

**TEEN HEALTH COURSE 2 © 2003**  
**Correlation to the National Health Education Standards**

|   | STANDARD | PERFORMANCE INDICATOR   |
|---|----------|---|
| <b>CHAPTER 8 Social Health: Family and Friends</b>    |          |   |
| Lesson 1<br><i>Developing Communication Skills</i>    | 3.1      | Explain the importance of assuming responsibility for personal health behaviors.                      |
|   | 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.                   |
|   | 5.2      | Describe how the behavior of family and peers affects interpersonal communication.                    |
|   | 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.                   |
|   | 5.5      | Demonstrate communication skills to build and maintain healthy relationships.                         |
| Lesson 2<br><i>Understanding Family Relationships</i> | 1.2      | Describe the interrelationships of mental, emotional, social, and physical health during adolescence. |
|   | 1.4      | Describe how family and peers influence the health of adolescents.                                    |
|   | 2.6      | Describe situations requiring professional health services.   |
|   | 3.1      | Explain the importance of assuming responsibility for personal health behaviors.                      |
|   | 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.                    |
|   | 5.3      | Demonstrate healthy ways to express needs, wants, and feelings.                                       |
|   | 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.                         |
| Lesson 3<br><i>Friendships and Peer Pressure</i>      | 1.4      | Describe how family and peers influence the health of adolescents.                                    |
|   | 3.1      | Explain the importance of assuming responsibility for personal health behaviors.                      |
|   | 3.4      | Demonstrate strategies to improve or maintain personal and family health.                             |
|   | 4.4      | Analyze how information from peers influences health.   |
|   | 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 4<br><i>Abstinence and Refusal Skills</i> | 1.1 | Explain the relationship between positive health behaviors and the prevention of injury, illness, disease, and premature death. |
|  | 1.6 | Describe ways to reduce risks related to adolescent health problems.  |
|  | 3.1 | Explain the importance of assuming responsibility for personal health behaviors.  |
|  | 3.3 | Distinguish between safe and risky or harmful behaviors in relationships.   |
|  | 3.4 | Demonstrate strategies to improve or maintain personal and family health.   |
|  | 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.   |