



## High School Health

<b>Unit Name: Unit 2 – Promoting Safe and Healthy Relationships</b>		<b>First 6 Weeks, Days to Teach:</b>	
<b>Date Taught</b>	<b>TEKS</b>	<b>Content/Vocabulary</b>	<b>Guiding Questions</b>
	<p>TEKS</p> <p>7G Analyze the relationship between the use of refusal skills and the avoidance of unsafe situations through sexual abstinence.</p> <p>8A Evaluate positive and negative effects of various relationships on physical and emotional health such as peers, family, and friends.</p> <p>13A. Demonstrate communication skills in building and maintaining healthy relationships.</p> <p>13D. Evaluate the effectiveness of conflict resolution</p> <p>15A. Apply communication skills that demonstrate consideration and respect for self, family, and others.</p> <p>15B. Demonstrate empathy towards others.</p> <p>15C. Analyze ways to show disapproval of inconsiderate and disrespectful behavior</p> <p>16C. Classify forms of communication such as passive, aggressive, or assertive.</p>	<p><b>Chapter 10 – Skills for Healthy Living</b></p> <p>Relationship</p> <p>Friendship</p> <p>Citizenship</p> <p>Role</p> <p>Communication</p> <p>Cooperation</p> <p>Compromise</p> <p>“I” message</p> <p>Active listening</p> <p>Body language</p> <p>Prejudice</p> <p>Tolerance</p> <p>Constructive criticism</p> <p>Conflict</p> <p>Interpersonal conflict</p> <p>Conflict resolution</p> <p>Negotiation</p> <p>Mediation</p> <p>Confidentiality</p> <p>Peer Mediators</p>	<p><b>Chapter 10 – Skills for Healthy Living</b></p> <p>What are the positive and negative effects of relationships with peers, family, and friends on physical, mental/emotional, and social health?</p> <p>What are some strategies for communicating needs, wants, and emotions in healthy ways?</p> <p>What are the qualities and character traits that promote healthy relationships with peers, family, and friends?</p> <p>What are the criteria for using passive, aggressive, or assertive communication?</p> <p>How do you build and maintain healthy relationships with family, friends, peers, and others?</p> <p>What are the causes of conflict?</p> <p>How can you resolve conflict?</p>
	<p>TEKS</p> <p>1D. Describe the causes, symptoms, and treatment of eating disorders</p> <p>1H – Examine causes and effects of stress and develop strategies for managing stress and coping with anxiety and depression.</p> <p>7B. Explain the relationship between alcohol, tobacco, and other drugs and other substances used by adolescents and the role these substances play in unsafe situations such as HIV/STD, unplanned pregnancies, and motor vehicle accidents.</p> <p>7E. Analyze and apply strategies for avoiding violence, gangs, weapons, and drugs.</p> <p>7J. Analyze the importance of healthy strategies that prevent physical, sexual, and emotional abuse such as date rape.</p> <p>8A. Evaluate positive and negative effects of various relationships on physical and emotional health such as peers, family, and friends.</p> <p>9A. Describe the roles of parents, grandparents, and</p>	<p><b>Ch. 11 Family Relationships</b></p> <p>Extended family</p> <p>Sibling</p> <p>Affirmation</p> <p>Separation</p> <p>Divorce</p> <p>Custody</p> <p>Grief</p> <p>Resiliency</p> <p>Domestic violence</p> <p>Emotional abuse</p> <p>Physical abuse</p> <p>Sexual abuse</p> <p>Spousal abuse</p> <p>Child abuse</p> <p>Neglect</p> <p>Cycle of violence</p>	<p><b>Ch. 11 Family Relationships</b></p> <p>What are the effects of family relationships on physical, mental/emotional, and social health?</p> <p>What are the roles of parents, grandparents, and other family members in promoting a healthy family?</p> <p>What are the dynamics of family roles and responsibilities relating to health behavior?</p> <p>How can significant family events impact health?</p> <p>What are some issues related to death and grieving?</p> <p>What are the causes and effects of stress within families?</p> <p>What are some strategies for dealing with stress?</p> <p>What are some strategies for preventing abuse?</p> <p>What are some strategies for avoiding violence within the family?</p> <p>What is the importance of seeking advice and help in breaking the cycle of violence?</p>



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	<p>other family members in promoting a healthy family.</p> <p>9B. Analyze the dynamics of family roles and responsibilities relating to health behavior.</p> <p>13A. Demonstrate communication skills in building and maintaining healthy relationships.</p> <p>13D. Demonstrate knowledge about personal and family health concerns.</p> <p>17B. Demonstrate knowledge about personal and family health concerns.</p>		
	<p>TEKS</p> <p>4A. Analyze the health messages delivered through media and technology</p> <p>5C. Discuss the legal implications regarding sexual activity as it relates to minors.</p> <p>5D. Demonstrate decision-making skills based on health information.</p> <p>7G. Analyze the relationship between abstinence only and the use of refusal skills and avoidance of unsafe situations.</p> <p>7H. Analyze the importance and benefits of abstinence as it relates to emotional health and the prevention of pregnancy and sexually-transmitted diseases.</p> <p>13C. Analyze behavior in a dating relationship that will enhance the dignity, respect, and responsibility relating to marriage.</p> <p>13E. Demonstrate refusal strategies</p> <p>14A. Demonstrate strategies for communicating needs, wants, and emotions.</p> <p>14C. Communicate the importance of practicing abstinence.</p> <p>15A. Apply communication skills that demonstrate consideration and respect for self, family, and others.</p> <p>15C. Analyze ways to show disapproval of inconsiderate and disrespectful behavior.</p> <p>16C. Classify forms of communication such as passive, aggressive, or assertive.</p>	<p><b>Chapter 12 – Peer Relationships</b></p> <p>Peers</p> <p>Friendship</p> <p>Platonic friendship</p> <p>Clique</p> <p>Stereotype</p> <p>Peer pressure</p> <p>Harassment</p> <p>Manipulation</p> <p>Assertive</p> <p>Refusal skills</p> <p>Passive</p> <p>Aggressive</p> <p>Infatuation</p> <p>Affection</p> <p>Curfew</p> <p>Abstinence</p> <p>Sexually-transmitted diseases (STDs)</p> <p>Priorities</p> <p>Self-Control</p>	<p><b>Chapter 12 – Peer Relationships</b></p> <p>What are the positive and negative effects of peer relationships and friends on physical and emotional health?</p> <p>What are some strategies for communicating needs, wants, and emotions?</p> <p>What are some management strategies to improve or maintain your health and that of peers?</p> <p>What behavior in a dating relationship that will enhance the dignity relating to marriage?</p> <p>What are some strategies for maintaining safe and healthy dating relationships?</p>
	<p>TEKS</p> <p>7E. Analyze and apply strategies for avoiding violence, gangs, weapons, and drugs</p> <p>7F. Analyze and apply strategies for preventing and responding to deliberate and accidental injuries.</p> <p>7J. Analyze the importance of healthy strategies that prevent physical, sexual, and emotional abuse such as</p>	<p><b>Chapter 13 – Violence Prevention</b></p> <p>Body Language</p> <p>Self-defense</p> <p>Assertive</p> <p>Violence</p> <p>Bullying</p> <p>Sexual harassment</p>	<p><b>Chapter 13 – Violence Prevention</b></p> <p>What behaviors and strategies enhance personal safety?</p> <p>How can you avoid and reduce threatening situations?</p> <p>How can you promote safety at home and in the community?</p> <p>What factors play a role in school violence?</p> <p>What strategies can be used for avoiding weapons and</p>



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	<p>date rape.</p> <p>12A. Identify situations requiring professional health services for people of all ages such as primary, preventative, and emergency care.</p> <p>14B. Examine the legal and ethical ramifications of unacceptable behaviors such as harassment, acquaintance rape, and sexual abuse.</p>	<p>Gang</p> <p>Peer mediation</p> <p>Assailant</p> <p>Prejudice</p> <p>Assault</p> <p>Random violence</p> <p>Homicide</p> <p>Sexual violence</p> <p>Sexual assault</p> <p>Rape</p> <p>Abuse</p> <p>Stalking</p> <p>Date rape</p>	<p>school violence?</p> <p>What actions can be taken by individuals, schools, and communities to reduce violence?</p>
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