

## Comprehensive Health - Abstinence Grades 6-8

Lessons	Health Benchmarks	Science Benchmarks	Language Arts Benchmarks
<b>Unit One: Affectionately Yours</b>		<b>No Matches</b>	
Activity 1	1-1-a Model appropriate ways to express feelings in a variety of age-appropriate situations.  4-2-a Demonstrate healthy ways to express needs, wants and feelings.		
Activity 2	1-1-a Model appropriate ways to express feelings in a variety of age-appropriate situations.  4-2-a Demonstrate healthy ways to express needs, wants and feelings.		
Activity 3	1-1-c Analyze how appropriate and inappropriate health practices affect self and family.		
Activity 4			1-1-c Use prior knowledge and experience to interpret and construct meaning from various texts.  1-3-c Use personal criteria to defend the choice of independent reading materials.  1-4-c Collect and summarize information to make reasonable and informed decisions.
Activity 5	1-1-a Model appropriate ways to express feelings in a variety of age-appropriate situations.  3-1-a Distinguish short and long-term consequences of risky and harmful behaviors (sic).  3-3-b Demonstrate individual responsibility in health-related decisions/choices.		
<b>Unit Two: Crystal Ball</b>			
Activity 1	1-2-b Examine practices which enhance personal, emotional, social, and physical well-being.  1-3-c Examine health practices which may cause and/or spread/prevent disease.  3-3-a Describe how personal choices can impact (sic) long-range health.		3-3-b Use specific questioning strategies to comprehend oral/visual information.

Lessons	Health Benchmarks	Science Benchmarks	Language Arts Benchmarks
Activity 1 (Cont.)	3-3-b Demonstrate individual responsibility in health-related decisions/choices.		
Activity 2	1-2-b Examine practices which enhance personal, emotional, social, and physical well-being.  1-3-c Examine health practices which may cause and/or spread/prevent disease.  3-3-a Describe how personal choices can impact (sic) long-range health.		
Activity 3	1-3-c Examine health practices which may cause and/or spread/prevent disease.		

<b>Unit Three: Staying Safe</b>			
Activity 1	1-2-b Examine practices which enhance personal, emotional, social, and physical well-being.  1-3-c Examine health practices which may cause and/or spread/prevent disease.  3-1-c Analyze personal practices which promote lifelong health and well-being.  3-3-a Describe how personal choices can impact (sic) long-range health.  3-3-b Demonstrate individual responsibility in health-related decisions/choices.		3-3-b Use specific questioning strategies to comprehend oral/visual information.
Activity 2	1-2-b Examine practices which enhance personal, emotional, social, and physical well-being.  1-2-c Examine ways to avoid, minimize, or cope with adolescent health problems.  1-3-c Examine health practices which may cause and/or spread/prevent disease.  3-3-a Describe how personal choices can impact (sic) long-range health.		
Activity 3	1-1-c Analyze how appropriate and inappropriate health practices affect self and family.		2-1-c Revise and edit written work using appropriate conventions of language.

Lessons	Health Benchmarks	Science Benchmarks	Language Arts Benchmarks
Activity 3 (Cont.)			2-2-c Select and use the writing format required for a specific type of publication
<b>Unit Four: Assertive Me!</b> Activity 1	1-1-a Model appropriate ways to express feelings in a variety of age-appropriate situations.  3-1-b Analyze how social pressures can influence participation and harmful behaviors (sic).  4-1-a Demonstrate communication skills that build and maintain healthy relationships.  4-1-c Model effective interpersonal communication skills.  4-2-a Demonstrate healthy ways to express needs, wants and feelings.  4-2-b Determine behaviors/situations which create bridges and barriers to effective communication.  4-3-b Demonstrate effective conflict resolution strategies.		3-1-b Use various listening techniques in problem-solving and decision-making situations.  3-1-c Determine the effect of non-verbal cues on interpersonal communication.  3-3-b Use specific questioning strategies to comprehend oral/visual information.
Activity 2	3-1-b Analyze how social pressures can influence participation and harmful behaviors (sic).  4-1-a Demonstrate communication skills that build and maintain healthy relationships.  4-1-c Model effective interpersonal communication skills.  4-2-a Demonstrate healthy ways to express needs, wants and feelings.  4-2-b Determine behaviors/situations which create bridges and barriers to effective communication.  4-3-b Demonstrate effective conflict resolution strategies.		3-1-c Determine the effect of non-verbal cues on interpersonal communication.

Lessons	Health Benchmarks	Science Benchmarks	Language Arts Benchmarks
Activity 3	<p>3-1-b Analyze how social pressures can influence participation and harmful behaviors (sic).</p> <p>3-3-c Model an age-appropriate healthy lifestyle.</p> <p>4-1-a Demonstrate communication skills that build and maintain healthy relationships.</p> <p>4-1-c Model effective interpersonal communication skills.</p> <p>4-2-a Demonstrate healthy ways to express needs, wants and feelings.</p> <p>4-2-b Determine behaviors/situations which create bridges and barriers to effective communication.</p> <p>4-3-b Demonstrate effective conflict resolution strategies.</p>		<p>1-1-c Use prior knowledge and experience to interpret and construct meaning from various texts.</p> <p>1-3-c Use personal criteria to defend the choice of independent reading materials.</p> <p>1-4-c Collect and summarize information to make reasonable and informed decisions.</p> <p>3-1-c Determine the effect of non-verbal cues on interpersonal communication.</p>
Activity 4	<p>3-1-b Analyze how social pressures can influence participation and harmful behaviors (sic).</p> <p>4-1-a Demonstrate communication skills that build and maintain healthy relationships.</p> <p>4-1-c Model effective interpersonal communication skills.</p> <p>4-2-a Demonstrate healthy ways to express needs, wants and feelings.</p> <p>4-2-b Determine behaviors/situations which create bridges and barriers to effective communication.</p> <p>4-3-b Demonstrate effective conflict resolution strategies.</p>		<p>2-1-c Revise and edit written work using appropriate conventions of language.</p> <p>3-1-a Determine specific cognitive and physical barriers to effective listening and viewing.</p>
<b>Unit Five: Pressure Lines</b> Activity 1	<p>1-1-a Model appropriate ways to express feelings in a variety of age-appropriate situations.</p> <p>1-2-b Examine practices which enhance personal, emotional, social, and physical well-being.</p>		<p>3-1-a Determine specific cognitive and physical barriers to effective listening and viewing.</p> <p>3-1-c Determine the effect of non-verbal cues on interpersonal communication.</p>

Lessons	Health Benchmarks	Science Benchmarks	Language Arts Benchmarks
Activity 1 (Cont.)	<p>1-1-c Analyze how appropriate and inappropriate health practices affect self and family.</p> <p>2-1-c Analyze the impact of technology on personal and family health decisions and practices.</p> <p>3-1-a Distinguish short and long-term consequences of risky and harmful behaviors (sic).</p> <p>3-1-c Analyze personal practices which promote lifelong health and well-being.</p> <p>4-2-b Determine behaviors/situations which create bridges and barriers to effective communication.</p> <p>4-3-b Demonstrate effective conflict resolution strategies.</p>		
Activity 2	<p>1-1-a Model appropriate ways to express feelings in a variety of age-appropriate situations.</p> <p>1-2-b Examine practices which enhance personal, emotional, social, and physical well-being.</p> <p>1-1-c Analyze how appropriate and inappropriate health practices affect self and family.</p> <p>3-1-a Distinguish short and long-term consequences of risky and harmful behaviors (sic).</p> <p>3-1-c Analyze personal practices which promote lifelong health and well-being.</p> <p>3-3-c Model an age-appropriate healthy lifestyle.</p> <p>4-1-c Model effective interpersonal communication skills.</p> <p>4-2-b Determine behaviors/situations which create bridges and barriers to effective communication.</p> <p>4-3-b Demonstrate effective conflict resolution strategies.</p>		<p>1-1-c Use prior knowledge and experience to interpret and construct meaning from various texts.</p> <p>1-3-c Use personal criteria to defend the choice of independent reading materials.</p> <p>1-4-c Collect and summarize information to make reasonable and informed decisions.</p> <p>3-1-b Use various listening techniques in problem-solving and decision-making situations.</p>
Activity 3	<p>1-2-b Examine practices which enhance personal, emotional, social, and physical well-being.</p>		

Lessons	Health Benchmarks	Science Benchmarks	Language Arts Benchmarks
Activity 3 (Cont.)	<p>1-1-c Analyze how appropriate and inappropriate health practices affect self and family.</p> <p>3-1-a Distinguish short and long-term consequences of risky and harmful behaviors (sic).</p> <p>3-1-c Analyze personal practices which promote lifelong health and well-being.</p> <p>4-1-c Model effective interpersonal communication skills.</p> <p>4-2-b Determine behaviors/situations which create bridges and barriers to effective communication.</p> <p>4-3-b Demonstrate effective conflict resolution strategies.</p>		
Activity 4	<p>1-2-b Examine practices which enhance personal, emotional, social, and physical well-being.</p> <p>1-1-c Analyze how appropriate and inappropriate health practices affect self and family.</p> <p>3-1-a Distinguish short and long-term consequences of risky and harmful behaviors (sic).</p> <p>3-1-c Analyze personal practices which promote lifelong health and well-being.</p> <p>4-2-b Determine behaviors/situations which create bridges and barriers to effective communication.</p> <p>4-3-b Demonstrate effective conflict resolution strategies.</p>		
Activity 5	<p>1-2-b Examine practices which enhance personal, emotional, social, and physical well-being.</p> <p>3-1-a Distinguish short and long-term consequences of risky and harmful behaviors (sic).</p> <p>3-1-c Analyze personal practices which promote lifelong health and well-being.</p>		

Lessons	Health Benchmarks	Science Benchmarks	Language Arts Benchmarks
Activity 5 (Cont.)	4-2-b Determine behaviors/situations which create bridges and barriers to effective communication.  4-3-b Demonstrate effective conflict resolution strategies.		
<b>Unit Six: We're There For You</b>			
Activity 1			3-3-b Use specific questioning strategies to comprehend oral/visual information.
Activity 2			2-4-b Write to synthesize, interpret, and use new information.