

Love Notes 3.0
Florida Health Education Standards
GRADES 9, 10, 11, 12

Lesson 1: Relationships Today

Standard 2 HE.912.C.2	Internal and External Influence Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
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Standard 6 HE.912.B.6	Goal Setting Demonstrate the ability to use goal-setting skills to enhance health.

Lesson 2: Knowing Yourself

Standard 2 HE.912.C.2	Internal and External Influence Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
Standard 6 HE.912.B.6	Goal Setting Demonstrate the ability to use goal-setting skills to enhance health.
Standard 7 HE.912.P.7	Self-Management Demonstrate the ability to practice advocacy, health-enhancing behaviors, and avoidance or reduction of health risks for oneself.

Lesson 3: My Expectations – My Future

Standard 2 HE.912.C.2	Internal and External Influence Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.
Standard 5 HE.912.B.5	Decision Making Demonstrate the ability to use decision-making skills to enhance health.

Standard 6	Goal Setting
HE.912.B.6	Demonstrate the ability to use goal-setting skills to enhance health.

Standard 7	Self-Management
HE.912.P.7	Demonstrate the ability to practice advocacy, health-enhancing behaviors, and avoidance or reduction of health risks for oneself.

Lesson 4: Attractions and Starting Relationships

Standard 5	Decision Making
HE.912.B.5	Demonstrate the ability to use decision-making skills to enhance health.

Lesson 5: Principles of Smart Relationships

Standard 5	Decision Making
HE.912.B.5	Demonstrate the ability to use decision-making skills to enhance health.

Lesson 6: Is It a Healthy Relationship?

Standard 2	Internal and External Influence
HE.912.C.2	Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

Standard 7	Self-Management
HE.912.P.7	Demonstrate the ability to practice advocacy, health-enhancing behaviors, and avoidance or reduction of health risks for oneself.

Lesson 7: Dangerous Love

Standard 2	Internal and External Influence
HE.912.C.2	Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

Standard 5	Decision Making
HE.912.B.5	Demonstrate the ability to use decision-making skills to enhance health.

Standard 7	Self-Management
HE.912.P.7	Demonstrate the ability to practice advocacy, health-enhancing behaviors, and avoidance or reduction of health risks for oneself.

Lesson 8: Decide, Don't Slide! The Low-Risk Approach to Relationships

Standard 5	Decision Making
HE.912.B.5	Demonstrate the ability to use decision-making skills to enhance health.
Standard 6	Goal Setting
HE.912.B.6	Demonstrate the ability to use goal-setting skills to enhance health.
Standard 7	Self-Management
HE.912.P.7	Demonstrate the ability to practice advocacy, health-enhancing behaviors, and avoidance or reduction of health risks for oneself.

Lesson 9: What's Communication Got to Do With It?

Standard 4	Interpersonal Communication
HE.912.B.4	Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
Standard 7	Self-Management
HE.912.P.7	Demonstrate the ability to practice advocacy, health-enhancing behaviors, and avoidance or reduction of health risks for oneself.

Lesson 10: Communication Challenges and More Skills

Standard 4	Interpersonal Communication
HE.912.B.4	Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
Standard 7	Self-Management
HE.912.P.7	Demonstrate the ability to practice advocacy, health-enhancing behaviors, and avoidance or reduction of health risks for oneself.

Lesson 11: Let's Talk About Sex

Standard 4	Interpersonal Communication
HE.912.B.4	Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.
Standard 5	Decision Making
HE.912.B.5	Demonstrate the ability to use decision-making skills to enhance health.

Standard 6	Goal Setting
HE.912.B.6	Demonstrate the ability to use goal-setting skills to enhance health.

Standard 7	Self-Management
HE.912.P.7	Demonstrate the ability to practice advocacy, health-enhancing behaviors, and avoidance or reduction of health risks for oneself.

Lesson 12: Let's Plan for Choices

Standard 1	Core Concepts
HE.912.C.1	Comprehend concepts related to health promotion and disease prevention to enhance health.

Standard 2	Internal and External Influence
HE.912.C.2	Analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

Standard 4	Interpersonal Communication
HE.912.B.4	Demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

Standard 5	Decision Making
HE.912.B.5	Demonstrate the ability to use decision-making skills to enhance health.

Standard 6	Goal Setting
HE.912.B.6	Demonstrate the ability to use goal-setting skills to enhance health.

Standard 7	Self-Management
HE.912.P.7	Demonstrate the ability to practice advocacy, health-enhancing behaviors, and avoidance or reduction of health risks for oneself.

Lesson 13: Through the Eyes of a Child

Standard 6	Goal Setting
HE.912.B.6	Demonstrate the ability to use goal-setting skills to enhance health.

Standard 7	Self-Management
HE.912.P.7	Demonstrate the ability to practice advocacy, health-enhancing behaviors, and avoidance or reduction of health risks for oneself.