

# 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](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

---

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.