

## Comprehensive Health for Middle Grades - Family Relationships

Lessons	Health Benchmarks	Science Benchmarks	Language Arts Benchmarks
<b>Unit One: Doing It Our Way</b>		No Matches	
Activity 1			
Activity 2			
Activity 3			
<b>Unit Two: Your Family Needs You, and You Need Your Family</b>			
Activity 1	1-2-b Examine practices which enhance personal, emotional, social, and physical well-being.		
Activity 2	1-2-b Examine practices which enhance personal, emotional, social, and physical well-being.		2-4-a Write to clarify what is known about various topics.
<b>Unit Three: The Structure of Families</b>			
Activity 1	3-2-a Explore personal health and well-being on a regular basis.		
Activity 2	3-2-a Explore personal health and well-being on a regular basis.		
<b>Unit Four: Privileges and Responsibilities</b>			
Activity 1			1-1-c Use prior knowledge and experience to interpret and construct meaning from various texts.
Activity 2			4-2-b Determine the purpose of oral presentations when deciding appropriate language.
<b>Unit Five: Our Heritage</b>			
Activity 1	2-1-a Describe the influence of cultural beliefs on health behaviors and practices.		1-1-a Use specific cues/strategies to make connections with, predict meaning of, and comprehend
Activity 2			
Activity 3			
Activity 4	2-1-a Describe the influence of cultural beliefs on health behaviors and practices.		
Activity 5	2-1-a Describe the influence of cultural beliefs on health behaviors and practices.		

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<b>Unit Six: Family Conflict Resolution</b> Activity 1	4-3-a Analyze the positive and negative aspects of conflict of everyday situations.		
Activity 2	4-3-b Demonstrate effective conflict resolution strategies.		
<b>Unit Seven: Coping With Family Change</b> Activity 1			
Activity 2	4-1-a Demonstrate communication skills that build and maintain healthy relationships.		
Activity 3	4-1-b Choose appropriate communication techniques when interacting with family, peers, and community.		