



Mind Matters

TEKS – Texas Essential Knowledge & Skills

GRADES 6-8

Health Information		
115.22 B-1	The student comprehends ways to enhance and maintain personal health throughout the life span.	
TEKS REQUIREMENT		LESSON
115.22 B-1F	describe the mental, physical, and social benefits of regular exercise and fitness	9
115.22 B-1H	demonstrate strategies for managing stress	1-12
115.23 B-1	The student comprehends ways to enhance and maintain personal health throughout the life span.	
115.23 B-1A	analyze the interrelationships of physical, mental, and social health	1-12
Influencing Factors		
115.22 B-8	The student understands how factors in the environment influence individual and community health.	
TEKS REQUIREMENT		LESSON
115.22 B-8B	identify factors that affect an individual's physical, emotional, and social health such as school climate and safety measures	1-12
115.22 B-9	The student recognizes how relationships influence individual health behaviors including skills necessary for building and maintaining relationships.	
115.22 B-9A.	differentiate between positive and negative relationships that can affect individual health such as clubs, gangs, or families	5,6,7
115.22 B-9D	practice conflict resolution/mediation skills	4
115.22 B-11	The student differentiates between positive and negative family influences.	
115.22 B-11A.	develop strategies for supporting and respecting all family members	5,11
115.22 B-11B	identify strategies for coping with unhealthy behaviors in the family such as abuse, alcoholism, and neglect.	6
115.23 B-8	The student investigates positive and negative relationships that influence individual, family, and community health.	
115.23 B-8A	analyze positive and negative relationships that influence individual and community health such as families, peers, and role models	5,11
115.23 B-8B	develop strategies for monitoring positive and negative relationships that influence health	1-12
115.23 B-10	The student understands how social factors impact personal, family, community, and world health.	
115.23 B-10A	describe personal health behaviors and knowledge unique to different generations and populations	1-12
115.23 B-10B	describe characteristics that contribute to family health	6
Personal/Interpersonal Skills		
115.22 B-12	The student describes healthy and respectful ways to communicate consideration and respect for self, family, friends, and others.	
TEKS REQUIREMENT		LESSON
115.22 B-12A	demonstrate ways to communicate empathy to others and have consideration for others	4
115.22 B-12C	practice methods for self-control	1
115.22 B-12E	describe ways to manage anxiety and grief	1-12
115.22 B-12F	describe ways to control anger and emotions when responding to others	7,8,9

115.22 B-12G.	demonstrate strategies for showing respect for individual differences such as race, physical appearance, and socio-economic status	4
115.22 B-12H.	define stress and its effects on individual health and relationships	1-6
115.22 B-12I	identify stressors and their impact on the health of the individual and family	1-12
115.22 B-13	The student analyzes information and applies critical-thinking, decision-making, goal-setting, and problem-solving skills for making health-promoting decisions.	
115.22 B-13A.	seek the input of parents and other trusted adults in problem solving and goal setting	10
115.22 B-13B	demonstrate the use of refusal skills in unsafe situations	11,12
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	10
115.23 B-11	The student recognizes and uses communication skills in building and maintaining healthy relationships.	
115.23 B-11A	differentiate between positive and negative peer pressure	5
115.23 B-11B	describe the application of effective coping skills	1-5,7,8,9,10
115.23 B-11C	distinguish between effective and ineffective listening such as paying attention to the speaker versus not making eye-contact	4
115.23 B-11D	summarize and relate conflict resolution/mediation skills to personal situations	4
115.23 B-11E	appraise the importance of social groups	5,11
115.23 B-12	The student understands, analyzes, and applies healthy ways to communicate consideration and respect for self, family, friends, and others.	
115.23 B-12A	describe techniques for responding to criticism	4
115.23 B-12B.	demonstrate strategies for coping with problems and stress	1-12
115.23 B-12C.	describe strategies to show respect for individual differences including age differences	4
115.23 B-12D.	describe methods of communicating emotions	4
115.23 B-12E	describe the effect of stress on personal and family health	1-12
115.23 B-12F	describe the relationships between emotions and stress	2-3
115.23 B-13	The student analyzes information and applies critical-thinking, decision-making, goal-setting, and problem-solving skills for making health-promoting decisions	
115.23 B-13G	demonstrate time-management skills	10