<table>
<thead>
<tr>
<th>Lesson</th>
<th>Health Standards</th>
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<tbody>
<tr>
<td><strong>Unit 1: Self Image &amp; Self Improvement</strong></td>
<td><strong>Meets the following standards:</strong>&lt;br&gt;Analyze the relationship between healthy behaviors and personal health 1.8.1</td>
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<td><strong>Unit 2: Making Decisions</strong></td>
<td><strong>Meets the following standards:</strong>&lt;br&gt;Identify circumstances that can help or hinder healthy decision making. 5.8.1&lt;br&gt;Determine when health-related situations require the application of a thoughtful decision-making process. 5.8.2&lt;br&gt;Distinguish when individual or collaborative decision-making is appropriate. 5.8.3&lt;br&gt;Distinguish between healthy and unhealthy alternatives to health-related issues or problems. 5.8.4&lt;br&gt;Predict the potential short-term impact of each alternative on self and others. 5.8.5</td>
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<td><strong>Unit 3: Smoking: Myths &amp; Realities</strong></td>
<td><strong>Meets the following standards:</strong>&lt;br&gt;Examine the potential seriousness of injury or illness if engaging in unhealthy behaviors. 1.8.9&lt;br&gt;Examine the likelihood of injury or illness if engaging in unhealthy behaviors. 1.8.8&lt;br&gt;Analyze how the environment affects personal health 1.8.2&lt;br&gt;Describe the benefits of and barriers to practicing healthy behaviors. 1.8.7&lt;br&gt;Describe ways to reduce or prevent injuries and other adolescent health problems. 1.8.5&lt;br&gt;Assess personal health practices. 6.8.1&lt;br&gt;Develop a goal to adopt, maintain, or improve a personal health practice. 6.8.2&lt;br&gt;Apply strategies and skills needed to attain a personal health goal. 6.8.3</td>
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<td><strong>Unit 4: Smoking &amp; Biofeedback</strong></td>
<td><strong>Meets the following standards:</strong>&lt;br&gt;Explain how appropriate health care can promote personal health. 1.8.6&lt;br&gt;Describe the interrelationships of emotional, mental, physical and social health in adolescence. 1.8.2&lt;br&gt;Analyze how the environment affects personal health. 1.8.3&lt;br&gt;Describe the influence of culture on health beliefs, practices, and behaviors. 2.8.2</td>
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<td><strong>Unit 5: Alcohol: Myths &amp; Realities</strong></td>
<td><strong>Meets the following standards:</strong>&lt;br&gt;Examine how the family influence the health of adolescents. 2.8.1&lt;br&gt;Describe the influence of culture on health beliefs, practices and behaviors. 2.8.2&lt;br&gt;Describe how peers influence healthy and unhealthy behaviors. 2.8.3&lt;br&gt;Analyze how messages from media influence health behaviors. 2.8.5&lt;br&gt;Explain how the perceptions of norms influence healthy and unhealthy behaviors. 2.8.7&lt;br&gt;Explain the influence of personal values and beliefs on individual health practice. 2.8.7&lt;br&gt;Analyze how the environment affects personal health. 1.8.3</td>
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### Unit 6: Marijuana: Myths & Realities
- **Meets the following standards:**
  - Locate valid and reliable health information, products and services. 3.8.1
  - Access valid health information from home, school and community. 3.8.3
  - Describe situations that may require professional health services. 3.8.5
  - Examine how the family influence the health of adolescents. 2.8.1
  - Describe the influence of culture on health beliefs, practices and behaviors. 2.8.2
  - Describe how peers influence healthy and unhealthy behaviors. 2.8.3
  - Analyze how messages from media influence health behaviors. 2.8.5
  - Determine when health-related situations require the application of a thoughtful decision-making process. 5.8.2

### Unit 7: Advertising
- **Meets the following standards:**
  - Locate valid and reliable health information, products, and services. 3.8.1
  - Analyze the validity of health information, products, and services. 3.8.2

### Unit 8: Violence & The Media
- **Meets the following standards:**
  - Describe ways to reduce or prevent injuries and other adolescent health problems. 1.8.5
  - Analyze how messages from media influence health behaviors. 2.8.5
  - Analyze the influence of technology on personal and family health. 2.8.6
  - Explain the importance of assuming responsibility for personal health behaviors. 7.8.1

### Unit 9: Coping With Anxiety
- **Meets the following standards:**
  - Describe the interrelationships of emotional, mental, physical and social health in adolescence. 1.8.2
  - Describe the benefits of and barriers to practicing healthy behaviors. 1.8.7
  - Determine when health-related situations require the application of a thoughtful decision-making process. 5.8.2
  - Identify circumstances that can help or hinder healthy decision making. 5.8.1

### Unit Ten: Coping With Anger
- **Meets the following standards:**
  - Describe the benefits of and barriers to practicing healthy behaviors. 1.8.7
  - Describe the interrelationships of emotional, mental, physical, and social health in adolescence. 1.8.2
  - Examine the potential seriousness of injury or illness if engaging in unhealthy behaviors. 1.8.9
  - Identify circumstances that can help or hinder healthy decision making. 5.8.1
  - Apply effective verbal and nonverbal communication skills to enhance health. 4.8.1

### Unit Eleven: Communication Skills
- **Meets the following standards:**
  - Apply effective verbal and nonverbal communication skills to enhance health. 4.8.1
  - Demonstrate refusal and negotiation skills that avoid or reduce health risks. 4.8.2
  - Demonstrate effective conflict management or resolution strategies. 4.8.3
| Unit Twelve: Social Skills (A) | Apply effective verbal and nonverbal communication skills to enhance health. 4.8.1  
Analyze the relationship between healthy behaviors and personal health. 1.8.1 |
|-----------------------------|----------------------------------------------------------------------------------|
| Unit Thirteen: Social Skills (B) | Analyze the relationship between healthy behaviors and personal health. 1.8.1  
Demonstrate effective conflict management or resolution strategies. 4.8.3  
Demonstrate refusal and negotiation skills that avoid or reduce health risks. 4.8.2  
Describe how peers influence healthy and unhealthy behaviors. 2.8.3 |
| Unit Fourteen: Assertiveness | Apply effective verbal and nonverbal communication skills to enhance health. 4.8.1  
Demonstrate refusal and negotiation skills that avoid or reduce health risks. 4.8.2  
Demonstrate effective conflict management or resolution strategies. 4.8.3  
Demonstrate how to ask for assistance to enhance the health of self and others. 4.8.4 |
| Unit Fifteen: Resolving Conflicts | Apply effective verbal and nonverbal communication skills to enhance health. 4.8.1  
Demonstrate refusal and negotiation skills that avoid or reduce health risks. 4.8.2  
Demonstrate effective conflict management or resolution strategies. 4.8.3 |