

TEEN HEALTH COURSE 3 © 2003
Correlation to the National Health Education Standards

	STANDARD	PERFORMANCE INDICATOR
CHAPTER 6 Relationships: The Teen Years		
Lesson 1 <i>Friendships: Growing and Changing</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.
	5.4	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 <i>Peer Pressure and Refusal Skills</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.
	3.4	Demonstrate strategies to improve or maintain personal and family health.
	5.5	Demonstrate communication skills to build and maintain healthy relationships.
	5.6	Demonstrate refusal and negotiation skills to enhance health.
Lesson 3 <i>Practicing Abstinence</i>	1.1	Explain the relationship between positive health behaviors and the prevention of injury, illness, disease, and premature death.
	1.4	Describe how family and peers influence the health of adolescents.
	1.6	Describe ways to reduce risks related to adolescent health problems.
	1.8	Describe how lifestyle, pathogens, family history, and other risk factors are related to the cause or prevention of disease and other 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.
	3.6	Demonstrate ways to avoid and reduce threatening situations.
	5.4	Demonstrate ways to communicate care, consideration and respect of self and others.
	7.4	Demonstrate the ability to influence and support others in making positive health choices.