Unit 3: Relationships

Content Area: **Physical Education and Health**
Course(s): **Health Education Grade 9**
Time Period: **School Year**
Length: **12 blocks**
Status: **Published**

Enduring Understandings

Understanding the skills for a healthy relationship

The role of the family in promoting healthy relationships

Peer pressure and refusal skills to strengthen healthy relationships

Understanding the law and meaning of consent for physical contact and sexual activity

Sexting causes social, emotional and legal consequences

Understand how to recognize and report sexual abuse or assualt

Essential Questions

How do you interact and support your family?

What is a healthy family?

What characteristics model a healthy realtionship with a significant other?

What is consent?

What are the NJ laws of consent regarding physical and sexual contact?

How does sexting affect our social and emotional health?

What legal consequences can an adolescence face for sexting?

What are signs and sympotms of sexual abuse or assault?

What are your resources for reporting sexual abuse or assault?

Content

Relationship, friendships, citizenships, role, communication, cooperation, compromise ,I message, active listening, body language, prejudice, tolerance, constructive criticism, conflict, interpersonal conflicts, conflict resolution, negotiation, mediation, confidentiality, peer mediation, consent, right to say no, respecting the right of others to say no, sexual activity, physical contact, sexting, sexual abuse, sexual assault, abuse prevention

Skills

Compare and contrast the positive and negative effects of relationships, with peers, family, and friends on physical, mental/emotional and social health.

Demonstrate how to communicate needs, wants and emotions in healthy ways.

Point out character traits that promote healthy relationships.

Compare the forms of communication

Explain heathful strategies for resolving conflict

Define consent

Understand the laws and meaning of consent related to physical contact and sexual activity.

Recognize the right to say no and the right of others to say no in regards to consent.

Explain the dangers that sexting can cause to social and emotional health.

Understand the legal consequences involved with sexting.

Identify signs and symptoms of sexual abuse or assualt

Know your resources for help when dealing with sexual abuse and assault.

Standards

HPE.2.2.12	All students will develop and use personal and interpersonal skills to support a healthy, active lifestyle.
HPE.2.2.12.B	Decision-Making and Goal Setting
HPE.2.2.12.B.1	Predict the short- and long-term consequences of good and poor decision-making on oneself, friends, family, and others.
HPE.2.2.12.C	Character Development
HPE.2.2.12.C.1	Analyze the impact of competition on personal character development.
HPE.2.4.12	All students will acquire knowledge about the physical, emotional, and social aspects of human relationships and sexuality and apply these concepts to support a healthy, active lifestyle.
HPE.2.4.12.A	Relationships
HPE.2.4.12.A.1	Compare and contrast how family structures, values, rituals, and traditions meet basic human needs worldwide.
HPE.2.4.12.A.4	Predict how relationships may evolve over time, focusing on changes in friendships, family, dating relationships, and lifetime commitments such as marriage.

HPE.2.4.12.B	Sexuality
HPE.2.4.12.B.4	Compare and contrast attitudes and beliefs about gender identity, sexual orientation, and gender equity across cultures.