

## Comprehensive Health - Tobacco Grades 6-8

Lessons	Health Benchmarks	Science Benchmarks	Language Arts Benchmarks
<b>Unit One: The Amazing Respiratory System</b>			
Activity 1			
Activity 2			
Activity 3			
Activity 4	3-1-c Analyze personal practices which promote lifelong health and well-being.		
<b>Unit Two: Tobacco-No Type Is Safe</b>			
Activity 1	1-3-c Examine health practices which may cause and/or spread/prevent diseases.  3-1-a Distinguish short and long-term consequences of risky and harmful behaviors (sic).		
Activity 2	1-3-c Examine health practices which may cause and/or spread/prevent diseases.		
Activity 3	2-1-a Describe the influence of cultural beliefs on health behaviors and practices.		2-2-b Determine and use appropriate writing style based on the established purpose and intended audience.  2-4-a Write to clarify what is known about various topics.
Activity 4	3-3-a Describe how personal choices can impact (sic) long-range health.  5-1-b Analyze information/data to support or refute the cause/effect of various health issues.		
<b>Unit Three: Hazardous to Your Health</b>			
Activity 1	1-3-c Examine health practices which may cause and/or spread/prevent diseases.		
Activity 2	1-2-a Explain how health is influenced by the interaction of body systems.		

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Activity 3	3-1-a Distinguish short and long-term consequences of risky and harmful behaviors (sic).		
Activity 4	3-1-a Distinguish short and long-term consequences of risky and harmful behaviors (sic).		
Activity 5	3-3-a Describe how personal choices can impact (sic) long-range health.		
Activity 6			
Activity 7	4-1-b Choose appropriate communication techniques when interacting with family, peers, and community.  4-1-c Model effective interpersonal communication skills.  5-1-b Analyze information/data to support or refute the cause/effect of various health issues.  5-2-c-Investigate the impact of past health plans/strategies on current populations/ environments.		3-3-b Use specific questioning strategies to comprehend oral/visual information.
Activity 8	4-1-c Model effective interpersonal communication skills.  4-2-a Demonstrate healthy ways to express needs, wants, and feelings.  5-3-a Investigate methods used to influence others in making healthy choices.		
<b>Unit Four: Blowing Smoke</b>			
Activity 1	1-1-a Model appropriate ways to express feelings in a variety of age-appropriate situations.  1-1-c Analyze how appropriate and inappropriate health practices affect self and family.	5-2-b Describe the impact of human activity on the environment.	

Lessons	Health Benchmarks	Science Benchmarks	Language Arts Benchmarks
Activity 1 (Cont.)	1-3-c Examine health practices which may cause and/or spread/prevent diseases.		
Activity 2	1-1-c Analyze how appropriate and inappropriate health practices affect self and family.  5-1-a Describe and rank (sic) community and environmental health issues.	5-2-b Describe the impact of human activity on the environment.	
Activity 3	1-1-c Analyze how appropriate and inappropriate health practices affect self and family.  4-1-c Model effective interpersonal communication skills.	5-2-b Describe the impact of human activity on the environment.	2-2-b Determine and use appropriate writing style based on the established purpose and intended audience.  2-4-a Write to clarify what is known about various topics.
Activity 4	1-1-a Model appropriate ways to express feelings in a variety of age-appropriate situations.	5-2-b Describe the impact of human activity on the environment.	3-1-b Use various listening techniques in problem-solving and decision-making situations.  4-2-b Determine the purpose of oral presentations when deciding appropriate language.
Activity 5	1-1-a Model appropriate ways to express feelings in a variety of age-appropriate situations.		3-1-b Use various listening techniques in problem-solving and decision-making situations.  4-2-b Determine the purpose of oral presentations when deciding appropriate language.
Activity 6	1-2-b Examine practices which enhance personal, emotional, social, and physical well-being.  3-1-c Analyze personal practices which promote lifelong health and well-being.  5-3-a Investigate methods used to influence others in making healthy choices.		

Lessons	Health Benchmarks	Science Benchmarks	Language Arts Benchmarks
<b>Unit Five: Making Decisions</b>			
Activity 1	<p>1-1-c Analyze how appropriate and inappropriate health practices affect self and family.</p> <p>2-1-a Describe the influence of cultural beliefs on health behaviors and practices.</p> <p>2-1-b Analyze the media impact on personal and family health decisions and practices.</p>		
Activity 2	5-3-a Investigate methods used to influence others in making healthy choices.		3-2-a Determine the basic or subliminal meaning of various oral and visual messages, e.g., advertisements, videos, television.
Activity 3	<p>1-2-c Examine ways to avoid, minimize, or cope with adolescent health problems.</p> <p>3-1-b Analyze how social pressures can influence participation in risk-taking behaviors.</p> <p>3-3-b Demonstrate individual responsibility in health-related decisions/choices.</p> <p>3-3-c Model an age-appropriate healthy lifestyle.</p> <p>4-1-b Choose appropriate communication techniques when interacting with family, peers, and community.</p> <p>4-1-c Model effective interpersonal communication skills.</p>		<p>2-2-b Determine and use appropriate writing style based on the established</p> <p>3-1-b Use various listening techniques in problem-solving and decision-making situations.</p> <p>4-1-b Present oral information in a logical and coherent manner.</p> <p>4-2-b Determine the purpose of oral presentations when deciding appropriate language.</p>
Activity 4	5-1-b Analyze information/data to support or refute the cause/effect of various health issues.		

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Activity 4 (Cont.)	5-2-c Investigate the impact of past health plans/strategies on current populations/ environments.		
<b>Unit Six: Saying No</b> Activity 1	3-1-b Analyze how social pressures can influence participation in risk-taking behaviors.  5-3-a Investigate methods used to influence others in making healthy choices.		
Activity 2	1-1-a Model appropriate ways to express feelings in a variety of age-appropriate situations.  3-3-b Demonstrate individual responsibility in health-related decisions/choices.  3-3-c Model an age-appropriate healthy lifestyle.  4-1-b Choose appropriate communication techniques when interacting with family, peers, and community.  4-1-c Model effective interpersonal communication skills.  4-2-a Demonstrate healthy ways to express needs, wants, and feelings.  4-3-c Demonstrate communication skills used to avoid potentially harmful situations.		4-1-b Present oral information in a logical and coherent manner.  4-2-b Determine the purpose of oral presentations when deciding appropriate language.
Activity 3	1-1-a Model appropriate ways to express feelings in a variety of age-appropriate situations.  1-2-c Examine ways to avoid, minimize, or cope with adolescent health problems.  3-1-a Distinguish short and long-term consequences of risky and harmful behaviors (sic).		4-1-b Present oral information in a logical and coherent manner.  4-2-b Determine the purpose of oral presentations when deciding appropriate

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Activity 3 (Cont.)	<p>3-3-b Demonstrate individual responsibility in health-related decisions/choices.</p> <p>3-3-c Model an age-appropriate healthy lifestyle.</p> <p>4-1-b Choose appropriate communication techniques when interacting with family, peers, and community.</p> <p>4-1-c Model effective interpersonal communication skills.</p> <p>4-2-a Demonstrate healthy ways to express needs, wants, and feelings.</p>		
<b>Unit Seven: Advertising Pressures</b> Activity 1	2-1-b Analyze the media impact on personal and family health decisions and practices.		3-2-a Determine the basic or subliminal meaning of various oral and visual messages, e.g., advertisements, videos, television.
Activity 2	<p>1-3-b Analyze health care requirements and policies which affect safety and well-being.</p> <p>2-1-b Analyze the media impact on personal and family health decisions and practices.</p> <p>5-1-b Analyze information/data to support or refute the cause/effect of various health issues.</p>		3-2-a Determine the basic or subliminal meaning of various oral and visual messages, e.g., advertisements, videos, television.
Activity 3	3-1-b Analyze how social pressures can influence participation in risk-taking behaviors.		
<b>Unit Eight: Living With Your Choice</b> Activity 1			

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Activity 2	<p>2-2-c Investigate the availability of health products and services at the local, state, and regional levels.</p> <p>2-3-b Describe options for contacting/obtaining health services.</p> <p>5-2-a Examine and adopt/adapt various plans designed to address community health issues.</p>		
Activity 3	<p>1-1-a Model appropriate ways to express feelings in a variety of age-appropriate situations.</p> <p>1-3-b Analyze health care requirements and policies which affect safety and well-being.</p> <p>4-1-c Model effective interpersonal communication skills.</p> <p>4-2-a Demonstrate healthy ways to express needs, wants, and feelings.</p>		
Activity 4			