

Abstinence, Personal & Sexual Health

The student materials in this *HealthSmart* unit address the following Common Core State Standards in English Language Arts:

Lesson 1

Assessing My Health Habits RI.9-10.1; RI.11-12.1

Lesson 2

Infectious Disease Detective RL.9-10.1,2,3,4; RL.11-12.1,2,3,4;
W.9-10.2,4; W.11-12.2.4

Stop the Spread RL.9-10.1,2,3,4; RL.11-12.1,2,3,4;
W.9-10.2,4; W.11-12.2.4; L.9-10.3; L.11-12.3

Lesson 3

Risk Factor Cards SL.9-10.4; SL.11-12.4; L.9-10.6; L.11-12.6

Chronic Disease Cards RI.9-10.1,2,3,4; RI.11-12.1,2,3,4;
SL.9-10.4; SL.11-12.4; L.9-10.6; L.11-12.6

Teens & Chronic Disease: Allergies RI.9-10.1,2,3,4; RI.11-12.1,2,3,4

Teens & Chronic Disease: Asthma RI.9-10.1,2,3,4; RI.11-12.1,2,3,4

Teens & Chronic Disease: Epilepsy RI.9-10.1,2,3,4; RI.11-12.1,2,3,4

Teens & Chronic Disease: Diabetes RI.9-10.1,2,3,4; RI.11-12.1,2,3,4

Teens & Chronic Disease (notes page) W.9-10.2,4; W.11-12.2.4 SL.9-10.3; SL.11-12.3

Chronic Disease & Quality of Life Analysis W.9-10.2,4,5,8; W.11-12.2.4,5,8; L.9-10.4,6; L.11-12.4,6

Lesson 4

Self-Care or See a Doctor? RI.9-10.1,3,4; RI.11-12.1,3,4 SL.9-10.1; SL.11-12.1

My Guide for Evaluating Health Websites W.9-10.1,4; W.11-12.1.4

Getting Help with Staying Healthy W.9-10.2,4,6,8,9; W.11-12.2.4,6,8,9; SL.9-10.3; SL.11-12.3;
L.9-10.3,6; L.11-12.3,6

Lesson 5

Health Habits Research: Vision RI.9-10.1,4,6,8; RI.11-12.1,4,6; W.9-10.2,4,6,7,8,9;
W.11-12.2,4,6,7,8,9; SL.9-10.1,2,3,4,5; SL.11-12.1,2,3,4,5; L.9-10.6; L.11-12.6

Health Habits Research: Hearing RI.9-10.1,4,6,8; RI.11-12.1,4,6; W.9-10.2,4,6,7,8,9;
W.11-12.2,4,6,7,8,9; SL.9-10.1,2,3,4,5; SL.11-12.1,2,3,4,5; L.9-10.6; L.11-12.6

Health Habits Research: Skin RI.9-10.1,4,6,8; RI.11-12.1,4,6; W.9-10.2,4,6,7,8,9;
W.11-12.2,4,6,7,8,9; SL.9-10.1,2,3,4,5; SL.11-12.1,2,3,4,5; L.9-10.6; L.11-12.6

Health Habits Research: Sleep RI.9-10.1,4,6,8; RI.11-12.1,4,6; W.9-10.2,4,6,7,8,9;
W.11-12.2,4,6,7,8,9; SL.9-10.1,2,3,4,5; SL.11-12.1,2,3,4,5; L.9-10.6; L.11-12.6

Improving My Health Habits W.9-10.1,2,4; W.11-12.1,2,4; L.9-10.3,6; L.11-12.3,6

Lesson 6

What Do You Think? RI.9-10.1,4; RI.11-12.1,4; SL.9-10.1,4; SL.11-12.1,4; L.9-10.3,6; L.11-12.3,6

Understanding Sexuality RI.9-10.4; RI.11-12.4; W.9-10.2,4; W.11-12.2,4; L.9-10.3,6; L.11-12.3,6

Key to Common Core Abbreviations

Language Forms:

RL = Reading Literature

RI = Reading Informational

Text

W = Writing

SL = Speaking & Listening

L = Language

The grade level follows the language form.

The specific standards addressed follow the grade level, separated by commas.

For example: W.9-10.2,4 =

Writing, Grades 9-10,

Standards 2 and 4.

Lesson 7

Male Reproductive Organs L.9-10.6; L.11-12.6

Female Reproductive Organs L.9-10.6; L.11-12.6

Understanding Human Reproduction RI.9-10.1,4; RI.11-12.1,4; W.9-10.9; W.11-12.9;
L.9-10.6; L.11-12.6

Lesson 8

Breast Self Exam RI.9-10.1,2,3,4; RI.11-12.1,2,3,4

Male Self Exam RI.9-10.1,2,3,4; RI.11-12.1,2,3,4

Sexual Health Situations RL.9-10.1,2,3,4; RL.11-12.1,2,3,4; W.9-10.2,4,6; W.11-12.2,4,6;
SL.9-10.1; SL.11-12.1; L.9-10.6; L.11-12.6

Time to Talk: Your Daughter's Sexual Health RI.9-10.1,2,3,4; RI.11-12.1,2,3,4;
SL.9-10.1; SL.11-12.1; L.9-10.6; L.11-12.6

Time to Talk: Your Son's Sexual Health RI.9-10.1,2,3,4; RI.11-12.1,2,3,4; SL.9-10.1; SL.11-12.1;
L.9-10.6; L.11-12.6

Taking Care of Your Sexual Health RI.9-10.1,2,3,4; RI.11-12.1,2,3,4; W.9-10.2,4; W.11-12.2,4;
SL.9-10.1,3,4; SL.11-12.1,3,4; L.9-10.6; L.11-12.6

Keys to Sexual Health W.9-10.2,4; W.11-12.2,4; SL.9-10.1,4; SL.11-12.1,4; L.9-10.6; L.11-12.6

Spreading the Word About Sexual Health W.9-10.1,2,4-6,8,9; W.11-12.1,2,4-6,8,9;
L.9-10.1,2,3,4,6; L.11-12.1,2,3,4,6

Lesson 9

Why Choose Abstinence? W.9-10.1,2,3,4,5,6; W.11-12.1,2,3,4,5,6; L.9-10.6; L.11-12.6

Lesson 10

Attitudes About Abstinence W.9-10.2,4; W.11-12.2,4; SL.9-10.3,4; SL.11-12.3,4

Influences on Sexual Choices W.9-10.2,4; W.11-12.2,4; L.9-10.6; L.11-12.6

Lesson 11

Media Observation Report RI.9-10.1,2,3,4,6,8; RI.11-12.1,2,3,4,6;

W.9-10.2,4,7; W.11-12.2,4,7; SL.9-10.2,3,4,5; SL.11-12.2,3,4,5; L.9-10.6; L.11-12.6

Media Analysis W.9-10.2,4; W.11-12.2,4; SL.9-10.1,4,6; SL.11-12.1,4,6; L.9-10.6; L.11-12.6

Lesson 12

Situation Examples SL.9-10.1,3,4; SL.11-12.1,3,4; L.9-10.6; L.11-12.6

Time to Talk: Supporting Abstinence RI.9-10.1,2,3,4; RI.11-12.1,2,3,4; SL.9-10.1; SL.11-12.1;
L.9-10.6; L.11-12.6

Lesson 13

Decision Scenario W.9-10.1,2,4,9; W.11-12.1,2,4,9; SL.9-10.1; SL.11-12.1; L.9-10.6; L.11-12.6

Deciding on My Limits W.9-10.1,2,4,9; W.11-12.1,2,4,9; SL.9-10.1; SL.11-12.1;
L.9-10.6; L.11-12.6

Lesson 14

Turning Off the Pressure RL.9-10.1,2,3,4; RL.11-12.1,2,3,4; W.9-10.2,3,4; W.11-12.2,3,4;
L.9-10.6; L.11-12.6

HealthSmart Alignment to ELA Common Core State Standards Listed by Lesson
High School *Abstinence, Personal & Sexual Health*

Lesson 15

The Pressure Is On – Ineffective Version SL.9-10.1,3; SL.11-12.1,3

The Pressure Is On –Effective Version SL.9-10.1,3; SL.11-12.1,3

Saying NO RL.9-10.1,2,3,4; RL.11-12.1,2,3,4; W.9-10.2,3,4; W.11-12.2,3,4;
SL.9-10.4; SL.11-12.4 L.9-10.6; L.11-12.6

Refusal Roleplay W.9-10.2,3,4; W.11-12.2,3,4; SL.9-10.4; SL.11-12.4; L.9-10.6; L.11-12.6

Observer Checklist W.9-10.1; W.11-12.1; SL.9-10.3; SL.11-12.3

Lesson 16

My Abstinence or Other Sexual Health Goal W.9-10.1,4; W.11-12.1,4

Unit Assessment 1

What I Know About Abstinence, Personal & Sexual Health RL.9-10.1,2,3,4; RL.11-12.1,2,3,4;
W.9-10.2,4; W.11-12.2.4; L.9-10.6; L.11-12.6

Unit Assessment 2

Picture of Health Gallery Walk Study Guide W.9-10.2,4; W.11-12.2.4

Gallery Walk Record Sheet RI.9-10.1; RI.11-12.1; W.9-10.1; W.11-12.1