**Personal and Healthy Relationships**

**Standard HE H.S.1 –** Students will comprehend concepts related to health promotion and disease prevention to enhance health.

**Standard HE H.S.2 –** Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

**Standard HE H.S.4 –** Students will demonstrate the ability to use interpersonal communication skills to enhance and avoid or reduce health risks.

**Standard HE H.S.8 –** Students will demonstrate the ability to advocate for personal, family, and community health.

**Microlesson 1: Skills for Healthy Relationships**

**Standard HE H.S. 2, Standard HE H.S. 4, Standard HE H.S. 8**

**Microlesson 2: Family Relationships**

**Standard HE H.S. 4, Standard HE H.S. 8**

**Microlesson 3: Peer Relationships**

**Standard HE H.S. 1, Standard HE H.S. 2, Standard HE H.S. 4, Standard HE H.S. 8**

**Microlesson 4: Resolving Conflicts and Preventing Violence**

**Standard HE H.S. 4, Standard HE H.S. 8**

**Assessments:**

**Discussion: Conflict Resolution**

**Standard HE H.S. 2, Standard HE H.S. 4, Standard HE H.S. 8**

**Assignment: Friendships and Physical Health Flyer**

**Standard HE H.S. 1, Standard HE H.S. 2, Standard HE H.S. 4, Standard HE H.S. 8**

**Quiz: Personal and Healthy Relationships**

**Standard HE H.S. 1, Standard HE H.S. 2, Standard HE H.S. 4, Standard HE H.S. 8**