



Marietta City Schools
2023–2024 District Unit Planner

Unit title	<i>Mental Health and Relationships</i>	Unit duration (hours)	<i>18.75 Hours</i>
-------------------	--	------------------------------	--------------------

Mastering Content and Skills through INQUIRY (Establishing the purpose of the Unit): *What will students learn?*

GaDoE Standards

[HEHS.1.b](#)

Students will comprehend concepts related to health promotion and disease prevention to enhance health.

[HEHS.2.b,c](#)

Students will analyze the influence of family, peers, culture, media, technology, and other factors on health behaviors.

[HEHS.4.a,b](#)

Students will demonstrate the ability to use interpersonal communication skills to enhance health and avoid or reduce health risks.

[HEHS.5.a, c, f](#)

Students will demonstrate the ability to use decision-making skills to enhance health.

[HEHS.6.a,b](#)

Students will demonstrate the ability to use goal-setting skills to enhance health.

[HEHS.7.a,b,c](#)

Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

Concepts/Skills to be Mastered by Students

Skills for Healthy Relationships

Conflict Resolution and Decision-Making Skills

Healthy Family Relationships

Understanding Relationships with Peers

Healthy Relationships Dating and Marriage

The Importance of Mental and Emotional Health

Mental and Emotional Problems

Stress and Stress Management

Grief, Loss, Depression, and Suicide

Bullying

Essential Questions

Mental and Emotional Problems

1. Describe signs of common mental health conditions.
2. Identify factors that can influence mental health.
3. Describe strategies for coping with mental health problems.
4. Explain when it is appropriate to seek help with a mental health disorder.

Stress and Stress Management

1. Identify signs, symptoms, and sources of stress.
2. Describe the relationship between stress and physical and social health.
3. Describe strategies for coping with stress

Grief, Loss, Depression, and Suicide

1. Identify the warning signs and risk factors for depression and suicide.

2. Explain how grief and loss may affect physical and social health.
3. Describe strategies for coping with loss, depression, and suicidal thoughts.

Healthy Family Relationships

1. Explain how family relationships affect well-being.
2. Identify common causes of conflict between family members.
3. Describe the characteristics of healthy family relationships.

Understanding Relationships With Peers

1. Describe the characteristics of healthy peer relationships.
2. Explain how peer relationships affect well-being.
3. Describe the positive and negative effects of social networking on peer relationships.
4. Identify common causes of conflict between peers.

Healthy Relationships: Dating and Marriage

1. Explain the characteristics of a healthy romantic relationship.
2. Describe how to communicate effectively with a romantic partner.
3. Describe the effects of being in an unhealthy romantic relationship.
4. Describe strategies to prevent and respond to incidents of domestic violence.

Assessment Tasks

List of common formative and summative assessments.

- 1) Mental and Emotional Problems Quiz
- 2) Stress and stress management Quiz
- 3) Grief, Loss, Depression, and Suicide Quiz
- 4) Healthy Family Relationships Quiz
- 5) Understanding Relationships with Peers Quiz
- 6) Healthy Relationships: Dating and Marriage Quiz
- 7) Mental Health and Relationships Unit Test

Students will write two paragraphs that describe the warning signs of a physically and sexually controlling relationship and describe the decision-making process a person should go through when deciding to leave an abusive relationship.

Learning Experiences

Add additional rows below as needed.

Objective or Content	Learning Experiences	Personalized Learning and Differentiation
GA HE H.S. 1 GA HE H.S. 2	Students will create a public service announcement that highlights the best ways to deal with Mental and emotional health problems.	Translated text is available through the edgenuity platform.
GA HE H.S. 4 GA HE H.S. 5 GA HE H.S. 7	Students will evaluate their typical responses to common stressors and describe healthy ways to reduce stress using a graphic organizer and completing short-answer responses.	Extended time will be prepared for those that require it.

Content Resources

www.Edgenuity.com (Online Health Platform)