

Michigan Model For Comprehensive School Health Education - Grade Seven

Lesson	Health Benchmarks	Science Benchmarks	Language Arts Benchmarks
INTRO MODEL Lesson 1	2-2-a Investigate the role and organization of various community, state and regional health agencies/services. 4-1-a Demonstrate communication skills that build and maintain healthy relationships. 5-3-a Investigate methods used to influence others in making healthy choices.	No Matches	1-1-c Use prior knowledge and experience to interpret and construct meaning from various texts. 2-4-a Write to clarify what is known about various topics. 4-1-b Present oral information in a logical and coherent manner.
Lesson 2	1-1-b Engage in a variety of positive, personal hygienic (sic) behaviors 1-2-b Examine practices which enhance personal, emotional, social, and physical well-being 3-2-a Explore personal health and well-being on a regular basis. 3-3-a Describe how personal choices can impact (sic) long-range health. 4-1-a Demonstrate communication skills that build and maintain healthy relationships. 4-1-c Model effective interpersonal communication skills. 4-2-a Demonstrate healthy ways to express needs, wants and feelings.		2-4-a Write to clarify what is known about various topics.
Lesson 3	1-1-a Model appropriate ways to express feelings in a variety of age-appropriate situations		2-2-c Select and use the writing format required for a specific type of publication. 2-4-a Write to clarify what is known about various topics.
Lesson 4	1-1-b Engage in a variety of positive, personal hygienic (sic) behaviors 3-1-c Analyze personal practices which promote lifelong health and well-being. 3-2-a Explore personal health and well-being on a regular basis.		2-4-a Write to clarify what is known about various topics.

Lesson	Health Benchmarks	Science Benchmarks	Language Arts Benchmarks
Lesson 4 (Cont.)	<p>3-3-a Describe how personal choices can impact (sic) long-range health.</p> <p>4-2-b Determine behaviors/situations which creat bridges and barriers to effective communication.</p>		
Lesson 5	<p>1-1-a Model appropriate ways to express feelings in a variety of age-appropriate situations</p> <p>1-1-b Engage in a variety of positive, personal hygienic (sic) behaviors</p> <p>3-1-c Analyze personal practices which promote lifelong health and well-being.</p> <p>3-2-a Explore personal health and well-being on a regular basis.</p> <p>3-3-a Describe how personal choices can impact (sic) long-range health.</p> <p>4-2-b Determine behaviors/situations which creat bridges and barriers to effective communication.</p>		<p>3-3-b Use specific questioning strategies to comprehend oral/visual information.</p>

MODULE ONE Lesson 1	<p>1-2-b Examine practices which enhance personal, emotional, social, and physical well-being</p>		<p>2-4-a Write to clarify what is know about various topics.</p>
Lesson 2	<p>1-1-a Model appropriate ways to express feelings in a variety of age-appropriate situations</p> <p>1-2-b Examine practices which enhance personal, emotional, social, and physical well-being</p> <p>3-3-a Describe how personal choices can impact (sic) long-range health.</p> <p>4-2-a Demonstrate healthy ways to express needs, wants, and feelings.</p>		<p>1-1-c Use prior knowledge and experience to interpret and construct meaning from various texts.</p> <p>2-4-a Write to clarify what is know about various topics.</p>

Lesson	Health Benchmarks	Science Benchmarks	Language Arts Benchmarks
Lesson 2 (Cont.)	4-3-b Demonstrate effective conflict resolution strategies.		
Lesson 3	<p>1-1-a Model appropriate ways to express feelings in a variety of age-appropriate situations</p> <p>1-1-b Engage in a variety of positive, personal hygienic (sic) behaviors</p> <p>1-2-a Explain how health is influenced by the interaction of body systems</p> <p>2-2-a Investigate the role and organization of various community, state and regional health agencies/services.</p> <p>2-2-b Analyze the effectiveness of local, state, and regional health resources.</p> <p>3-2-b Compare different health plans for achieving and maintaining good health.</p> <p>3-2-c Analyze personal health progress and adjust behaviors as needed.</p>		<p>2-4-a Write to clarify what is known about various topics.</p> <p>4-1-b Present oral information in a logical and coherent manner.</p> <p>4-3-c Use auxiliary resource to enhance oral presentations, e.g., visual aids, special effects.</p>
Lesson 4	<p>1-1-b Engage in a variety of positive, personal hygienic (sic) behaviors</p> <p>2-2-a Investigate the role and organization of various community, state and regional health agencies/services.</p> <p>3-1-c Analyze personal practices which promote lifelong health and well-being.</p> <p>3-2-a Explore personal health and well-being on a regular basis.</p> <p>3-3-a Describe how personal choices can impact (sic) long-range health.</p>		<p>1-1-c Use prior knowledge and experience to interpret and construct meaning from various texts.</p> <p>3-2-a Determine the basic or subliminal meaning of various oral and visual messages, e.g., advertisements, videos, television.</p> <p>3-3-b Use specific questioning strategies to comprehend oral/visual information.</p> <p>4-1-b Present oral information in a logical and coherent manner.</p> <p>4-3-c Use auxiliary resource to enhance oral presentations, e.g., visual aids, special effects.</p>
Lesson 5	<p>1-1-a Model appropriate ways to express feelings in a variety of age-appropriate situations</p> <p>1-1-b Engage in a variety of positive, personal hygienic (sic) behaviors</p>		<p>3-2-a Determine the basic or subliminal meaning of various oral and visual messages, e.g., advertisements, videos, television.</p>

Lesson	Health Benchmarks	Science Benchmarks	Language Arts Benchmarks
Lesson 5 (Cont.)	<p>2-1-a Describe the influence of cultural beliefs on health behaviors and practices.</p> <p>5-1-b Analyze information/data to support or refute the cause/effect of various health issues.</p> <p>5-3-2 Choose and model health advocacy strategies for families, schools, and communities.</p>		
Lesson 6	<p>1-2-b Examine practices which enhance personal, emotional, social, and physical well-being</p> <p>3-1-c Analyze personal practices which promote lifelong health and well-being.</p> <p>3-3-a Describe how personal choices can impact (sic)long-range health.</p>		<p>2-4-a Write to clarify what is know about various topics.</p>
Lesson 7	<p>1-2-c Examine ways to avoid, minimize, or cape with adolescent health problems.</p> <p>3-2-a Explore personal health and well-being on a regular basis.</p> <p>3-3-a Describe how personal choices can impact (sic)long-range health.</p>		<p>2-2-b Determine and use appropriate writing style based on the established purpose and intesnded audience.</p> <p>2-4-a Write to clarify what is know about various topics.</p> <p>3-3-b Use specific questioning strategies to comprehend oral/visual information.</p> <p>4-1-b Present oral information in a logical and coherent manner.</p> <p>4-3-c Use auxiliary resource to enhance oral presentations, e.g., visual aids, special effects.</p>
Lesson 8	<p>1-1-b Engage in a variety of positive, personal hygienic (sic) behaviors</p>		<p>1-1-c Use prior knowledge and experiance to interpret and construct meaning from various texts.</p> <p>3-2-a Determine the basic or subliminal meaning of various oral and visual messages, e.g., advertisements, videos, television.</p> <p>3-3-b Use specific questioning strategies to comprehend oral/visual information.</p> <p>4-1-b Present oral information in a logical and coherent manner.</p>

Lesson	Health Benchmarks	Science Benchmarks	Language Arts Benchmarks
Lesson 8 (Cont.)			4-3-3 Use auxiliary resource to enhance oral presentations, e.g., visual aids, special effects.
Lesson 9	<p>1-1-b Engage in a variety of positive, personal hygienic (sic) behaviors</p> <p>3-1-a Describe how personal choices can impact (sic) long-range health.</p> <p>3-3-a Describe how personal choices can impact (sic)long-range health.</p> <p>3-3-b Demonstrarte individual responsibility in health-related decisions/choices.</p>		
Lesson 10	<p>1-2-c Examine ways to avoid, minimize, or cape with adolescent health problems.</p> <p>3-1-c Analyze personal practices which promote lifelong health and well-being.</p> <p>3-2-b Compare different health plans for achieving and maintaining good health.</p> <p>3-3-a Describe how personal choices can impact (sic)long-range health.</p> <p>4-1-a Demonstrate communication skills that build and maintain healthy relationships.</p>		1-1-c Use prior knowledge and experience to interpret and construct meaning from various texts.
Lesson 11	<p>3-1-c Analyze personal practices which promote lifelong health and well-being.</p> <p>3-3-a Describe how personal choices can impact (sic)long-range health.</p> <p>4-1-a Demonstrate communication skills that build and maintain healthy relationships.</p>		
MODULE TWO Lesson 1	<p>1-1-b Engage in a variety of positive, personal hygienic (sic) behaviors</p> <p>1-2-b Examine practices which enhance personal, emotional, social, and physical well-being</p>		<p>1-1-c Use prior knowledge and experience to interpret and construct meaning from various texts.</p> <p>3-3-b Use specific questioning strategies to comprehend oral/visual information.</p>

Lesson	Health Benchmarks	Science Benchmarks	Language Arts Benchmarks
Lesson 1 (Cont.)	<p>3-2-a Explore personal health and well-being on a regular basis.</p> <p>3-3-a Describe how personal choices can impact (sic)long-range health.</p> <p>4-1-a Demonstrate communication skills that build and maintain healthy relationships.</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>		<p>4-1-b Present oral information in a logical and coherent manner.</p> <p>4-3-c Use auxiliary resource to enhance oral presentations, e.g., visual aids, special effects.</p>
Lesson 2	<p>1-1-b Engage in a variety of positive, personal hygienic (sic) behaviors</p> <p>1-2-a Explain how health is influenced by the interaction of body systems</p> <p>1-3-a Determine how medical research influences health care and disease prevention.</p> <p>2-1-a Describe the influence of cultural beliefs on health behaviors and practices.</p> <p>3-1-c Analyze personal practices which promote lifelong health and well-being.</p> <p>3-2-a Explore personal health and well-being on a regular basis.</p> <p>3-3-a Describe how personal choices can impact (sic)long-range health.</p>		<p>2-4-b Write to synthesize, interpret, and use new information.</p>
Lesson 3	<p>1-1-a Model appropriate ways to express feelings in a variety of age-appropriate situations</p> <p>1-2-b Examine practices which enhance personal, emotional, social, and physical well-being</p> <p>3-1-a Describe how personal choices can impact (sic) long-range health.</p>		<p>2-4-a Write to clarify what is know about various topics.</p>

Lesson	Health Benchmarks	Science Benchmarks	Language Arts Benchmarks
Lesson 3 (Cont.)	<p>4-2-a Demonstrate healthy ways to express needs, wants and feelings.</p> <p>4-3-b Demonstrate effective conflict resolution strategies.</p> <p>4-3-c Demonstrate communication skills used to avoid potentially harmful situations.</p>		
Lesson 4	<p>3-1-a Describe how personal choices can impact (sic) long-range health.</p>		
Lesson 5	<p>1-1-a Model appropriate ways to express feelings in a variety of age-appropriate situations</p> <p>1-2-b Examine practices which enhance personal, emotional, social, and physical well-being</p> <p>4-1-a Demonstrate communication skills that build and maintain healthy relationships.</p> <p>4-2-a Demonstrate healthy ways to express needs, wants and feelings.</p>		<p>4-1-b Present oral information in a logical and coherent manner.</p>
Lesson 6	<p>1-1-b Engage in a variety of positive, personal hygienic (sic) behaviors</p> <p>1-2-b Examine practices which enhance personal, emotional, social, and physical well-being</p> <p>3-2-a Explore personal health and well-being on a regular basis.</p> <p>3-2-b Compare different health plans for achieving and maintaining good health.</p> <p>3-2-c analyze personal health progress and adjust behaviors as needed.</p> <p>3-3-a Describe how personal choices can impact (sic)long-range health.</p>		<p>1-1-c Use prior knowledge and experience to interpret and construct meaning from various texts.</p>
Lesson 7	<p>1-1-b Engage in a variety of positive, personal hygienic (sic) behaviors</p>		<p>1-1-c Use prior knowledge and experience to interpret and construct meaning from various texts.</p>

Lesson	Health Benchmarks	Science Benchmarks	Language Arts Benchmarks
Lesson 7 (Cont.)	<p>1-2-b Examine practices which enhance personal, emotional, social, and physical well-being</p> <p>3-2-a Explore personal health and well-being on a regular basis.</p> <p>3-2-b Compare different health plans for achieving and maintaining good health.</p> <p>3-2-c Analyze personal health progress and adjust behaviors as needed.</p> <p>3-3-a Describe how personal choices can impact (sic)long-range health.</p>		
Lesson 8	<p>1-1-a Model appropriate ways to express feelings in a variety of age-appropriate situations</p> <p>1-2-b Examine practices which enhance personal, emotional, social, and physical well-being</p> <p>3-1-a Describe how personal choices can impact (sic) long-range health.</p> <p>4-2-a Demonstrate healthy ways to express needs, wants and feelings.</p> <p>4-3-b Demonstrate effective conflict resolution strategies.</p> <p>4-3-c Demonstrate communication skills used to avoid potentially harmful situations.</p>		2-4-a Write to clarify what is know about various topics.
Lesson 9	<p>1-1-b Engage in a variety of positive, personal hygienic (sic) behaviors</p> <p>1-1-c Analyze how appropriate and inappropriate health practices affect self and family</p> <p>1-2-b Examine practices which enhance personal, emotional, social, and physical well-being</p>		<p>1-1-c Use prior knowledge and experience to interpret and construct meaning from various texts.</p> <p>4-1-b Present oral information in a logical and coherent manner.</p>

Lesson	Health Benchmarks	Science Benchmarks	Language Arts Benchmarks
Lesson 9 (Cont.)	<p>3-2-a Explore personal health and well-being on a regular basis.</p> <p>3-3-a Describe how personal choices can impact (sic)long-range health.</p> <p>4-1-a Demonstrate communication skills that build and maintain healthy relationships.</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>		
Lesson 10	<p>1-2-b Examine practices which enhance personal, emotional, social, and physical well-being</p> <p>1-3-a Determine how medical research influences health care and disease prevention.</p> <p>1-3-c Examine health practices which may cause and/or spread/prevent diseases.</p> <p>5-1-a Describe and rank (sic) community and environmental health issues</p> <p>5-1-b Analyze information/data to support or refute the cause/effect of various health issues.</p>		<p>1-1-c Use prior knowledge and experience to interpret and construct meaning from various texts.</p> <p>4-1-b Present oral information in a logical and coherent manner.</p>
Lesson 11	<p>5-2-c Determine resources needed to implement community and environmental health plans/strategies.</p> <p>5-2-c Investigate the impact of past health plans/strategies on current populations/environments.</p>		<p>4-1-b Present oral information in a logical and coherent manner.</p>
Lesson 12	<p>1-1-a Model appropriate ways to express feelings in a variety of age-appropriate situations</p> <p>3-1-c Analyze personal practices which promote lifelong health and well-being.</p> <p>3-3-b Demonstrate individual responsibility in health-related decisions/choices.</p>		<p>2-4-c Use examples from print and electronic sources to support personal interpretations.</p> <p>3-3-b Use specific questioning strategies to comprehend oral/visual information.</p> <p>4-1-b Present oral information in a logical and coherent manner.</p>

Lesson	Health Benchmarks	Science Benchmarks	Language Arts Benchmarks
Lesson 12 (Cont.)	3-3-c Model an age-appropriate healthy lifestyle.		4-3-c Use auxiliary resources to enhance oral presentations, e.g., visual aids, special effects.
MODULE THREE			
Lesson 1	1-1-a Model appropriate ways to express feelings in a variety of age-appropriate situations 1-2-b Examine practices which enhance personal, emotional, social, and physical well-being		2-4-a Write to clarify what is know about various topics.
Lesson 2	4-1-c Model effective interpersonal communication skills. 4-2-b Determine behaviors/situations which create bridges and barriers to effective communication. 4-3-c Demonstrate communication skills used to avoid potentially harmful situations.		2-4-a Write to clarify what is know about various topics. 4-1-b Present oral information in a logical and coherent manner.
Lesson 3	4-1-c Model effective interpersonal communication skills. 4-2-b Determine behaviors/situations which create bridges and barriers to effective communication. 4-3-c Demonstrate communication skills used to avoid potentially harmful situations.		3-1-c Determine the effect of non-verbal cues on interpersonal communication. 3-3-b Use specific questioning strategies to comprehend oral/visual information. 4-1-b Present oral information in a logical and coherent manner. 4-3-a Determine the relationship between non-verbal communication and audience engagment. 4-3-c Use auxiliary resource to enhance oral presentations, e.g., visual aids, special effects.
Lesson 4	1-1-b Engage in a variety of positive, personal hygienic (sic) behaviors 1-2-b Examine practices which enhance personal, emotional, social, and physical well-being 3-2-a Explore personal health and well-being on a regular basis. 3-2-b Compare different health plans for achieving and maintaining good health.		3-1-a Determin specific cognitive and physical barriers to effective listening and viewing. 3-1-b Use various listening techniques in problem-solving and decisions-making situations.

Lesson	Health Benchmarks	Science Benchmarks	Language Arts Benchmarks
Lesson 4 (Cont.)	<p>3-2-c Analyze personal health progress and adjust behaviors as needed.</p> <p>3-3-a Describe how personal choices can impact (sic)long-range health.</p> <p>4-1-b Choose appropriate communication techniques when interacting with family, peers,and community.</p> <p>4-2-b Determine behaviors/situations which create bridges and barriers to effective communication.</p>		
Lesson 5			<p>3-1-a Determin specific cognitive and physical barriers to effective listening and viewing.</p> <p>3-1-b Use various listening techniques in problem-solving and decisions-making situations.</p> <p>3-1-c Determine the effect of non-verbal cues on interpersonal communication.</p>
Lesson 6	<p>1-1-b Engage in a variety of positive, personal hygienic (sic) behaviors</p> <p>1-2-b Examine practices which enhance personal, emotional, social, and physical well-being</p> <p>3-2-a Explore personal health and well-being on a regular basis.</p> <p>3-3-a Describe how personal choices can impact (sic)long-range health.</p> <p>4-1-c Model effective interpersonal communication skills.</p> <p>4-2-b Determine behaviors/situations which create bridges and barriers to effective communication.</p>		<p>3-1-a Determin specific cognitive and physical barriers to effective listening and viewing.</p> <p>3-1-b Use various listening techniques in problem-solving and decisions-making situations.</p> <p>3-1-c Determine the effect of non-verbal cues on interpersonal communication.</p>
Lesson 7	<p>1-1-a Model appropriate ways to express feelings in a variety of age-appropriate situations</p> <p>1-2-b Examine practices which enhance personal, emotional, social, and physical well-being</p>		

Lesson	Health Benchmarks	Science Benchmarks	Language Arts Benchmarks
Lesson 8	<p>4-1-c Model effective interpersonal communication skills.</p> <p>4-2-a Demonstrate healthy ways to express needs, wants and feelings.</p> <p>4-2-b Determine behaviors/situations which create bridges and barriers to effective communication.</p>		<p>1-1-c Use prior knowledge and experience to interpret and construct meaning from various texts.</p> <p>2-4-a Write to clarify what is know about various topics.</p>
Lesson 9	<p>4-3-a Analyze the positive and negative aspects of conflict in everyday situations.</p> <p>4-3-b Demonstrate effective conflict resolution strategies.</p> <p>4-3-c Demonstrate communication skills used to avoid potentially harmful situations.</p>		
Lesson 10	<p>1-1-a Model appropriate ways to express feelings in a variety of age-appropriate situations</p> <p>1-2-b Examine practices which enhance personal, emotional, social, and physical well-being</p> <p>3-1-a Describe how personal choices can impact (sic) long-range health.</p> <p>4-2-a Demonstrate healthy ways to express needs, wants and feelings.</p> <p>4-3-b Demonstrate effective conflict resolution strategies.</p> <p>4-3-c Demonstrate communication skills used to avoid potentially harmful situations.</p>		<p>2-4-b Write to synthesize, interpret, and use new information.</p> <p>2-4-c Use examples from print and electronic sources to support personal interpretations.</p> <p>3-3-b Use specific questioning strategies to comprehend oral/visual information.</p> <p>4-1-b Present oral information in a logical and coherent manner.</p> <p>4-3-c Use auxiliary resource to enhance oral presentations, e.g., visual aids, special effects.</p>
Lesson 11	<p>1-1-a Model appropriate ways to express feelings in a variety of age-appropriate situations</p> <p>1-2-b Examine practices which enhance personal, emotional, social, and physical well-being</p> <p>4-1-a Demonstrate communication skills that build and maintain healthy relationships.</p>		<p>2-4-a Write to clarify what is know about various topics.</p>

Lesson	Health Benchmarks	Science Benchmarks	Language Arts Benchmarks
Lesson 11 (Cont.)	4-2-a Demonstrate healthy ways to express needs, wants and feelings.		
MODULE FOUR Lesson 1	3-1-b Analyze how social pressure can influence participation in risk-taking behaviors. 3-3-a Describe how personal choices can impact (sic) long-range health. 3-3-b Demonstrate individual responsibility in health-related decisions/choices.		1-1-c Use prior knowledge and experience to interpret and construct meaning from various texts.
Lesson 2	2-1-a Describe the influence of cultural beliefs on health behaviors and practices. 2-1-b Analyze the media impact on personal and family health decisions and practices. 2-1-c Analyze the impact of technology on personal and family health decisions and practices. 3-1-b Analyze how social pressure can influence participation in risk-taking behaviors.		2-4-c Use examples from print and electronic sources to support personal interpretations. 3-3-b Use specific questioning strategies to comprehend oral/visual information. 4-1-b Present oral information in a logical and coherent manner. 4-3-c Use auxiliary resource to enhance oral presentations, e.g., visual aids, special effects.
Lesson 3	3-1-a Describe how personal choices can impact (sic) long-range health. 3-1-b Analyze how social pressure can influence participation in risk-taking behaviors.		2-4-a Write to clarify what is know about various topics.
Lesson 4	1-1-b Engage in a variety of positive, personal hygienic (sic) behaviors 1-2-c Examine ways to avoid, minimize, or cape with adolescent health problems. 1-3-c Examine health practices which may cause and/or spread/prevent diesases. 3-2-a Explore personal health and well-being on a regular basis. 3-2-b Compare different health plans for achieving and maintaining good health.		1-1-c Use prior knowledge and experience to interpret and construct meaning from various texts. 2-4-a Write to clarify what is know about various topics.

Lesson	Health Benchmarks	Science Benchmarks	Language Arts Benchmarks
Lesson 4 (Cont.)	<p>3-2-c Analyze personal health progress and adjust behaviors as needed.</p> <p>3-3-a Describe how personal choices can impact (sic)long-range health.</p> <p>4-3-3c Demonstrate communication skills used to avoid potentially harmful situations.</p>		
Lesson 5	<p>1-1-a Model appropriate ways to express feelings in a variety of age-appropriate situations</p> <p>1-1-b Engage in a variety of positive, personal hygienic (sic) behaviors</p> <p>1-3-c Examine health practices which may cause and/or spread/prevent diseases.</p> <p>4-2-b Determine behaviors/situations which create bridges and barriers to effective communication.</p>		<p>2-4-b Write to synthesize, interpret, and use new information.</p> <p>3-2-a Determine the basic or subliminal meaning or various oral and visual messages, e.g., advertising, videos, television.</p>
Lesson 6	<p>4-2-a Demonstrate healthy ways to express needs, wants and feelings.</p> <p>4-3-b Demonstrate effective conflict resolution strategies.</p> <p>4-3-c Demonstrate communication skills used to avoid potentially harmful situations.</p>		<p>3-2-a Determine the basic or subliminal meaning or various oral and visual messages, e.g., advertising, videos, television.</p> <p>4-1-b Present oral information in a logical and coherent manner.</p>
Lesson 7	<p>1-1-a Model appropriate ways to express feelings in a variety of age-appropriate situations</p> <p>1-1-c Analyze how appropriate and inappropriate health practices affect self and family</p> <p>1-2-a Explain how health is influenced by the interaction of body systems</p> <p>1-2-b Examine practices which enhance personal, emotional, social, and physical well-being</p>		<p>3-2-a Determine the basic or subliminal meaning or various oral and visual messages, e.g., advertising, videos, television.</p> <p>3-3-b Use specific questioning strategies to comprehend oral/visual information.</p> <p>4-1-b Present oral information in a logical and coherent manner.</p>

Lesson	Health Benchmarks	Science Benchmarks	Language Arts Benchmarks
Lesson 7 (Cont.)	<p>1-2-c Examine ways to avoid, minimize, or cope with adolescent health problems.</p> <p>3-1-a Describe how personal choices can impact (sic) long-range health.</p> <p>3-1-b Analyze how social pressure can influence participation in risk-taking behaviors.</p> <p>3-1-c Analyze personal practices which promote lifelong health and well-being.</p> <p>3-3-a Describe how personal choices can impact (sic) long-range health.</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>		
Lesson 8	<p>1-2-a Explain how health is influenced by the interaction of body systems</p> <p>1-2-b Examine practices which enhance personal, emotional, social, and physical well-being</p> <p>1-2-c Examine ways to avoid, minimize, or cope with adolescent health problems.</p> <p>3-1-a Describe how personal choices can impact (sic) long-range health.</p> <p>3-1-b Analyze how social pressure can influence participation in risk-taking behaviors.</p> <p>3-1-c Analyze personal practices which promote lifelong health and well-being.</p> <p>3-3-a Describe how personal choices can impact (sic) long-range health.</p> <p>3-3-b Demonstrate individual responsibility in health-related decisions/choices.</p>		3-2-a Determine the basic or subliminal meaning or various oral and visual messages, e.g., advertising,
Lesson 9	1-2-c Examine ways to avoid, minimize, or cope with adolescent health problems.		4-1-b Present oral information in a logical and coherent manner.

Lesson	Health Benchmarks	Science Benchmarks	Language Arts Benchmarks
Lesson 9 (Cont.)	<p>2-3-a Analyze various personal situations to determine when professional health services are necessary.</p> <p>3-1-a Describe how personal choices can impact (sic) long-range health.</p> <p>3-1-b Analyze how social pressure can influence participation in risk-taking behaviors.</p> <p>3-1-c Analyze personal practices which promote lifelong health and well-being.</p> <p>3-3-a Describe how personal choices can impact (sic) long-range health.</p>		
Lesson 10	<p>1-2-b Examine practices which enhance personal, emotional, social, and physical well-being</p> <p>3-1-c Analyze personal practices which promote lifelong health and well-being.</p> <p>3-3-b Demonstrate individual responsibility in health-related decisions/choices.</p>		
MODULE FIVE Lesson 1	<p>1-1-c Analyze how appropriate and inappropriate health practices affect self and family</p> <p>1-2-b Examine practices which enhance personal, emotional, social, and physical well-being</p> <p>3-1-b Analyze how social pressure can influence participation in risk-taking behaviors.</p> <p>3-1-c Analyze personal practices which promote lifelong health and well-being.</p> <p>3-3-b Demonstrate individual responsibility in health-related decisions/choices.</p>		2-4-a Write to clarify what is know about various topics.
Lesson 2	1-1-b Engage in a variety of positive, personal hygienic (sic) behaviors		2-4-a Write to clarify what is know about various topics.

Lesson	Health Benchmarks	Science Benchmarks	Language Arts Benchmarks
Lesson 2 (Cont.)	<p>3-2-a Explore personal health and well-being on a regular basis.</p> <p>3-3-a Describe how personal choices can impact (sic)long-range health.</p> <p>4-1-c Model effective interpersonal communication skills.</p> <p>4-2-b Determine behaviors/situations which create bridges and barriers to effective communication.</p> <p>5-3-a Investigate methods used to influence others in making healthy choices.</p>		
Lesson 3	<p>1-1-b Engage in a variety of positive, personal hygienic (sic) behaviors</p> <p>3-2-a Explore personal health and well-being on a regular basis.</p> <p>3-2-c Analyze personal health progress and adjust behaviors as needed.</p> <p>3-3-a Describe how personal choices can impact (sic)long-range health.</p> <p>4-1-c Model effective interpersonal communication skills.</p> <p>4-2-b Determin behaviors/situations which create bridges and barriers to effective communication.</p> <p>5-3-a Investigate methods used to influence others in making healthy choices.</p>		<p>2-4-a Write to clarify what is know about various topics.</p>
Lesson 4	<p>1-1-a Model appropriate ways to express feelings in a variety of age-appropriate situations</p> <p>1-2-b Examine practices which enhance personal, emotional, social, and physical well-being</p> <p>3-1-a Describe how personal choices can impact (sic) long-range health.</p>		<p>2-4-c Use examples from print and electronic sources to support personal interpretations.</p> <p>3-3-b Use specific questioning strategies to comprehend oral/visual information.</p> <p>4-1-b Present oral information in a logical and coherent manner.</p>

Lesson	Health Benchmarks	Science Benchmarks	Language Arts Benchmarks
Lesson 4 (Cont.)	<p>4-2-a Demonstrate healthy ways to express needs, wants and feelings.</p> <p>4-3-b Demonstrate effective conflict resolution strategies.</p> <p>4-3-c Demonstrate communication skills used to avoid potentially harmful situations.</p>		4-3-c Use auxiliary resource to enhance oral presentations, e.g., visual aids, special effects.
Lesson 5	<p>1-1-a Model appropriate ways to express feelings in a variety of age-appropriate situations</p> <p>1-2-b Examine practices which enhance personal, emotional, social, and physical well-being</p> <p>3-1-a Describe how personal choices can impact (sic) long-range health.</p> <p>4-2-a Demonstrate healthy ways to express needs, wants and feelings.</p> <p>4-3-b Demonstrate effective conflict resolution strategies.</p> <p>4-3-c Demonstrate communication skills used to avoid potentially harmful situations.</p>		
Lesson 6	<p>3-1-a Describe how personal choices can impact (sic) long-range health.</p> <p>3-1-b Analyze how social pressure can influence participation in risk-taking behaviors.</p>		2-4-b Write to synthesize, interpret, and use new information.
Lesson 7	<p>2-2-a Investigate the role and organization of various community, state and regional health agencies/services.</p> <p>2-2-b Analyze the effectiveness of local, state, and regional health resources.</p> <p>2-2-c Investigate the availability of health products and services at the local, state, and regional levels.</p> <p>3-3-a Describe how personal choices can impact (sic) long-range health.</p>		<p>1-1-c Use prior knowledge and experience to interpret and construct meaning from various texts.</p> <p>2-4-b Write to synthesize, interpret, and use new information.</p>

Lesson	Health Benchmarks	Science Benchmarks	Language Arts Benchmarks
Lesson 7 (Cont.)	3-3-b Demonstrate individual responsibility in health-related decisions/choices.		
Lesson 8	<p>1-1-c Analyze how appropriate and inappropriate health practices affect self and family</p> <p>1-2-c Examine ways to avoid, minimize, or cope with adolescent health problems.</p> <p>2-3-c Describe the effects of following or rejecting prescribed/recommended treatment.</p> <p>3-1-a Describe how personal choices can impact (sic) long-range health.</p> <p>3-1-c Analyze personal practices which promote lifelong health and well-being.</p> <p>3-2-a Explore personal health and well-being on a regular basis.</p> <p>3-3-a Describe how personal choices can impact (sic)long-range health.</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>1-1-c Use prior knowledge and experience to interpret and construct meaning from various texts.</p> <p>2-4-a Write to clarify what is know about various topics.</p>
Lesson 9	<p>3-1-c Analyze personal practices which promote lifelong health and well-being.</p> <p>3-2-b Compare different health plans for achieving and maintaining good health.</p> <p>3-2-c Analyze personal health progress and adjust behaviors as needed.</p> <p>3-3-a Describe how personal choices can impact (sic)long-range health.</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>2-4-a Write to clarify what is know about various topics.</p>
Lesson 10	3-1-c Analyze personal practices which promote lifelong health and well-being.		

Lesson	Health Benchmarks	Science Benchmarks	Language Arts Benchmarks
Lesson 10 (Cont.)	3-2-b Compare different health plans for achieving and maintaining good health. 3-2-c Analyze personal health progress and adjust behaviors as needed. 3-3-a Describe how personal choices can impact (sic)long-range health. 3-3-b Demonstrate individual responsibility in health-related decisions/choices. 3-3-c Model an age-appropriate healthy lifestyle.		