

## Family Life

### Key Concepts

#### Grades Pre K - 2

##### A. Health Concepts

- \_\_\_\_\_ Children come from a variety of different family structures.  
*LINK: A.3. Demonstrate an understanding of basic health terms.*

##### B. Health Information, Services, and Products

- \_\_\_\_\_ Community and school helpers can assist with personal and family health issues.  
*LINK: B.1. Identify which school and community health helpers are needed in given situations.*

##### C. Health Promotion and Risk Reduction

- \_\_\_\_\_ There are safety strategies for dealing with abusive family situations.  
*LINK: C.4. Demonstrate a variety of safety skills for different situations.*
- \_\_\_\_\_ Children cope with family change in various ways.  
*LINK: C.5. Apply coping strategies when they feel too excited, anxious, angry, or out of control.*

##### D. Influences on Health

- \_\_\_\_\_ Messages from family members can influence personal health, including self esteem.  
*LINK: D.2. Explain how information from school and family influences health.*

##### E. Communication Skills

- \_\_\_\_\_ It is important for family members to express needs, wants, and feelings in a respectful and positive way.  
*LINK: E.1. Demonstrate healthy ways to express needs, wants, and feelings.*

## Grades 3-4

### A. Health Concepts

- \_\_\_\_\_ Family structure can change for a variety of reasons and can affect multiple components of health.  
*LINK: A.2. Identify indicators of physical, mental, emotional, and social health during childhood.*
- \_\_\_\_\_ The reproductive system enables a man and a woman to have a baby.  
*LINK: A.3. Describe the basic structures and functions of the human body systems.*
- \_\_\_\_\_ Abusive behavior in families is harmful.  
*LINK: A.7. Demonstrate essential understanding of basic health concepts.*
- \_\_\_\_\_ Talents, characteristics, strengths and hopes apply to both genders.  
*LINK: A.7. Demonstrate essential understanding of basic health concepts.*

### B. Health Information, Services, and Products

- \_\_\_\_\_ Families in need of health services may find assistance from community health helpers.  
*LINK: B.2. Demonstrate ways to locate school and community health helpers.*

### C. Health Promotion and Risk Reduction

- \_\_\_\_\_ Children can learn safety strategies for dealing with abusive family situations.  
*LINK: C.2. Develop injury prevention and safety strategies for personal health.*  
*LINK: C.4. Demonstrate healthful and safe ways to deal with or avoid threatening and stressful situations.*

### D. Influences on Health

- \_\_\_\_\_ Cultures influence gender roles within the family structure.  
*LINK: D.1. Evaluate the influences of culture on health.*
- \_\_\_\_\_ Family members have roles and responsibilities.  
*LINK: D.4. Describe ways to be a responsible friend and family member.*
- \_\_\_\_\_ There are various ways to support friends or family members.  
*LINK: D.4. Describe ways to be a responsible friend and family member.*
- \_\_\_\_\_ Love and/or affection should be expressed appropriately depending on the relationship and the situation.  
*LINK: D.4. Describe ways to be a responsible friend or family member.*

## Grades 3 - 4

### E. Communication Skills

- \_\_\_\_\_ Healthy families use positive and effective verbal and non-verbal forms of communication.  
*LINK: E.1. Use appropriate communication and listening skills to enhance health.*
- \_\_\_\_\_ Family members have a right to different feelings and opinions, can disagree, and still care about each other.  
*LINK: E.1. Use appropriate communication and listening skills to enhance health.*
- \_\_\_\_\_ Conflict resolution strategies can be used successfully to solve problems within families.  
*LINK: E.3. Demonstrate non-violent strategies to resolve conflicts.*

### F. Decision-Making and Goal Setting

- \_\_\_\_\_ Families can use a decision making process to address health issues and problems.  
*LINK: F.1. Demonstrate the ability to apply a decision making process to health issues and problems.*

## Grades 5-8

### A. Health Concepts

- \_\_\_\_\_ Family members can experience prejudice, stereotyping, and discrimination based on gender and sexual orientation that can lead to lower self-esteem, physical and emotional problems and unequal opportunities.  
*LINK: A.2. Describe the relationship among physical, mental, emotional, and social health.*
- \_\_\_\_\_ Human reproduction is a process that involves fertilization, pregnancy, and birth.  
*LINK: A.7. Identify the characteristics and stages of human growth and development.*
- \_\_\_\_\_ Roles and responsibilities of family members change as they grow older.  
*LINK: A.7. Identify the characteristics and stages of human growth and development.*
- \_\_\_\_\_ Abstinence from sexual activity is the safest and most effective way to avoid pregnancy and reduce the risk of sexually transmitted disease, including HIV.  
*LINK: A.8. Demonstrate thorough understanding of key health concepts.*
- \_\_\_\_\_ Contraceptive methods have a variety of health benefits and risks and they can prevent or delay pregnancy when used correctly and consistently.  
*LINK: A.8. Demonstrate thorough understanding of key health concepts.*

### B. Health, Information, Services, and Products

- \_\_\_\_\_ School and community resources can provide information and services for pregnant and parenting teens.  
*LINK: B.2. Identify resources from home, school, and community that provide valid health information and services.*
- \_\_\_\_\_ School and community resources are available to help and support adolescents who are impacted by domestic violence.  
*LINK: B.2. Identify resources from home, school, and community that provide valid health information and services.*

### C. Health Promotion and Risk Reduction

- \_\_\_\_\_ Adolescents should develop strategies that demonstrate care and respect toward family members.  
*LINK: C.3. Develop strategies to improve or maintain personal and family health.*

## Grades 5 -8

### D. Influences on Health

- \_\_\_\_\_ Beliefs of different cultures influence family expectations and traditions.  
*LINK: D.1. Investigate the influence of cultural beliefs on health behaviors and the use of health services.*
- \_\_\_\_\_ Attitudes about proper behaviors for males and females differ among individuals, families, and cultures.  
*LINK: D.1. Investigate the influence of cultural beliefs on health behaviors and the use of health services.*
- \_\_\_\_\_ Over the years there has been a shift of male and female roles within some families.  
*LINK: D.1. Investigate the influence of cultural beliefs on health behaviors and the use of health services.*
- \_\_\_\_\_ Media influences the way people perceive relationships and family life.  
*LINK: D.2. Analyze how messages from media influence both health behaviors and the selection of health information, products, and services.*

### E. Communication Skills

- \_\_\_\_\_ Healthy family relationships require communication skills such as negotiation, assertiveness and active listening.  
*LINK: E.1. Demonstrate effective verbal and non-verbal communication skills to enhance health and to build and maintain healthy relationships.*  
*LINK: E.3. Demonstrate conflict resolution strategies.*
- \_\_\_\_\_ Love can be expressed in healthy ways within relationships (e.g. family and friends).  
*LINK: E.1. Demonstrate effective verbal and non-verbal communication skills to enhance health and to build and maintain healthy relationships.*
- \_\_\_\_\_ Understanding another person’s viewpoint is important to healthy communication within a family and other relationships.  
*LINK: E.1. Demonstrate effective verbal and non-verbal communication skills to enhance health and to build and maintain healthy relationships (e.g., positive peer pressure).*
- \_\_\_\_\_ Communicating about sexuality with family members promotes good health.  
*LINK: E.1. Demonstrate effective verbal and non-verbal communication skills to enhance health and to build and maintain healthy relationships (e.g., positive peer pressure).*
- \_\_\_\_\_ Conflict occurs within family relationships and it is important to resolve them in a positive way.  
*LINK: E.3. Demonstrate conflict resolution strategies.*

## Grades 5 -8

### F. Decision-Making and Goal Setting

- \_\_\_\_\_ Adolescents should discuss important health decisions with family members.  
*LINK: F.1. Demonstrate individual and collaborative decision-making to resolve health problems.*
  
- \_\_\_\_\_ Family values play an important role in influencing adolescent health-related issues.  
*LINK: F.2. Analyze how health-related decisions are influenced by individuals, families, and community values.*
  
- \_\_\_\_\_ Early teen pregnancy poses many health risks and/or other negative impacts to the mother, child and other family members.  
*LINK: F.3. Explain how decisions regarding health behaviors have consequences for them and others.*

## Secondary

### A. Health Concepts

\_\_\_\_\_ Abstinence from sexual activity is the only 100% effective way to avoid pregnancy and reduce the risk of sexually transmitted diseases.

*LINK: A.1. Analyze the relationship between personal health practices and individual well-being.*

\_\_\_\_\_ Early and consistent prenatal care is essential to healthy pregnancy outcomes.

*LINK: A.1. Analyze the relationship between personal health practices and individual well-being.*

\_\_\_ Gender stereotyping may effect or limit self-concept, choices, relationships, and aspirations.

*LINK: A.1. Analyze the relationship between personal health practices and individual well-being.*

### B. Health Information, Services, and Products

\_\_\_\_\_ When choosing a contraceptive method, people should consider a method that they will use effectively and consistently.

*LINK: B.2. Evaluate factors that influence personal selection of health products and services.*

\_\_\_\_\_ Community and school resources can provide information and services for pregnancy prevention including contraceptive methods.

*LINK: B.3. Access school and community health services.*

\_\_\_\_\_ Community and school resources may be available to help people who are experiencing family relationship difficulties or problems.

*LINK: B.3. Access school and community health services.*

\_\_\_\_\_ Steps necessary to maintain sexual and reproductive health throughout the lifecycle include self-examinations and regular clinical exams.

*LINK: B.3. Access school and community health services.*

### C. Health Promotion and Risk Reduction

\_\_\_\_\_ There are many intimate and sexual behaviors that are pleasurable but do not put an individual at risk of an unintended pregnancy or STD.

*LINK: C.2. Demonstrate strategies to avoid, change, and report unsafe situations.*

## Secondary

### D. Influences on Health

\_\_\_\_\_ Family, culture, media, religion, and society impact an individual's sexual decisions and behavior throughout life.

*LINK: D.2. Evaluate the effect of media and other factors on personal, family, and community health.*

\_\_\_\_\_ Healthy family relationships involve shared values, commitment and intimacy.

*LINK: D.4. Analyze how the family, peers, and community influence the health of individuals.*

### E. Communication Skills

\_\_\_\_\_ Good communication is essential to healthy family relationships.

*LINK: E.1. Demonstrate healthy ways to listen and communicate effectively with family, peers, and others.*

\_\_\_\_\_ It is important to communicate about contraception and disease prevention with a partner.

*LINK: E.1. Demonstrate healthy ways to listen and communicate effectively with family, peers, and others.*

\_\_\_\_\_ Understanding of differences in communication styles between males and females is essential for effective communication.

*LINK: E.1. Demonstrate healthy ways to listen and communicate effectively with family, peers, and others.*

### F. Decision-Making and Goal Setting

\_\_\_\_\_ There are physical, emotional, social, economic, and legal consequences of teenage pregnancy and parenting.

*LINK: F.3. Predict the immediate and long-term impact of health decisions on the individual, family, and community.*

\_\_\_\_\_ Decisions about sexuality can affect a person's future health and life plans.

*LINK: F.3. Predict the immediate and long-term impact of health decisions on the individual, family, and community.*