

TEEN HEALTH COURSE 1 © 2003
Correlation to the National Health Education Standards

	STANDARD	PERFORMANCE INDICATOR
CHAPTER 3 <i>Social Health</i>		
Lesson 1 <i>Your Family</i>	1.4	Describe how family and peers influence the health of adolescents.
	2.6	Describe situations requiring professional health services.
	3.4	Demonstrate strategies to improve or maintain personal and family health.
	5.3	Demonstrate healthy ways to express needs, wants, and feelings.
	5.4	Demonstrate ways to communicate care, consideration and respect of self and others.
	6.1	Demonstrate the ability to apply a decision-making process to health issues and problems individually and collaboratively.
	6.2	Analyze how health-related decisions are influenced by individual, family, and community values.
	6.3	Predict how decisions regarding health behaviors have consequences for self and others.
Lesson 2 <i>Your Friends and Peers</i>	1.4	Describe how family and peers influence the health of adolescents.
	3.4	Demonstrate strategies to improve or maintain personal and family health.
	5.2	Describe how the behavior of family and peers affects interpersonal communication.
	5.4	Demonstrate ways to communicate care, consideration and respect of self and others.
	5.5	Demonstrate communication skills to build and maintain healthy relationships.
	5.6	Demonstrate refusal and negotiation skills to enhance health.
	6.2	Analyze how health-related decisions are influenced by individual, family, and community values.
Lesson 3 <i>Communication: More Than Words</i>	3.4	Demonstrate strategies to improve or maintain personal and family health.
	5.1	Demonstrate effective verbal and non-verbal communication skills to enhance health.
	5.3	Demonstrate healthy ways to express needs, wants, and feelings.
	5.5	Demonstrate communication skills to build and maintain healthy relationships.
Lesson 4 <i>Resolving Conflicts</i>	3.4	Demonstrate strategies to improve or maintain personal and family health.
	3.6	Demonstrate ways to avoid and reduce threatening situations.

	5.4	Demonstrate ways to communicate care, consideration and respect of self and others.
	5.6	Demonstrate refusal and negotiation skills to enhance health.
	5.7	Analyze the possible causes of conflict among youth in schools and communities.
	5.8	Demonstrate strategies to manage conflict in healthy ways.