

# Making A Difference: Intermediate

## Standards and Performance Indicators

## Health Skills and Subskills

Section	Addressed	Assessed	Section	Addressed	Assessed
<b>Module 1</b>	<b>Standard 1—Personal Health &amp; Fitness</b> <ul style="list-style-type: none"> <li>Apply prevention and risk reduction strategies to adolescent health problems</li> <li>Demonstrate the necessary knowledge and skills to promote healthy adolescent development</li> </ul>	<b>Standard 1—Personal Health &amp; Fitness</b> <ul style="list-style-type: none"> <li>Demonstrate the necessary knowledge and skills to promote healthy adolescent development</li> </ul>	<b>Module 1</b>	<b>Self-Management</b> <b>SM.I.2</b> Explores the attributes (knowledge, skills, competencies) of a safe and healthy person <b>SM.I.4</b> Predicts short-and long-term benefits and harmful consequences of behaviors based on the personal health and safety assessment  <b>Planning and Goal Setting</b> <b>PG.I.2</b> makes a personal commitment to achieve a personal health goal <b>PG.I.3</b> Develops a personal health goal and a plan to achieve it <b>PG.I.4</b> Analyzes possible barriers to achieving the personal health goal	<b>Self-Management</b> <b>SM.I.4</b> Predicts short-and long-term benefits and harmful consequences of behaviors based on the personal health and safety assessment  <b>Planning and Goal Setting</b> <b>PG.I.3</b> Develops a personal health goal and a plan to achieve it <b>PG.I.4</b> Analyzes possible barriers to achieving the personal health goal
<b>Module 2</b>	<b>Standard 1—Personal Health &amp; Fitness</b> <ul style="list-style-type: none"> <li>Integrate knowledge of basic body systems with an understanding of the changes that accompany puberty</li> <li>Apply prevention and risk reduction strategies in adolescent health problems</li> <li>Demonstrate the necessary knowledge and skills to promote healthy adolescent development</li> <li>Analyze the multiple influences which affect health decisions and behaviors</li> </ul>	<b>Standard 1—Personal Health &amp; Fitness</b> <ul style="list-style-type: none"> <li>Integrate knowledge of basic body systems with an understanding of the changes that accompany puberty</li> <li>Demonstrate the necessary knowledge and skills to promote healthy adolescent development</li> </ul>	<b>Module 2</b>	<b>Self-Management</b> <b>SM.I.1</b> Conducts a personal assessment of health and safety knowledge and skills <b>SM.I.2</b> Explores the attributes (knowledge, skills, competencies) of a safe and healthy person  <b>Decision Making</b> <b>DM.I.1</b> Identifies personal health decisions and sorts related internal and external influences <b>DM.I.2</b> Recognizes personal capabilities and limitations as they relate to possible healthy solutions <b>DM.I.3</b> Compiles and assesses available information to enhance health <b>DM.I.4</b> Personalizes health risk of decisions to self and others <b>DM.I.6</b> Analyzes perceptions of peer, family, and community normative health-related behavior <b>DM.I.7</b> Describes how personal health decisions may affect subsequent decisions	<b>Decision Making</b> <b>DM.I.1</b> Identifies personal health decisions and sorts related internal and external influences <b>DM.I.2</b> Recognizes personal capabilities and limitations as they relate to possible healthy solutions <b>DM.I.3</b> Compiles and assesses available information to enhance health <b>DM.I.4</b> Personalizes health risk of decisions to self and others <b>DM.I.6</b> Analyzes perceptions of peer, family, and community normative health-related behavior <b>DM.I.7</b> Describes how personal health decisions may affect subsequent decisions
<b>Module 3</b>	<b>Standard 1—Personal Health &amp; Fitness</b> <ul style="list-style-type: none"> <li>Apply prevention and risk reduction strategies in adolescent health problems</li> <li>Demonstrate the necessary knowledge and skills to promote healthy adolescent development</li> </ul>	<b>Standard 1—Personal Health &amp; Fitness</b> <ul style="list-style-type: none"> <li>Demonstrate the necessary knowledge and skills to promote healthy adolescent development</li> </ul>	<b>Module 3</b>	<b>Relationship Management</b> <b>RM.I.4</b> Predicts short-and long-term benefits and harmful consequences of behaviors based on the assessment	

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<b>Module 4</b>	<p><b>Standard 1—Personal Health &amp; Fitness</b></p> <ul style="list-style-type: none"> <li>Apply prevention and risk reduction strategies in adolescent health problems</li> <li>Demonstrate the necessary knowledge and skills to promote healthy adolescent development</li> </ul>	<p><b>Standard 1—Personal Health &amp; Fitness</b></p> <ul style="list-style-type: none"> <li>Apply prevention and risk reduction strategies in adolescent health problems</li> </ul>	<b>Module 4</b>	<p><b>Decision Making</b>  <b>DM.I.1</b> Identifies personal health decisions and sorts related internal and external influences</p> <p><b>Relationship Management</b>  <b>RM.I.1</b> Conducts a personal assessment of relationship management (nurturing, empathy, respect, responsibility) knowledge and skills  <b>RM.I.2</b> Explores the attributes (knowledge, skills, competencies) of a nurturing, empathetic, respectful, responsible person  <b>RM.I.6</b> Demonstrates positive interpersonal and intra-personal behaviors when working with others (including diverse populations)</p> <p><b>Communication</b>  <b>CM.I.1</b> Refines the ability to actively listen, follow directions, and respond to others in health-enhancing ways  <b>CM.I.2</b> Demonstrates effective verbal (assertiveness) and non-verbal communication skills to enhance health  <b>CM.I.3</b> demonstrates healthy ways to express needs, wants, and feelings  <b>CM.I.4</b> Discusses how family and peer attitudes, beliefs and actions affect interpersonal communication  <b>CM.I.5</b> Recognizes barriers that interfere with effective healthy communication and applies strategies to overcome barriers.  <b>CM.I.6</b> Demonstrates ways to communicate care, consideration, and respect of self and others</p>	<p><b>Relationship Management</b>  <b>RM.I.2</b> Explores the attributes (knowledge, skills, competencies) of a nurturing, empathetic, respectful, responsible person  <b>RM.I.6</b> Demonstrates positive interpersonal and intra-personal behaviors when working with others (including diverse populations)</p> <p><b>Communication</b>  <b>CM.I.1</b> Refines the ability to actively listen, follow directions, and respond to others in health-enhancing ways  <b>CM.I.2</b> Demonstrates effective verbal (assertiveness) and non-verbal communication skills to enhance health  <b>CM.I.3</b> demonstrates healthy ways to express needs, wants, and feelings  <b>CM.I.5</b> Recognizes barriers that interfere with effective healthy communication and applies strategies to overcome barriers.  <b>CM.I.6</b> Demonstrates ways to communicate care, consideration, and respect of self and others</p>
<b>Module 5</b>	<p><b>Standard 1—Personal Health &amp; Fitness</b></p> <ul style="list-style-type: none"> <li>Apply prevention and risk reduction strategies to adolescent health problems</li> <li>Demonstrate the necessary knowledge and skills to promote healthy adolescent development</li> </ul> <p><b>Standard 2—A Safe &amp; Healthy Environment</b></p> <ul style="list-style-type: none"> <li>Demonstrate personal and social skills which enhance personal health and safety</li> </ul>	<p><b>Standard 1—Personal Health &amp; Fitness</b></p> <ul style="list-style-type: none"> <li>Demonstrate the necessary knowledge and skills to promote healthy adolescent development</li> </ul>	<b>Module 5</b>	<p><b>Self-Management</b>  <b>SM.I.4</b> Predicts short-and long-term benefits and harmful consequences of behaviors based on the personal health and safety assessment</p> <p><b>Relationship Management</b>  <b>RM.I.7</b> Analyzes possible causes of conflict and demonstrates win-win resolutions  <b>RM.I.8</b> Accesses related health and safety resources</p>	

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<b>Module 6</b>	<p><b>Standard 1—Personal Health &amp; Fitness</b></p> <ul style="list-style-type: none"> <li>Apply prevention and risk reduction strategies to adolescent health problems</li> <li>Demonstrate the necessary knowledge and skills to promote healthy adolescent development</li> </ul> <p><b>Standard 2—A Safe &amp; Healthy Environment</b></p> <ul style="list-style-type: none"> <li>Demonstrate personal and social skills which enhance personal health and safety</li> </ul>	<p><b>Standard 1—Personal Health &amp; Fitness</b></p> <ul style="list-style-type: none"> <li>Demonstrate the necessary knowledge and skills to promote healthy adolescent development</li> </ul> <p><b>Standard 2—A Safe &amp; Healthy Environment</b></p> <ul style="list-style-type: none"> <li>Demonstrate personal and social skills which enhance personal health and safety</li> </ul>	<b>Module 6</b>	<p><b>Communication</b></p> <p><b>CM.I.1</b> Refines the ability to actively listen, follow directions, and respond to others in health-enhancing ways</p> <p><b>CM.I.2</b> Demonstrates effective verbal (assertiveness) and non-verbal communication skills to enhance health</p> <p><b>CM.I.3</b> demonstrates healthy ways to express needs, wants, and feelings</p> <p><b>CM.I.5</b> Recognizes barriers that interfere with effective healthy communication and applies strategies to overcome barriers.</p> <p><b>CM.I.6</b> Demonstrates ways to communicate care, consideration, and respect of self and others</p> <p><b>CM.I.7</b> Demonstrates effective refusal skills in real-life health-related situations</p> <p><b>CM.I.8</b> Analyzes possible causes of conflict and demonstrates negotiation skills and other strategies to manage conflict in healthy ways</p> <p><b>CM.I.9</b> Demonstrates the ability to work in groups with shared responsibilities, benefits, and risks to enhance health</p> <p><b>Planning and Goal Setting</b></p> <p><b>PG.I.6</b> Analyzes the impact of decisions on the personal health goal</p> <p><b>Relationship Management</b></p> <p><b>RM.I.7</b> Analyzes possible causes of conflict and demonstrates win-win resolutions</p> <p><b>Decision Making</b></p> <p><b>DM.I.1</b> Identifies personal health decisions and sorts related internal and external influences</p> <p><b>DM.I.3</b> Compiles and assesses available information to enhance health</p> <p><b>DM.I.4</b> Personalizes health risk of decisions to self and others</p>	<p><b>Communication</b></p> <p><b>CM.I.2</b> Demonstrates effective verbal (assertiveness) and non-verbal communication skills to enhance health</p> <p><b>CM.I.6</b> Demonstrates ways to communicate care, consideration, and respect of self and others</p> <p><b>Planning and Goal Setting</b></p> <p><b>PG.I.6</b> Analyzes the impact of decisions on the personal health goal</p> <p><b>Decision Making</b></p> <p><b>DM.I.4</b> Personalizes health risk of decisions to self and others</p>

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<b>Module 7</b>	<p><b>Standard 1—Personal Health &amp; Fitness</b></p> <ul style="list-style-type: none"> <li>Apply prevention and risk reduction strategies to adolescent health problems</li> <li>Demonstrate the necessary knowledge and skills to promote healthy adolescent development</li> </ul> <p><b>Standard 2—A Safe &amp; Healthy Environment</b></p> <ul style="list-style-type: none"> <li>Demonstrate personal and social skills which enhance personal health and safety</li> </ul>	<p><b>Standard 1—Personal Health &amp; Fitness</b></p> <ul style="list-style-type: none"> <li>Apply prevention and risk reduction strategies to adolescent health problems</li> <li>Demonstrate the necessary knowledge and skills to promote healthy adolescent development</li> </ul> <p><b>Standard 2—A Safe &amp; Healthy Environment</b></p> <ul style="list-style-type: none"> <li>Demonstrate personal and social skills which enhance personal health and safety</li> </ul>	<b>Module 7</b>	<p><b>Communication</b></p> <p><b>CM.1.4</b> Discusses how family and peer attitudes, beliefs and actions affect interpersonal communication</p> <p><b>CM.1.5</b> Recognizes barriers that interfere with effective healthy communication and applies strategies to overcome barriers.</p> <p><b>CM.1.6</b> Demonstrates ways to communicate care, consideration, and respect of self and others</p> <p><b>CM.1.7</b> Demonstrates effective refusal skills in real-life health-related situations</p> <p><b>CM.1.8</b> Analyzes possible causes of conflict and demonstrates negotiation skills and other strategies to manage conflict in healthy ways</p> <p><b>CM.1.9</b> Demonstrates the ability to work in groups with shared responsibilities, benefits, and risks to enhance health</p> <p><b>Decision Making</b></p> <p><b>DM.1.1</b> Identifies personal health decisions and sorts related internal and external influences</p> <p><b>DM.1.4</b> Personalizes health risk of decisions to self and others</p> <p><b>DM.1.5</b> Applies a decision making model to real-life health-related situations</p> <p><b>DM.1.6</b> Analyzes perceptions of peer, family, and community normative health-related behavior</p> <p><b>DM.1.7</b> Describes how personal health decisions may affect subsequent decisions</p> <p><b>Relationship Management</b></p> <p><b>RM.1.7</b> Analyzes possible causes of conflict and demonstrates win-win resolutions</p>	<p><b>Communication</b></p> <p><b>CM.1.4</b> Discusses how family and peer attitudes, beliefs and actions affect interpersonal communication</p> <p><b>CM.1.5</b> Recognizes barriers that interfere with effective healthy communication and applies strategies to overcome barriers.</p> <p><b>CM.1.6</b> Demonstrates ways to communicate care, consideration, and respect of self and others</p> <p><b>CM.1.7</b> Demonstrates effective refusal skills in real-life health-related situations</p> <p><b>CM.1.8</b> Analyzes possible causes of conflict and demonstrates negotiation skills and other strategies to manage conflict in healthy ways</p> <p><b>CM.1.9</b> Demonstrates the ability to work in groups with shared responsibilities, benefits, and risks to enhance health</p> <p><b>Decision Making</b></p> <p><b>DM.1.1</b> Identifies personal health decisions and sorts related internal and external influences</p> <p><b>DM.1.4</b> Personalizes health risk of decisions to self and others</p> <p><b>DM.1.5</b> Applies a decision making model to real-life health-related situations</p> <p><b>DM.1.6</b> Analyzes perceptions of peer, family, and community normative health-related behavior</p> <p><b>DM.1.7</b> Describes how personal health decisions may affect subsequent decisions</p> <p><b>Relationship Management</b></p> <p><b>RM.1.7</b> Analyzes possible causes of conflict and demonstrates win-win resolutions</p>

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Section	Addressed	Assessed	Section	Addressed	Assessed
<b>Module 8</b>	<p><b>Standard 1—Personal Health &amp; Fitness</b></p> <ul style="list-style-type: none"> <li>Apply prevention and risk reduction strategies to adolescent health problems</li> <li>Demonstrate the necessary knowledge and skills to promote healthy adolescent development</li> </ul> <p><b>Standard 2—A Safe &amp; Healthy Environment</b></p> <ul style="list-style-type: none"> <li>Demonstrate personal and social skills which enhance personal health and safety</li> </ul>	<p><b>Standard 1—Personal Health &amp; Fitness</b></p> <ul style="list-style-type: none"> <li>Apply prevention and risk reduction strategies to adolescent health problems</li> <li>Demonstrate the necessary knowledge and skills to promote healthy adolescent development</li> </ul> <p><b>Standard 2—A Safe &amp; Healthy Environment</b></p> <ul style="list-style-type: none"> <li>Demonstrate personal and social skills which enhance personal health and safety</li> </ul>	<b>Module 8</b>	<p><b>Communication</b></p> <p><b>CM.I.1</b> Refines the ability to actively listen, follow directions, and respond to others in health-enhancing ways</p> <p><b>CM.I.2</b> Demonstrates effective verbal (assertiveness) and non-verbal communication skills to enhance health</p> <p><b>CM.I.3</b> demonstrates healthy ways to express needs, wants, and feelings</p> <p><b>CM.I.5</b> Recognizes barriers that interfere with effective healthy communication and applies strategies to overcome barriers.</p> <p><b>CM.I.6</b> Demonstrates ways to communicate care, consideration, and respect of self and others</p> <p><b>CM.I.7</b> Demonstrates effective refusal skills in real-life health-related situations</p> <p><b>CM.I.8</b> Analyzes possible causes of conflict and demonstrates negotiation skills and other strategies to manage conflict in healthy ways</p> <p><b>CM.I.9</b> Demonstrates the ability to work in groups with shared responsibilities, benefits, and risks to enhance health</p> <p><b>Decision Making</b></p> <p><b>DM.I.4</b> Personalizes health risk of decisions to self and others</p> <p><b>DM.I.5</b> Applies a decision making model to real-life health-related situations</p> <p><b>DM.I.7</b> Describes how personal health decisions may affect subsequent decisions</p> <p><b>DM.I.8</b> Assumes responsibility for personal health decisions</p>	<p><b>Communication</b></p> <p><b>CM.I.1</b> Refines the ability to actively listen, follow directions, and respond to others in health-enhancing ways</p> <p><b>CM.I.2</b> Demonstrates effective verbal (assertiveness) and non-verbal communication skills to enhance health</p> <p><b>CM.I.3</b> demonstrates healthy ways to express needs, wants, and feelings</p> <p><b>CM.I.5</b> Recognizes barriers that interfere with effective healthy communication and applies strategies to overcome barriers.</p> <p><b>CM.I.6</b> Demonstrates ways to communicate care, consideration, and respect of self and others</p> <p><b>CM.I.7</b> Demonstrates effective refusal skills in real-life health-related situations</p> <p><b>CM.I.8</b> Analyzes possible causes of conflict and demonstrates negotiation skills and other strategies to manage conflict in healthy ways</p> <p><b>CM.I.9</b> Demonstrates the ability to work in groups with shared responsibilities, benefits, and risks to enhance health</p> <p><b>Decision Making</b></p> <p><b>DM.I.4</b> Personalizes health risk of decisions to self and others</p> <p><b>DM.I.5</b> Applies a decision making model to real-life health-related situations</p> <p><b>DM.I.7</b> Describes how personal health decisions may affect subsequent decisions</p> <p><b>DM.I.8</b> Assumes responsibility for personal health decisions</p>