

# Unit 4: Relationships

Content Area: **Unified Arts**  
Course(s): **Health 3**  
Time Period: **April**  
Length: **3 classes**  
Status: **Published**

## Unit Summary

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The goal of this unit is to reintroduce social health as the students expand their knowledge about relationships. Different types of relationships that students may be a part of are introduced and analyzed so students can be positive members of their relationships. It is important for students to understand the importance of relationships with family, friends, and teachers. Communication, collaboration, teamwork, and conflict resolution strategies are taught and practiced as they are key factors that can impact relationships.

## Standards

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HPE.2.1.4.A.1	Explain the physical, social, emotional, and mental dimensions of personal wellness and how they interact.
HPE.2.1.4.E.1	Compare and contrast how individuals and families attempt to address basic human needs.
HPE.2.2.4.A.1	Demonstrate effective interpersonal communication in health- and safety-related situations.
HPE.2.2.4.A.2	Demonstrate effective interpersonal communication when responding to disagreements or conflicts with others.
HPE.2.2.4.B.3	Determine how family, peers, technology, culture, and the media influence thoughts, feelings, health decisions, and behaviors.
HPE.2.2.4.C.1	Determine how an individual's character develops over time and impacts personal health.
HPE.2.2.4.C.3	Determine how attitudes and assumptions toward individuals with disabilities may negatively or positively impact them.
CAEP.9.2.4.A.1	Identify reasons why people work, different types of work, and how work can help a person achieve personal and professional goals.
CAEP.9.2.4.A.4	Explain why knowledge and skills acquired in the elementary grades lay the foundation for future academic and career success.

## Student Learning Objectives

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Students will understand that:

- it is important to have positive relationships.
- it is important to have effective communication skills when building relationships.
- there are different types of communication.
- active listening can be practiced.
- positive relationships exist in different aspects of their lives.
- there are definable qualities of being a good friend.
- there are ways to help resolve conflict.

## Essential Questions

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Why is it important to know how to effectively communicate with other people?

How can you communicate with others beyond speaking orally?

Why do people perceive others' actions and words in various ways?

How does a person's character create an inclusive community for all?

Why is it important to have positive relationships in different aspects of your life?

## Enduring Understandings

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Students will understand that:

- having positive relationships is important as students develop and grow.
- positive relationships can be found in different aspects of their lives and be a part of their support system.

## Application

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Students will be able to independently use their learning to create and maintain positive relationships through communication, listening, conflict resolution, teamwork, honesty, tolerance, and empathy.

## Skills

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