



Relationship Smarts PLUS 5.0

Alignment with CDC Healthy Schools

Health Education Standards

Grades 6-8

MIDDLE SCHOOL (GRADES 6-8)**Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.**

1.8.1 Analyze the relationship between healthy behaviors and personal health.

Lesson 1 - Who Am I and Where Am I Going?
Lesson 3 - Attractions and Infatuation
Lesson 4 - Principles of Smart Relationships
Lesson 5 - Is it a Healthy Relationship?
Lesson 6 - Breaking Up and Dating Violence
Lesson 7 - Decide, Don't Slide! Pathways to Success
Lesson 8 - Communication and Healthy Relationships
Lesson 9 - Communication Challenges and More Skills
Lesson 10 - Sexual Decision-Making
Lesson 11 - Pregnancy, STIs and HIV
Lesson 12 - Unintended Pregnancy Through the Eyes of a Child
Lesson 13 - Teens, Technology, and Social Media

1.8.2 Describe the interrelationships of emotional, intellectual, physical, and social health in adolescence.

Lesson 2 - Maturity and What I Value
Lesson 4 - Principles of Smart Relationships
Lesson 5 - Is it a Healthy Relationship?
Lesson 8 - Communication and Healthy Relationships
Lesson 10 - Sexual Decision-Making
Lesson 11 - Pregnancy, STIs and HIV
Lesson 13 - Teens, Technology, and Social Media

1.8.3 Analyze how the environment affects personal health.

Lesson 1 - Who Am I and Where Am I Going?
Lesson 5 - Is it a Healthy Relationship?
Lesson 6 - Breaking Up and Dating Violence
Lesson 7 - Decide, Don't Slide! Pathways to Success
Lesson 11 - Pregnancy, STIs and HIV
Lesson 12 - Unintended Pregnancy Through the Eyes of a Child
Lesson 13 - Teens, Technology, and Social Media

1.8.4 Describe how family history can affect personal health.

Lesson 7 - Decide, Don't Slide! Pathways to Success
Lesson 8 - Communication and Healthy Relationships
Lesson 12 - Unintended Pregnancy Through the Eyes of a Child

1.8.5 Describe ways to reduce or prevent injuries and other adolescent health problems.

- Lesson 1 - Who Am I and Where Am I Going?
 - Lesson 6 - Breaking Up and Dating Violence
 - Lesson 7 - Decide, Don't Slide! Pathways to Success
 - Lesson 8 - Communication and Healthy Relationships
 - Lesson 10 - Sexual Decision-Making
 - Lesson 11 - Pregnancy, STIs and HIV
- 1.8.6 Explain how appropriate health care can promote personal health.
 - Lesson 5 - Is it a Healthy Relationship?
 - Lesson 6 - Breaking Up and Dating Violence
 - Lesson 7 - Decide, Don't Slide! Pathways to Success
 - Lesson 9 - Communication Challenges and More Skills
 - Lesson 10 - Sexual Decision-Making
 - Lesson 11 - Pregnancy, STIs and HIV
 - Lesson 12 - Unintended Pregnancy Through the Eyes of a Child
 - Lesson 13 - Teens, Technology, and Social Media
- 1.8.7 Describe the benefits of and barriers to practicing healthy behaviors.
 - Lesson 1 - Who Am I and Where Am I Going?
 - Lesson 3 - Attractions and Infatuation
 - Lesson 4 - Principles of Smart Relationships
 - Lesson 5 - Is it a Healthy Relationship?
 - Lesson 6 - Breaking Up and Dating Violence
 - Lesson 7 - Decide, Don't Slide! Pathways to Success
 - Lesson 9 - Communication Challenges and More Skills
 - Lesson 10 - Sexual Decision-Making
 - Lesson 11 - Pregnancy, STIs and HIV
 - Lesson 12 - Unintended Pregnancy Through the Eyes of a Child
 - Lesson 13 - Teens, Technology, and Social Media
- 1.8.8 Examine the likelihood of injury or illness if engaging in unhealthy behaviors.
 - Lesson 6 - Breaking Up and Dating Violence
 - Lesson 7 - Decide, Don't Slide! Pathways to Success
 - Lesson 10 - Sexual Decision-Making
 - Lesson 11 - Pregnancy, STIs and HIV
- 1.8.9 Examine the potential seriousness of injury or illness if engaging in unhealthy behaviors.
 - Lesson 6 - Breaking Up and Dating Violence
 - Lesson 7 - Decide, Don't Slide! Pathways to Success
 - Lesson 11 - Pregnancy, STIs and HIV

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

2.8.1 Examine how the family influences the health of adolescents.
[Lesson 7 - Decide, Don't Slide! Pathways to Success](#)
[Lesson 8 - Communication and Healthy Relationships](#)
[Lesson 12 - Unintended Pregnancy Through the Eyes of a Child](#)

2.8.2 Describe the influence of culture on health beliefs, practices, and behaviors.
[Lesson 7 - Decide, Don't Slide! Pathways to Success](#)
[Lesson 8 - Communication and Healthy Relationships](#)
[Lesson 11 - Pregnancy, STIs and HIV](#)
[Lesson 13 - Teens, Technology, and Social Media](#)

2.8.3 Describe how peers influence healthy and unhealthy behaviors.
[Lesson 1 - Who Am I and Where Am I Going?](#)
[Lesson 7 - Decide, Don't Slide! Pathways to Success](#)
[Lesson 11 - Pregnancy, STIs and HIV](#)
[Lesson 13 - Teens, Technology, and Social Media](#)

2.8.4 Analyze how the school and community can affect personal health practices and behaviors.
[Lesson 13 - Teens, Technology, and Social Media](#)

2.8.5 Analyze how messages from media influence health behaviors.
[Lesson 13 - Teens, Technology, and Social Media](#)

2.8.6 Analyze the influence of technology on personal and family health.
[Lesson 13 - Teens, Technology, and Social Media](#)

2.8.7 Explain how the perceptions of norms influence healthy and unhealthy behaviors.
[Lesson 1 - Who Am I and Where Am I Going?](#)
[Lesson 8 - Communication and Healthy Relationship](#)
[Lesson 11 - Pregnancy, STIs and HIVs](#)
[Lesson 13 - Teens, Technology, and Social Media](#)

2.8.8 Explain the influence of personal values and beliefs on individual health practices and behaviors.
[Lesson 1 - Who Am I and Where Am I Going?](#)
[Lesson 2 - Maturity and What I Value](#)
[Lesson 4 - Principles of Smart Relationships](#)
[Lesson 5 - Is it a Healthy Relationship?](#)
[Lesson 6 - Breaking Up and Dating Violence](#)
[Lesson 7 - Decide, Don't Slide! Pathways to Success](#)
[Lesson 10 - Sexual Decision-Making](#)
[Lesson 11 - Pregnancy, STIs and HIV](#)

2.8.9 Describe how some health risk behaviors can influence the likelihood of engaging in unhealthy behaviors.
[Lesson 1 - Who Am I and Where Am I Going?](#)

- Lesson 3 - Attractions and Infatuation
- Lesson 5 - Is it a Healthy Relationship?
- Lesson 6 - Breaking Up and Dating Violence
- Lesson 7 - Decide, Don't Slide! Pathways to Success
- Lesson 8 - Communication and Healthy Relationships
- Lesson 10 - Sexual Decision-Making
- Lesson 11 - Pregnancy, STIs and HIV
- Lesson 13 - Teens, Technology, and Social Media

2.8.10 Explain how school and public health policies can influence health promotion and disease prevention.
[Not Included]

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

- 3.8.1 Analyze the validity of health information, products, and services.
Lesson 13 - Teens, Technology, and Social Media
- 3.8.2 Access valid health information from home, school, and community.
Lesson 6 - Breaking Up and Dating Violence
Lesson 8 - Communication and Healthy Relationships
Lesson 11 - Pregnancy, STIs and HIV
Lesson 13 - Teens, Technology, and Social Media
- 3.8.3 Determine the accessibility of products that enhance health.
Lesson 6 - Breaking Up and Dating Violence
- 3.8.4 Describe situations that may require professional health services.
Lesson 6 - Breaking Up and Dating Violence
Lesson 7 - Decide, Don't Slide! Pathways to Success
Lesson 8 - Communication and Healthy Relationships
Lesson 11 - Pregnancy, STIs and HIV
Lesson 13 - Teens, Technology, and Social Media
- 3.8.5 Locate valid and reliable health products and services.
Lesson 6 - Breaking Up and Dating Violence
Lesson 7 - Decide, Don't Slide! Pathways to Success
Lesson 8 - Communication and Healthy Relationships

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

4.8.1 Apply effective verbal and nonverbal communication skills to enhance health.
Lesson 1 - Who Am I and Where Am I Going?
Lesson 2 - Maturity and What I Value

- Lesson 3 - Attraction and Infatuation
- Lesson 4 - Principles of Smart Relationships
- Lesson 5 - Is it a Healthy Relationship?
- Lesson 6 - Breaking Up and Dating Violence
- Lesson 8 - Communication and Healthy Relationships
- Lesson 9 - Communication Challenges and More Skills
- Lesson 10 - Sexual Decision-Making
- Lesson 11 - Pregnancy, STIs and HIV
- Lesson 13 - Teens, Technology, and Social Media

4.8.2 Demonstrate refusal and negotiation skills that avoid or reduce health risks.

- Lesson 1 - Who Am I and Where Am I Going?
- Lesson 6 - Breaking Up and Dating Violence
- Lesson 7 - Decide, Don't Slide! Pathways to Success
- Lesson 10 - Sexual Decision-Making
- Lesson 11 - Pregnancy, STIs and HIV

4.8.3 Demonstrate effective conflict management or resolution strategies.

- Lesson 1 - Who Am I and Where Am I Going?
- Lesson 6 - Breaking Up and Dating Violence
- Lesson 8 - Communication and Healthy Relationships
- Lesson 9 - Communication Challenges and More Skills
- Lesson 11 - Pregnancy, STIs and HIV

4.8.4 Demonstrate how to ask for assistance to enhance the health of self and others.

- Lesson 6 - Breaking Up and Dating Violence

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

5.8.1 Identify circumstances that can help or hinder healthy decision making.

- Lesson 2 - Maturity and What I Value
- Lesson 3 - Attraction and Infatuation
- Lesson 4 - Principles of Smart Relationships
- Lesson 5 - Is it a Healthy Relationship?
- Lesson 6 - Breaking Up and Dating Violence
- Lesson 7 - Decide, Don't Slide! Pathways to Success
- Lesson 8 - Communication and Healthy Relationships
- Lesson 9 - Communication Challenges and More Skills
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- Lesson 13 - Teens, Technology, and Social Media

5.8.2 Determine when health-related situations require the application of a thoughtful decision-making process.

Lesson 1 - Who Am I and Where Am I Going?
Lesson 3 - Attractions and Infatuation
Lesson 5 - Is it a Healthy Relationship?
Lesson 6 - Breaking Up and Dating Violence
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5.8.3 Distinguish when individual or collaborative decision making is appropriate.

Lesson 6 - Breaking Up and Dating Violence
Lesson 7 - Decide, Don't Slide! Pathways to Success
Lesson 9 - Communication Challenges and More Skills
Lesson 10 - Sexual Decision-Making
Lesson 11 - Pregnancy, STIs and HIV
Lesson 12 - Unintended Pregnancy Through the Eyes of a Child
Lesson 13 - Teens, Technology, and Social Media

5.8.4 Distinguish between healthy and unhealthy alternatives to health-related issues or problems.

Lesson 1 - Who Am I and Where Am I Going?
Lesson 3 - Attractions and Infatuation
Lesson 4 - Principles of Smart Relationships
Lesson 5 - Is it a Healthy Relationship?
Lesson 6 - Breaking Up and Dating Violence
Lesson 7 - Decide, Don't Slide! Pathways to Success
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Lesson 13 - Teens, Technology, and Social Media

5.8.5 Predict the potential short-term impact of each alternative on self and others.

Lesson 1 - Who Am I and Where Am I Going?
Lesson 3 - Attractions and Infatuation
Lesson 5 - Is it a Healthy Relationship?
Lesson 6 - Breaking Up and Dating Violence
Lesson 7 - Decide, Don't Slide! Pathways to Success

- Lesson 8 - Communication and Healthy Relationships
- Lesson 9 - Communication Challenges and More Skills
- Lesson 10 - Sexual Decision-Making
- Lesson 11 - Pregnancy, STIs and HIV
- Lesson 12 - Unintended Pregnancy Through the Eyes of a Child
- Lesson 13 - Teens, Technology, and Social Media

5.8.6 Choose healthy alternatives over unhealthy alternatives when making a decision.

- Lesson 1 - Who Am I and Where Am I Going?
- Lesson 3 - Attractions and Infatuation
- Lesson 4 - Principles of Smart Relationships
- Lesson 5 - Is it a Healthy Relationship?
- Lesson 6 - Breaking Up and Dating Violence
- Lesson 7 - Decide, Don't Slide! Pathways to Success
- Lesson 8 - Communication and Healthy Relationships
- Lesson 9 - Communication Challenges and More Skills
- Lesson 10 - Sexual Decision-Making
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- Lesson 12 - Unintended Pregnancy Through the Eyes of a Child
- Lesson 13 - Teens, Technology, and Social Media

5.8.7 Analyze the outcomes of a health-related decision.

- Lesson 1 - Who Am I and Where Am I Going?
- Lesson 3 - Attractions and Infatuation
- Lesson 4 - Principles of Smart Relationships
- Lesson 5 - Is it a Healthy Relationship?
- Lesson 6 - Breaking Up and Dating Violence
- Lesson 7 - Decide, Don't Slide! Pathways to Success
- Lesson 8 - Communication and Healthy Relationships
- Lesson 9 - Communication Challenges and More Skills
- Lesson 10 - Sexual Decision-Making
- Lesson 11 - Pregnancy, STIs and HIV
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- Lesson 13 - Teens, Technology, and Social Media

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

6.8.1 Assess personal health practices.

- Lesson 1 - Who Am I and Where Am I Going?
- Lesson 4 - Principles of Smart Relationships
- Lesson 5 - Is it a Healthy Relationship?

- Lesson 6 - Breaking Up and Dating Violence
- Lesson 8 - Communication and Healthy Relationships
- Lesson 9 - Communication Challenges and More Skills
- Lesson 10 - Sexual Decision-Making
- Lesson 11 - Pregnancy, STIs and HIV
- Lesson 12 - Unintended Pregnancy Through the Eyes of a Child
- Lesson 13 - Teens, Technology, and Social Media

6.8.2 Develop a goal to adopt, maintain, or improve a personal health practice.

- Lesson 1 - Who Am I and Where Am I Going?
- Lesson 8 - Communication and Healthy Relationships
- Lesson 11 - Pregnancy, STIs and HIV
- Lesson 13 - Teens, Technology, and Social Media

6.8.3 Apply strategies and skills needed to attain a personal health goal.

- Lesson 1 - Who Am I and Where Am I Going?
- Lesson 8 - Communication and Healthy Relationships
- Lesson 11 - Pregnancy, STIs and HIV
- Lesson 13 - Teens, Technology, and Social Media

6.8.4 Describe how personal health goals can vary with changing abilities, priorities, and responsibilities.

[Not Included]

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

7.8.1 Explain the importance of assuming responsibility for personal health behaviors.

- Lesson 1 - Who Am I and Where Am I Going?
- Lesson 7 - Decide, Don't Slide! Pathways to Success
- Lesson 8 - Communication and Healthy Relationships
- Lesson 10 - Sexual Decision-Making
- Lesson 11 - Pregnancy, STIs and HIV
- Lesson 13 - Teens, Technology, and Social Media

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

- Lesson 1 - Who Am I and Where Am I Going?
- Lesson 2 - Maturity and What I Value
- Lesson 3 - Attraction and Infatuation
- Lesson 4 - Principles of Smart Relationships
- Lesson 5 - Is it a Healthy Relationship?
- Lesson 6 - Breaking Up and Dating Violence
- Lesson 7 - Decide, Don't Slide! Pathways to Success

- Lesson 8 - Communication and Healthy Relationships
 - Lesson 9 - Communication Challenges and More Skills
 - Lesson 10 - Sexual Decision-Making
 - Lesson 11 - Pregnancy, STIs and HIV
 - Lesson 12 - Unintended Pregnancy Through the Eyes of a Child
 - Lesson 13 - Teens, Technology, and Social Media
- 7.8.3 Demonstrate behaviors to avoid or reduce health risks to self and others.
 - Lesson 1 - Who Am I and Where Am I Going?
 - Lesson 2 - Maturity and What I Value
 - Lesson 3 - Attraction and Infatuation
 - Lesson 4 - Principles of Smart Relationships
 - Lesson 5 - Is it a Healthy Relationship?
 - Lesson 6 - Breaking Up and Dating Violence
 - Lesson 7 - Decide, Don't Slide! Pathways to Success
 - Lesson 8 - Communication and Healthy Relationships
 - Lesson 9 - Communication Challenges and More Skills
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 - Lesson 13 - Teens, Technology, and Social Media

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

- 8.8.1 State a health-enhancing position on a topic and support it with accurate information.
 - Lesson 3 - Attraction and Infatuation
 - Lesson 4 - Principles of Smart Relationships
 - Lesson 6 - Breaking Up and Dating Violence
 - Lesson 8 - Communication and Healthy Relationships
 - Lesson 11 - Pregnancy, STIs and HIV
 - Lesson 12 - Unintended Pregnancy Through the Eyes of a Child
 - Lesson 13 - Teens, Technology, and Social Media
- 8.8.2 Demonstrate how to influence and support others to make positive health choices.
 - Lesson 6 - Breaking Up and Dating Violence
 - Lesson 10 - Sexual Decision-Making
- 8.8.3 Work cooperatively to advocate for healthy individuals, families, and schools.
[Not Included]
- 8.8.4 Identify ways in which health messages and communication techniques can be altered for different audiences.

[Not Included]