

INSTRUCTIONAL OBJECTIVES

Health (6) – Quarterly

Junior High School

The student will:

- Identify the three sides of the health triangle
- Give examples of healthy behaviors
- List the steps of decision-making
- Demonstrate how to make responsible decisions
- Identify the steps of goal setting
- Give examples of behaviors that help to build positive self-esteem
- Identify different types of emotions
- List healthy ways to handle strong emotions
- Demonstrate how to use refusal skills to deal with negative peer pressure
- Demonstrate effective methods of communication
- Give examples of behaviors to prevent and solve conflicts
- Identify the dangers of drug abuse
- Identify ways to stay substance free

