

Shifting Boundaries and the North Carolina Essential Standards:
The following North Carolina Essential Standards for **Health Education, Grades 6-8**,
are covered in the content and learning objectives of *Shifting Boundaries*:

Grade 6

6.ICR.1 Understand healthy and effective interpersonal communication and relationships.

- 6.ICR.1.1 Classify behaviors as either productive or counterproductive to group functioning.
- 6.ICR.1.2 Implement verbal and non-verbal communication skills that are effective for a variety of purposes and audiences.
- 6.ICR.1.3 Use strategies to communicate care, consideration, and respect for others.

6.ICR.2 Apply strategies and skills for developing and maintaining healthy relationships.

- 6.ICR.2.3 Use effective refusal skills to avoid negative peer pressure, sexual behaviors and sexual harassment.
- 6.ICR.2.4 Use resources in the family, school, and community to report sexual harassment and bullying.
- 6.ICR.2.5 Summarize strategies for predicting and avoiding conflict.
- 6.ICR.2.6 Design nonviolent solutions to conflicts based on an understanding of the perspectives of those involved in the conflicts.
- 6.ICR.2.7 Explain the signs of an abusive relationship and access resources for help.

Grade 7

7.ICR.1 Understand healthy and effective interpersonal communication and relationships.

- 7.ICR.1.1 Contrast characteristics of healthy and unhealthy relationships.
- 7.ICR.1.2 Predict short-term and long-term consequences of violence to perpetrators, victims, and bystanders
- 7.ICR.1.3 Illustrate strategies that can be used to manage anger in healthy and non-hurtful ways.
- 7.ICR.1.4 Use structured thinking to avoid becoming a perpetrator or victim in cyber-bullying.
- 7.ICR.1.5 Explain why tolerance is beneficial in a society characterized by diversity.
- 7.ICR.1.6 Illustrate appropriate role of bystanders in preventing and stopping bullying and violence.

7.ICR.3 Apply strategies that develop and maintain reproductive and sexual health.

- 7.ICR.3.3 Recognize that sexual harassment may contribute to sexual abuse and sexual assault and the feelings that result from these behaviors.
- 7.ICR.3.4 Use strategies to be safe, reject inappropriate or unwanted sexual advances, and to report incidences to an adult when assistance is needed.

Grade 8

8.ICR.1 Understand healthy and effective interpersonal communication and relationships.

- 8.ICR.1.1 Contrast characteristics of healthy and unhealthy relationships for friends and for dating.
- 8.ICR.1.2 Identify the reasons that people engage in violent behaviors (bullying, hazing, dating, violence, sexual assault, family violence, verbal abuse) and resources for seeking help.
- 8.ICR.1.3 Explain the effects of tolerance and intolerance on individuals and society.
- 8.ICR.1.4 Illustrate communication skills that build and maintain healthy relationships.
- 8.ICR.1.6 Recognize resources that can be used to deal with unhealthy relationships.

8.ICR.3 Analyze strategies that develop and maintain reproductive and sexual health.

- 8.ICR.3.4 Summarize ways to avoid being a victim or perpetrator of sexual abuse via digital media (including social networking sites, texting, and cell phone).