

keepin' it REAL and Middle School Health Frameworks

	Expectation One	Activities:	Expectation Two	Activities:
Lesson One	Food Choices: Ex. 3 Physical Activity: Ex. 3,4,5 Mental/Emotional: Ex. 2	Food Choices: Choices/Goals pg. 12; Physical Activity: Choices/Goals pg. 12; Mental/Emotional: REAL pg. 11, What Would..pg. 10		
Lesson Two	Human Body: Ex. 1,2,3 Food Choices: Ex. 2,3,6 Physical Activity: Ex. 1,2,4 Mental/Emotional: Ex. 6,7,8	Guessing Game pg. 17	Disease Prevention: Ex. 1,2,3,5,6 Treat of Disease: Ex.2,4,5	Guessing Game pg. 17
Lesson Three	Mental/Emotional: Ex.1,2,3,6,8	Mental/Emotional: I Statements pg. 27		
Lesson Four	Mental/Emotional: Ex.1,2,3,5,6	Mental/Emotional: Saying NO Assertively pg.31		
Lesson Five	Mental/Emotional: Ex. 1,2,3,5,6	Mental/Emotional: Communication Skills pg.34		
Lesson Six	Mental/Emotional: Ex. 1,2,3,5,6	A-B-C-D Problem Solving pg. 39		
Lesson Seven	Mental/Emotional: Ex.1,2,3,5,6	Leave Strategy pg. 42		
Lesson Eight	Mental/Emotional: Ex.1	Identifying Values pg. 47	Disease Prevention: Ex. 2,5	Decision Making pg. 49
Lesson Nine	Mental/Emotional: Ex.1,2,3,4,5,6,8 Food: Ex. 6 Phys. Activity: Ex. 3	Role Play pg. 54	Disease Prevention: Ex. 2	Role Play pg. 54
Lesson Ten	Mental/Emotional: Ex. 1,2,3,5,6	REAL Review pg. 60		

Ex.= Example

	Expectation Three	Activities:	Expectation Four	Activities
Lesson One	Potential Danger: Ex. 5 Alcohol/Tobacco: Ex. 2	Potential Danger: What Would..pg. 10, REAL pg. 11 Alcohol/Tobacco: REAL pg. 11		
Lesson Two	Potential Danger: Ex. 1,2,3,4,6,7,8,9,10 Alcohol/Tobacco: Ex.1,3,4 Child Abuse: Ex.2	Guessing Game pg. 17	Roles of Family: Ex. 4,6	Guessing Game pg. 17
Lesson Three	Potential Danger: Ex. 1,5,11 Alcohol/Tobacco: Ex. 2,5,6 Child Abuse: Ex. 3	Assertive Communication pg 26	Roles of Family: Ex. 3	Assertive Communication pg. 26
Lesson Four	Potential Danger: Ex. 1,5 Alcohol/Tobacco: Ex. 1,2,5 Child Abuse: Ex. 3	Saying NO Assertively pg. 31		
Lesson Five	Potential Danger: Ex.1,5 Alcohol/Tobacco: Ex. 1,2,5,6,8 Child Abuse: Ex.3	Guidelines for Explaining pg. 34		
Lesson Six	Potential Danger: Ex. 1,5,11 Alcohol/Tobacco: Ex. 1,2,5,6,8 Child Abuse: Ex. 3	A-B-C-D Problem Solving pg.39		
Lesson Seven	Potential Danger: Ex. 1,5,11 Alcohol/Tobacco: Ex. 1,2,5,6,8 Child Abuse: Ex.3	Resistance Roleplays pg. 43		
Lesson Eight	Alcohol/Tobacco: Ex. 1,5,6	Identifying Values pg. 47		
Lesson Nine	Potential Danger: Ex. 1,2,10,11 Alcohol/Tobacco: 1,2,5,6	Role Play pg. 54		
Lesson Ten	Potential Danger: Ex. 1,5, 7, 11 Alcohol/Tobacco: Ex. 1,2,5,6,7,8 Child Abuse: Ex.1,3	Support Skills pg. 57,58,59 REAL Review pg. 60	Role of Family: Ex. 1,2,3,4 Change w/in Family: Ex. 1	Support Skills pg. 57,58,59 REAL Review pg. 60

	Expectation Five	Activities	Expectation Six	Activities
Lesson One	Friendship/Peer Relations: Ex. 2,3,4,5,6,7,8,10	REAL pg. 11	Life Cycle: Ex. 2,5	REAL pg. 11 Goals pg.12
Lesson Two	Friendship/Peer Relations: Ex.10 School/Community: Ex. 1	Guessing Game pg.17	Life Cycle: Ex. 1,5	Guessing Game pg. 17
Lesson Three	Friendship/Peer Relations: Ex. 3,5,7	Assertive Communication pg. 26	Life Cycle: Ex. 3	Assertive Communication pg. 26 I Statements pg. 27
Lesson Four	Friendship/Peer Relations: Ex. 5,6,7	Saying NO Assertively pg. 31		
Lesson Five	Friendship/Peer Relations: Ex. 5,6,7	Guidelines for Explaining pg. 34		
Lesson Six	Friendship/Peer Relations: Ex. 6,7	A-B-C-D Problem Solving pg. 39		
Lesson Seven	Friendship/Peer Relations: Ex. 5,6,7	Resistance Roleplays pg. 43		
Lesson Eight				
Lesson Nine	Friendship/Peer Relations: Ex. 3,4,5,6,7,9	Feelings Roleplay pg. 54	Life Cycle: Ex. 2	Feelings Roleplay pg. 54
Lesson Ten	Friendship/Peer Relations: Ex. 5,6,7,8,9,10	Support Skills pg. 57,58,59 REAL Review pg. 60		

	Expectation Seven	Activities	Expectation Eight	Activities
Lesson One	Mental/Emotional: Ex. 1,2,3,5	REAL pg. 11 Goals pg.12 Choices pg. 13		
Lesson Two	Growth/Development: Ex. 3,4,5	Guessing Game pg. 17	Sexuality: Ex. 2,3,4,6	Guessing Game pg. 17
Lesson Three	Mental/Emotional: Ex. 1,2	Assertive Communication pg. 26 I Statements pg. 27	Sexuality: Ex. 3,4,6	Assertive Communication pg. 26 I Statements pg. 27
Lesson Four	Mental/Emotional: Ex. 2	Saying NO Assertively pg. 31	Sexuality: Ex. 5	Saying NO Assertively pg. 31
Lesson Five	Mental/Emotional: Ex. 2	Guidelines for Explaining pg. 34	Sexuality: Ex. 5	Guidelines for Explaining pg. 34
Lesson Six			Sexuality: Ex. 3,4	A-B-C-D Problem Solving pg. 39
Lesson Seven	Mental/Emotional: Ex. 2	Resistance Roleplays pg. 43	Sexuality: Ex. 3,4,5	Resistance Roleplays pg. 43
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Lesson Nine	Growth/Development: Ex. 1 Mental/Emotional: Ex. 1,2,3	Feelings Roleplay pg. 54		
Lesson Ten	Mental/Emotional: Ex. 2	REAL Review pg. 60	Sexuality: Ex. 1,3,4,5,6	Support Skills pg. 57,58,59 REAL Review pg. 60

	Expectation Nine	Activities
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Lesson Two		
Lesson Three		
Lesson Four		
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Lesson Ten	Products/Services: Ex. 4	Support Skills pg. 57,58,59