

8th Grade Health Education – Relationships/Dating and Violence

Illinois State Standards

23 Understand human body systems and factors that influence growth and development.

24 Promote and enhance health and well-being through the use of effective communication and decision making skills.

IT Digital Citizenship Self-Image Identity.

Performance Descriptors

24A.f.1 Model good relationship skills.

24A.g.1 Predict the consequences of bullying.

24A.g.2 Demonstrate how peers can help one another avoid and cope with potentially dangerous situations.

24A.g.3 Decide what actions to take when bullying occurs.

24A.g.4 Identify passive, aggressive, passive-aggressive, and assertive forms of communication.

24A.h.1 Explain how positive communication can help build and maintain a healthy relationship.

24A.h.2 Demonstrate conflict mediation and conflict resolution skills.

24A.h.3 Recommend ways to promote a safe school environment.

24A.H6 Examine possible causes of violence.

24A.i.2 Describe the effect of conflict and violence upon the health of the individual.

24A.i.8 Analyze good communication skills in relationships.

Transfer goals: Students will be able to independently use their learning to...

Self-assess their current relationships and communication skills to help increase the quality of their life.

Knowledge: Students will know...

The difference between a healthy and unhealthy relationship.

How to help someone who is involved in an unhealthy relationship or bullying situation.

The four main types of abuse (physical, emotional, neglect, and sexual abuse).

Positive communication skills and conflict resolution skills.

The aspects of Erin's Law.

What is consent and the laws associated with consent.

Resources to help victims of abuse and bullying.

There are benefits and drawbacks of online talk and messaging for the victim as well as the bystanders.

The risks and responsibilities of carrying out romantic relationships in the digital world.

Understandings: Students will understand that...

Communicating positively will lead to healthy relationships.

Abuse can happen in various ways and take many forms.

Everyone can make an effort to help reduce the spread of violence.

Performance Task: Students will read a case study and analyze healthy and unhealthy relationships, communication styles and how to resolve conflict.

Skill: Students will be able to...

Identify passive, aggressive, passive-aggressive, and assertive forms of communication. ("I" messages)

Identify and model aspects of healthy relationships vs. unhealthy relationships.

Demonstrate ways to reduce violence and keep themselves safe. (include child abduction)

Identify the warning signs of abuse.

Identify sources of help for victims of abuse and bullying.

Distinguish between good-natured teasing from cyberbullying.

Identify and develop a plan to report situations or online behavior which may make them feel uncomfortable.

Essential questions : Students will keep considering...

How can I improve my communication skills?

How can I help someone who is involved in an unhealthy relationship or bullying situation?

Are my relationships healthy?

How can I improve my relationships?