



**DECISIONS  
CHOICES &  
OPTIONS**

## Alabama Life Choices Curriculum Crosswalk

<p><b>Health Promotion</b></p>	<ul style="list-style-type: none"> <li>- <b>HE 1.7</b> Analyze the potential susceptibility to and severity of injury or illness if engaging in unhealthy behaviors. Examples: possible consequences of driving under the influence, distracted driving, not taking required medications.             <ul style="list-style-type: none"> <li>a. Explain the progression of HIV and AIDS</li> <li>b. Explain the progression of Type II Diabetes</li> </ul> </li> </ul>
<p><b>Analyzing Influences</b></p>	<ul style="list-style-type: none"> <li>- <b>HE 2.1</b> Analyze the influence of external factors on health beliefs and behaviors.             <ul style="list-style-type: none"> <li>b. Examine how peers influence healthy and unhealthy behaviors.</li> <li>c. Critique the effect of media on personal family health. Examples: influence of media on teen body image, sexual activity, drugs, alcohol, violence, cyber-bullying</li> </ul> </li> <li>- <b>HE 2.3</b> Analyze how the perceptions of norms influence healthy and unhealthy behaviors. Examples: addressing topics such as wearing safety equipment, <b>teen pregnancy</b>, drug abuse, suicide, cyber-bullying, weight management, potentially dangerous social media trends.</li> <li>- <b>HE 2.4</b> Critique the influence of personal values and beliefs on individual health practices and beliefs.</li> <li>- <b>HE 2.5</b> Analyze how some health risk behaviors can influence the likelihood of engaging in unhealthy behaviors. Examples: assessing the effects of driving under the influence, drinking alcohol which can lead to poor choices such as sexual behavior, poor nutrition, sedentary lifestyle.</li> </ul>

<p><b>Interpersonal Communication</b></p>	<ul style="list-style-type: none"> <li>- <b>HE 4.1</b> Describe skills for communicating effectively with family, peers, and others to enhance health. Examples: active listening, friendliness, confidence, positive feedback, empathy, respect, understanding nonverbal cues, responsiveness.</li> <li>- <b>HE 4.2</b> Demonstrate refusal, negotiation, and collaboration skills to enhance health and avoid or reduce health risks.</li> <li>- <b>HE 4.3</b> Develop strategies to prevent, manage, or resolve interpersonal conflicts without harming self or others. <ul style="list-style-type: none"> <li>a. Identify warning signs of unhealthy relationships.</li> <li>b. Differentiate between negative and positive behaviors used in conflict situations.</li> </ul> </li> <li>- <b>HE 4.4</b> Demonstrate how to ask for and offer assistance to enhance the health of self and others. Examples: accessing crisis hotlines for suicide, sexual and physical abuse, and human trafficking; community resource materials.</li> </ul>
<p><b>Decision- Making</b></p>	<ul style="list-style-type: none"> <li>- <b>HE 5.2</b> Develop a thoughtful decision-making process in health-related situations. <ul style="list-style-type: none"> <li>c. Demonstrate refusal skills and explain when to use them in high risk situations. Examples: saying no to sex, alcohol, and other drugs.</li> </ul> </li> <li>- <b>HE 5.4</b> Analyze the benefits of practicing sexual abstinence. <ul style="list-style-type: none"> <li>a. Identify the types, symptoms, and risks of sexually transmitted diseases (STDs).</li> <li>b. Assess the consequences of teen pregnancy.</li> </ul> </li> </ul>
<p><b>Goal- Setting</b></p>	<ul style="list-style-type: none"> <li>- <b>HE 6.2</b> Set long-term goals for achieving optimal health and implement short-term steps to reach the goals. Examples: assess current health and fitness status, develop plans based on assessment results, implement and monitor plans.</li> </ul>
<p><b>Self- Management</b></p>	<ul style="list-style-type: none"> <li>- <b>HE 7.1</b> Analyze the role of individual responsibility for enhancing health. <ul style="list-style-type: none"> <li>b. Identify negative behaviors that increase health risks to self and others. Examples: distracted driving, drinking and driving, illegal drug use, vaping, smoking, <b>unprotected sex</b>, behaviors.</li> </ul> </li> </ul>

	<p>c. Compare and contrast the responsibilities of both parenting in teen parenting. Examples: shared responsibilities, social, financial, and educational challenges.</p>
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