

## Connections: Dating and Emotions

### U.S. National Standards Health and PE

GRADES 9, 10, 11, 12

<b>STANDARD 2</b> Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.	
<b>COMPETENCY</b>	<b>LESSON</b>
2.12.1 Analyze how the family influences the health of individuals.	2 & 10
2.12.4 Evaluate how the school and community can affect personal health practice and behaviors.	7
2.12.5 Evaluate the effect of media on personal and family health.	4 & 10
2.12.7 Analyze how the perceptions of norms influence healthy and unhealthy behaviors.	1, 2, 4, 7, 10
2.12.8 Analyze the influence of personal values and beliefs on individual health practices and behaviors.	1, 2, 4, 10
<b>STANDARD 4</b> Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.	
<b>COMPETENCY</b>	<b>LESSON</b>
4.12.1 Use skills for communicating effectively with family, peers, and others to enhance health.	1, 3, 5, 6, 11, 14
4.12.3 Demonstrate strategies to prevent, manage, or resolve interpersonal conflicts without harming self or others.	9 & 15
4.12.4 Demonstrate how to ask for and offer assistance to enhance the health of self and others.	7