

Becoming a Responsible Teen: Age 14-18

Standards and Performance Indicators

Health Skills and Subskills

Section	Addressed	Assessed	Section	Addressed	Assessed
Session 1	Standard 2—A Safe and Healthy Environment <ul style="list-style-type: none"> Recognize how individual behavior affects the quality of the environment 		Lesson 1	Communication CM.C.1 Employs active listening and response skills in health-enhancing Decision Making DM.C.3 Gathers, synthesizes, and evaluates available information to enhance health DM.C.5 Applies a decision making model to real-life health-related situations	Self-Management SM.C.1 Conducts a personal assessment of health and safety knowledge and skills
Lesson 2			Lesson 2	Self-Management SM.C.6 Identifies and accesses personal support persons or systems Planning and Goal Setting PG.C.7 Identifies personal support systems and explains their importance in achieving the personal health goal	
Lesson 3	Standard 1—Personal Health and Safety <ul style="list-style-type: none"> Evaluate a case study to determine strategies for health enhancement and risk reduction Standard 3—Resource Management <ul style="list-style-type: none"> Demonstrate the ability to access community health services for self and others Describe how to obtain health services appropriate for individual needs and how to refer friends and family members to appropriate health services 	Standard 1—Personal Health & Fitness <ul style="list-style-type: none"> Identify the consequences associated with engaging in high risk behaviors which compromise health such as smoking, violent behavior, or driving under the influence of alcohol/drugs Standard 2—A Safe and Healthy Environment <ul style="list-style-type: none"> Use universal precautions and apply first aid, CPR, and other emergency procedures appropriately 	Lesson 3	Self-Management SM.C.7 Accesses, manages, and evaluates related health and safety resources Relationship Management RM.C.8 Accesses, manages, and evaluates related health and safety resources Planning and Goal Setting PG.C.4 Analyzes and develops strategies to overcome barriers to achieving the personal health goal	Relationship Management RM.C.7 Demonstrates win-win strategies to prevent and manage conflict in healthy and safe ways Communication CM.C.1 Employs active listening and response skills in health-enhancing Decision Making DM.C.3 Gathers, synthesizes, and evaluates available information to enhance health
Lesson 4	Standard 1—Personal Health and Fitness <ul style="list-style-type: none"> Demonstrate the necessary knowledge and skills to promote healthy development into adulthood Standard 2—A Safe and Healthy Environment <ul style="list-style-type: none"> Evaluate personal and social skills which contribute to health and safety of self and others 	Standard 2—A Safe and Healthy Environment <ul style="list-style-type: none"> Recognize how individual behavior affects the quality of the environment 	Lesson 4	Communication CM.C.3 Demonstrates healthy ways to express needs, wants, and feelings CM.C.4 Analyzes how interpersonal communication affects and is affected by relationships CM.C.5 Demonstrates strategies for overcoming health-related communication barriers CM.C.7 Demonstrates effective refusal skills in real-life health-related situations CM.C.9 Applies collaboration skills to address a complex health issue	Stress Management ST.C.5 Selects and applies a strategy to manage stress in health-enhancing Communication CM.C.2 applies effective verbal (assertiveness) and non-verbal communication skills in real-life health situations

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Section	Addressed	Assessed	Section	Addressed	Assessed
Lesson 5		<p>Standard 1—Personal Health & Fitness</p> <ul style="list-style-type: none"> Apply prevention and risk reduction strategies which can delay the onset or reduce the risk of potential health problems into adulthood <p>Standard 2—A Safe and Healthy Environment</p> <ul style="list-style-type: none"> Demonstrate ways to care for and show respect for self and others <p>Standard 3—Resource Management</p> <ul style="list-style-type: none"> Demonstrate advocacy skills in promoting individual, family, and community health 	Lesson 5		<p>Communication</p> <p>CM.C.3 Demonstrates healthy ways to express needs, wants, and feelings</p> <p>CM.C.5 Demonstrates strategies for overcoming health-related communication barriers</p> <p>CM.C.6 Demonstrates ways to communicate care, consideration, and respect of self and others</p> <p>CM.C.7 Demonstrates effective refusal skills in real-life health-related situations</p> <p>CM.C.8 Demonstrates strategies to prevent and manage conflict in healthy ways</p> <p>Decision Making</p> <p>DM.C. 5 Applies a decision making model to real-life health-related situations</p>
Lesson 6			Lesson 6		<p>Communication</p> <p>CM.C.2 Applies effective verbal (assertiveness) and non-verbal communication skills in real-life health situations</p>
Lesson 7		<p>Standard 2—A Safe and Healthy Environment</p> <ul style="list-style-type: none"> Demonstrate ways to care for and show respect for self and others <p>Standard 3—Resource Management</p> <ul style="list-style-type: none"> Demonstrate how to evaluate health information, products, and services for validity and reliability 	Lesson 7		<p>Self-Management</p> <p>SM.C.8 Celebrates and rewards self for personal health and safety accomplishments</p> <p>SM.C.9 If appropriate, extends to relationship and/or to health advocacy skill</p> <p>Relationship Management</p> <p>RM.C.9 Celebrates and rewards self for inter-personal and intra-personal health and safety accomplishments</p> <p>Communication</p> <p>CM.C.4 Analyzes how interpersonal communication affects and is affected by relationships</p> <p>CM.C.9 Applies collaboration skills to address a complex health issue</p> <p>Decision Making</p> <p>DM.C.2 Recognizes personal capabilities and limitations as they relate to possible healthy solutions</p> <p>DM.C.5 Applies a decision making model to real-life health-related situations</p> <p>Advocacy</p> <p>AD.C.7 Identifies an audience and adapts the health message(s) and communication technique(s) to the characteristics of the individual or group</p> <p>AD.C.8 Uses communication techniques to persuade the individual or group to support or act on the health -enhancing</p>