

Weller Health Education Center

Relationship Know How's

Healthy Relationships series

(2) 45 minute, outreach programs

Grade 7

Course Description

Are students relationship ready? This program examines the impact of one's physical, emotional, mental and social maturity on an intimate relationship. In this two-part program, students are given the know-how to determine what healthy and unhealthy relationships look like in the real world versus the highly dramatized world of reality television.

PA Health, Safety and PE Standards:

- 10.1.9.A** Analyze factors that impact growth and development between adolescence and adulthood.
- Relationships (e.g., dating, friendships, peer pressure)
 - Interpersonal communication
- 10.2.9.C** Analyze media health and safety messages and describe their impact on personal health and safety.
- 10.2.9.D** Analyze and apply a decision-making process to adolescent health and safety issues.
- 10.3.9.A** Analyze the role of individual responsibility for safe practices and injury prevention in the home, school and community.
- violence prevention in school
 - self-protection in the home
- 10.3.9.C** Analyze and apply strategies to avoid or manage conflict and violence during adolescence.
- effective negotiation
 - assertive behavior

NJ Health, Safety and PE Standards:

- 2.1.8.E.2** Determine the effectiveness of existing home, school, and community efforts to address social and emotional health and prevent conflict.
- 2.2.8.A.1** Compare and contrast verbal and nonverbal interpersonal communication strategies in a variety of settings and cultures in different situations.
- 2.2.8.A.2** Demonstrate the use of refusal, negotiation, and assertiveness skills when responding to peer pressure, disagreements, or conflicts.
- 2.4.8.A.5** Determine when a relationship is unhealthy and explain effective strategies to end the relationship.

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- 2.4.8.B.1** Analyze the influence of hormones, nutrition, the environment, and heredity on the physical, social, and emotional changes that occur during puberty.

Cross Curricular Opportunities

PA Reading, Writing, Speaking and Listening:

- 1.6.7.A** Listen critically and respond to others in small and large group situations.
- 1.9.7.A** Use media and technology resources for self-directed learning, support personal productivity, group collaboration, and learning throughout the curriculum.
- 1.9.7.B** Interpret and analyze techniques of particular media messages.

PA Science and Technology and Engineering Education:

- 3.1.7.A7** Compare life processes (e.g. growth) at the organism level with life processes at the cellular level.
- 3.4.7.B1** Explain how the use of technology can have consequences that affect humans in many ways.

NJ Reading, Writing, Speaking and Listening:

- SL.7.1** Engage effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on grade 7 topics, texts, and issues, building on others' ideas and expressing their own clearly.
- SL.7.2** Analyze the main ideas and supporting details presented in diverse media and formats (e.g., visually, quantitatively, orally) and explain how the ideas clarify a topic, text, or issue under study.
- SL.7.6.** Adapt speech to a variety of contexts and tasks, demonstrating command of formal English when indicated or appropriate.

RELA Lesson Idea:

Critical Media Literacy: TV Programs

This lesson provides a platform in which students can critically analyze popular television programs. The media has a huge effect on popular culture. Television programs underscore stereotypes of various groups of people. By looking at the media critically, students develop an awareness of the messages that are portrayed through the media.

Instructional plan along with state specific standards can be found at www.readwritethink.org:

<http://www.readwritethink.org/classroom-resources/lesson-plans/critical-media-literacy-programs-96.html?tab=2#tabs>

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Math Lesson Idea:

Understanding Probability

They Said What?

Ask students to look at newspapers or magazines for examples of how politicians, educators, environmentalists, or others use data such as statistics and probability. Then have them analyze the use of the information. Why did the person use data? What points were effectively made? Were the data useful? Did the data strengthen the argument? Have students provide evidence to support their ideas.

Instructional plan along with vocabulary and standards can be found at www.discoveryeducation.com:

<http://www.discoveryeducation.com/teachers/free-lesson-plans/understanding-probability.cfm>

The **Healthy Relationships** series also includes these outreach programs:

Buster's Barnyard Buddies, grades Pre-K – 1

Bully Busters, grades 1 – 3

Team Self-Esteem, grades 3 – 5

Mean Streets, grades 5 – 6

Relationship Building Blocks, grade 6

Big Changes, Big Choices, grades 6 – 8

Trading Places, grades 6 – 8

Relationship Risks, grade 8

Who Do You Trust?, grades 8 – 12

Relationship Respect, grade 9

Toxic Relationships, grades 9 – 12