

Relationship Smarts PLUS

TEKS – Texas Essential Knowledge & Skills

GRADES 9-12

Health Information		
115.32 B-1	The student analyzes health information and applies strategies for enhancing and maintaining personal health throughout the life span.	
TEKS REQUIREMENT		LESSON
115.32 B-1A	relate the nation's health goals and objectives to individual, family, and community health	1, 2
115.32 B-11	describe the importance of taking responsibility for establishing and implementing health maintenance for individuals and family members of all ages	12
115.32 B-2	The student is health literate in disease prevention and health promotion throughout the life span.	
115.32 B-2A	analyze the relationship between health promotion and disease prevention	11
115.32 B-2B	analyze the influence of laws, policies, and practices on health-related issues including those related to disease prevention	13
115.32 B-2D	develop and analyze strategies related to the prevention of communicable and non-communicable diseases	11
115.32 B-2E	explain why some medications require a prescription	11
115.32 B-4	The student investigates and evaluates the impact of media and technology on individual, family, community, and world health.	
115.32 B-4A	analyze the health messages delivered through media and technology	13
115.32 B-4B	explain how technology has impacted the health status of individuals, families, communities, and the world	13
115.32 B-4C	examine social influences on drug-taking behaviors.	13
115.32 B-5	The student understands how to evaluate health information for appropriateness.	
115.32 B-5C	discuss the legal implications regarding sexual activity as it relates to minor persons	7, 13
115.32 B-5D	demonstrate decision-making skills based on health information	8, 11, 12
115.33 C-1	The student applies technology to analyze and appraise personal health.	
115.33 C-1B	explain how technology can influence health.	13
115.33 C-3	The student investigates the importance and significance of the reproductive process as it relates to the health of future generations.	
115.33 C-3D	analyze roles of relationships and responsibilities relating to marriage	5, 12
115.33 C-3E	analyze behavior in romantic relationships that enhance dignity, respect, and responsibility	4-12
115.33 C-6	The student evaluates and utilizes communication skills in building and maintaining healthy relationships.	
115.33 C-6A	apply effective communication skills for building and maintaining healthy relationships	9-10
115.33 C-6C	present a model for effective communication skills.	9-10
Health Behaviors		
TEKS REQUIREMENT		LESSON
115.32 B-7	The student analyzes the relationship between unsafe behaviors and personal health and develops strategies to promote resiliency throughout the life span.	
115.32 B-7C	explain the relationship between alcohol, tobacco, and other drugs and other substances used by adolescents and the role these	11

	substances play in unsafe situations such as Human Immunodeficiency Virus (HIV)/sexually transmitted disease (STD), unplanned pregnancies, and motor vehicle accidents	
115.32 B-7D	develop strategies for preventing use of tobacco, alcohol, and other addictive substances	12
115.32 B-8	The student analyzes health information and applies decision-making skills to promote the development and practice of safe behaviors	
115.32 B-8A	analyze the relationship between the use of refusal skills and the avoidance of unsafe situations such as sexual abstinence	12
115.32 B-8B	analyze the importance and benefits of abstinence as it relates to emotional health and the prevention of pregnancy and sexually-transmitted diseases	11
115.32 B-8C	analyze the effectiveness and ineffectiveness of barrier protection and other contraceptive methods, including the prevention of STDs, keeping in mind the effectiveness of remaining abstinent until marriage	11
115.32 B-8D	analyze the importance of healthy strategies that prevent physical, sexual, and emotional abuse such as date rape	7, 8, 11, 12
115.32 B-8E	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
115.32 B-8F	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
115.33 C-7	The student generates strategies that address health-risk behaviors.	
115.33 C-7A	analyze strategies that minimize health-risk behaviors, including the misuse of prescription drugs	12
115.33 C-7G	describe the interrelatedness of alcohol and other drugs to health problems such as drugs and date rape, Human Immunodeficiency Virus (HIV)/sexually transmitted disease (STD), and drinking and driving.	11
Influencing Factors		
115.32 B-9	The student analyzes the effect of relationships on health behaviors.	
TEKS REQUIREMENT		LESSON
115.32 B-9A	evaluate positive and negative effects of various relationships on physical and emotional health such as peers, family, and friends	1-13
115.32 B-10	The student differentiates between positive and negative family influences.	
115.32 B-10A	describe the roles of parents, grandparents, and other family members in promoting a healthy family	1, 2, 12
115.32 B-10B	analyze the dynamics of family roles and responsibilities relating to health behavior.	2, 12
Personal/Interpersonal Skills		
115.32 B-14	The student analyzes, designs, and evaluates communication skills for building and maintaining healthy relationships throughout the life span.	
TEKS REQUIREMENT		LESSON
115.32 B-14A	demonstrate communication skills in building and maintaining healthy relationships	9-10
115.32 B-14B	distinguish between a dating relationship and a marriage	4-8, 11, 12
115.32 B-14C	analyze behavior in a dating relationship that will enhance the dignity, respect, and responsibility relating to marriage	3-13

115.32 B-14D	evaluate the effectiveness of conflict resolution techniques in various situations	9-10
115.32 B-14E	demonstrate refusal strategies	12
115.32 B-15	The student analyzes, designs, and evaluates strategies for expressing needs, wants, and emotions in healthy ways.	
115.32 B-15A	demonstrate strategies for communicating needs, wants, and emotions	9-10
115.32 B-15B	examine the legal and ethical ramifications of unacceptable behaviors such as harassment, acquaintance rape, and sexual abuse	7-8
115.32 B-15C	communicate the importance of practicing abstinence	11
115.32 B-16	The student appraises communication skills that show consideration and respect for self, family, friends, and others.	
115.32 B-16A	apply communication skills that demonstrate consideration and respect for self, family, and others	9-10
115.32 B-16B	demonstrate empathy towards others	9-10
115.32 B-16C	analyze ways to show disapproval of inconsiderate and disrespectful behavior	7-8
115.32 B-17	The student synthesizes information and applies critical-thinking, decision-making, and problem-solving skills for making health-promoting decisions throughout the life span.	
115.32 B-17B	identify decision-making skills that promote individual, family, and community health	8, 12
115.32 B-17C	summarize the advantages of seeking advice and feedback regarding the use of decision-making and problem-solving skills	1-13
115.32 B-18	The student applies strategies for advocating and evaluating outcomes for health issues.	
115.32 B-18A	research information about a personal health concern	
115.32 B-18B	demonstrate knowledge about personal and family health concerns	
115.32 B-18C	develop strategies to evaluate information relating to a variety of critical health issues	
115.33 C-13	The student analyzes, designs, and evaluates strategies for expressing needs, wants, and emotions in healthy ways.	
115.33 C-13A	create and apply strategies for communicating emotions, needs, and wants	2, 3, 9-10
115.33 C-13C	investigate and summarize current laws relating to unacceptable behaviors such as harassment, acquaintance and statutory rape, and sexual abuse	7
115.33 C-13D	create strategies that promote the advantages of abstinence	11
115.33 C-14	The student evaluates communication skills that show consideration and respect for self, family, friends, and others.	
115.33 C-14A	appraise effective communication skills that demonstrate consideration and respect for self, family, and others	9-10
115.33 C-14B	associate effective communication with success in school and the workplace	9-10
115.33 C-14E	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
115.33 C-14F	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
115.33 C-15	The student synthesizes information and applies strategies for making health-promoting decisions.	
115.33 C-15A	Identify effective skills to resist and refuse invitations to misuse substances, including prescription drugs	8,12

115.33 C-15B	apply decision-making skills to health-promoting decisions	8, 12
115.33 C-15C	interpret information provided by parents and other adults	1-13