

## Love Notes 3.0

### TEKS – Texas Essential Knowledge & Skills

GRADES 6-8

Health Information	
TEKS REQUIREMENT	LESSON
<b>115.22 B-3</b>	<b>The student comprehends and utilizes concepts relating to health promotion and disease prevention.</b>
115.22 B-3A	describe various modes of disease transmission
115.22 B-3C.	list noncommunicable and hereditary diseases and respective prevention and treatment techniques
<b>115.22 B-5</b>	<b>The student comprehends general health information related to prescription and over-the-counter drugs.</b>
115.22 B-5A	define prescription and over-the-counter drugs
115.22 B-5B	describe the purposes of prescription and over-the-counter drugs, including the intended benefits
115.22 B-5C	explain why some drugs require a prescription
115.22 B-5G	explain the dangers associated with taking expired prescription and over-the-counter drugs
<b>115.22 B-6</b>	<b>The student comprehends ways of applying health information related to prescription and over-the-counter drugs to reduce health risks to the body functions and organs for a life span.</b>
115.22 B-6C	describe how the abuse of drugs affects the body systems and brain
<b>115.23 B-3</b>	<b>The student comprehends and utilizes concepts relating to health promotion and disease prevention throughout the life span.</b>
115.23 B-3B.	analyze risks for contracting specific diseases based on pathogenic, genetic, age, cultural, environmental, and behavioral factors
115.23 B-3C.	distinguish risk factors associated with communicable and noncommunicable diseases
115.23 B-3D.	summarize the facts related to Human Immunodeficiency Virus (HIV) infection and sexually transmitted diseases (STDs)
<b>115.23 B-4</b>	<b>The student knows how to research, access, analyze, and use health information.</b>
115.23 B-4A.	use critical thinking to analyze and use health information such as interpreting media messages
115.23 B-4D	discuss the legal implications regarding sexual activity as it relates to minor persons
<b>115.23 B-5</b>	<b>The student comprehends ways of applying health information related to prescription and over-the-counter drugs to reduce health risks to the body systems and functions for a life span.</b>
115.23 B-5B	describe how substance misuse, including prescription drug misuse, and substance use disorders affect the body systems and brain
115.23 B-5C	relate medicine and other drugs to communicable and noncommunicable disease, prenatal health, health problems in later life, and other adverse consequences
Health Behaviors	
<b>115.22 B-7</b>	<b>The student engages in behaviors that reduce health risks throughout the life span.</b>
TEKS REQUIREMENT	LESSON
115.22 B-7C	explain the relationship among tobacco, alcohol, drugs, and other substances and the role these items play in unsafe situations such as

	drinking and driving and Human Immunodeficiency Virus (HIV)/sexually transmitted disease (STD) transmission	
115.22 B-7D	identify ways such as alternative activities to prevent the use of tobacco, alcohol, drugs, and other substances	12
115.22 B-7H.	explain the consequences of sexual activity and the benefits of abstinence	11, 12
<b>115.23 B-6</b>	<b>The student engages in behaviors that reduce health risks throughout the life span.</b>	
115.23 B-6C	identify strategies for prevention and intervention of emotional, physical, and sexual abuse	7
115.23 B-6D	identify information relating to abstinence	11-12
115.23 B-6E	analyze the importance of abstinence from sexual activity as the preferred choice of behavior in relationship to all sexual activity for unmarried persons of school age	11-12
115.23 B-6F	discuss abstinence from sexual activity as the only method that is 100% effective in preventing pregnancy, STDs, and the sexual transmission of HIV or acquired immune deficiency syndrome, and the emotional trauma associated with adolescent sexual activity	11
<b>Influencing Factors</b>		
<b>TEKS REQUIREMENT</b>		<b>LESSON</b>
<b>115.22 B-9</b>	<b>The student recognizes how relationships influence individual health behaviors including skills necessary for building and maintaining relationships.</b>	
115.22 B-9A.	differentiate between positive and negative relationships that can affect individual health such as clubs, gangs, or families	1, 2, 13
115.22 B-9B	examine social influences on drug-taking behaviors	12
115.22 B-9C	explain ways of maintaining healthy relationships such as resisting peer pressure to engage in unsafe behavior	8, 11, 12
115.22 B-9D	practice conflict resolution/mediation skills	9-10
115.22 B-9E.	describe strategies such as abstinence for communicating refusal to engage in unsafe behaviors	8, 11, 12
115.22 B-9F	describe methods for communicating important issues with parents and peers	1-13
<b>115.22 B-10</b>	<b>The student comprehends how media and technology influence individual and community health.</b>	
115.22 B-10C	explain the relationship between health needs and technology development such as the development of an HIV vaccine	11
<b>115.23 B-8</b>	<b>The student investigates positive and negative relationships that influence individual, family, and community health.</b>	
115.23 B-8A	analyze positive and negative relationships that influence individual and community health such as families, peers, and role models	1, 2, 3, 4, 5, 6, 7, 13
115.23 B-8B	develop strategies for monitoring positive and negative relationships that influence health	5, 6, 7
<b>115.23 B-9</b>	<b>The student researches ways in which media and technology influence individual and community health throughout the life span.</b>	
115.23 B-9A	discuss the influence of media and technology on social norms such as using prescription drugs and the social commitment not to use illegal drugs	1, 12, 13, Appendix
115.23 B-9B	explain the role of media and technology in influencing individuals and community health such as watching television or reading a newspaper and billboard	1, 12, 13, Appendix
<b>115.23 B-10</b>	<b>The student understands how social factors impact personal, family, community, and world health.</b>	

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115.23 B-10B	describe characteristics that contribute to family health	2
<b>Personal/Interpersonal Skills</b>		
<b>115.22 B-12</b>	<b>The student describes healthy and respectful ways to communicate consideration and respect for self, family, friends, and others.</b>	
<b>TEKS REQUIREMENT</b>		<b>LESSON</b>
115.22 B-12A	demonstrate ways to communicate empathy to others and have consideration for others	9-10
115.22 B-12C	practice methods for self-control	1-13
115.22 B-12D.	describe healthy ways to express affection and love	4, 5, 6, 9, 10, 11, 12, 13
115.22 B-12F	describe ways to control anger and emotions when responding to others	13
115.22 B-12I	identify stressors and their impact on the health of the individual and family	2, 13
<b>115.22 B-13</b>	<b>The student analyzes information and applies critical-thinking, decision-making, goal-setting, and problem-solving skills for making health-promoting decisions.</b>	
115.22 B-13A.	seek the input of parents and other trusted adults in problem solving and goal setting	1-13
115.22 B-13B	demonstrate the use of refusal skills in unsafe situations	8, 12
115.22 B-13C	explain the impact of peer pressure on decision making	12
115.22 B-13D	compare the risks and benefits of various health behaviors such as choosing not to smoke	7, 8, 11, 12, 13
115.22 B-13F	identify decision-making practices such as refusing invitations, knowing the risks of substance abuse, and reporting the abuse to a parent school administrator, teacher, or other trusted adult that reduce unsafe health behaviors	7, 8, 11
<b>115.23 B-11</b>	<b>The student recognizes and uses communication skills in building and maintaining healthy relationships.</b>	
115.23 B-11C	distinguish between effective and ineffective listening such as paying attention to the speaker versus not making eye-contact	9-10
115.23 B-11D	summarize and relate conflict resolution/mediation skills to personal situations	9-10
<b>115.23 B-12</b>	<b>The student understands, analyzes, and applies healthy ways to communicate consideration and respect for self, family, friends, and others.</b>	
115.23 B-12A	describe techniques for responding to criticism	9-10
115.23 B-12C.	describe strategies to show respect for individual differences including age differences	9-10
115.23 B-12D.	describe methods of communicating emotions	9-10
115.23 B-12G	discuss how substance misuse, including prescription drug misuse, and substance use disorders impact families and communities	12
<b>115.23 B-13</b>	<b>The student analyzes information and applies critical-thinking, decision-making, goal-setting, and problem-solving skills for making health-promoting decisions</b>	
115.23 B-13A	interpret critical issues related to solving health problems	1-13
115.23 B-13B	relate practices and steps necessary for making health decisions	8-13
115.23 B-13C	appraise the risks and benefits of decision-making about personal health	8, 11, 13
115.23 B-13D	predict the consequences of refusal skills in various situations	8, 11
115.23 B-13E	examine the effects of peer pressure on decision making	12
<b>Bullying Prevention</b>		
<b>TEKS REQUIREMENT</b>		<b>LESSON</b>

<b>115.21 B-14</b>	<b>The student engages in behaviors that reduce the risk of bullying throughout the life span.</b>	
115.21 B-14C	describe healthy ways to be assertive without being aggressive	12
<b>115.23 B-14</b>	<b>The student analyzes bullying information and applies strategies for enhancing and maintaining healthy personal relationships throughout the life span.</b>	
115.23 B-14A	analyze strategies for preventing bullying, harassment, dating violence, and sexual assault	7, Appendix
115.23 B-14B	describe the seriousness of various forms of bullying such as harassment, acquaintance rape, and sexual abuse	7, Appendix
115.23 B-14C	demonstrate empathy toward others	9-10