Relationships

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

Standards

2.1.12.SSH.1	Analyze the influences of peers, family, media, social norms and culture on the expression of gender, sexual orientation, and identity.
2.1.12.SSH.3	Analyze current social issues affecting perceptions of sexuality, culture, ethnicity, disability status and make recommendations to address those issues.
2.1.12.SSH.4	Demonstrate strategies to prevent, manage, or resolve interpersonal conflicts without harming self or others (defining and understanding the laws of consent and dating violence).
2.1.12.SSH.5	Demonstrate ways to show respect for the boundaries of others as they relate to intimacy and sexual behavior.
2.1.12.SSH.9	Analyze the personal and societal factors that could keep someone from leaving an unhealthy relationship.

Enduring Understandings

1. Investigate the different types of relationships that develop in all types of environments. ***HE.9-12.2.1.12 SSH-*** *Social and Sexual Health: [Core Idea]- Analyze current social issues assessing perception of sexuality, culture, ethnicity, disability statue and make recommendations to adult those issues*

2. Empower students to recognize positive relationships. ***HE.9-12.2.1.12.SSH-****Social and Sexual Health- [Core Idea]- Demonstrate ways to show respect for the boundaries of others as they relate to intimacy and sexual behavior.*

3. Formulate strategies to create a safe space in toxic relationships. ***HE.9-12.2.1.12. SSH-****Social and Sexual Health - [Core Idea] - Demonstrate strategies to prevent, manage, or resolve interpersonal conflicts without harming self or others.*

4. Investigate resources that can provide appropriate coping skills for relationships. ***HE.9012.2.1.12.SSH-S****ocial and Sexual Health- [Core Idea] Analyze the person and societal factors that could keep someone from having a unhealthy relationship.*

Essential Questions

1. What are the different types of relationships?

2. What are characteristics of a healthy/unhealthy relationship?
3. What are the different types of abuse that occur in relationships?
4. What can you do if you are in an abusive relationship?
5. What are the different types of date rape drugs? What are the signs/symptoms of being under the influence of these drugs?

Knowledge and Skills

Performance Expectations

- Identify and understand components of different healthy relationships. **HE.9-12.2.1.12.SSH.3**
- Understand the importance of intimacy (physical and emotional) in a healthy relationship. **HE.9-12.2.1.12.SSH.5**
- Identify and discuss the similarities and differences between communication styles. **HE.9-12.2.1.12.SSH.4**
- Identify unhealthy/negative relationships and determine what actions can be taken to improve these types of relationships.**HE.9-12.2.1.12.SSH.9**

Transfer Goals

1. Students will be able to independently apply knowledge from the past and identify important components of relationships.

2. Students will be able to independently understand different relationships and the personal impact behaviors have on relationships.

Resources

- https://pathfindersforautism.org/wp-content/uploads/2021/08/Consent-101.pdf
- https://oeo.tufts.edu/resources/consent-101/#:~:text=Just%20because%20someone%20doesn't,is%20clearly%20and%20verbally%20articulated.
- https://answer.rutgers.edu/

May include speakers from the following organizations:

- Minding Your Mind Guest Speaker - https://mindingyourmind.org/
- Rutgers L.I.G.H.T. Counseling - https://www.whrhs.org/guidance/new-page

- Substance Abuse and Mental Health Support https://www.samhsa.gov/find-help/national-helpline
- Mosaic Counseling
- WHRHS SAC
- Chris Herren - Motivational Guest Speaker - https://herrentalks.com/
- Strive to Revive
- Zufall
- 1st Choice
- Consent 101
- Safe and Sound Somerset

Assessments

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

Modifications for Diverse Learners

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