

<p><b>Essential Understandings</b></p>	<p>Balanced health is essential for total wellness.</p>
<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 physical, mental/emotional, and social health?</li> <li>▪ How do communication skills affect health?</li> <li>▪ What is sexual harassment?</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>▪ 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 that can affect short and long term goals.</li> <li>▪ Stress can be handled in healthy and unhealthy ways. 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> health triangle, communication, relationships, verbal, non-verbal, strategy, peer pressure, respect, emotions, stress, conflict, assertiveness, negotiation, aggressiveness, passivity, personality, self-concept, self-image, self-esteem, self-confidence, emotional needs, stressors, physical fatigue, lifestyle factors, risky behavior, self control, self-discipline, coping skills, values, code of ethics, mutual respect, compassion, empathy, conflict resolution, sexual harassment, compromise, mediation, hand wheel, feed, presser foot, presser foot lifter, stitch length, stitch width, take up lever, bobbin, foot control, needle, throat plate, spool pin, and slide plate.</li> </ul>
<p><b>Essential Skills</b></p>	<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> </ul>

Unit 3: Personal Health

	<ul style="list-style-type: none"> <li>▪ Identify some healthy and unhealthy anger and stress management techniques.</li> </ul>
<p><b>Related Maine Learning Results</b></p>	<p><u>Health</u>            C. Health Promotion and Risk Reduction            C1. Healthy Practices and Behaviors            Students demonstrate a healthy practice and/or behavior to maintain or improve their own health in each of the following areas: personal hygiene; healthy eating; physical activity; and tobacco, alcohol, and other drug use prevention.            C3. Self-Management            Students distinguish between healthy and unhealthy strategies for stress, anger, and grief management.            E. Communication and Advocacy Skills            E1. Interpersonal Communication Skills            Students apply effective verbal and nonverbal interpersonal communication skills to enhance health.            c. Demonstrate refusal and negotiation skills to avoid or reduce health risks.            d. Demonstrate effective conflict management or conflict resolution strategies.</p>
<p><b>Sample Lessons And Activities</b></p>	<ul style="list-style-type: none"> <li>▪ Create a personalized wellness triangle</li> <li>▪ Practice ways to improve physical, mental/emotional, and social health.</li> <li>▪ Identify ways to practice and improve personal responsibility.</li> <li>▪ Evaluate personal relationships.</li> <li>▪ Role-play and practice effective communication skills.</li> <li>▪ Identify parts of a sewing machine</li> <li>▪ Create a seam sample</li> </ul>
<p><b>Sample Classroom Assessment Methods</b></p>	<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> <li>▪ Complete a sewing project without frustration</li> </ul>
<p><b>Sample Resources</b></p>	<ul style="list-style-type: none"> <li>▪ <u>SASSMM</u></li> <li>▪ <u>YYAPP</u></li> <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 - Meeks-Heit Actions and Consequences</u>, Sunburst Visual</li> </ul> </li> </ul>