

California Middle School and High School Health Standards (Based on the California Framework)

ME AND MY FEELINGS

	Ch. 1: What Are Emotions & Why Do We Have Them?	Ch. 2: Clarifying Emotions	Ch. 3: Interpreting Emotions	Ch. 4: Anger	Ch. 5: Fear	Ch. 6: Surprise and Disgust	Ch. 7: Sadness	Ch. 8: Happiness	Ch. 9: Secondary Emotions	Ch. 10: Managing Emotions
<p>Unifying Idea: Acceptance of personal responsibility for lifelong health</p> <p>Expectation 1: Students will demonstrate ways in which they can enhance and maintain their health and well-being.</p> <p>Mental and emotional health:</p> <ul style="list-style-type: none"> Developing and using effective communication skills. 				X						X
<ul style="list-style-type: none"> Developing and using effective coping strategies, emphasizing strategies for coping with feelings of inadequacy, sadness, and depression. 			X							X
<p>Unifying Idea: Respect for and promotion of the health of others</p> <p>Expectation 5: Students will understand and demonstrate how to promote positive health practices within the school and community, including how to cultivate positive relationships with their peers.</p> <p>Friendship and peer relationships:</p> <ul style="list-style-type: none"> Demonstrating acceptable ways to show or express feelings. 				X	X	X	X	X		
<ul style="list-style-type: none"> Resolving conflicts in a positive, constructive way. 			X							X
<p>Unifying Idea: An understanding of the process of growth and development</p> <p>Expectation 6: Students will understand the variety of physical, mental, emotional, and social changes that occur throughout life.</p> <p>Life cycle:</p> <ul style="list-style-type: none"> Managing feelings appropriately. 										X
<ul style="list-style-type: none"> Developing and using effective communication skills to discuss with parents or other trusted adults the changes that occur during adolescence. 										X
<p>Expectation 7: Students will understand and accept individual differences in growth and development.</p> <p>Mental and emotional development:</p> <ul style="list-style-type: none"> Identifying, expressing, and managing feelings appropriately. 	X	X	X	X	X	X	X	X	X	X
<ul style="list-style-type: none"> Developing and using effective communication skills. 										X

Web Source: <http://www.cde.ca.gov/ci/cr/cf/documents/healthfw.pdf>