

Connections: Dating and Emotions

U.S. National Standards Health and PE

GRADES 6, 7, 8

NATIONAL HEALTH EDUCATION STANDARDS	
STANDARD 2 Students will analyze the influence of family, peers, culture, media, technology and other factors on health behaviors.	
COMPETENCY	LESSON
2.8.1 Examine how the family influences the health of adolescents.	2 & 10
2.8.4 Analyze how the school and community can affect personal health practices and behaviors.	7
2.8.5 Analyze how messages from the media influence health behaviors.	4 & 10
2.8.7 Explain how the perceptions of norms influence healthy and unhealthy behaviors.	1, 2, 4, 7, 10
2.8.8 Explain the influence of personal values and beliefs on individual health practices and behaviors.	1, 2, 4, 10
STANDARD 4 Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.	
COMPETENCY	LESSON
4.8.1 Apply effective verbal and nonverbal communication skills to enhance health.	1, 3, 5, 6, 11, 14
4.8.3 Demonstrate effective conflict management or resolution strategies.	9 & 15
4.8.4 Demonstrate how to ask for assistance to enhance the health of self and others.	7

NATIONAL STANDARDS FOR PHYSICAL EDUCATION

STANDARD 5 Exhibits responsible personal and social behavior that respects self and others in physical activity settings.

COMPETENCY	LESSON
5.6 Considers the consequences of various choices when confronted with negative peer pressure.	2 & 4
5.9 Resolves interpersonal conflicts with a sensitivity to the rights and feelings of others.	9 & 15