

TEEN HEALTH COURSE 2 © 2005
National Health Education Standards
Correlation by Chapter and Lesson

	STANDARD	PERFORMANCE INDICATOR
CHAPTER 8 <i>Social Health: Family and Friends</i>		
Lesson 1 <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 <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 <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 <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.