

## Michigan Model - It's No Mystery Grades 7-8

Lessons	Health Benchmarks	Science Benchmarks	Language Arts Benchmarks
<b>Lesson 1: Killer On the Looses</b>	<p>1-1-c Analyze how appropriate and inappropriate health practices affect self and family.</p> <p>1-2-b Examine practices which enhance personal emotional, social, and physical well-being</p> <p>1-2-c Examine ways to avoid, minimize, or cope with adolescent health problems</p> <p>1-3-c Examine health practices which may cause and/or spread/prevent diseases</p> <p>3-1-a Distinguish short- and long-term consequences of risky and harmful behaviors (<i>sic</i>)</p> <p>3-1-b Analyze how social pressures can influence participation in risk-taking behaviors</p> <p>3-1-c Analyze personal practices which promote lifelong health and well-being</p> <p>3-3-a Describe how personal choices can impact (<i>sic</i>) long-range health</p> <p>3-3-b Demonstrate individual responsibility in health-related</p> <p>5-1-b Analyze information/data to support or refute the cause/effect of various health issues</p>		<p>1-4-a Select and use suitable information sources for a variety of purposes, e.g., internet, CD-rom, print, and video materials, library</p> <p>1-4-b Analyze the validity and/or appropriateness of various technical and practical materials</p> <p>1-4-c Collect and summarize information to make reasonable and informed decisions</p>
<b>Lesson 2: Tobacco Aliases</b>	<p>1-1-c Analyze how appropriate and inappropriate health practices affect self and family.</p>		<p>1-4-a Select and use suitable information sources for a variety of purposes, e.g., internet, CD-rom, print, and video materials, library</p>

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<b>Lesson 3 (Cont.)</b>	<p>1-2-b Examine practices which enhance personal emotional, social, and physical well-being</p> <p>1-2-c Examine ways to avoid, minimize, or cope with adolescent health problems</p> <p>1-3-c Examine health practices which may cause and/or spread/prevent diseases</p> <p>3-1-a Distinguish short- and long-term consequences of risky and harmful behaviors (<i>sic</i>)</p> <p>3-1-b Analyze how social pressures can influence participation in risk-taking behaviors</p> <p>3-1-c Analyze personal practices which promote lifelong health and well-being</p> <p>3-3-a Describe how personal choices can impact (<i>sic</i>) long-range health</p> <p>3-3-b Demonstrate individual responsibility in health-related</p> <p>5-1-b Analyze information/data to support or refute the cause/effect of various health issues</p>		<p>1-4-b Analyze the validity and/or appropriateness of various technical and practical materials</p> <p>1-4-c Collect and summarize information to make reasonable and informed decisions</p>
<b>Lesson 3: Interviewing Witnesses to the Crime</b>	<p>1-1-c Analyze how appropriate and inappropriate health practices affect self and family.</p> <p>1-2-b Examine practices which enhance personal emotional, social, and physical well-being</p> <p>1-2-c Examine ways to avoid, minimize, or cope with adolescent health problems</p>		<p>1-4-a Select and use suitable information sources for a variety of purposes, e.g., internet, CD-rom, print, and video materials, library</p> <p>1-4-b Analyze the validity and/or appropriateness of various technical and practical materials</p> <p>1-4-c Collect and summarize information to make reasonable and informed decisions</p>

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<b>Lesson 3 (Cont.)</b>	<p>1-3-b Analyze health care requirements and policies which affect safety and well-being</p> <p>1-3-c Examine health practices which may cause and/or spread/prevent diseases</p> <p>2-2-a Investigate the role and organization of various community, state, and regional health agencies/services</p> <p>3-1-a Distinguish short- and long-term consequences of risky and harmful behaviors (<i>sic</i>)</p> <p>3-1-b Analyze how social pressures can influence participation in risk-taking behaviors</p> <p>3-1-c Analyze personal practices which promote lifelong health and well-being</p> <p>3-3-a Describe how personal choices can impact (<i>sic</i>) long-range health</p> <p>3-3-b Demonstrate individual responsibility in health-related</p> <p>5-1-b Analyze information/data to support or refute the cause/effect of various health issues</p>		
<b>Lesson 4: Why Hang Out With a Killer?</b>	<p>1-1-c Analyze how appropriate and inappropriate health practices affect self and family.</p> <p>1-2-b Examine practices which enhance personal emotional, social, and physical well-being</p> <p>1-2-c Examine ways to avoid, minimize, or cope with adolescent health problems</p> <p>1-3-c Examine health practices which may cause and/or spread/prevent diseases</p>		1-4-c Collect and summarize information to make reasonable and informed decisions

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<b>Lesson 4 (Cont.)</b>	<p>3-1-a Distinguish short- and long-term consequences of risky and harmful behaviors (<i>sic</i>)</p> <p>3-1-b Analyze how social pressures can influence participation in risk-taking behaviors</p> <p>3-1-c Analyze personal practices which promote lifelong health and well-being</p> <p>3-3-a Describe how personal choices can impact (<i>sic</i>) long-range health</p> <p>3-3-b Demonstrate individual responsibility in health-related</p>		
<b>Lesson 5: Remove the Mystery of Tobacco Use: "Getting Good at Spotting a Crime"</b>	<p>2-1-b Analyze the media impact on personal and family health decisions and practices</p> <p>4-1-a Demonstrate communication skills that build and maintain healthy relationships</p> <p>4-1-b Choose appropriate communication techniques when interacting with family, peers, and community</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-c Demonstrate communication skills used to avoid potentially harmful situations</p>		

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<p><b>Lesson 6: Remove the Mystery of Tobacco Use: "Getting the Word Out!"</b></p>	<p>2-1-b Analyze the media impact on personal and family health decisions and practices</p> <p>4-1-a Demonstrate communication skills that build and maintain healthy relationships</p> <p>4-1-b Choose appropriate communication techniques when interacting with family, peers, and community</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-c Demonstrate communication skills used to avoid potentially harmful situations</p>		
<p><b>Lesson 7: Staying Free of Tobacco Has Benefits!"</b></p>	<p>1-1-c Analyze how appropriate and inappropriate health practices affect self and family.</p> <p>1-2-b Examine practices which enhance personal emotional, social, and physical well-being</p> <p>1-2-c Examine ways to avoid, minimize, or cope with adolescent health problems</p> <p>1-3-c Examine health practices which may cause and/or spread/prevent diseases</p> <p>3-1-a Distinguish short- and long-term consequences of risky and harmful behaviors (<i>sic</i>)</p>	<p>5-1-b Analyze the impact of scientific discoveries in historical, social, economic and ethical perspectives</p> <p>5-2-b Describe the impact of human activity on the environment</p>	

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<b>Lesson 7 (Cont.)</b>	3-1-b Analyze how social pressures can influence participation in risk-taking behaviors  3-1-c Analyze personal practices which promote lifelong health and well-being  3-3-a Describe how personal choices can impact ( <i>sic</i> ) long-range health  3-3-b Demonstrate individual responsibility in health-related		