

Personal and Family Health and Wellness

<p><b>Essential Understandings</b></p>	<ul style="list-style-type: none"> <li>▪ Balanced health is essential for total wellness.</li> </ul>
<p><b>Essential Questions</b></p>	<ul style="list-style-type: none"> <li>▪ What is wellness?</li> <li>▪ What are healthy ways to manage emotions?</li> <li>▪ What are strategies to improve upon mental/emotional health?</li> <li>▪ What is a healthy relationship?</li> <li>▪ How do communication skills affect health?</li> </ul>
<p><b>Essential Knowledge</b></p>	<ul style="list-style-type: none"> <li>▪ Adolescents can develop strategies that demonstrate care and respect towards family members and others.</li> <li>▪ Positive mental health is essential for wellness.</li> <li>▪ Healthy relationships require communication skills such as negotiation, assertiveness and active listening.</li> <li>▪ Understanding another person’s viewpoint is important to healthy communication within a family and other relationships.</li> <li>▪ Effective communication skills enhance personal health and aid in building and maintaining relationships.</li> <li>▪ Effective communication skills can aid in dealing with peer pressure and reduce stress.</li> <li>▪ Healthy people make responsible decisions.</li> <li>▪ Stress can be handled in healthy and unhealthy ways.</li> <li>▪ Healthy coping skills help a person to be resilient, develop perspective, and stay in balance</li> </ul>
<p><b>Vocabulary</b></p>	<ul style="list-style-type: none"> <li>▪ <u>Terms:</u> <ul style="list-style-type: none"> <li>○ health triangle, communication, relationships, verbal, non-verbal, strategy, viewpoint, peer pressure, respect, emotions, stress, conflict, assertiveness, negotiation, aggressiveness, passivity, personality, self-concept, self-image, self-esteem, self-confidence, self-talk, emotional needs, stressors, distress, eustress, physical fatigue, adrenaline, psychological fatigue, mental health disorders, psychologist, psychiatrist, anxiety disorder, phobia, mood disorder, depression, bipolar, lifestyle factors, risky behavior, cumulative risks, self control, self-discipline, coping skills, values, code of ethics, abstinence, character traits, mutual respect, compassion, empathy, conflict resolution, compromise, mediation</li> </ul> </li> </ul>

**Brunswick School Department  
Grade 8  
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<b>Essential Skills</b>	<ul style="list-style-type: none"> <li>▪ Identify strategies to improve or maintain personal and family health.</li> <li>▪ Explain how effective communication skills enhance health and reduce health risks.</li> <li>▪ Demonstrate how effective communication skills enhance health and reduce health risks.</li> <li>▪ Use the six step decision-making model to arrive at healthy solutions to everyday situations.</li> <li>▪ Identify some healthy and unhealthy anger and stress management techniques.</li> </ul>
<b>Related Maine Learning Results</b>	<p><u>Health</u></p> <p>C. Health Promotion and Risk Reduction</p> <p>3. Develop strategies to improve or maintain personal and family health.</p> <p>6. Distinguish between healthy and unhealthy stress management techniques.</p> <p>E. Communication Skills</p> <p>1. Demonstrate effective verbal and non-verbal communication skills to enhance health and to build and maintain healthy relationships.</p> <p>2. Demonstrate refusal and negotiation skills which can enhance healthy by enabling them to deal with negative peer pressure.</p> <p>3. Demonstrate conflict resolution strategies.</p> <p>F. Decision-Making and Goal Setting</p> <p>3. Explain how decisions regarding health behaviors have consequences for them and others.</p>
<b>Sample Lessons And Activities</b>	<ul style="list-style-type: none"> <li>▪ Complete a health and wellness inventory.</li> <li>▪ Create an ongoing list of personal assets and supports to ensure success.</li> <li>▪ Practice ways to improve mental/emotional health.</li> <li>▪ Develop a personal plan for daily schedule.</li> <li>▪ Identify ways to practice and improve personal responsibility.</li> <li>▪ Implement a stop, think, and predict decision-making model.</li> <li>▪ Evaluate personal relationships.</li> <li>▪ Role play and practice effective communication skills.</li> </ul>
<b>Sample Classroom Assessment Methods</b>	<ul style="list-style-type: none"> <li>▪ Respond to a variety of scenarios in which communication skills were used effectively and ineffectively.</li> <li>▪ Complete a unit test.</li> </ul>
<b>Sample Resources</b>	<ul style="list-style-type: none"> <li>▪ <u>Publications:</u> <ul style="list-style-type: none"> <li>○ <u>Activities that Teach</u> – Tom Jackson</li> <li>○ <u>Sexuality and Character Education</u> - Meeks-Heit</li> <li>○ <u>Actions and Consequences</u>, Sunburst Visual</li> </ul> </li> </ul>
<b>Technology Link</b>	<ul style="list-style-type: none"> <li>▪ <a href="http://www.brunswick.k12.me.us/curriculum">http://www.brunswick.k12.me.us/curriculum</a></li> </ul>