# **Unit 2- Social and Sexual Health**

Content Area:	P.E. & Health
Course(s):	Health 4
Time Period:	Marking Period 2
Length:	Days 3
Status:	Published

## **Essential Questions**

- How are family values similar and different?
- Why is it important to talk to someone you trust about your feelings?
- What is the difference between healthy and unhealthy relationships?
- How do you know if someone is showing unhealthy relationship behaviors?

#### **Big Ideas**

- Family members impact the development of their children physically, socially and emotionally.
- People in healthy relationships share thoughts and feelings, as well as mutual respect.

## Sexual Prevention- Erin's Law Erin's Law

Activity:

Students will complete the Suite 360 lesson "Branches of Your Family Tree"

## **Enduring Understandings**

2.1.5.SSH.4: Describe how families can share common values, offer emotional support, and set boundaries and limits.

2.1.5.SSH.5: Explain the importance of communication with family members, caregivers and other trusted adults about a variety of topics.

2.1.5.SSH.6: Describe the characteristics of healthy versus unhealthy relationships among friends and with

family members.

2.1.5.SSH.7: Define teasing, harassment and bullying and provide examples of inappropriate behaviors that are harmful to others.

#### Resources

- Brain Pop Conflict Resolution: <u>https://jr.brainpop.com/health/feelings/conflictresolution/</u>
- Brain Pop Conflict Bullying: <u>https://jr.brainpop.com/health/feelings/bullying/</u>
- GetEpic Family Values: <u>https://www.getepic.com/book/79609818/our-values-different-families?utm\_source=t2t&utm\_medium=link&utm\_campaign=content&share=9904165042</u>
- Brain Pop Empathy: <u>https://jr.brainpop.com/health/feelings/empathy/</u>