

# Relationship Smarts Plus SRA4.0 Standards

Centers for Disease Control – National Health Education Standards

## Lesson 1: Who Am I and Where Am I Going?

<b>CONTENT STANDARD 2:</b>	<b>Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.</b>
COMPETENCY 2.1	Analyze how family influences the health of individuals.
COMPETENCY 2.3	Analyze how peers influence healthy and unhealthy behaviors.
<b>CONTENT STANDARD 5:</b>	<b>Students will demonstrate the ability to use decision-making skills to enhance health.</b>
COMPETENCY 5.5	Predict the potential short-term and long-term impact of each alternative on self and others.

## Lesson 2: Maturity Issues and What I Value

<b>CONTENT STANDARD 2:</b>	<b>Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.</b>
COMPETENCY 2.2	Analyze how the culture supports and challenges health beliefs, practices and behaviors.
COMPETENCY 2.8	Analyze the influence of personal values and beliefs on individual health practices and behaviors.

## Lesson 3: Attractions and Infatuation

<b>CONTENT STANDARD 2:</b>	<b>Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.</b>
COMPETENCY 2.7	Analyze how the perceptions of norms influence healthy and unhealthy behaviors.

## Lesson 4: Principles of Smart Relationships

<b>CONTENT STANDARD 2:</b>	<b>Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.</b>
COMPETENCY 2.7	Analyze how the perceptions of norms influence healthy and unhealthy behaviors.

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COMPETENCY 2.8	Analyze the influence of personal values and beliefs on individual health practices and behaviors.
CONTENT STANDARD 5:	<b>Students will demonstrate the ability to use decision-making skills to enhance health.</b>
COMPETENCY 5.1	Examine barriers that can hinder healthy decision making.

### Lesson 5: Is It a Healthy Relationship?

CONTENT STANDARD 2:	<b>Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.</b>
COMPETENCY 2.7	Analyze how the perceptions of norms influence healthy and unhealthy behaviors.
CONTENT STANDARD 5:	<b>Students will demonstrate the ability to use decision-making skills to enhance health.</b>
COMPETENCY 5.1	Examine barriers that can hinder healthy decision making.

### Lesson 6: Breaking Up and Dating Violence

CONTENT STANDARD 2:	<b>Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.</b>
COMPETENCY 2.8	Analyze the influence of personal values and beliefs on individual health practices and behaviors.
CONTENT STANDARD 4:	<b>Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks</b>
COMPETENCY 4.1	Use skills for communicating effectively with family, peers, and others to enhance health.
COMPETENCY 4.2	Demonstrate refusal, negotiation, and collaboration skills to enhance health and avoid or reduce health risks.
COMPETENCY 4.3	Demonstrate strategies to prevent, manage, or resolve interpersonal conflicts without harming self or others.
COMPETENCY 4.4	Demonstrate how to ask for and offer assistance to enhance the health of self and others.
CONTENT STANDARD 5:	<b>Students will demonstrate the ability to use decision-making skills to enhance health.</b>

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COMPETENCY 5.1	Examine barriers that can hinder healthy decision making.
COMPETENCY 5.7	Defend the healthy choice when making decisions.

### Lesson 7: Decide, Don't Slide

**CONTENT STANDARD 5:** Students will demonstrate the ability to use decision-making skills to enhance health.

COMPETENCY 5.1	Examine barriers that can hinder healthy decision making.
COMPETENCY 5.2	Determine the value of applying a thoughtful decision-making process in health related situations.

### Lesson 8: Communication and Healthy Relationships & Lesson 9: Communication Challenges & More Skills

**CONTENT STANDARD 4:** Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks

COMPETENCY 4.1	Use skills for communicating effectively with family, peers, and others to enhance health.
COMPETENCY 4.2	Demonstrate refusal, negotiation, and collaboration skills to enhance health and avoid or reduce health risks.
COMPETENCY 4.3	Demonstrate strategies to prevent, manage, or resolve interpersonal conflicts without harming self or others.

### Lesson 10: Sexual Decision-Making

**CONTENT STANDARD 1:** Students will comprehend concepts related to health promotion and disease prevention to enhance health.

COMPETENCY 1.8	Predict how healthy behaviors can affect health status.
COMPETENCY 1.9	Analyze the potential severity of injury or illness if engaging in unhealthy behaviors.

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**CONTENT STANDARD 2:** Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

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COMPETENCY 2.8	Analyze the influence of personal values and beliefs on individual health practices and behaviors.
COMPETENCY 2.9	Analyze how some health risk behaviors can influence the likelihood of engaging in unhealthy behaviors.
<b>CONTENT STANDARD 3:</b>	<b>Students will demonstrate the ability to access valid information, products, and services to enhance health.</b>
COMPETENCY 3.2	Use resources from home, school and community that provide valid health information.
<b>CONTENT STANDARD 4:</b>	<b>Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.</b>
COMPETENCY 4.1	Use skills for communicating effectively with family, peers, and others to enhance health.
COMPETENCY 4.2	Demonstrate refusal, negotiation, and collaboration skills to enhance health and avoid or reduce health risks.
COMPETENCY 4.3	Demonstrate strategies to prevent, manage, or resolve interpersonal conflicts without harming self or others.
<b>CONTENT STANDARD 5:</b>	<b>Students will demonstrate the ability to use decision-making skills to enhance health.</b>
COMPETENCY 5.2	Determine the value of applying a thoughtful decision-making process in health related situations.
COMPETENCY 5.6	Defend the healthy choice when making decisions.
<b>CONTENT STANDARD 6:</b>	<b>Students will demonstrate the ability to use goal-setting skills to enhance health.</b>
COMPETENCY 6.2	Develop a plan to attain a personal health goal that addresses strengths, needs, and risks.
COMPETENCY 6.3	Implement strategies and monitor progress in achieving a personal health goal.
<b>CONTENT STANDARD 7:</b>	<b>Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.</b>
COMPETENCY 7.1	Analyze the role of individual responsibility for enhancing health.
COMPETENCY 7.3	Demonstrate a variety of behaviors to avoid or reduce health risks to self and others.

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## Lesson 11: Pregnancy, STIs and HIV

## Lesson 12: Unplanned Pregnancy Through the Eyes of a Child

**CONTENT STANDARD 5:** Students will demonstrate the ability to use decision-making skills to enhance health.

COMPETENCY 5.6 Defend the healthy choice when making decisions.

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**CONTENT STANDARD 6:** Students will demonstrate the ability to use goal-setting skills to enhance health.

COMPETENCY 6.2 Develop a plan to attain a personal health goal that addresses strengths, needs, and risks.

COMPETENCY 6.3 Implement strategies and monitor progress in achieving a personal health goal.

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**CONTENT STANDARD 7:** Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

COMPETENCY 7.1 Analyze the role of individual responsibility for enhancing health.

## Lesson 13: Teens, Technology and Social Media

**CONTENT STANDARD 2:** Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

COMPETENCY 2.5 Evaluate the effect of media on personal and family health.

COMPETENCY 2.6 Evaluate the impact of technology on personal, family, and community health.

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**CONTENT STANDARD 6:** Students will demonstrate the ability to use goal-setting skills to enhance health.

COMPETENCY 6.2 Develop a plan to attain a personal health goal that addresses strengths, needs, and risks.

COMPETENCY 6.3 Implement strategies and monitor progress in achieving a personal health goal.