

PREPARE ENRICH INSPIRE for Teens

U.S. National Standards Health and PE

Grades: 6, 7, 8

Lesson 01: Relationships and You

Grade: **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.

Lesson 02: Knowing Yourself

Grade: **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	2.8.2	Describe the influence of culture on health beliefs, practices, and behaviors.
BENCHMARK / GRADE LEVEL EXPECTATION	2.8.3	Describe how peers influence healthy and unhealthy 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		Adolescents begin to understand the concept of physical activity as a microcosm of modern culture and society. They recognize the role of

EXPECTATION		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: Friendship, Love, and Intimacy

Grade: **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.

Lesson 04: Navigating the World of Dating

Grade: **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	4.8.4	Demonstrate how to ask for assistance to enhance the health of self and others.
--	--------------	---

Lesson 05: All in the Family

Grade: **8** - 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	1.8.3	Analyze how the environment affects personal health.
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 EXPECTATION	2.8.8	Explain the influence of personal values and beliefs on individual health practices and behaviors.

Lesson 06: Before You Say "I Do!"

Grade: **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.
BENCHMARK / GRADE LEVEL EXPECTATION	4.8.3	Demonstrate effective conflict management or resolution strategies.
BENCHMARK / GRADE LEVEL EXPECTATION	4.8.4	Demonstrate how to ask for assistance to enhance the health of self and others.
STRAND / ORGANIZATION	N.NASPE.	National Standards for Physical Education (NASPE)

ORGANIZATION		
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 07: Communication in Relationships

Grade: 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.
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	5.11.	Through verbal and nonverbal behavior, demonstrates cooperation with peers of different gender, race, ethnicity, and ability in a physical activity setting.
--------------------------------	--------------	--

Lesson 08: Improving Communication in Relationships

Grade: **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.
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.
GRADE LEVEL EXPECTATION	5.11.	Through verbal and nonverbal behavior, demonstrates cooperation with peers of different gender, race, ethnicity, and ability in a physical activity setting.

Lesson 09: Conflict in Relationships

Grade: **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: From Dreams to Reality

Grade: **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	4.8.2	Demonstrate refusal and negotiation skills that avoid or reduce health risks.
BENCHMARK /	4.8.4	Demonstrate how to ask for assistance to enhance the health of

GRADE LEVEL EXPECTATION		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	5.8.1	Identify circumstances that can help or hinder healthy decision making.
BENCHMARK / GRADE LEVEL EXPECTATION	5.8.2	Determine when health-related situations require the application of a thoughtful decision-making process.
BENCHMARK / GRADE LEVEL EXPECTATION	5.8.3	Distinguish when individual or collaborative decision making is appropriate.

© 2012, EdGate Correlation Services, LLC. All Rights reserved.

For more information on PREPARE ENRICH INSPIRE for Teens please contact:

The Dibble Institute
www.dibbleinstitute.org
800-695-7975