Interpersonal Communication

Content Area: **Health & Phys Ed**
Course(s): **HEALTH 1**
Time Period: **Semester 1**
Length: **2 weeks**
Status: **Published**

Standards

2.1.12.PGD.1	Develop a health care plan that includes practices and strategies designed to support an active lifestyle, attend to mental health, and foster a healthy, social and emotional life.
2.1.12.PGD.2	Predict how healthy and unhealthy behaviors can affect brain development and impact physical, social and emotional stages of early adulthood.
2.1.12.EH.1	Recognize one's personal traits, strengths, and limitations and identify how to develop skills to support a healthy lifestyle.
2.1.12.EH.2	Analyze factors that influence the emotional and social impact of mental health illness on the family.
2.1.12.EH.3	Describe strategies to appropriately respond to stressors in a variety of situations (e.g., academics, relationships, shootings, death, car accidents, illness).

Enduring Understandings

1. Effective communication skills are an important component in everyday interaction with others. ***HE.9-12.2.1.12.SSH*** *- Social and Sexual Health -[Core Idea] - Healthy individuals establish and maintain healthy relationships by utilizing positive communication and social skills to interact effectively with others*

2. Healthy decision making can impact multple wellness deminisions; physical, social, occupational and spiritual. ***HE.9-12.2.1.12.PGD*** *- Personal Growth and Development- [Core Idea] - The decisions one makes can influence an individual's growth and development in all dimensions of wellness.*

3. Effective communication includes respect and acceptance of others. ***HE.9-12.2.1.12.SSH*** *- Social and Sexual Health - - [Core Idea] - Healthy individuals establish and maintain healthy relationships by utilizing positive communication and social skills to interact effectively with others*

Essential Questions

1. What makes a good communicator?

2. What type of problems can arise from conflict with peers? Family? Co-workers?

3. How does poor decision making impact individual relationships?

4. How can judging someone based on gender, sexual orientation, ethnicity, disability or culture lead to ineffective communication?

Knowledge and Skills

Performance expectations are:

- Learn respectful, open minded communication to interact with peers. ***HE.9-12.2.1.12.PGD.2***
- Strengthen interpersonal communication with peers, friends, family, co workers and WH staff. ***HE.9-12.2.1.12.EH.1***
- Gain knowledge in safe and appropriate communication while using technology. ***HE.9-12.2.1.12.PGD.1***
- Gain knowledge in how technology can increase communication when used correctly. ***HE.9-12.2.1.12.EH.2***
- Determine what skills are needed to make good decisions. ***HE.9-12.2.1.12.EH.2***
- Understand the consequences of poor decision making on oneself, friends, family and future expectations. ***HE.9-12.2.1.12.EH.3***

Transfer Goals

1. Students will be able to independently understand the benefits of good communication skills in any type of relationship.

2. Students will be able to independently increase knowledge on decision making skills to improve in any type of relationship.

3. Students will be able to independently evaluate a relationship to be healthy, unhealthy, or abusive.

Resources

Interpersonal Communication https://www.projectschoolwellness.com/health-education-skill-interpersonal-communication/

Setting and Understanding Boundaries https://www.rmc.org/what-we-do/training-expertise-to-create-healthy-

schools/health-education/interpersonal-communication/

Introduction of school resources: https://www.whrhs.org/guidance/crisis-resources

May include speakers from the following organizations:

Minding Your Mind guest speaker (Municipal Alliance funded) https://mindingyourmind.org/

Assessments

https://docs.google.com/document/d/1z90hu2-lCXoUTewriJPJTl5846tUuXMFSuMHD8is0yI/edit

Modifications for Diverse Learners

https://docs.google.com/document/d/1cUIE1QRfV7jJNjgU2NdcW1x91UAyDENe/edit