

Unit #:5 Title: Relationship Skills Time Frame:  
September-June

**Big Idea:** How can you establish and maintain healthy relationships? How can you utilize positive communication and social skills to interact effectively with others?

(I = Introduced; D= developing; M= Mastering)

Standard	WALT	We can	I-D-M
<b>2.1.2.CHSS.6</b> Identify individuals who can assist with expressing one's feelings (e.g., family members, teachers, counselors, medical	Identify who, when, where, or how to seek help for oneself or others when needed.	We can understand that individuals face a variety of situations that may result in different types of feelings and learning how to talk about their feelings is	M
<b>2.2.2.PF.4</b> Demonstrate strategies and skills that enable team and group members to achieve goals.  <b>2.2.2.A.1</b> Express needs, wants, and feelings in health- and safety-	Identify ways to resist inappropriate social pressure.	We can use effective communication in the outcome of health- and safety-related situations.	M
<b>2.1.2.SSH.4</b> Determine the factors that contribute to healthy relationships within a family.	Demonstrate the ability to prevent and resolve interpersonal conflicts in	We can understand that families shape the way we think about our bodies, our health and our behaviors.	D
<b>2.1.2.SSH.6</b> Determine the factors that contribute to healthy relationships.	Establish and maintain healthy relationships.	We can understand that people have relationships with others in the local community and beyond.	D
<b>2.1.2.SSH.7</b> Explain healthy ways for friends to express feelings for and to one another.  <b>2.2.2.D.1</b> Determine the benefits for oneself and others of participating in a class or	Utilize positive communication and social skills to interact effectively.	We can use communication as the basis for strengthening relationships and resolving conflict between people.	M