



# The Dibble Institute

## Relationship Skills for Teens

### Connections: Dating and Emotions

U.S. National Standards Health and PE

Grades: 9, 10, 11, 12

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

Grades: 9, 10, 11 – Adopted 2007

<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>2.12.7</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.
<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.

#### Lesson 02: Am I Ready? Maturity Checklist

Grades: 9, 10, 11 – Adopted 2007

<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>2.12.7</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: Ask, Accept, or Decline

Grades: 9, 10, 11 – Adopted 2007

<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.

Lesson 04: What's the Rush?

**Grades: 9, 10, 11 – Adopted 2007**

<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>2.12.5</b>	Evaluate the effect of media on personal and family health.
<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 05: How Relationships Grow

**Grades: 9, 10, 11 – Adopted 2007**

<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.

Lesson 06: What Should I Say?

**Grades: 9, 10, 11 – Adopted 2007**

<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.

Lesson 07: Feeling Alone - Kinds of Connections

**Grades: 9, 10, 11 – Adopted 2007**

<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</b>	<b>2.12.4</b>	Evaluate how the school and community can affect personal

<b>LEVEL EXPECTATION</b>		health practice 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>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>4.12.4</b>	Demonstrate how to ask for and offer assistance to enhance the health of self and others.

Lesson 08: Problem Patterns

*No Correlations Found*

Lesson 09: Making Choices - Dating Demons

**Grades: 9, 10, 11 – Adopted 2007**

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

Lesson 10: What Abuse Looks Like - Break the Chain

**Grades: 9, 10, 11 – Adopted 2007**

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<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>2.12.5</b>	Evaluate the effect of media on personal and family health.
<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 11: It's Not Working

**Grades: 9, 10, 11 – Adopted 2007**

<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.

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

**Grades: 9, 10, 11 – Adopted 2007**

<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.

Lesson 15: Love that Lasts

**Grades: 9, 10, 11 – Adopted 2007**

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

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