

**National Health
Education Standards**

1 Students will comprehend concepts related to health promotion and disease prevention to enhance health.
4 Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

SEL Standards

2C Use communication and social skills to interact effectively with others.
2D Demonstrate an ability to prevent, manage, and resolve interpersonal conflicts in constructive ways.

Performance Descriptors

4.12.1 Use skills for communicating effectively with family, peers and others to enhance health.
4.12.2 Demonstrate refusal, negotiation, and collaboration skills to enhance health and avoid or reduce health risks.
4.12.3 Demonstrate strategies to prevent, manage, or resolve interpersonal conflicts without harming self or others.
4.12.4 Demonstrate how to ask for and offer assistance to enhance the health of self and others.

**Interpersonal Communication Skills
Relationships and Human Sexuality**

Performance Tasks: Students will create a digital story (powtoon, spark.adobe, animoto, pixton) showing verbal and non-verbal communication (passive, aggressive and assertive) for a given or choice scenario.

Knowledge: Students will know...

The five main aspects of communication (Listening, Self-Expression, Refusal, Conflict Resolution, and Negotiation).

Healthy and unhealthy communication. (Verbal, Nonverbal and Digital).

How to use "I" statements.

Communication styles- passive, aggressive, assertive.

What is sexual assault, sexual abuse, sexual harassment, consent and their laws.

The right to refuse sexual contact.

Signs of healthy, unhealthy and abusive dating, marriage and family relationships.

Local and national resources available for sexual health information (Abstinence, Contraception, Pregnancy, Safe Haven, Sexually Transmitted Disease/AIDS Prevention and Testing).

Skill: Students will be able to...

Effectively communicate with partner about sexual health boundaries in regards to abstinence, contraception, sexual consent, pregnancy and sexually transmitted diseases.

Use "I" statements to assertively communicate needs and wants in any type of relationship.

Analyze when it is necessary to seek help with or leave an unhealthy situation.

Demonstrate the ability to locate reliable family, school and community resources to assist with problems related to violence and sexual health.

Understandings: Students will understand that...

Effective communication is vital for healthy relationships.
Effective communication can deescalate conflict and reduce the risk of violence.

Essential questions: Students will keep considering...

Am I effectively communicating my wants and needs in my relationships?

Transfer Goal: Students will be able to independently use their learning to...
Effectively communicate their wants and needs in their relationships.