



	3.1	Explain the importance of assuming responsibility for personal health behaviors.
	3.4	Demonstrate strategies to improve or maintain personal and family health.
	3.7	Demonstrate strategies to manage stress.
Lesson 4 <i>Mental and Emotional Problems</i>	1.2	Describe the interrelationships of mental, emotional, social, and physical health during adolescence.
	1.3	Explain how health is influenced by the interaction of body systems.
	1.6	Describe ways to reduce risks related to adolescent health problems.
	1.7	Explain how appropriate health care can prevent premature death and disability.
	2.4	Demonstrate the ability to locate health products and services.
	2.6	Describe situations requiring professional health services.
	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.