



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

Lesson 12 - Let's Plan for Choices

1.12.6 Analyze the relationship between access to health care and health status.

Lesson 13 - Through the Eyes of a Child

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.

Lesson 12 - Let's Plan for Choices

3.12.2 Use resources from home, school, and community that provide valid health information.

[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](#)

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**

Lesson 13 - Through the Eyes of a Child

5.12.3 Justify when individual or collaborative decision making is appropriate.

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

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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
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- 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]