

Unit 3: Social Health II (7)

Content Area: **Health**
Course(s): **Health and Physical Ed**
Time Period: **1 marking period**
Length: **3 Weeks**
Status: **Published**

Unit Overview

In this unit, the students will examine various effects of self-esteem and drugs, tobacco, and alcohol on one's social health. The students will learn how to build healthy self-esteem and identify various influences on self-esteem. Students will also identify the effects of drugs, alcohol, and tobacco use on family and peer relationships.

Transfer

Students will be able to independently use their learning to...

- Build healthy self-esteem to contribute to one's overall health.
- Identify various influences on self-esteem
- identify the effects of drugs, alcohol, and tobacco use on family and peer relationships

For more information, read the following article by Grant Wiggins.

http://www.authenticeducation.org/ae_bigideas/article.lasso?artid=60

Meaning

Understandings

Students will understand....

influences on self-esteem

impact of self-esteem on one's overall health

the effects of drug, alcohol and tobacco use on family and peer relationships

Essential Questions

Students will keep considering...

various influences on self-esteem

the impact of self-esteem on one's overall health

the effects of drug, alcohol and tobacco use on family and peer relationships

Application of Knowledge and Skill

Students will know...

influences on self-esteem

impact of self-esteem on one's overall health

the effects of drug, alcohol and tobacco use on family and peer relationships

Students will be skilled at...

Students will be skilled at...

influences on self-esteem

impact of self-esteem on one's overall health

the effects of drug, alcohol and tobacco use on family and peer relationships

Academic Vocabulary

self-image

self-esteem

beliefs

values

peer

Target 2

Students will learn the characteristics of high self-esteem and low self-esteem, as well as the different influences on self-esteem.

Target 1

Students will identify who can affect your self-esteem.

- Media
- Family
- Friends
- Peers

Summative Assessment

- Quizzes
- Tests
- Projects

Formative Assessment and Performance Opportunities

- Worksheets
- Observations
- Think/Pair/Share

Accommodations/Differentiation

Provide reading resources a a level appropriate for students

Make available additional case studies

Additional resource: How Healthy Are You?

graphic organizer to record notes

Unit Resources

Textbook

Topic related videos

Topic related worksheets

Laptops

Interdisciplinary Connections

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|---------------|--|
| LA.RST.6-8.2 | Determine the central ideas or conclusions of a text; provide an accurate summary of the text distinct from prior knowledge or opinions. |
| LA.RST.6-8.4 | Determine the meaning of symbols, key terms, and other domain-specific words and phrases as they are used in a specific scientific or technical context relevant to grades 6-8 texts and topics. |
| LA.RST.6-8.10 | By the end of grade 8, read and comprehend science/technical texts in the grades 6-8 text complexity band independently and proficiently. |
| LA.WHST.6-8.9 | Draw evidence from informational texts to support analysis, reflection, and research. |