

Student \_\_\_\_\_

Period \_\_\_\_\_

### Unit 3: Relationships Grade 8

- 1 I've heard of this but I'm not sure what it means.
- 2 I know this.
- 3 I could use this to solve a problem myself.
- 4 I could teach this to a classmate.

Confidence Levels <b>Before</b>		Confidence Level <b>After</b>
1 2 3 4	I can identify the changes in friendships that take place during adolescence.	1 2 3 4
1 2 3 4	I can identify the qualities of a good friend.	1 2 3 4
1 2 3 4	I can identify some of the ingredients required to make friendships and meet new people.	1 2 3 4
1 2 3 4	I can explain what a clique is.	1 2 3 4
1 2 3 4	I can explain how peer pressure can be positive or negative.	1 2 3 4
1 2 3 4	I can discuss dating and the positive and negative advantages of group dating versus individual dating.	1 2 3 4
1 2 3 4	I can discuss body language and the power of nonverbal communication.	1 2 3 4
1 2 3 4	I can explain the difference between verbal communication and nonverbal communication.	1 2 3 4
1 2 3 4	I can explain and understand the power of "I" messages in communication.	1 2 3 4

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1 2 3 4	I can list the four steps to active listening.	1 2 3 4
1 2 3 4	I can use the vocabulary from this unit to describe what I have learned.	1 2 3 4