Interpersonal Communication

Content Area: **Health & Phys Ed**
Course(s): **HEALTH 4**
Time Period: **Semester 2**
Length: **10 weeks**
Status: **Published**

Standards

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.4	Analyze and adapt mental and emotional health messages and communication techniques to peers and other specific target audience (e.g., dimensions of health).

Enduring Understandings

1. Empower students to build self confidence, personal values and understand their limitations and strengths. ***HE.9-12.2.1.12.EH*** *- Emotional Health: - [Core Idea] - Self-confidence, personal traits, stress, limitations, and strengths impact the mental and emotional development of an individual.*

2. Assist students in demonstrating the ability to resolve conflict in constructive ways. ***HE.9-12.2.1.12.EH*** *- Emotional Health: - [Core Idea] - Healthy individuals establish and maintain healthy relationships by utilizing positive communication and social skills to interact effectively with others.*

3. Develop skills to influence growth and development in all areas of Wellness. ***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.*

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 affect individual relationships?

Knowledge and Skills

Performance expectations are

- Learn respectful, open minded communication to interact with peers. ***HE.9-12.2.1.12.EH***
- Strengthen interpersonal communication with peers, friends, family, co workers and WH staff. ***HE.9-12.2.1.12.EH.2***
- Gain knowledge in safe and appropriate communication while using technology. ***HE.9-12.2.1.12.EH.4***
- Gain knowledge in how technology can increase communication when used correctly.
- Determine what skills are needed to make good decisions. ***HE.9-12.2.1.12.EH.1***
- Understand the consequences of poor decision making on oneself, friends, family and future expectations. ***HE.9-12.2.1.12.PGD***

Resources

https://www.acalltomen.org/liverespect-curriculum/

https://www.supportiveschools.org/

https://safe-sound.org/

Assessments

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

Modifications for Diverse Learners

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