

## Choosing Health High School - Sexuality & Relationships

<b>Lesson</b>	<b>Health Benchmarks</b>	<b>Language Arts Benchmarks</b>
<b><u>Unit 1: Everybody Needs Somebody</u></b>		
<b><u>Lesson 1: Defining Relationships</u></b>	Use pertinent and descriptive terminology when discussing health issues. 4:2:c	
<b><u>Lesson 2: The Relationship Triangle</u></b>	Use pertinent and descriptive terminology when discussing health issues. 4:2:c	
<b><u>Lesson 3: Analyzing Relationships</u></b>	Model appropriate ways to express feelings when interacting with others. 1:1:a	
<b><u>Lesson 4: Behaviors for Relationships</u></b>	Analyze behaviors/situations which create bridges and barriers to effective communication. 4:2:b	
<b><u>Unit 2: Getting to Know You</u></b>		
<b><u>Lesson 1: Attractive Traits</u></b>		
<b><u>Lesson 2: Attraction and Relationships</u></b>		
<b><u>Lesson 3: Questions About Relationships</u></b>		
<b><u>Unit 3: Communicating in Relationships</u></b>		
<b><u>Lesson 1: Say What You Mean</u></b>	<p>Model appropriate ways to express feelings when interacting with others. 1:1:a</p> <p>Analyze how communication skills are used to build and maintain healthy relationships. 4:1:a</p> <p>Model effective communication techniques when interacting with family, peers, and community. 4:1:b</p> <p>Assess effectiveness of interpersonal communication skills and adjust appropriately. 4:1:c</p>	<p>Analyze the characteristics of the target audience to determine appropriate style and language. 4:2:a</p> <p>Analyze the intent/purpose of oral presentations to determine appropriate style and language. 4:2:b</p> <p>Apply the appropriate conventions/mechanics of language in personal communication. 4:2:c</p>

<b><u>Lesson</u></b>	<b><u>Health Benchmarks</u></b>	<b><u>Language Arts Benchmarks</u></b>
<b><u>Lesson 2: The Art of Talking and Listening</u></b>	<p>Analyze how communication skills are used to build and maintain healthy relationships. 4:1:a</p> <p>Model effective communication techniques when interacting with family, peers, and community. 4:1:b</p> <p>Assess effectiveness of interpersonal communication skills and adjust appropriately. 4:1:c</p>	<p>Analyze the characteristics of the target audience to determine appropriate style and language. 4:2:a</p> <p>Analyze the intent/purpose of oral presentations to determine appropriate style and language. 4:2:b</p> <p>Apply the appropriate conventions/mechanics of language in personal communication. 4:2:c</p>
<b><u>Lesson 3: What Would You Say?</u></b>	<p>Analyze how communication skills are used to build and maintain healthy relationships. 4:1:a</p> <p>Model effective communication techniques when interacting with family, peers, and community. 4:1:b</p> <p>Assess effectiveness of interpersonal communication skills and adjust appropriately. 4:1:c</p>	<p>Analyze the characteristics of the target audience to determine appropriate style and language. 4:2:a</p> <p>Analyze the intent/purpose of oral presentations to determine appropriate style and language. 4:2:b</p> <p>Apply the appropriate conventions/mechanics of language in personal communication. 4:2:c</p>
<b><u>Lesson 4: Practice Makes Perfect</u></b>		<p>Analyze the characteristics of the target audience to determine appropriate style and language. 4:2:a</p> <p>Analyze the intent/purpose of oral presentations to determine appropriate style and language. 4:2:b</p> <p>Apply the appropriate conventions/mechanics of language in personal communication. 4:2:c</p>
<b><u>Unit 4: Assessing Relationships</u></b>		
<b><u>Lesson 1: How's Your Relationship?</u></b>	Analyze behaviors/situations which create bridges and barriers to effective communication. 4:2:b	
<b><u>Lesson 2: Elements in Relationships</u></b>	Analyze behaviors/situations which create bridges and barriers to effective communication. 4:2:b	

Lesson	Health Benchmarks	Language Arts Benchmarks
<u>Lesson 3: Looking at Relationships</u>	Evaluate the effect of media on personal, family, and community health. 2:1:b	
<b>Unit 5: Breaking Up Is Hard to Do</b>		<p>Use various cues/strategies to connect with text, predict message of text, and validate understanding of text. 1:1:a</p> <p>Analyze when a specific cue or strategy can be used most effectively to read for comprehension or to interpret specific materials. 1:1:b</p> <p>Use prior knowledge and experience to interpret, evaluate, and construct meaning from various texts. 1:1:c</p>
<u>Lesson 1: The End of a Relationship</u>		
<u>Lesson 2: How Does It End?</u>	<p>Evaluate the effects of conflict in various situations/relationships. 4:3:a</p> <p>Analyze and select situationally appropriate resolution strategies. 4:3:b</p> <p>Model refusal, negotiation, and collaboration skills to avoid potentially harmful situations. 4:3:c</p>	
<u>Lesson 3: What Would You Do?</u>	<p>Evaluate the effects of conflict in various situations/relationships. 4:3:a</p> <p>Analyze and select situationally appropriate resolution strategies. 4:3:b</p> <p>Model refusal, negotiation, and collaboration skills to avoid potentially harmful situations. 4:3:c</p>	
<b>Unit 6: Sexual Orientation</b>		
<u>Lesson 1: The Facts About Homosexuality</u>		
<u>Lesson 2: The Continuum of Sexual Orientation</u>		

Lesson	Health Benchmarks	Language Arts Benchmarks
<u>Lesson 3: Homophobia in Our Society</u>	Evaluate the effects of conflict in various situations/relationships. 4:3:a	
<b>Unit 7: The Male</b>		
<u>Lesson 1: The Male Reproductive System</u>		
<u>Lesson 2: Self-Care for Males</u>	<p>Evaluate and model a variety of positive, personal hygienic (<i>sic</i>) practices. 1:1:b</p> <p>Analyze the impact of personal health behaviors on the functioning of body systems. 1:2:a</p> <p>Analyze how personal choices can impact (<i>sic</i>) long-range health. 3:3:a</p> <p>Model personal responsibility in health-related choices/decisions. 3:3:b</p> <p>Exemplify a positive and healthy lifestyle. 3:3:c</p>	
<b>Unit 8: The Female</b>		
<u>Lesson 1: The Female Reproductive System</u>	Analyze the impact of personal health behaviors on the functioning of body systems. 1:2:a	
<u>Lesson 2: The Menstrual Cycle</u>	Analyze the impact of personal health behaviors on the functioning of body systems. 1:2:a	
<u>Lesson 3: Self-Care for Females</u>	<p>Evaluate and model a variety of positive, personal hygienic (<i>sic</i>) practices. 1:1:b</p> <p>Analyze how personal choices can impact (<i>sic</i>) long-range health. 3:3:a</p> <p>Model personal responsibility in health-related choices/decisions. 3:3:b</p> <p>Exemplify a positive and healthy lifestyle. 3:3:c</p>	

<b>Lesson</b>	<b>Health Benchmarks</b>	<b>Language Arts Benchmarks</b>
<b><u>Unit 9: Pregnancy and Birth</u></b>  <b><u>Lesson 1: Pregnancy and Birth</u></b>  <b><u>Lesson 2: Thinking About Teen Pregnancy</u></b>	<p>Evaluate personal practices which promote lifelong health and well-being. 3:1:c</p>	
<b><u>Unit 10: Making Responsible Choices</u></b> <b><u>Lesson 1: Expressing Passionate Feelings</u></b>	<p>Model appropriate ways to express feelings when interacting with others. 1:1:a</p>	
<b><u>Lesson 2: What About Contraception?</u></b>	<p>Analyze various genetic conditions and health practices which may influence the cause or prevention of diseases. 1:3:c</p> <p>Analyze how personal choices can impact (<i>sic</i>) long-range health. 3:3:a</p> <p>Model personal responsibility in health-related choices/decisions. 3:3:b</p> <p>Exemplify a positive and healthy lifestyle. 3:3:c</p>	
<b><u>Lesson 3: More About Contraception</u></b>	<p>Analyze various genetic conditions and health practices which may influence the cause or prevention of diseases. 1:3:c</p> <p>Analyze how personal choices can impact (<i>sic</i>) long-range health. 3:3:a</p> <p>Model personal responsibility in health-related choices/decisions. 3:3:b</p> <p>Exemplify a positive and healthy lifestyle. 3:3:c</p>	
<b><u>Lesson 4: Making Responsible Decisions</u></b>	<p>Analyze how personal choices can impact (<i>sic</i>) long-range health. 3:3:a</p> <p>Model personal responsibility in health-related choices/decisions. 3:3:b</p>	

	Exemplify a positive and healthy lifestyle. 3:3:c	
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**Science Benchmarks**

Analyze the relationship between structure and function at various levels of organization. 3:1:a

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