



Relationship Smarts PLUS 3.0

TEKS – Texas Essential Knowledge & Skills

GRADES 6-8

Health Information		
TEKS REQUIREMENT		LESSON
115.22 B-3	The student comprehends and utilizes concepts relating to health promotion and disease prevention.	
115.22 B-3A	describe various modes of disease transmission	11
115.22 B-3C.	list noncommunicable and hereditary diseases and respective prevention and treatment techniques	11
115.22 B-5	The student comprehends general health information related to prescription and over-the-counter drugs.	
115.22 B-5A	define prescription and over-the-counter drugs	11
115.22 B-5B	describe the purposes of prescription and over-the-counter drugs, including the intended benefits	11
115.22 B-5C	explain why some drugs require a prescription	11
115.22 B-6	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.	
115.22 B-6C	describe how the abuse of drugs affects the body systems and brain	11
115.23 B-3	The student comprehends and utilizes concepts relating to health promotion and disease prevention throughout the life span.	
115.23 B-3C.	distinguish risk factors associated with communicable and noncommunicable diseases	11
115.23 B-3D.	summarize the facts related to Human Immunodeficiency Virus (HIV) infection and sexually transmitted diseases (STDs)	11
115.23 B-4	The student knows how to research, access, analyze, and use health information.	
115.23 B-4A.	use critical thinking to analyze and use health information such as interpreting media messages	13
115.23 B-4D	discuss the legal implications regarding sexual activity as it relates to minor persons	7, 13
Health Behaviors		
115.22 B-7	The student engages in behaviors that reduce health risks throughout the life span.	
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	11
115.22 B-7F	demonstrate strategies for the prevention of and response to deliberate and accidental injuries such as using conflict resolution skills instead of fighting and wearing a seat belt	9-10
115.22 B-7H.	explain the consequences of sexual activity and the benefits of abstinence	11
115.23 B-6	The student engages in behaviors that reduce health risks throughout the life span.	
115.23 B-6C	identify strategies for prevention and intervention of emotional, physical, and sexual abuse	7, 8, 11, 12
115.23 B-6D	identify information relating to abstinence	11

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
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
Influencing Factors		
TEKS REQUIREMENT		LESSON
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	1, 2, 11, 12
115.22 B-9C	explain ways of maintaining healthy relationships such as resisting peer pressure to engage in unsafe behavior	11
115.22 B-9E.	describe strategies such as abstinence for communicating refusal to engage in unsafe behaviors	11
115.22 B-9F	describe methods for communicating important issues with parents and peers	9-10
115.22 B-10	The student comprehends how media and technology influence individual and community health.	
115.22 B-10A	identify ways in which media and technology influence social norms such as using prescription and over-the-counter drugs	13
115.22 B-10B	identify and analyze various media and technologies that influence individual and community health such as computer software and the internet;	13
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	1-13
115.23 B-8B	develop strategies for monitoring positive and negative relationships that influence health	5, 6, 12, 13
115.23 B-9	The student researches ways in which media and technology influence individual and community health throughout the life span.	
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	13
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	13
115.23 B-10	The student understands how social factors impact personal, family, community, and world health.	
115.23 B-10B	describe characteristics that contribute to family health	12
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	9-10
115.22 B-12D.	describe healthy ways to express affection and love	4-6, 11-13
115.22 B-12E	describe ways to manage anxiety and grief	

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115.22 B-12F	describe ways to control anger and emotions when responding to others	7, 9-10
115.22 B-12G.	demonstrate strategies for showing respect for individual differences such as race, physical appearance, and socio-economic status	9-10
115.22 B-12H.	define stress and its effects on individual health and relationships	2, 12
115.22 B-12I	identify stressors and their impact on the health of the individual and family	2, 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	1-13
115.22 B-13B	demonstrate the use of refusal skills in unsafe situations	8, 11
115.22 B-13C	explain the impact of peer pressure on decision making	8-13
115.22 B-13D	compare the risks and benefits of various health behaviors such as choosing not to smoke	
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	2,8-13
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	7-12
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
115.23 B-11E	appraise the importance of social groups	6-13
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	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-12E	describe the effect of stress on personal and family health	1-13
115.23 B-12F	describe the relationships between emotions and stress	1-13
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-13C	appraise the risks and benefits of decision-making about personal health	8, 11
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	11
115.23 B-13F	develop strategies for setting long-term personal and vocational goals	2, 8, 13
Bullying Prevention		
115.21 B-14	The student engages in behaviors that reduce the risk of bullying throughout the life span.	
115.21 B-14A	analyze the impact that bullying has on both victims and bullies	7, 13
115.21 B-14B	identify strategies for prevention and intervention of all forms of bullying such as emotional, physical, social, and sexual	1-13
115.21 B-14C	describe healthy ways to be assertive without being aggressive	11
115.21 B-14D	assess healthy and appropriate ways of responding to bullying	7

115.23 B-14	The student analyzes bullying information and applies strategies for enhancing and maintaining healthy personal relationships throughout the life span.	
115.23 B-14A	analyze strategies for preventing bullying, harassment, dating violence, and sexual assault	7
115.23 B-14B	describe the seriousness of various forms of bullying such as harassment, acquaintance rape, and sexual abuse	7
115.23 B-14C	demonstrate empathy toward others	9-10
115.23 B-14D	analyze ways to show disapproval of inconsiderate and disrespectful bullying behavior	7-10
115.23 B-14E	recognize the responsibility to report bullying behavior	7