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| A close up of a book  Description automatically generated**Dates**  **Nov. 11-15th, 2024** | **HHS Health Class Weekly Lesson Plans: Basic Relationship Skills** | |
| **Reading Goal for the Week:** How to read and understand textbook information  **Writing Goal for the Week:** Writing information to convey a message.  **Math Goal for the Week:** Using statistics to convey a message. | | |
| **Essential Standard (s) for the week:**  #1: Comprehend concepts related to health promotion and disease prevention to enhance personal health. | | **Learning Target (s) for the week:**  Students will learn about basic relationship skills |
| **Monday** | * Finish Chapter 4 from Friday and Read Ch. 5 | |
| **Tuesday** | **Lesson 1 Power Up Speak Out / Healthy Relationships**  ***Learning Outcomes:***   1. Students will define a relationship as a connection between two or more people. 2. Students will identify Healthy Relationship Statements   In my relationships:  I get to be myself  I treat others well.  I can say no.  I have fun. | |
| **Wednesday** | **Lesson 2 Power Up Speak Out / Power in Relationships**  *Learning Outcomes:*   1. Students will examine the concept of one-sided power and two-sided power in peer relationships. 2. Students will identify Unhealthy Relationship Statements.   I don’t get to be myself.  I don’t treat others well.  I can’t say no.  I don’t have fun.   1. Students will identify “Red Flags” in relationships.   Is there someone feeling uneasy, embarrassed, humiliated, or hurt in the relationship?  Is there one-sided power in the relationship. | |
| **Thursday** | Continue with Power Up Speak out Curriculum. Assessment Schedule Today! | |
| Friday | 1. Chapter 18 Chapter Review and Assessment Pages 552-555 ‘s 1-26, 31-38   Assembly Schedule Today! | |
| **Notes/Reminders:**   * If you wish for your student to NOT participate in this unit, please fill out and return the appropriate forms with your student on Monday or email them to me by Monday. * If you wish you students not to participate this week, they will go to the library and complete a research paper on a Health topic of their choosing.   Relationships Unit Power Up Speak Out Curriculum, <https://powerupspeakout.org/>  District Health Enhancement and Opt-Out Forms:  <https://helenaschools.org/departments/curriculum-and-instruction/health-enhancement/> | | |