

# Interpersonal Communication

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

## Standards

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HE.9-12.2.1.12.EH.1	Recognize one's personal traits, strengths, and limitations and identify how to develop skills to support a healthy lifestyle.
HE.9-12.2.1.12.EH.2	Analyze factors that influence the emotional and social impact of mental health illness on the family.
HE.9-12.2.1.12.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).
HE.9-12.2.1.12.PGD.2	Predict how healthy and unhealthy behaviors can affect brain development and impact physical, social and emotional stages of early adulthood.

## Enduring Understandings

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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

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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

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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

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

<https://www.supportiveschools.org/>

<https://safe-sound.org/>

## Assessments

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<https://docs.google.com/document/d/1z90hu2-1CXoUTewriJPJT15846tUuXMFSuMHD8is0yI/edit>

## Modifications for Diverse Learners

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<https://docs.google.com/document/d/1cUIE1QRfv7jJNjgU2NdcW1x91UAyDENE/edit>

