to include and support each other, respecting the limitations and strengths of group members. Students move from merely identifying and following rules, procedures, safe practices, ethical behavior, and positive forms of social interaction to reflecting upon their role in physical activity settings and the benefits of physical activity. They have well-developed cooperation skills and are able to accomplish group/team goals in both cooperative and competitive activities. Adolescents seek greater independence from adults and effectively work independently and in groups to complete assigned tasks. They make appropriate decisions to resolve conflicts arising from the powerful influence of peers, and they practice appropriate problem-solving techniques to resolve conflicts when necessary in competitive activities.
GRADE LEVEL EXPECTATION	5.6.	Considers the consequences of various choices when confronted with negative peer pressure.

Grade: 7 - Adopted 2007

STRAND / ORGANIZATION	N.NHES.	National Health Education Standards (NHES)
STANDARD / BENCHMARK	NHES.2:	Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
BENCHMARK / GRADE LEVEL EXPECTATION	2.8.5	Analyze how messages from media influence health behaviors.
BENCHMARK / GRADE LEVEL EXPECTATION	2.8.7	Explain how the perceptions of norms influence healthy and unhealthy behaviors.
BENCHMARK / GRADE LEVEL EXPECTATION	2.8.8	Explain the influence of personal values and beliefs on individual health practices and behaviors.
STRAND / ORGANIZATION	N.NASPE.	National Standards for Physical Education (NASPE)
STANDARD / BENCHMARK	NASPE.5.	Exhibits responsible personal and social behavior that respects self and others in physical activity settings.
BENCHMARK / GRADE LEVEL EXPECTATION		Adolescents begin to understand the concept of physical activity as a microcosm of modern culture and society. They recognize the role of physical activity in understanding diversity and continue to include and support each other, respecting the limitations and strengths of group members. Students move from merely identifying and following rules, procedures, safe practices, ethical behavior, and positive forms of social interaction to reflecting upon their role in physical activity settings and the benefits of physical activity. They have well-developed cooperation skills

		and are able to accomplish group/team goals in both cooperative and competitive activities. Adolescents seek greater independence from adults and effectively work independently and in groups to complete assigned tasks. They make appropriate decisions to resolve conflicts arising from the powerful influence of peers, and they practice appropriate problem-solving techniques to resolve conflicts when necessary in competitive activities.
GRADE LEVEL EXPECTATION	5.6.	Considers the consequences of various choices when confronted with negative peer pressure.

Lesson 05: How Relationships Grow

Grade: **6, 7, 8** - Adopted **2007**

STRAND / ORGANIZATION	N.NHES.	National Health Education Standards (NHES)
STANDARD / BENCHMARK	NHES.4:	Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
BENCHMARK / GRADE LEVEL EXPECTATION	4.8.1	Apply effective verbal and nonverbal communication skills to enhance health.

Lesson 06: What Should I Say?

Grade: **6, 7, 8** - Adopted **2007**

STRAND / ORGANIZATION	N.NHES.	National Health Education Standards (NHES)
STANDARD / BENCHMARK	NHES.4:	Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
BENCHMARK / GRADE LEVEL EXPECTATION	4.8.1	Apply effective verbal and nonverbal communication skills to enhance health.

Lesson 07: Feeling Alone - Kinds of Connections

Grade: **6, 7, 8** - Adopted **2007**

STRAND / ORGANIZATION	N.NHES.	National Health Education Standards (NHES)
STANDARD / BENCHMARK	NHES.2:	Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
BENCHMARK / GRADE LEVEL EXPECTATION	2.8.4	Analyze how the school and community can affect personal health practices and behaviors.
BENCHMARK / GRADE LEVEL EXPECTATION	2.8.7	Explain how the perceptions of norms influence healthy and unhealthy behaviors.

STRAND / ORGANIZATION	N.NHES.	National Health Education Standards (NHES)
STANDARD / BENCHMARK	NHES.4:	Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
BENCHMARK / GRADE LEVEL EXPECTATION	4.8.4	Demonstrate how to ask for assistance to enhance the health of self and others.

Lesson 08: Problem Patterns

No Correlations Found

Lesson 09: Making Choices - Dating Demons

Grade: 6, 7, 8 - Adopted 2007

STRAND / ORGANIZATION	N.NHES.	National Health Education Standards (NHES)
STANDARD / BENCHMARK	NHES.4:	Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
BENCHMARK / GRADE LEVEL EXPECTATION	4.8.3	Demonstrate effective conflict management or resolution strategies.

STRAND / ORGANIZATION	N.NASPE.	National Standards for Physical Education (NASPE)
STANDARD / BENCHMARK	NASPE.5.	Exhibits responsible personal and social behavior that respects self and others in physical activity settings.
BENCHMARK / GRADE LEVEL EXPECTATION		Adolescents begin to understand the concept of physical activity as a microcosm of modern culture and society. They recognize the role of physical activity in understanding diversity and continue to include and support each other, respecting the limitations and strengths of group members. Students move from merely identifying and following rules, procedures, safe practices, ethical behavior, and positive forms of social interaction to reflecting upon their role in physical activity settings and the benefits of physical activity. They have well-developed cooperation skills and are able to accomplish group/team goals in both cooperative and competitive activities. Adolescents seek greater independence from adults and effectively work independently and in groups to complete assigned tasks. They make appropriate decisions to resolve conflicts arising from the powerful influence of peers, and they practice appropriate problem-solving techniques to resolve conflicts when necessary in competitive activities.
GRADE LEVEL EXPECTATION	5.9.	Resolves interpersonal conflicts with a sensitivity to the rights and feelings of others.

Lesson 10: What Abuse Looks Like - Break the Chain

Grade: 6, 7, 8 - Adopted 2007

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STANDARD / BENCHMARK	NHES.2:	Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
BENCHMARK / GRADE LEVEL EXPECTATION	2.8.1	Examine how the family influences the health of adolescents.
BENCHMARK / GRADE LEVEL EXPECTATION	2.8.5	Analyze how messages from media influence health behaviors.
BENCHMARK / GRADE LEVEL EXPECTATION	2.8.7	Explain how the perceptions of norms influence healthy and unhealthy behaviors.
BENCHMARK / GRADE LEVEL EXPECTATION	2.8.8	Explain the influence of personal values and beliefs on individual health practices and behaviors.

Lesson 11: It's Not Working

Grade: **6, 7, 8** - Adopted **2007**

STRAND / ORGANIZATION	N.NHES.	National Health Education Standards (NHES)
STANDARD / BENCHMARK	NHES.4:	Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
BENCHMARK / GRADE LEVEL EXPECTATION	4.8.1	Apply effective verbal and nonverbal communication skills to enhance health.

Lesson 12: When It's Over

No Correlations Found

Lesson 13: Dealing with the Past - Moving On

No Correlations Found

Lesson 14: Feeling Another's Feelings

Grade: **6, 7, 8** - Adopted **2007**

STRAND / ORGANIZATION	N.NHES.	National Health Education Standards (NHES)
STANDARD / BENCHMARK	NHES.4:	Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

BENCHMARK / GRADE LEVEL EXPECTATION	4.8.1	Apply effective verbal and nonverbal communication skills to enhance health.
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Lesson 15: Love that Lasts

Grade: **6, 7, 8** - Adopted **2007**

STRAND / ORGANIZATION	N.NHES.	National Health Education Standards (NHES)
STANDARD / BENCHMARK	NHES.4:	Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
BENCHMARK / GRADE LEVEL EXPECTATION	4.8.3	Demonstrate effective conflict management or resolution strategies.
STRAND / ORGANIZATION	N.NASPE.	National Standards for Physical Education (NASPE)
STANDARD / BENCHMARK	NASPE.5.	Exhibits responsible personal and social behavior that respects self and others in physical activity settings.
BENCHMARK / GRADE LEVEL EXPECTATION		Adolescents begin to understand the concept of physical activity as a microcosm of modern culture and society. They recognize the role of physical activity in understanding diversity and continue to include and support each other, respecting the limitations and strengths of group members. Students move from merely identifying and following rules, procedures, safe practices, ethical behavior, and positive forms of social interaction to reflecting upon their role in physical activity settings and the benefits of physical activity. They have well-developed cooperation skills and are able to accomplish group/team goals in both cooperative and competitive activities. Adolescents seek greater independence from adults and effectively work independently and in groups to complete assigned tasks. They make appropriate decisions to resolve conflicts arising from the powerful influence of peers, and they practice appropriate problem-solving techniques to resolve conflicts when necessary in competitive activities.
GRADE LEVEL EXPECTATION	5.9.	Resolves interpersonal conflicts with a sensitivity to the rights and feelings of others.

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For more information on Connections: Dating and Emotions please contact:
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