



The Dibble Institute

Relationship Skills for Teens

Healthy Choices Healthy Relationships

U.S. National Standards Health and PE

Grades: 9, 10, 11, 12

Lesson 01: The Teen Brain

No Correlations Found

Lesson 02: Media Messages

Grades: 9, 10, 11, 12 – 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	2.12.1	Analyze how the family influences the health of individuals.
BENCHMARK / GRADE LEVEL EXPECTATION	2.12.5	Evaluate the effect of media on personal and family health.
BENCHMARK / GRADE LEVEL EXPECTATION	2.12.7	Analyze how the perceptions of norms influence healthy and unhealthy behaviors.
BENCHMARK / GRADE LEVEL EXPECTATION	2.12.8	Analyze the influence of personal values and beliefs on individual health practices and behaviors.

Lesson 03: Peer and Family Influences

Grades: 9, 10, 11, 12 – 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	2.12.1	Analyze how the family influences the health of individuals.
BENCHMARK / GRADE LEVEL EXPECTATION	2.12.3	Analyze how peers influence healthy and unhealthy behaviors.
BENCHMARK / GRADE LEVEL EXPECTATION	2.12.7	Analyze how the perceptions of norms influence healthy and unhealthy behaviors.
BENCHMARK /	2.12.8	Analyze the influence of personal values and beliefs on individual

GRADE LEVEL EXPECTATION		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	4.12.4	Demonstrate how to ask for and offer assistance to enhance the health of self and others.

Lesson 04: Abuses and Excuses

Grades: 9, 10, 11, 12 – Adopted 2007

STRAND / ORGANIZATION	N.NHES.	National Health Education Standards (NHES)
STANDARD / BENCHMARK	NHES.1:	Students will comprehend concepts related to health promotion and disease prevention to enhance health.
BENCHMARK / GRADE LEVEL EXPECTATION	1.12.5	Propose ways to reduce or prevent injuries and health problems.
BENCHMARK / GRADE LEVEL EXPECTATION	1.12.8	Analyze personal susceptibility to injury, illness, or death if engaging in unhealthy behaviors.
BENCHMARK / GRADE LEVEL EXPECTATION	1.12.9	Analyze the potential severity of injury or illness if engaging in unhealthy behaviors.
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	2.12.9	Analyze how some health risk behaviors can influence the likelihood of engaging in unhealthy behaviors.
STRAND / ORGANIZATION	N.NHES.	National Health Education Standards (NHES)
STANDARD / BENCHMARK	NHES.5:	Demonstrate the ability to use decision-making skills to enhance health.
BENCHMARK / GRADE LEVEL EXPECTATION	5.12.4	Generate alternatives to health-related issues or problems.
BENCHMARK / GRADE LEVEL EXPECTATION	5.12.5	Predict the potential short-term and long-term impact of each alternative on self and others.

Lesson 05: Smart and Safe

Grades: 9, 10, 11, 12 – Adopted 2007

STRAND / ORGANIZATION	N.NHES.	National Health Education Standards (NHES)
STANDARD / BENCHMARK	NHES.1:	Students will comprehend concepts related to health promotion and disease prevention to enhance health.
BENCHMARK / GRADE LEVEL EXPECTATION	1.12.5	Propose ways to reduce or prevent injuries and health problems.
BENCHMARK / GRADE LEVEL EXPECTATION	1.12.8	Analyze personal susceptibility to injury, illness, or death if engaging in unhealthy behaviors.
BENCHMARK / GRADE LEVEL EXPECTATION	1.12.9	Analyze the potential severity of injury or illness if engaging in unhealthy behaviors.
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	2.12.7	Analyze how the perceptions of norms influence healthy and unhealthy behaviors.
BENCHMARK / GRADE LEVEL EXPECTATION	2.12.8	Analyze the influence of personal values and beliefs on individual health practices and behaviors.
BENCHMARK / GRADE LEVEL EXPECTATION	2.12.9	Analyze how some health risk behaviors can influence the likelihood of engaging in 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	4.12.3	Demonstrate strategies to prevent, manage, or resolve interpersonal conflicts without harming self or others.
BENCHMARK / GRADE LEVEL EXPECTATION	4.12.4	Demonstrate how to ask for and offer assistance to enhance the health of self and others.
STRAND / ORGANIZATION	N.NHES.	National Health Education Standards (NHES)
STANDARD / BENCHMARK	NHES.5:	Demonstrate the ability to use decision-making skills to enhance health.
BENCHMARK / GRADE LEVEL EXPECTATION	5.12.4	Generate alternatives to health-related issues or problems.
BENCHMARK / GRADE LEVEL EXPECTATION	5.12.5	Predict the potential short-term and long-term impact of each alternative on self and others.
STRAND / ORGANIZATION	N.NHES.	National Health Education Standards (NHES)

ORGANIZATION		
STANDARD / BENCHMARK	NHES.7:	Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
BENCHMARK / GRADE LEVEL EXPECTATION	7.12.1	Analyze the role of individual responsibility for enhancing health.

Lesson 06: Bullying and the Bystander

Grades: 9, 10, 11, 12 – Adopted 2007

STRAND / ORGANIZATION	N.NHES.	National Health Education Standards (NHES)
STANDARD / BENCHMARK	NHES.1:	Students will comprehend concepts related to health promotion and disease prevention to enhance health.
BENCHMARK / GRADE LEVEL EXPECTATION	1.12.5	Propose ways to reduce or prevent injuries and health problems.
BENCHMARK / GRADE LEVEL EXPECTATION	1.12.6	Analyze the relationship between access to health care and health status.
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	2.12.5	Evaluate the effect of media on personal and family health.
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	4.12.3	Demonstrate strategies to prevent, manage, or resolve interpersonal conflicts without harming self or others.
BENCHMARK / GRADE LEVEL EXPECTATION	4.12.4	Demonstrate how to ask for and offer assistance to enhance the health of self and others.
STRAND / ORGANIZATION	N.NHES.	National Health Education Standards (NHES)
STANDARD / BENCHMARK	NHES.7:	Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
BENCHMARK / GRADE LEVEL EXPECTATION	7.12.1	Analyze the role of individual responsibility for enhancing health.
STRAND / ORGANIZATION	N.NHES.	National Health Education Standards (NHES)
STANDARD /	NHES.8:	Demonstrate the ability to advocate for personal, family, and

BENCHMARK		community health.
BENCHMARK / GRADE LEVEL EXPECTATION	8.12.1	Utilize accurate peer and societal norms to formulate a health-enhancing message.
BENCHMARK / GRADE LEVEL EXPECTATION	8.12.3	Work cooperatively as an advocate for improving personal, family, and community health.
BENCHMARK / GRADE LEVEL EXPECTATION	8.12.4	Adapt health messages and communication techniques to a specific target audience.

Lesson 07: Care, Consideration, and Respect

Grades: 9, 10, 11, 12 – 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	4.12.1	Use skills for communicating effectively with family, peers, and others to enhance health.
STRAND / ORGANIZATION	N.NHES.	National Health Education Standards (NHES)
STANDARD / BENCHMARK	NHES.7:	Demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.
BENCHMARK / GRADE LEVEL EXPECTATION	7.12.1	Analyze the role of individual responsibility for enhancing health.
STRAND / ORGANIZATION	N.NHES.	National Health Education Standards (NHES)
STANDARD / BENCHMARK	NHES.8:	Demonstrate the ability to advocate for personal, family, and community health.
BENCHMARK / GRADE LEVEL EXPECTATION	8.12.2	Demonstrate how to influence and support others to make positive health choices.

Lesson 08: Thinking It Through

Grades: 9, 10, 11, 12 – Adopted 2007

STRAND / ORGANIZATION	N.NHES.	National Health Education Standards (NHES)
STANDARD / BENCHMARK	NHES.1:	Students will comprehend concepts related to health promotion and disease prevention to enhance health.
BENCHMARK / GRADE LEVEL EXPECTATION	1.12.7	Compare and contrast the benefits of and barriers to practicing a variety of healthy behaviors.
STRAND /	N.NHES.	National Health Education Standards (NHES)

ORGANIZATION		
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	2.12.7	Analyze how the perceptions of norms influence healthy and unhealthy behaviors.
BENCHMARK / GRADE LEVEL EXPECTATION	2.12.8	Analyze the influence of personal values and beliefs on individual health practices and behaviors.
BENCHMARK / GRADE LEVEL EXPECTATION	2.12.9	Analyze how some health risk behaviors can influence the likelihood of engaging in 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	4.12.3	Demonstrate strategies to prevent, manage, or resolve interpersonal conflicts without harming self or others.
BENCHMARK / GRADE LEVEL EXPECTATION	4.12.4	Demonstrate how to ask for and offer assistance to enhance the health of self and others.
STRAND / ORGANIZATION	N.NHES.	National Health Education Standards (NHES)
STANDARD / BENCHMARK	NHES.5:	Demonstrate the ability to use decision-making skills to enhance health.
BENCHMARK / GRADE LEVEL EXPECTATION	5.12.1	Examine barriers that can hinder healthy decision making.
BENCHMARK / GRADE LEVEL EXPECTATION	5.12.2	Determine the value of applying a thoughtful decision-making process in health-related situations.
BENCHMARK / GRADE LEVEL EXPECTATION	5.12.3	Justify when individual or collaborative decision making is appropriate.
BENCHMARK / GRADE LEVEL EXPECTATION	5.12.4	Generate alternatives to health-related issues or problems.
BENCHMARK / GRADE LEVEL EXPECTATION	5.12.6	Defend the healthy choice when making decisions.
BENCHMARK / GRADE LEVEL EXPECTATION	5.12.7	Evaluate the effectiveness of health-related decisions.
STRAND / ORGANIZATION	N.NHES.	National Health Education Standards (NHES)
STANDARD /	NHES.7:	Demonstrate the ability to practice health-enhancing behaviors and

BENCHMARK		avoid or reduce health risks.
BENCHMARK / GRADE LEVEL EXPECTATION	7.12.2	Demonstrate a variety of healthy practices and behaviors that will maintain or improve the health of self and others.
BENCHMARK / GRADE LEVEL EXPECTATION	7.12.3	Demonstrate a variety of behaviors to avoid or reduce health risks to self and others.

Lesson 09: Pulling Things Together

Grades: 9, 10, 11, 12 – Adopted 2007

STRAND / ORGANIZATION	N.NHES.	National Health Education Standards (NHES)
STANDARD / BENCHMARK	NHES.1:	Students will comprehend concepts related to health promotion and disease prevention to enhance health.
BENCHMARK / GRADE LEVEL EXPECTATION	1.12.2	Describe the interrelationships of emotional, intellectual, physical, and social health.
BENCHMARK / GRADE LEVEL EXPECTATION	1.12.6	Analyze the relationship between access to health care and health status.
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	2.12.7	Analyze how the perceptions of norms influence healthy and unhealthy behaviors.
BENCHMARK / GRADE LEVEL EXPECTATION	2.12.8	Analyze 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.6:	Students will demonstrate the ability to use goal-setting skills to enhance health.
BENCHMARK / GRADE LEVEL EXPECTATION	6.12.1	Assess personal health practices and overall health status.
BENCHMARK / GRADE LEVEL EXPECTATION	6.12.2	Develop a plan to attain a personal health goal that addresses strengths, needs, and risks.
STRAND / ORGANIZATION	N.NASPE.	National Standards for Physical Education (NASPE)
STANDARD / BENCHMARK	NASPE.2.	Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.

BENCHMARK / GRADE LEVEL EXPECTATION		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.
GRADE LEVEL EXPECTATION	2.2.	Develops realistic short-term and long-term personal fitness goals.
GRADE LEVEL EXPECTATION	2.9.	Explains the impact of participation in selected sports/activities on various components of fitness.
STRAND / ORGANIZATION	N.NASPE.	National Standards for Physical Education (NASPE)
STANDARD / BENCHMARK	NASPE.3.	Participates regularly in physical activity.
BENCHMARK / GRADE LEVEL EXPECTATION		High school students fully recognize and understand the significance of physical activity in the maintenance of a healthy lifestyle and possess the skills, knowledge, interest, and desire to maintain an active lifestyle. They willingly participate in physical activities on a regular basis that contribute to the attainment of and maintenance of personal physical activity goals. Students at this age make conscious decisions regarding their physical activity participation and assume a mature role in managing their participation based on needs, personal interests, capabilities, and resources. They possess adequate movement capabilities and behavioral skills that provide a basis for continued learning and regular physical activity participation. They can independently apply appropriate training principles to their own physical activity and can utilize pertinent scientific principles to enhance their participation in a specific activity or sport. In addition, students demonstrate an understanding of how and why adult patterns of physical activity participation change throughout life and are capable of implementing meaningful strategies to deal with those changes.
GRADE LEVEL EXPECTATION	3.1.	Willingly participates in a variety of physical activities appropriate for maintaining or enhancing a healthy, active lifestyle.
STRAND / ORGANIZATION	N.NASPE.	National Standards for Physical Education (NASPE)
STANDARD / BENCHMARK	NASPE.6.	Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.
BENCHMARK / GRADE LEVEL EXPECTATION		High school students are more comfortable with their new interests and their physiques, thus once again enjoying movement for the sheer pleasure of moving. They enjoy the challenge of working hard to better their skills, and they feel satisfaction when they are successful in improving, especially while pursuing personal goals. They enjoy regular participation in selected activities, either alone or with friends. They can explain why participation in these activities is enjoyable and desirable.
GRADE LEVEL EXPECTATION	6.1.	Identifies reasons to participate in physical activity (e.g., health, enjoyment, challenge, self-expression, and social interaction).
GRADE LEVEL EXPECTATION	6.6.	Reflects on reasons for choosing to participate in selected physical activities.

Lesson 10: Setting a Course

No Correlations Found

Lesson 11: I-Messages

Grades: 9, 10, 11, 12 – 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	4.12.1	Use skills for communicating effectively with family, peers, and others to enhance health.

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