

Curriculum Mapping Tool
Alignment with Colorado State Healthy Relationships, Sexual and Reproductive
Health Education Standards
Grades 6-8

Note: The complete Colorado Comprehensive Health Standards are available online at www.cde.state.co.us/CoHealthPE

WeldWAITS Program
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Grade Level Expectation: Eighth Grade

CONTENT AREA: COMPREHENSIVE HEALTH AND PHYSICAL EDUCATION
STANDARD: 2. PHYSICAL AND PERSONAL WELLNESS IN HEALTH

Prepared Graduates:

- Apply knowledge and skills necessary to make personal decisions that promote healthy relationships and sexual and reproductive health

Concepts and skills students master:

1. Describe the physical, emotional, mental, and social benefits of sexual abstinence, and develop strategies to resist pressures to become sexually active

WeldWAITS lessons available for 8th graders that meet/partially meet this standard:

- WAIT Training Overview
 - Consequences of teen sex (physical, emotional, mental, and social consequences)
 - Benefits and effectiveness of abstinence
 - Internal and external influences on sexual decisions
 - Understanding of how present decisions affect the future
- Steps of Physical Intimacy
 - Boundaries
 - Refusal skills
- Healthy vs. Unhealthy Dating
 - Characteristics appealing in a dating relationship
 - Personal standards for dating
 - Grooming tactics
- Wrap-Up Activities
 - Dice game and crowded bed
 - NICE

Prepared Graduates:

- Apply knowledge and skills necessary to make personal decisions that promote healthy relationships and sexual and reproductive health

Concepts and skills students master:

2. Analyze how certain behaviors place one at greater risk for HIV/AIDS, sexually transmitted diseases (STDs), and unintended pregnancy

WeldWAITS lessons available for 8th graders that meet/partially meet this standard:

- Sexually Transmitted Infections (STIs) Presentation
- WAIT Training Overview
 - Consequences of teen sex (physical, emotional, mental, and social consequences)
 - Benefits and effectiveness of abstinence
 - Internal and external influences on sexual decisions
 - Understanding of how present decisions affect the future
- Steps of Physical Intimacy
 - What behaviors put students at greater risk for HIV/AIDS, STDs and unintended pregnancy
 - Boundaries
 - Refusal skills
- Healthy vs. Unhealthy Dating
 - Characteristics appealing in a dating relationship
 - Personal standards for dating
 - Grooming tactics
- Wrap-Up Activities
 - Dice game and crowded bed
 - NICE

Prepared Graduates:

- Apply knowledge and skills necessary to make personal decisions that promote healthy relationships and sexual and reproductive health

Concepts and skills students master:

3. Describe the signs and symptoms of HIV/AIDS and other sexually transmitted diseases (STDs)

WeldWAITS lessons available for 8th graders that meet/partially meet this standard:

- Sexually Transmitted Infections (STIs) Presentation
 - Signs, symptoms (some are asymptomatic), transmission, testing and treatment of common STIs
 - Discuss difference between which STIs can be cured, prevented by vaccine, and/or treated
 - Importance of seeking medical attention
- Wrap-Up Activities
 - Dice game and crowded bed

CONTENT AREA: COMPREHENSIVE HEALTH AND PHYSICAL EDUCATION
STANDARD: 4. PREVENTION AND RISK MANAGEMENT IN HEALTH

Prepared Graduates: <ul style="list-style-type: none">➤ Apply knowledge and skills that promote healthy, violence-free relationships
Concepts and skills students master: <ul style="list-style-type: none">4. Analyze the factors that influence violent and nonviolent behavior
WeldWAITS lessons available for 8 th graders that meet/partially meet this standard: <ul style="list-style-type: none">➤ Healthy vs. Unhealthy Dating<ul style="list-style-type: none">○ Characteristics appealing in a dating relationship○ Personal standards for dating○ Grooming tactics (behaviors that are perceived as sexually coercive)➤ Through WAIT Training and Steps of Physical Intimacy rape and sexually assault are briefly touched upon

Grade Level Expectation: Seventh Grade

CONTENT AREA: COMPREHENSIVE HEALTH AND PHYSICAL EDUCATION
STANDARD: 2. PHYSICAL AND PERSONAL WELLNESS IN HEALTH

Prepared Graduates: <ul style="list-style-type: none">➤ Apply knowledge and skills necessary to make personal decisions that promote healthy relationships and sexual and reproductive health
Concepts and skills students master: <ul style="list-style-type: none">3. Compare and contrast healthy and unhealthy relationships (family, peer, and dating)
WeldWAITS lessons available for 7 th graders that meet/partially meet this standard: <ul style="list-style-type: none">➤ Crushes, Infatuation, Love<ul style="list-style-type: none">○ What is love○ Purpose and progression of dating (importance of friendship)○ Types of relationships➤ Importance of Effective Communication<ul style="list-style-type: none">○ Characteristics of healthy relationships

Prepared Graduates: <ul style="list-style-type: none">➤ Apply knowledge and skills necessary to make personal decisions that promote healthy relationships and sexual and reproductive health
Concepts and skills students master: <ul style="list-style-type: none">4. Analyze the internal and external factors that influence sexual decision-making and activity
WeldWAITS lessons available for 7 th graders that meet/partially meet this standard: <ul style="list-style-type: none">➤ Media Presentation<ul style="list-style-type: none">○ External influences that affect values, relationships, and decision making (specially media)○ Influence of media on attitude, behavior/beliefs, and choices○ What the media says (perceived) versus actual○ Analyze ads

Prepared Graduates:
➤ Apply knowledge and skills necessary to make personal decisions that promote healthy relationships and sexual and reproductive health
Concepts and skills students master:
5. Define sexually transmitted diseases (STDs), including human immunodeficiency virus (HIV) and acquired immune deficiency syndrome (AIDS)
WeldWAITS lessons available for 7 th graders that meet/partially meet this standard:
<ul style="list-style-type: none"> ➤ Wise Choices DVD <ul style="list-style-type: none"> ○ Story of individual living with AIDS ○ Effects of HIV on the body ○ How HIV is contracted

CONTENT AREA: COMPREHENSIVE HEALTH AND PHYSICAL EDUCATION
STANDARD: 3. EMOTIONAL AND SOCIAL WELLNESS IN HEALTH

Prepared Graduates:
➤ Utilize knowledge and skills to enhance mental, emotional, and social well-being
Concepts and skills students master:
1. Demonstrate effective communication skills to express feelings appropriately
WeldWAITS lessons available for 7 th graders that meet/partially meet this standard:
<ul style="list-style-type: none"> ➤ Importance of Effective Communication <ul style="list-style-type: none"> ○ Verbal and nonverbal communication ○ Active listening ○ Ability to articulate personal needs and limits

Grade Level Expectation: Sixth Grade

CONTENT AREA: COMPREHENSIVE HEALTH AND PHYSICAL EDUCATION
STANDARD: 2. PHYSICAL AND PERSONAL WELLNESS IN HEALTH

Prepared Graduates:
➤ Apply knowledge and skills necessary to make personal decisions that promote healthy relationships and sexual and reproductive health
Concepts and skills students master:
2. Access valid and reliable information regarding qualities of healthy family and peer relationships
WeldWAITS lessons available for 6 th graders that meet/partially meet this standard:
<ul style="list-style-type: none"> ➤ Friendship <ul style="list-style-type: none"> ○ Qualities of a good friend ○ Toxic friends to avoid ○ Benefits of healthy relationships

Prepared Graduates:
➤ Apply knowledge and skills necessary to make personal decisions that promote healthy relationships and sexual and reproductive health
Concepts and skills students master:
3. Comprehend the relationship between feelings and actions
WeldWAITS lessons available for 6 th graders that meet/partially meet this standard:
<ul style="list-style-type: none"> ➤ Personal Power <ul style="list-style-type: none"> ○ Feelings ○ Personal responsibility ○ Choices ○ Celebrating success and good choices ➤ Draw the Line <ul style="list-style-type: none"> ○ Identify common adolescent actions ○ Need for clear expectations and boundaries ➤ Speak the Line <ul style="list-style-type: none"> ○ Need for personal safety strategies (refusal skills) ○ How to respectfully and assertively communicate boundaries

CONTENT AREA: COMPREHENSIVE HEALTH AND PHYSICAL EDUCATION
STANDARD: 3. EMOTIONAL AND SOCIAL WELLNESS IN HEALTH

Prepared Graduates:
➤ Utilize knowledge and skills to enhance mental, emotional, and social well-being
Concepts and skills students master:
1. Understand how to be mentally and emotionally healthy
WeldWAITS lessons available for 6 th graders that meet/partially meet this standard:
<ul style="list-style-type: none"> ➤ Personal Power <ul style="list-style-type: none"> ○ Feelings ○ Appropriate ways to express feelings ○ Physical symptoms of feelings (how anxiety, fear, etc may affect the body)

CONTENT AREA: COMPREHENSIVE HEALTH AND PHYSICAL EDUCATION
STANDARD: 4. PREVENTION AND RISK MANAGEMENT IN HEALTH

Prepared Graduates:
➤ Apply knowledge and skills to make health-enhancing decisions regarding the use of alcohol, tobacco, and other drugs
Concepts and skills students master:
2. Demonstrate the ability to avoid alcohol, tobacco, and other drugs
WeldWAITS lessons available for 6 th graders that meet/partially meet this standard:
<ul style="list-style-type: none"> ➤ Draw the Line <ul style="list-style-type: none"> ○ Importance of drawing the line before actually in a situation (decision-making skills and boundary setting that lead to risk free situations) ○ Need for clear expectations and boundaries ➤ Speak the Line <ul style="list-style-type: none"> ○ Refusal skills—including the suggestion of positive alternatives ○ How to respectfully and assertively communicate boundaries