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|  | 5.8 | Demonstrate strategies to manage conflict in healthy ways.                                     |
| Lesson 4<br><i>Dealing with Abuse and Finding Help</i> | 1.4 | Describe how family and peers influence the health of adolescents.                             |
|  | 1.6 | Describe ways to reduce risks related to adolescent health problems.                           |
|  | 2.6 | Describe situations requiring professional health services.                                    |
|  | 4.1 | Describe the influence of cultural beliefs on health behaviors and the use of health services. |
|  | 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.                  |