



PREPARE ENRICH INSPIRE for Teens

U.S. National Standards Health and PE

Grades: 9, 10, 11, 12

Lesson 01: Relationships and You

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.

Lesson 02: Knowing Yourself

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	2.12.2	Analyze how the culture supports and challenges health beliefs, practices, and behaviors.
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 / GRADE LEVEL EXPECTATION	2.12.8	Analyze the influence of personal values and beliefs on individual health practices and behaviors.

Lesson 03: Friendship, Love, and Intimacy

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	2.12.7	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 04: Navigating the World of Dating

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	2.12.7	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.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 05: All in the Family

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	1.12.3	Analyze how environment and personal health are interrelated.
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	2.12.7	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.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: Before You Say "I Do!"

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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.
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.

Lesson 07: Communication in Relationships

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.

Lesson 08: Improving Communication in Relationships

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.
BENCHMARK / GRADE LEVEL EXPECTATION	4.12.3	Demonstrate strategies to prevent, manage, or resolve interpersonal conflicts without harming self or others.

Lesson 09: Conflict in Relationships

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

Lesson 10: From Dreams to Reality

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	2.12.7	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.4:	Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
BENCHMARK / GRADE LEVEL EXPECTATION	4.12.2	Demonstrate refusal, negotiation, and collaboration 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.
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.

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

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