



**DECISIONS
CHOICES &
OPTIONS**

Alabama Healthy Boundaries Curriculum Crosswalk

<p>Health Promotion</p>	<ul style="list-style-type: none"> - 8.1.1 Explain how emotional, intellectual, physical, spiritual, mental, and social health affect each other. <ul style="list-style-type: none"> a. Determine how social influences can affect physical health. b. Describe how risky health behaviors affect the emotional, physical, and social health of adolescents. - 8.1.3 Create a plan for eliminating personal unhealthy behaviors. Examples: inappropriate use of needles, tobacco use, physical inactivity, sexual contact, alcohol consumption, inadequate sleep.
<p>Analyzing Influences</p>	<ul style="list-style-type: none"> - 8.2.1 Describe the influences of culture on health beliefs, practices, and behaviors. Examples: religious beliefs, gang activity, family customs. - 8.2.3 Analyze the influences of technology on personal and family health. Examples: screen time, video games, activity trackers, diabetes monitor, heart monitor, fitness assessment tools. - 8.2.4 Explain how societal perceptions influence healthy and unhealthy behaviors. Examples: acceptance of teenage smoking and teenage pregnancy by peers, certain communities, and cultures.
<p>Access to Information/Products/Services</p>	<ul style="list-style-type: none"> - 8.3.2 Identify situations that may require professional health services, including self-harm, suicidal thoughts, substance abuse, sexual abuse, and harm toward others.

Interpersonal Communication

- **8.4.2** Demonstrate negotiation skills which help resolve conflict in bullying situations.
- **8.4.3** Demonstrate effective communication when confronted with mental or emotional problems in others. Examples: respect vs. disrespect, empathy vs. complacency, calmness vs. excitability, confronting vs. non-confrontational.