

Love Notes 4.0

Alignment with CDC Healthy Schools

Health Education Standards

Grades 9-12

HIGH SCHOOL (GRADES 9-12)

Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

- 1.12.1 Predict how healthy behaviors can affect health status.
 - Lesson 1 - Relationships Today
 - Lesson 2 - Knowing Yourself
 - Lesson 3 - My Expectations-My Future
 - Lesson 4 - Attractions and Starting Relationships
 - Lesson 7 - Dangerous Love
 - Lesson 8 - Decide, Don't Slide! Pathways & Sequences Towards Success
 - Lesson 9 - Communication and Healthy Relationships
 - Lesson 10 - Communication Challenges and More Skills
 - Lesson 11 - Let's Talk About Sex
 - Lesson 12 - Let's Plan for Choices
 - Lesson 13 - Through the Eyes of a Child
- 1.12.2 Describe the interrelationships of emotional, intellectual, physical, and social health.
 - Lesson 1 - Relationships Today
 - Lesson 5 - Principles of Smart Relationships
 - Lesson 9 - Communication and Healthy Relationships
 - Lesson 10 - Communication Challenges and More Skills
 - Lesson 11 - Let's Talk About Sex
 - Lesson 12 - Let's Plan for Choices
- 1.12.3 Analyze how environment and personal health are interrelated.
 - Lesson 10 - Communication Challenges and More Skills
 - Lesson 11 - Let's Talk About Sex
 - Lesson 12 - Let's Plan for Choices
 - Lesson 13 - Through the Eyes of a Child
- 1.12.4 Analyze how genetics and family history can impact personal health.
 - Lesson 2 - Knowing Yourself
 - Lesson 9 - Communication and Healthy Relationships
 - Lesson 13 - Through the Eyes of a Child
- 1.12.5 Propose ways to reduce or prevent injuries and health problems.
 - Lesson 4 - Attractions and Starting Relationships
 - Lesson 7 - Dangerous Love
 - Lesson 8 - Decide, Don't Slide! Pathways & Sequences Towards Success
 - Lesson 9 - Communication and Healthy Relationships
 - Lesson 11 - Let's Talk About Sex

- 1.12.6 Analyze the relationship between access to health care and health status.
Lesson 12 - Let's Plan for Choices
- 1.12.7 Compare and contrast the benefits of and barriers to practicing a variety of healthy behaviors.
Lesson 3 - My Expectations-My Future
Lesson 5 - Principles of Smart Relationships
Lesson 8 - Decide, Don't Slide! Pathways & Sequences Towards Success
Lesson 11- Let's Talk About Sex
Lesson 12 - Let's Plan for Choices
- 1.12.8 Analyze personal susceptibility to injury, illness, or death if engaging in unhealthy behaviors.
Lesson 4 - Attractions and Starting Relationships
Lesson 7 - Dangerous Love
Lesson 8 - Decide, Don't Slide! Pathways & Sequences Towards Success
Lesson 12 - Let's Plan for Choices
- 1.12.9 Analyze the potential severity of injury or illness if engaging in unhealthy behaviors.
Lesson 7 - Dangerous Love
Lesson 8 - Decide, Don't Slide! Pathways & Sequences Towards Success
Lesson 12 - Let's Plan for Choices

Standard 2: Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

- 2.12.1 Analyze how the family influences the health of individuals.
Lesson 2 - Knowing Yourself
Lesson 9 - Communication and Healthy Relationships
Lesson 13 - Through the Eyes of a Child
- 2.12.2 Analyze how the culture supports and challenges health beliefs, practices, and behaviors.
Lesson 1 - Relationships Today
Lesson 9 - Communication and Healthy Relationships
Lesson 11- Let's Talk About Sex
Lesson 12 - Let's Plan for Choices
Lesson 13 - Through the Eyes of a Child
- 2.12.3 Analyze how peers influence healthy and unhealthy behaviors.
Lesson 2 - Knowing Yourself
Lesson 7 - Dangerous Love

- 2.12.4 Evaluate how the school and community can affect personal health practice and behaviors.
[Not Included]
- 2.12.5 Evaluate the effect of media on personal and family health.
Lesson 9 - Communication and Healthy Relationships
Lesson 10 - Communication Challenges and More Skills
Lesson 11- Let's Talk About Sex
Lesson 12 - Let's Plan for Choices
- 2.12.6 Evaluate the impact of technology on personal, family, and community health.
Lesson 10 - Communication Challenges and More Skills
Lesson 12 - Let's Plan for Choices
- 2.12.7 Analyze how the perceptions of norms influence healthy and unhealthy behaviors.
Lesson 3 - My Expectations-My Future
Lesson 9 - Communication and Healthy Relationships
Lesson 12 - Let's Plan for Choices
Lesson 13 - Through the Eyes of a Child
- 2.12.8 Analyze the influence of personal values and beliefs on individual health practices and behaviors.
Lesson 3 - My Expectations-My Future
Lesson 5 - Principles of Smart Relationships
Lesson 12 - Let's Plan for Choices
Lesson 13 - Through the Eyes of a Child
- 2.12.9 Analyze how some health risk behaviors can influence the likelihood of engaging in unhealthy behaviors.
Lesson 7 - Dangerous Love
Lesson 8 - Decide, Don't Slide! Pathways & Sequences Towards Success
Lesson 9 - Communication and Healthy Relationships
Lesson 10 - Communication Challenges and More Skills
Lesson 11- Let's Talk About Sex
Lesson 12 - Let's Plan for Choices
Lesson 13 - Through the Eyes of a Child
- 2.12.10 Analyze how public health policies and government regulations can influence health promotion and disease prevention.
Lesson 12 - Let's Plan for Choices

Standard 3: Students will demonstrate the ability to access valid information, products, and services to enhance health.

- 3.12.1 Evaluate the validity of health information, products, and services.

- 3.12.2 Use resources from home, school, and community that provide valid health information.
Lesson 12 - Let's Plan for Choices
Lesson 1 - Relationships Today
Lesson 7 - Dangerous Love
Lesson 9 - Communication and Healthy Relationships
Lesson 10 - Communication Challenges and More Skills
Lesson 12 - Let's Plan for Choices
Lesson 13 - Through the Eyes of a Child
- 3.12.3 Determine the accessibility of products and services that enhance health.
Lesson 12 - Let's Plan for Choices
- 3.12.4 Determine when professional health services may be required.
Lesson 7 - Dangerous Love
Lesson 9 - Communication and Healthy Relationships
Lesson 10 - Communication Challenges and More Skills
Lesson 12 - Let's Plan for Choices
- 3.12.5 Access valid and reliable health products and services.
Lesson 7 - Dangerous Love
Lesson 9 - Communication and Healthy Relationships
Lesson 12 - Let's Plan for Choices

Standard 4: Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

- 4.12.1 Use skills for communicating effectively with family, peers, and others to enhance health.
Lesson 3 - My Expectations-My Future
Lesson 4 - Attractions and Starting Relationships
Lesson 5 - Principles of Smart Relationships
Lesson 7 - Dangerous Love
Lesson 8 - Decide, Don't Slide! Pathways & Sequences Towards Success
Lesson 9 - Communication and Healthy Relationships
Lesson 10 - Communication Challenges and More Skills
Lesson 11- Let's Talk About Sex
- 4.12.2 Demonstrate refusal, negotiation, and collaboration skills to enhance health and avoid or reduce health risks.
Lesson 3 - My Expectations-My Future
Lesson 5 - Principles of Smart Relationships
Lesson 7 - Dangerous Love
Lesson 11- Let's Talk About Sex

- 4.12.3 Demonstrate strategies to prevent, manage, or resolve interpersonal conflicts without harming self or others.
 - Lesson 12 - Let's Plan for Choices
- 4.12.3 Demonstrate strategies to prevent, manage, or resolve interpersonal conflicts without harming self or others.
 - Lesson 6 - Is It a Healthy Relationship?
 - Lesson 7 - Dangerous Love
 - Lesson 9 - Communication and Healthy Relationships
 - Lesson 10 - Communication Challenges and More Skills
 - Lesson 12 - Let's Plan for Choices
- 4.12.4 Demonstrate how to ask for and offer assistance to enhance the health of self and others.
 - Lesson 7 - Dangerous Love

Standard 5: Students will demonstrate the ability to use decision-making skills to enhance health.

- 5.12.1 Examine barriers that can hinder healthy decision making.
 - Lesson 2 - Knowing Yourself
 - Lesson 3 - My Expectations-My Future
 - Lesson 4 - Attractions and Starting Relationships
 - Lesson 5 - Principles of Smart Relationships
 - Lesson 6 - Is It a Healthy Relationship?
 - Lesson 7 - Dangerous Love
 - Lesson 8 - Decide, Don't Slide! Pathways & Sequences Towards Success
 - Lesson 9 - Communication and Healthy Relationships
 - Lesson 10 - Communication Challenges and More Skills
 - Lesson 11- Let's Talk About Sex
 - Lesson 12 - Let's Plan for Choices
 - Lesson 13 - Through the Eyes of a Child
- 5.12.2 Determine the value of applying a thoughtful decision-making process in health-related situations.
 - Lesson 1 - Relationships Today
 - Lesson 2 - Knowing Yourself
 - Lesson 4 - Attractions and Starting Relationships
 - Lesson 5 - Principles of Smart Relationships
 - Lesson 6 - Is It a Healthy Relationship?
 - Lesson 7 - Dangerous Love
 - Lesson 8 - Decide, Don't Slide! Pathways & Sequences Towards Success
 - Lesson 9 - Communication and Healthy Relationships
 - Lesson 11- Let's Talk About Sex
 - Lesson 12 - Let's Plan for Choices

- 5.12.3 Justify when individual or collaborative decision making is appropriate.
 - Lesson 13 - Through the Eyes of a Child
 - Lesson 3 - My Expectations-My Future
 - Lesson 6 - Is It a Healthy Relationship?
 - Lesson 7 - Dangerous Love
 - Lesson 8 - Decide, Don't Slide! Pathways & Sequences Towards Success
 - Lesson 11- Let's Talk About Sex
 - Lesson 13 - Through the Eyes of a Child
- 5.12.4 Generate alternatives to health-related issues or problems.
 - Lesson 4 - Attractions and Starting Relationships
 - Lesson 6 - Is It a Healthy Relationship?
 - Lesson 7 - Dangerous Love
 - Lesson 8 - Decide, Don't Slide! Pathways & Sequences Towards Success
 - Lesson 9 - Communication and Healthy Relationships
 - Lesson 10 - Communication Challenges and More Skills
 - Lesson 11- Let's Talk About Sex
 - Lesson 12 - Let's Plan for Choices
 - Lesson 13 - Through the Eyes of a Child
- 5.12.5 Predict the potential short-term and long-term impact of each alternative on self and others.
 - Lesson 4 - Attractions and Starting Relationships
 - Lesson 6 - Is It a Healthy Relationship?
 - Lesson 7 - Dangerous Love
 - Lesson 8 - Decide, Don't Slide! Pathways & Sequences Towards Success
 - Lesson 9 - Communication and Healthy Relationships
 - Lesson 10 - Communication Challenges and More Skills
 - Lesson 11- Let's Talk About Sex
 - Lesson 12 - Let's Plan for Choices
 - Lesson 13 - Through the Eyes of a Child
- 5.12.6 Defend the healthy choice when making decisions.
 - Lesson 1 - Relationships Today
 - Lesson 2 - Knowing Yourself
 - Lesson 3 - My Expectations-My Future
 - Lesson 4 - Attractions and Starting Relationships
 - Lesson 5 - Principles of Smart Relationships
 - Lesson 6 - Is It a Healthy Relationship?
 - Lesson 7 - Dangerous Love
 - Lesson 8 - Decide, Don't Slide! Pathways & Sequences Towards Success
 - Lesson 9 - Communication and Healthy Relationships
 - Lesson 10 - Communication Challenges and More Skills

- Lesson 11- Let's Talk About Sex
 - Lesson 12 - Let's Plan for Choices
 - Lesson 13 - Through the Eyes of a Child
- 5.12.7 Evaluate the effectiveness of health-related decisions.
- Lesson 2 - Knowing Yourself
 - Lesson 3 - My Expectations-My Future
 - Lesson 4 - Attractions and Starting Relationships
 - Lesson 6 - Is It a Healthy Relationship?
 - Lesson 7 - Dangerous Love
 - Lesson 8 - Decide, Don't Slide! Pathways & Sequences Towards Success
 - Lesson 9 - Communication and Healthy Relationships
 - Lesson 10 - Communication Challenges and More Skills
 - Lesson 11- Let's Talk About Sex
 - Lesson 12 - Let's Plan for Choices
 - Lesson 13 - Through the Eyes of a Child

Standard 6: Students will demonstrate the ability to use goal-setting skills to enhance health.

- 6.12.1 Assess personal health practices and overall health status.
- Lesson 3 - My Expectations-My Future
 - Lesson 4 - Attractions and Starting Relationships
 - Lesson 5 - Principles of Smart Relationships
 - Lesson 6 - Is It a Healthy Relationship?
 - Lesson 7 - Dangerous Love
 - Lesson 8 - Decide, Don't Slide! Pathways & Sequences Towards Success
 - Lesson 9 - Communication and Healthy Relationships
 - Lesson 10 - Communication Challenges and More Skills
 - Lesson 11- Let's Talk About Sex
 - Lesson 12 - Let's Plan for Choices
 - Lesson 13 - Through the Eyes of a Child
- 6.12.2 Develop a plan to attain a personal health goal that addresses strengths, needs, and risks.
- Lesson 1 - Relationships Today
 - Lesson 5 - Principles of Smart Relationships
 - Lesson 8 - Decide, Don't Slide! Pathways & Sequences Towards Success
 - Lesson 9 - Communication and Healthy Relationships
 - Lesson 10 - Communication Challenges and More Skills
 - Lesson 11- Let's Talk About Sex
 - Lesson 12 - Let's Plan for Choices
 - Lesson 13 - Through the Eyes of a Child

6.12.3 Implement strategies and monitor progress in achieving a personal health goal.

Lesson 1 - Relationships Today

Lesson 4 - Attractions and Starting Relationships

Lesson 7 - Dangerous Love

Lesson 8 - Decide, Don't Slide! Pathways & Sequences Towards Success

Lesson 9 - Communication and Healthy Relationships

Lesson 10 - Communication Challenges and More Skills

Lesson 12 - Let's Plan for Choices

Lesson 13 - Through the Eyes of a Child

6.12.4 Formulate an effective long-term personal health plan.

Lesson 1 - Relationships Today

Lesson 7 - Dangerous Love

Lesson 8 - Decide, Don't Slide! Pathways & Sequences Towards Success

Lesson 9 - Communication and Healthy Relationships

Lesson 10 - Communication Challenges and More Skills

Lesson 11- Let's Talk About Sex

Lesson 12 - Let's Plan for Choices

Lesson 13 - Through the Eyes of a Child

Standard 7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

7.12.1 Analyze the role of individual responsibility for enhancing health.

Lesson 2 - Knowing Yourself

Lesson 3 - My Expectations-My Future

Lesson 5 - Principles of Smart Relationships

Lesson 7 - Dangerous Love

Lesson 8 - Decide, Don't Slide! Pathways & Sequences Towards Success

Lesson 9 - Communication and Healthy Relationships

Lesson 11- Let's Talk About Sex

Lesson 12 - Let's Plan for Choices

Lesson 13 - Through the Eyes of a Child

7.12.2 Demonstrate a variety of healthy practices and behaviors that will maintain or improve the health of self and others.

Lesson 1 - Relationships Today

Lesson 2 - Knowing Yourself

Lesson 4 - Attractions and Starting Relationships

Lesson 5 - Principles of Smart Relationships

Lesson 7 - Dangerous Love

Lesson 8 - Decide, Don't Slide! Pathways & Sequences Towards Success

Lesson 9 - Communication and Healthy Relationships

- Lesson 10 - Communication Challenges and More Skills
 - Lesson 11- Let's Talk About Sex
 - Lesson 12 - Let's Plan for Choices
 - Lesson 13 - Through the Eyes of a Child
- 7.12.3 Demonstrate a variety of behaviors to avoid or reduce health risks to self and others.
- Lesson 3 - My Expectations-My Future
 - Lesson 4 - Attractions and Starting Relationships
 - Lesson 5 - Principles of Smart Relationships
 - Lesson 7 - Dangerous Love
 - Lesson 8 - Decide, Don't Slide! Pathways & Sequences Towards Success
 - Lesson 9 - Communication and Healthy Relationships
 - Lesson 10 - Communication Challenges and More Skills
 - Lesson 11- Let's Talk About Sex
 - Lesson 12 - Let's Plan for Choices
 - Lesson 13 - Through the Eyes of a Child

Standard 8: Students will demonstrate the ability to advocate for personal, family, and community health.

- 8.12.1 Utilize accurate peer and societal norms to formulate a health-enhancing message.
- Lesson 7 - Dangerous Love
 - Lesson 8 - Decide, Don't Slide! Pathways & Sequences Towards Success
 - Lesson 9 - Communication and Healthy Relationships
 - Lesson 10 - Communication Challenges and More Skills
 - Lesson 11- Let's Talk About Sex
 - Lesson 12 - Let's Plan for Choices
 - Lesson 13 - Through the Eyes of a Child
- 8.12.2 Demonstrate how to influence and support others to make positive health choices.
- Lesson 3 - My Expectations-My Future
- 8.12.3 Work cooperatively as an advocate for improving personal, family, and community health.
- [Not Included]
- 8.12.4 Adapt health messages and communication techniques to a specific target audience.
- [Not Included]