

# Unit 2: Social/Emotional Health III (Grade 8)

Content Area: **Health**  
Course(s): **Health and Physical Ed**  
Time Period: **1 marking period**  
Length: **5 Weeks**  
Status: **Published**

## Unit Overview

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Students in 8th grade are in the middle of puberty and are preparing to enter the High School setting. With all the changes going on in their life, students need to be able to communicate effectively with others and identify the emotions going through their mind to prevent social and emotional health risks. In this unit, students will learn how to build healthy relationships, how to understand their role in their family, and how to address and solve problems in relationships. Students will identify conflicts and ways to resolve conflict, along with identifying dating violence warning signs. In addition, students will discuss gender identity, sexual orientation, and cultural stereotyping in an effort to show support, sensitivity and respect to all.

## Transfer

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

- make responsible decisions about their social and emotional health to eliminate the chance of health risks in their future.

## Meaning

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## Understandings

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Students will understand...

- roles and responsibilities in a family.

- how to address and solve problems in relationships
- identify dating violence warning signs
- gender identify
- sexual orientation
- cultural sterotyping

## **Essential Questions**

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Students will keep considering...

- how social and emotional development impacts all components of wellness?
- how can effective interpersonal communication help my overall wellness?
- what should I do if I am in an unhealthy relationship?
- how can datign violence effect my social/emotinal health?
- how can datign identity, sexual orientation and cultural stereotyping affect my social/emotional health?

## **Application of Knowledge and Skill**

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### **Students will know...**

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Students will know...

- how to build healthy relationships with family, friends and classmates.
- family roles and responsibilities.

- how to address and solve problems in a relationship
- the importance of gender identity, sexual orientation, and cultural stereotyping to one's social/emotional health
- dating violence warning signs

### **Students will be skilled at...**

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Students will be skilled at...

- identifying and building healthy relationships with others.
- identifying and solving conflicts in a relationship.
- identifying the importance of gender identity, sexual orientation, and cultural stereotyping to one's social/emotional health
- identifying warning signs of dating violence

### **Academic Vocabulary**

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interpersonal skills

communication process

feedback

verbal communication

nonverbal communication

active listening

socialize

acquaintances

diversity

stereotype

casual dating

infatuation

sexuality

gender

gender roles

gender identity

transgender

sexual orientation

homophobia

## **Summative Assessment**

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Quizzes

Tests

Projects

CRP.K-12.CRP1	Act as a responsible and contributing citizen and employee.
CRP.K-12.CRP3	Attend to personal health and financial well-being.
CRP.K-12.CRP4	Communicate clearly and effectively and with reason.
CRP.K-12.CRP5	Consider the environmental, social and economic impacts of decisions.
CRP.K-12.CRP6	Demonstrate creativity and innovation.
CRP.K-12.CRP8	Utilize critical thinking to make sense of problems and persevere in solving them.
CRP.K-12.CRP9	Model integrity, ethical leadership and effective management.
HPE.2.2.8.A.1	Compare and contrast verbal and nonverbal interpersonal communication strategies in a variety of settings and cultures in different situations.
HPE.2.4.8.A.5	Determine when a relationship is unhealthy and explain effective strategies to end the relationship.

## **Formative Assessment and Performance Opportunities**

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Worksheets

Observations

Think/Pair/Share

Academic Games

Self-reflections

## **Accommodations and Modifications**

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- Directed reading
- Inclusion strategies in textbooks
- motivating activities in textbook
- Reteaching opportunities in textbooks

## **Unit Resources**

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Chapters in the Textbook

Laptops

Topic Related Videos

Topic Related Worksheets

kidshealth.org

Teens Health

- Raise a Red

Flag [https://classroom.kidshealth.org/classroom/6to8/personal/growing/healthy\\_relationships\\_handout1.pdf](https://classroom.kidshealth.org/classroom/6to8/personal/growing/healthy_relationships_handout1.pdf)

- Acting against

bullying [https://classroom.kidshealth.org/classroom/6to8/problems/emotions/bullying\\_handout1.pdf](https://classroom.kidshealth.org/classroom/6to8/problems/emotions/bullying_handout1.pdf)

- Suicide

Prevention [https://classroom.kidshealth.org/classroom/6to8/problems/emotions/suicide\\_handout1.pdf](https://classroom.kidshealth.org/classroom/6to8/problems/emotions/suicide_handout1.pdf)

Brain Pop

- Bullying <https://www.brainpop.com/health/conflictresolution/bullying/>

- Depression <https://www.brainpop.com/health/psychologyandbehavior/depression/>

- Getting Help <https://www.brainpop.com/health/psychologyandbehavior/gettinghelp/>

YouTube

- Sexual Assault Education [https://www.youtube.com/watch?v=Y\\_yJZ9G-tt4](https://www.youtube.com/watch?v=Y_yJZ9G-tt4)