

Postponing Sexual Involvement: Intermediate

Standards and Performance Indicators

Health Skills and Subskills

Section	Addressed	Assessed	Section	Addressed	Assessed
Session 1	Standard 1—Personal Health & Safety <ul style="list-style-type: none"> Integrate knowledge of basic body systems with an understanding of the changes that accompany puberty Demonstrate the necessary knowledge and skills to promote healthy adolescent development Analyze the multiple influences which affect health decisions and behaviors 		Session 1		
Session 2	Standard 1—Personal Health & Safety <ul style="list-style-type: none"> Integrate knowledge of basic body systems with an understanding of the changes that accompany puberty Apply prevention and risk reduction strategies to adolescent health problems 	Standard 3—Resource Management <ul style="list-style-type: none"> Distinguish between valid and invalid health information, products, and services Analyze how media and technology influence the selection of health information, products, and services 	Session 2	Self-Management SM.I.7 Accesses related health and safety resources Communication CM.I.5 Recognizes barriers that interfere with effective healthy communication and applies strategies to overcome barriers	
Session 3	Standard 1—Personal Health & Safety <ul style="list-style-type: none"> Integrate knowledge of basic body systems with an understanding of the changes that accompany puberty Demonstrate the necessary knowledge and skills to promote healthy adolescent development 		Session 3	Self-Management SM.I.2 Explores the attributes (knowledge, skills, competencies) of a safe and healthy person Relationship Management RM.I.2 Explores the attributes (knowledge, skills, competencies) of a nurturing, empathetic, respectful, responsible person Communication CM.I.1 Refines the ability to actively listen, follow directions and respond to others in health-enhancing ways CM.I.2 Demonstrates effective verbal (assertiveness) and non-verbal communication skills to enhance health CM.I.3 Demonstrates healthy ways to express needs, wants, and feelings CM.I.4 Discusses how family and peer attitudes, beliefs, and actions affect interpersonal communication CM.I.5 Recognizes barriers that interfere with effective healthy communication and applies strategies to overcome barriers	

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Section	Addressed	Assessed	Section	Addressed	Assessed
Session 3—continued			Session 3—continued	Decision Making DM.I.1 Identifies personal health decisions and sorts related internal and external influences DM.I.2 Recognizes personal capabilities and limitations as they relate to possible healthy solutions DM.I.3 Compiles and assesses available information to enhance health	
Session 4		Standard 1—Personal Health and Safety <ul style="list-style-type: none"> Demonstrate the necessary knowledge and skills to promote healthy adolescent development 	Session 4	Communication CM.I.1 Refines the ability to actively listen, follow directions and respond to others in health-enhancing ways CM.I.2 Demonstrates effective verbal (assertiveness) and non-verbal communication skills to enhance health CM.I.3 Demonstrates healthy ways to express needs, wants, and feelings CM.I.4 Discusses how family and peer attitudes, beliefs, and actions affect interpersonal communication CM.I.5 Recognizes barriers that interfere with effective healthy communication and applies strategies to overcome barriers CM.I.7 Demonstrates effective refusal skills in real-life health-related situations	Communication CM.I.1 Refines the ability to actively listen, follow directions and respond to others in health-enhancing ways CM.I.2 Demonstrates effective verbal (assertiveness) and non-verbal communication skills to enhance health CM.I.3 Demonstrates healthy ways to express needs, wants, and feelings
Session 5		Standard 1—Personal Health and Safety <ul style="list-style-type: none"> Apply prevention and risk reduction strategies to adolescent health problems Demonstrate the necessary knowledge and skills to promote healthy adolescent development 	Session 5	Relationship Management RM.I.2 Explores the attributes (knowledge, skills, competencies) of a nurturing, empathetic, respectful, responsible person	Communication CM.I.1 Refines the ability to actively listen, follow directions and respond to others in health-enhancing ways CM.I.2 Demonstrates effective verbal (assertiveness) and non-verbal communication skills to enhance health CM.I.3 Demonstrates healthy ways to express needs, wants, and feelings CM.I.4 Discusses how family and peer attitudes, beliefs, and actions affect interpersonal communication CM.I.5 Recognizes barriers that interfere with effective healthy communication and applies strategies to overcome barriers CM.I.7 Demonstrates effective refusal skills in real-life health-related situations

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Section	Addressed	Assessed	Section	Addressed	Assessed
Session 1	Standard 1—Personal Health and Safety <ul style="list-style-type: none"> Understand human growth and development throughout the life cycle Demonstrate the necessary knowledge and skills to promote healthy development into adulthood 		Session 1		
Session 2	Standard 1—Personal Health and Safety <ul style="list-style-type: none"> Understand human growth and development throughout the life cycle Apply prevention and risk reduction strategies which can delay the onset or reduce the risk of potential health problems into adulthood 	Standard 3—Resource Management <ul style="list-style-type: none"> Demonstrate the ability to access community health services for self and others Use technology and the media to promote positive health messages 	Session 2	Self-Management SM.C.7 Accesses, manages, and evaluates related health and safety resources Communication CM.C.5 Demonstrates healthy ways to express needs, wants, and feelings	
Session 3	Standard 1—Personal Health and Safety <ul style="list-style-type: none"> Understand human growth and development throughout the life cycle Demonstrate the necessary knowledge and skills to promote healthy development into adulthood 		Session 3	Self-Management SM.C.2 Analyzes the attributes (knowledge, skills, competencies) of a safe and healthy person Relationship Management RM.C.2 Analyzes the attributes (knowledge, skills, competencies) of a nurturing, empathetic, respectful, responsible person Communication CM.C.2 Applies effective verbal (assertiveness) and non-verbal communication skills in real-life health situations 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 Decision Making DM.C.1 Identifies personal health decisions and analyzes related internal and external influences DM.C.2 Recognizes personal capabilities and limitations as they relate to possible healthy solutions DM.C.3 Gathers, synthesizes, and evaluates available information to enhance health	

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Section	Addressed	Assessed	Section	Addressed	Assessed
Session 4		Standard 1—Personal Health and Safety <ul style="list-style-type: none"> Demonstrate the necessary knowledge and skills to promote healthy development into adulthood 	Session 4	Communication CM.C.1 Employs active listening and response skills in health-enhancing ways CM.C.2 Applies effective verbal (assertiveness) and non-verbal communication skills in real-life health situations 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	Communication CM.C.1 Employs active listening and response skills in health-enhancing ways
Session 5		Standard 1—Personal Health and Safety <ul style="list-style-type: none"> Demonstrate the necessary knowledge and skills to promote healthy development into adulthood Apply prevention and risk reduction strategies which can delay the onset or reduce the risk of potential health problems into adulthood 	Session 5	Relationship Management RM.C.2 Analyzes the attributes (knowledge, skills, competencies) of a nurturing, empathetic, respectful, responsible person	Communication CM.C.2 Applies effective verbal (assertiveness) and non-verbal communication skills in real-life health situations 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