

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 taught to 8th graders at Fort Lupton Middle School 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 taught to 8th graders at Fort Lupton Middle School 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 taught to 8th graders at Fort Lupton Middle School 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 taught to 8 th graders at Fort Lupton Middle School 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 taught to 7 th graders at Fort Lupton Middle School 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 taught to 7 th graders at Fort Lupton Middle School 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 taught to 7 th graders at Fort Lupton Middle School 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 taught to 7 th graders at Fort Lupton Middle School 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 taught to 6 th graders at Fort Lupton Middle School 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 taught to 6 th graders at Fort Lupton Middle School 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 taught to 6 th graders at Fort Lupton Middle School 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 taught to 6 th graders at Fort Lupton Middle School 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