As part of the health curriculum, students will study how conflict and change affect family relationships and social health. Since there is a vast amount of information in the health curriculum, I decided to focus on family relations and Social Health. I chose this topic because many of my students lack the knowledge and resources I’m referring to about building healthy relations. Many of my students come from lower-middle class families and their family structure is fragmented. Some students live in single-family homes and are responsible for taking care of themselves and their siblings. These students lack attention at home and at times strive for it at school in the wrong ways. Since there is the lack of knowledge of proper ways to handle situations, students need to be exposed to the workings of the family structure. I hope that students will also learn how a healthy family can improve their social health. More importantly, just because a person might not have a healthy family structure, doesn’t mean that they have to be an unhealthy individual. Each person can control his/her own social health. They do not have to fall victim to their family circumstances. Many students use their poor family life as an excuse for their misbehavior. Students can exhibit self-control and take responsibility for their own actions. There have been many success stories of children who have grown-up in the “projects” or other lower-class communities. These children did not let their surrounding take control of them; they took control of their own lives.

The unit will begin with the students brainstorming two concepts, health and family. They will use a Venn diagram to represent how they are related. At the beginning stages of the unit, students will be briefed on the components of their final project. They will be asked to create a hypothetical “Unity Week” for the school. During this week, students will need to create activities that promote good relations and demonstrate intolerance towards discrimination and prejudice. As the unit progresses, students will learn ways to promote healthy relations. Students will also be required to visit other schools or businesses via the Internet, to find ways in which they are promoting social health. These findings will be type written using word processing software and presented to the class. The students will be assessed on their knowledge of Social Health and their ability to communicate it clearly.

The key components, which I hope the students will gain, are the characteristics of healthy families, along with the family’s roles and needs. Students will learn ways to strengthen the family and stress management techniques. I hope students will learn that a healthy self-concept is the key to building healthy relationships with others. Peer pressure may have both positive and negative effects on the students. Finally, I would like the students to realize how discrimination and prejudice has changed from the Civil Rights Movement.