

COMPONENT	OBJECTIVES	COMPETENCY
<p>1 <i>Communication, Coping and Interpersonal Skills</i></p>	<ol style="list-style-type: none"> 1. <i>List positive activities/actions for maintaining and improving personal, family and community health.</i> (H.E.B.1.4.4) (H.E.B.3.4.2) 2. <i>Describe qualities that can lead to happiness.</i> (H.E.B.3.4.3) 3. <i>Recognize various sources of information that influence one's health.</i> (H.E.B.2.4.3) 4. <i>Identify positive attitudes and behaviors for maintaining interpersonal relationships.</i> (H.E.B.2.4.3) 5. <i>List and define the various ethnic and cultural groups found within your school setting.</i> (H.E.B.2.4.4) 6. <i>Identify health-related verbal and non-verbal forms of communication.</i> (H.E.B.3.4.1) (H.E.C.2.4.1) 7. <i>Demonstrate strategies for dealing with interpersonal conflicts, peer pressure and abusive behaviors.</i> (H.E.B.3.4.5) (H.E.B.3.4.6) 8. <i>Recognize warning signs of high-risk behaviors.</i> (H.E.B.3.4.7) 9. <i>Demonstrate healthy ways of effectively expressing one's feelings and the impact on others.</i> (H.E.C.2.4.3) (H.E.C.2.4.4) (H.E.C.2.4.2) 	<ol style="list-style-type: none"> A. <i>Interpret the nonverbal communication among individuals participating in a debate or conversation and write a paper on its impact and the outcome of the debate.</i> (H.E.B.3.4.1) B. <i>Participate in a small-group discussion about health issues related to teenagers, then reflect on strategies used when communication efforts went well and when they failed.</i> (H.E.B.3.4.2)

COMPONENT	OBJECTIVES	COMPETENCY
<p><i>II Responsible Decision Making and Planning</i></p>	<ol style="list-style-type: none"> 1. <i>Identify the steps involved in the decision-making process.</i> <i>(H.E.C.1.4.6)(H.E.C.1.4.4)(H.E.C.1.4.2)</i> 2. <i>Discuss various strategies in making positive decisions related to health needs and risks of young adults.</i> <i>(H.E.B.1.4.2)(H.E.C.1.4.5)</i> 	<p>A. <i>Demonstrate how a support and reward system can be an effective strategy when making health-related decisions.</i> <i>(H.E.C.1.4.1)</i></p>
<p><i>III Wellness Promotion</i></p>	<ol style="list-style-type: none"> 1. <i>Review the importance of personal hygiene.</i> <i>(H.E.B.1.4.2)</i> 3. <i>Analyze how behavior can impact health maintenance and disease prevention.</i> <i>(H.E.B.1.4.1)(H.E.A.1.4.2)</i> 	<p>A. <i>Create an individual Wellness plan and keep a daily log for a specified period of time describing individual progress.</i> <i>(H.E.C.1.4.4)</i></p>