2A 8th grade Student Notes Relationships and Decision Making

- Discussion – explain 8 characteristics of a good relationship (any respectful relationship)

Health SOL 8.2n Evaluate the importance of developing relationships that are positive and promote wellness.
Health SOL 8.3m Justify and encourage safe, respectful, and responsible relationships.

A respectful relationship is characterized by the following:

1. people make their own choices and form their own views consistent with their age
2. people’s feelings of self-worth are fostered
3. people’s points of view and beliefs are valued
4. the rights of a person to be safe, valued and cared for are understood
5. people are accepted
6. people are able to disagree at times & say what they think or feel without being put down or hurt in anyway
7. people can listen and be heard
8. 'No' is accepted for an answer
9. a person can make mistakes and still be accepted and respected
10. it is not controlling, and encourages personal growth and fulfillment
11. it nurtures a culture of trust, honesty and happiness

Conflicts- How can you deal with them?

1. Remain Calm - Accept that CONFLICTS Will occur (with friends, parents, siblings, teachers)
2. When discussing the conflict / problem, state your views clearly
3. Realize it is not a permanent situation (Think ahead 1 week, 1 month, 1 year, 5 years… Will it still matter?)
4. People who care about each other can disagree and still stay close

Why is it important to have respect in relationships?

Everyone deserves respect and if relationships are not respectful then they are negative and will bring you down.

Respect is an important part of healthy relationships, and everyone has the right to be respected.

SOL 8.2 l) Identify the benefits of using resistance, problem-solving, and decision-making skills for addressing health issues at home and at school.

SOL 8.3 i) Create a media campaign for the use of refusal and negotiation skills to avoid risky situations.

Peer pressure – The influence of others...

Media Influences – any type of influence toward choices made based on models, such as TV commercials or placement in shows or movies, advertisements on the internet, billboards, posters, magazines & newspapers.

Avoidance – remain yourself from a risky or harmful situation.

Example- You’re invited to a party where you know alcohol will be present, rather than going to the party you avoid the situation by not going.

Refusal Skills - You should plan and plan how you are going to avoid drugs before the situation arises.

Know what you plan to say. Be determined to say “No” and have a backup plan or excuse if “no” doesn’t work.

You can talk about it being illegal, hurting your health, or how it might affect your schooling, future, or self-esteem. Saying “No” and sticking to it show confidence and leadership!

*The best option is to always report drug, alcohol, tobacco and other situations to a trusted adult as soon as possible. Ask trusted adults for advice & be honest. If you aren’t honest 1 time it is hard for you to be trusted again.

Gathering Healthy Information

How does gathering information lead to healthier decisions?

1. ________ 2. more ________ 3. more ________ 4. check other users reviews (qu______)

What are primary sources teens can rely upon for health information?

2. reliable w__ sites (________________________) 2. M________ personnel 3. teachers/ad_____/pa____

What are some media influence on health choices?


Discussion - Which has the greatest influence on you? How does the media influence your personal choices?
SOL 8.1 m) Identify the benefits and risks of social networking.
SOL 8.2 m) Develop goals to analyze and manage the impact of social networking.

Social Media - Examples- face__________, tw___________, Ins___________, google plus, pi___________

ADVANTAGES OF SOCIAL MEDIA:
1. Social skills: Social networking allows people to keep up with current friends and make new ones. When used in the right way, social media can increase self-esteem and help someone feel less isolated.
2. Independence and self-expression: Creating your own “home page” allows people to express themselves and display their interests. They can join groups and support fan pages, and find out about other people’s interests.
3. Digital competence: Technology is evolving faster than ever before. As teens and young adults learn to adapt to new technologies, they will be better equipped to adapt to future technology.
4. Educational development: Young adults in secondary and post-secondary education will often use social networking to discuss schoolwork and share discussions about as__________.
5. Research: Young adults can gather information about topics that are hard to di____________ with others.
6. For youth with disabilities, Social networking can open up a new world of communication, integration, and community participation. Young adults can express themselves, including their thoughts and feelings, more easily and without fear of the rejection or stigma they may experience in real life.

DISADVANTAGES OF SOCIAL NETWORKING:
1. Sharing one’s personal information with the wr_________ crowd. Everyone needs to be aware that information given out online could also put them at risk of victimization (identity or monetary theft). People looking to do ha_____ could use posted information to identify them or gain their tr_____. They can also be deceptive by pretending to know a young person. Encourage young people to pri_____________ their online social networking accounts (such as Facebook and Twitter).
2. B___________: Harassment may occur online only (cyberbullying), or it may spill over to offline bullying committed by a person who has located his victim online. Cyberbullying can cause significant emotional harm resulting in depression, anger, school avoidance, violence, and s___________.
3. The permanency of online profiles: Once information has been shared on the Internet, it’s out there — fo______! Inappropriate pictures, captions, and comments could come back to haunt youth as they start applying to colleges or looking for jobs.
4. Disclosure: People tend to be far bolder and less discretionary with information shared online versus in p______.

See more at: https://www.staysafeonline.org/teach-online-safety/middle-and-high-school/#sthash.9XxipZzU.dpuf

Essential Online Safety
1. It is essential that students understand and commit to not sh_______ personal information with people they view as "friends" online. This includes their real name, address, phone number, financial information, school name, pa______, or other private information.
2. Post only what you would feel comfortable with the whole world seeing, including parents or college admissions personnel and future em_________.
3. Never use the Internet to spread gossip, bully or hurt someone’s re___________.
4. Students must also understand that they are in charge of their online experience and should manage it the way they would in the real wo___________. If something or someone online makes them feel uncomfortable, they have the right to not res__________, delete a post, and most importantly tell a trusted a___________.
5. Students must commit to n_________ meet in person with someone they met online.

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