



**DECISIONS  
CHOICES &  
OPTIONS**

## REAL Essentials with Life Choices Curriculum Crosswalk

<p>Component: Mental, Emotional, and Social Health; Subcomponent: Emotional Health</p>	<ul style="list-style-type: none"> <li>- HS.MESH.1: Identify emotions and their effects on the body</li> </ul>
<p>Component: Mental, Emotional, and Social Health; Subcomponent: Social Health</p>	<ul style="list-style-type: none"> <li>- HS.MESH.6: Identify positive ways of resolving interpersonal conflict</li> <li>- HS.MESH.7: Demonstrate appropriate refusal skills</li> <li>- <b>Component Extension:</b> Practice non-abusive behaviors</li> </ul>
<p>Component: First Aid and Safety Subcomponent: Personal Safety</p>	<ul style="list-style-type: none"> <li>- HS.FAS.3: Explain how potential risks associated with technology, transportation, and high risk behaviors affect safety.</li> </ul>
<p>Component: Human Growth and Development; Subcomponent: Relationships</p>	<ul style="list-style-type: none"> <li>- HS.HGD.1: Examine the aspects of positive relationships (eg., family, dating, friendship, professional, community)</li> <li>- HS.HGD.2: Determine the influence of families, media, cultural traditions, and economic factors on human development</li> <li>- <b>Component Extension:</b> Negotiation/collaboration skills as helpful/harmful in resolving conflict (e.g., domestic violence, healthy dating)</li> </ul>

<p><b>Component: Human Growth and Development; Subcomponent: Sexuality</b></p>	<ul style="list-style-type: none"> <li>- <b>HS.HGD.3:</b> Explain basic structures and functions of the reproductive system as they relate to the human life cycle (e.g., conception, birth, childhood, adolescence, adulthood).</li> <li>- <b>HS.HGD.4:</b> Recognize abstinence from all sexual activity as a positive choice.</li> <li>- <b>HS.HGD.5:</b> Identify preventative methods and potential outcomes of engaging in sexual behaviors (e.g., pregnancy, abstinence, adoption, Hepatitis B, STIs). Compare various contraceptive methods in accordance with state/district policy.</li> <li>- <b>HS.HGD.6:</b> Research the skills necessary for maintaining reproductive health (e.g., self-examinations, annual doctor visits, prenatal care).</li> <li>- <b>Component Extension:</b> Create short and long term life plans.</li> </ul>
<p><b>Component: Substance Use and Abuse Subcomponent: Health Risks</b></p>	<p><b>Component Extension:</b> Role Playing Pressure Scenarios, multiplier effect.</p>