

Weller Health Education Center

Relationship Risks

Healthy Relationships series

(2) 45 minute, outreach programs

Grade 8

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:

10.1.6. A Describe growth and development changes that occur between childhood and adolescence.

10.2.6. C Explain the media's effect on health and safety issues.

10.2.6. D Describe and apply the steps of a decision-making process to health and safety issues.

10.3.6. A Explain and apply safe practices in the home, school and community

- violence prevention in school
- personal safety

10.3.6. C Describe strategies to avoid or manage conflict and violence

- negotiation
- reflective listening

NJ Health, Safety and PE Standards:

2.1.6.E.1. Examine how personal assets and protective factors support healthy social and emotional development.

2.2.6.A.1. Demonstrate verbal and nonverbal interpersonal communication in various settings that impact the health of oneself and others.

2.2.6.A.2. Demonstrate the use of refusal, negotiation, and assertiveness skills in different situations.

2.4.6.A.2. Analyze the characteristics of healthy friendships and other relationships.

2.4.6.A.3. Examine the types of relationships adolescents may experience.

2.4.6.A.4. Demonstrate successful resolution of a problem among friends and in other relationships.

2.4.6.A.5. Compare and contrast the role of dating and dating behaviors in adolescence.

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Cross Curricular Opportunities

PA Reading, Writing, Speaking and Listening:

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

PA Science and Technology and Engineering Education:

- 3.4.6.B1. Describe how economic, political, and cultural issues are influenced by the development and use of technology.
- 3.4.6.B3. Interpret how societal and cultural priorities are reflected in technological devices.

NJ Reading, Writing, Speaking and Listening:

- SL.6.1. Engage effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on grade 6 topics, texts, and issues, building on others' ideas and expressing their own clearly.
- SL.6.2. Interpret information presented in diverse media and formats (e.g., visually, quantitatively, orally) and explain how it contributes to a topic, text, or issue under study.
- SL.6.6. Adapt speech to a variety of contexts and tasks, demonstrating command of formal English when indicated or appropriate.

RELA Lesson Idea

He Said/She Said: Analyzing Gender Roles through Dialogue

Middle school students face a lot of pressure, including pressures coming from stereotyped gender expectations. This lesson has students brainstorm some gender stereotypes, find examples in popular culture, and discuss how the stereotypes affect their lives. After this introduction to stereotypes, students choose two characters (one male, one female) from a class novel, and analyze the ways that the characters' speech is described. Students then evaluate how the author's language might send a message about gender roles. Optionally, students may present their findings to the class and discuss their opinions in small groups.

Instructional plan along with state specific standards can be found at www.readwritethink.org:
<http://www.readwritethink.org/classroom-resources/lesson-plans/said-said-analyzing-gender-287.html>

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Math Lesson Idea:

Creating Your Own Building Blocks: Architects in Action

Students will:

1. Understand that ratios are used to create models of buildings and structures;
2. Understand the principles of ratio and apply these principles in the solution of problems;
3. Understand how to calculate scale using ratio.

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

<http://www.discoveryeducation.com/teachers/free-lesson-plans/architects-in-action.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 Know How's, grade 7

Who Do You Trust?, grades 8 – 12

Relationship Respect, grade 9

Toxic Relationships, grades 9 – 12