

# Social and Emotional Health

## Mental Health

### Feelings and Emotions

- 1 Identify the various feelings that most people experience and describe the physical and emotional reactions of the body to intense positive and negative feelings [CH.SEH.05.01](#)
- 2 Apply methods to accommodate a variety of feelings in a constructive manner in order to promote well being [CH.SEH.05.02](#)

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### Identity

- 3 Define character traits such as honesty, trustworthiness, self-discipline, respectfulness, and kindness and describe their contribution to identity, self-concept, decision-making, and interpersonal relationships [CH.SEH.05.03](#)
- 4 Describe the effects of leadership skills on the promotion of teamwork [CH.SEH.05.04](#)

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### Decision Making

- 5 Explain and practice a model for decision-making that includes gathering information, predicting outcomes, listing advantages and disadvantages, identifying moral implications, and evaluating decisions [CH.SEH.05.05](#)
- 6 Explain how coping skills (such as perceiving situations as opportunities, taking action/exerting control where possible) positively influence self-concept [CH.SEH.05.06](#)

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### Feelings and Emotions

- 7 Identify and describe the experience of different feelings (such as elation, joy, grief, and rage) and how feelings affect daily functioning [CH.SEH.05.07](#)
- 8 Identify the causes and effects of depression and how to seek help [CH.SEH.05.08](#)

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### Identity

- 9 Describe the relationships among physical appearance, changes in the body, and self-concept and esteem [CH.SEH.05.09](#)

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### Decision Making

- 10 Describe the contribution of a personal support system to good mental health [CH.SEH.05.10](#)

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## Feelings and Emotions

- 11 Analyze healthy ways to express emotions and to cope with feelings, including the common causes of stress, its effects on the body, and managing stress [CH.SEH.05.11](#)
- 12 Identify the factors that help people deal with grief [CH.SEH.05.12](#)
- 13 Analyze research on health behaviors and brain chemistry and emotional functioning [CH.SEH.05.13](#)

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## Identity

- 14 Describe theories of personality development, including identity formation, and differentiate among the concepts of ideal self, public self, and private self [CH.SEH.05.14](#)
- 15 Describe the influence of gender on identity and self-concept [CH.SEH.05.15](#)
- 16 Describe the signs of destructive behavior, and identify intervention strategies and kinds of professional intervention [CH.SEH.05.16](#)
- 17 Identify common mental health disorders (for example, anxiety, schizophrenic, and mood, including depression and bipolar) and treatments (for example, psychological, biomedical) [CH.SEH.05.17](#)

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## Decision Making

- 18 Identify ways in which decision-making is influenced by sound character, family, and personal beliefs [CH.SEH.05.18](#)
- 19 Explain positive techniques for handling difficult decisions [CH.SEH.05.19](#)

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## Family Life

### Functions and Purpose

- 1 Describe different types of families, addressing membership and social influences, and the functions of family members [CH.SEH.06.01](#)
- 2 Describe factors, such as character traits of individuals and life events, that can strengthen families [CH.SEH.06.02](#)

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### Supports

- 3 Identify whom to talk with about family problems and successes [CH.SEH.06.03](#)

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### Parenting

- 4 Identify what parents do to provide a safe, healthy environment for their children [CH.SEH.06.04](#)

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### Functions and Purpose

- 5 Describe how the functions, purposes, and responsibilities of family members change with life events [CH.SEH.06.05](#)
- 6 Explain the family life cycle and recognize that raising a child is one of the most important functions of a family [CH.SEH.06.06](#)

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### Supports

- 7 Describe those one can trust or turn to for help when needed, such as a support system that can include relatives, friends, neighbors, community organizations, and faith-based groups [CH.SEH.06.07](#)
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### Parenting

- 8 Describe ways in which relationships among parents and children change during adolescence, and compare peer and parental influences [CH.SEH.06.08](#)
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### Functions and Purpose

- 9 Explain the functions, purposes, and social significance of family from various historical periods, including modern times [CH.SEH.06.09](#)
  - 10 Identify the traits of a healthy family (such as responsibility, communication, trust, loyalty, respect, commitment, love, affirmation, and self-reliance) and explain the interdependence and independence of family members [CH.SEH.06.10](#)
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### Supports

- 11 Identify steps for getting support or help, including identifying resources for families whose members have special health needs [CH.SEH.06.11](#)
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### Parenting

- 12 Identify the child-rearing skills (including emotional maturity to nurture children and knowledge of child development stages) and the financial resources needed for parenting [CH.SEH.06.12](#)
  - 13 Evaluate various types of discipline parents might use with children of different ages [CH.SEH.06.13](#)
  - 14 Describe the consequences of teen parenting from the perspectives of the teen mother, teen father, and the parents of the teens [CH.SEH.06.14](#)
  - 15 Identify desirable character traits (such as love, respectfulness, generosity, kindness, and forgiveness) and describe the development of good character, including the role of parents and family in the moral development of children [CH.SEH.06.15](#)
  - 16 Describe considerations relevant to becoming a parent (including the various ways of becoming a parent such as foster parenting, adoption, and stepparenting) [CH.SEH.06.16](#)
  - 17 Describe parental practices that encourage literacy in young children [CH.SEH.06.17](#)
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## Interpersonal Relationships

### Communication

- 1 Explain why communication is essential in human relationships and identify people from whom children can learn how to communicate, such as family members, friends, community members, and members of faith-based groups [CH.SEH.07.01](#)
- 2 Apply both verbal and non-verbal communication skills to develop positive relationships and improve the social environment of the school [CH.SEH.07.02](#)

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### Peer Relationships

- 3 Describe the concept of friendship and contrast qualities that strengthen or weaken a friendship, including the importance of sound character in interacting with others [CH.SEH.07.03](#)
- 4 Describe the concepts of prejudice and discrimination [CH.SEH.07.04](#)

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### Communication

- 5 Apply attentive listening, feedback, and assertiveness skills to enhance positive interpersonal communication [CH.SEH.07.05](#)

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### Peer Relationships

- 6 Explain how peer pressure influences choices and apply strategies for managing negative peer pressure and encouraging positive peer pressure [CH.SEH.07.06](#)
- 7 Recognize the positive contributions of character traits (such as tolerance, honesty, self-discipline, respectfulness, and kindness) to relationships, the benefit to relationships which include understanding and respecting individual differences, and the detrimental effect of prejudice (such as prejudice on the basis of race, gender, sexual orientation, class, or religion) on individual relationships and society as a whole [CH.SEH.07.07](#)

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### Romantic Relationships

- 8 Describe the purpose of dating and acceptable dating attitudes (such as respect) and appropriate conduct [CH.SEH.07.08](#)
- 9 Explain the benefits of abstinence, postponing sexual behavior, and setting limits on sexual behavior [CH.SEH.07.09](#)

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### Communication

- 10 Identify techniques for handling anger and resolving conflicts in the family, friendships, and the workplace, including seeking help from professional and community organizations and faith-based groups [CH.SEH.07.10](#)
- 11 Contrast the emotional impact on long-term relationships of positive communication (such as active listening, praise, and humor) with negative communication (such as teasing, name calling, bullying) [CH.SEH.07.11](#)
- 12 Describe the influence of the larger social group on individual conduct (such as giving comfort, solving problems, and controlling deviant behavior through enforcing laws and the development of good character in the members of society) [CH.SEH.07.12](#)
- 13 Explain the importance of communication in setting limits in a sexual relationship [CH.SEH.07.13](#)

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### **Peer Relationships**

- 14 Explain the purpose of friendship in different stages of the life cycle and describe how friends can support one another in making healthy decisions [CH.SEH.07.14](#)
- 15 Recognize and identify the concept of friendship without romantic involvement and how friendship may develop into romantic relationships [CH.SEH.07.15](#)

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### **Romantic Relationships**

- 16 Explain the importance of responsibility and character traits such as love, respectfulness, generosity, kindness, and forgiveness, in committed relationships [CH.SEH.07.16](#)
- 17 Describe commitment in casual and serious relationships [CH.SEH.07.17](#)